

TOTAL WELLNESS - TOTALLY TRANQUILITY

# The New SOUL SPA

SOUL  
SPA  
NOW  
OPEN!

The Opening of Soul Spa Completes Soul Focus Health and Fitness Philosophy

~ By Anthony DiPasquale ~

**I**t has been a long eventful journey, but with the completion of Soul Spa, Dr. Raj has finally achieved the full vision of his dream and kept the promise he made to his dad. His dream was a state-of-the-art facility dedicated to treating mind, body and soul. A dream to create a wellness center that provides people with a place where they would not just be treated by medical doctors, but also for the afflictions that plague everyday life like stress, poor nutrition and lack of physical activity.

Sadly, due to a tragic accident, Anand Gupta didn't live to see his son complete his vision. Much time has passed since they purchased a small gym together, but the philosophy and determination they shared would become Soul Focus.

"Owning his own business is something my father had always wanted for himself," Dr. Raj recalls fondly. When I had an opportunity to start another business and purchase a small gym, he asked if I would consider a partner. Surprised, I asked my father, 'why on earth would you want to work again and why do you want to own a gym?' He said, 'Americans are sick of being out of shape and are ready to embrace health and wellness.'

The success of Soul Focus these past few years is a testament to just how correct and forward-thinking his father was, and now with Soul Spa opening, their wellness philosophy of focusing on the "self" to achieve tranquility and balance is complete. The new Soul Spa space is designed to provide the public with a unique spa experience that includes cutting-edge

medi-spa services, massages, all-natural facials, hair removal and so much more.

"We want people who enter to feel they've been transported to a place of tranquility and relaxation," he explains. "Everyone who schedules a service in the spa, are encouraged to use the gym, take a class, enjoy our eucalyptus-infused steam room, saunas and showers. No need to pack a bag of toiletries and towels, we live up to our motto: Treat, Pamper, Spoil."

That experience begins once you slip into a comfortable robe and slippers and enter a long hallway that makes you feel like you've entered a forest. At the end of that corridor, you enter a room of total luxury designed solely for relaxation. Before taking a seat in front of the fireplace in a chaise lounge, you are invited to help yourself to water infused with healthy extracts, detoxifying teas, fruits, nuts, berries and more.

When you are finished with your session, you are escorted back to a private after-treatment room to enjoy a warm foot soak sprinkled with essential oils, offered something to drink and given



**“WHEN YOU ARE FINISHED WITH YOUR SPA SESSION, YOU ARE ESCORTED BACK TO A PRIVATE AFTER-TREATMENT ROOM TO ENJOY A WARM FOOT SOAK SPRINKLED WITH ESSENTIAL OILS, OFFERED SOMETHING TO DRINK AND GIVEN TIME TO RELAX AND REFLECT ON YOUR EXPERIENCE AS YOU SLOWLY PREPARE YOURSELF TO RETURN TO REALITY.”**

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"I was determined to succeed in my father's name and the opening of Soul Spa is the culmination of my dream," he says with satisfaction. "It was in his memory that I began to conceptualize the Soul Focus Wellness Center. A facility that is the perfect combination of East meets West philosophy. Our gym members have access to our doctors, physical therapists and personal trainers who are all on the floor coaching

members while protecting them from injury. A gym and spa side by side, with relaxing music playing throughout to create a total feeling of tranquility. That is exactly what my father would have wanted- and now it's complete. I know he would be proud." ■

— Dr. Raj Gupta, Soul Focus / Garden State Spine & Pain Institute  
"The Doctors You've Been Aching For!"  
Got questions? Just want to say Hi?...  
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