



Massage without Borders at Face to Face Spa NYC

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When I heard about the **Massage Without Borders** at [Face to Face NYC](#) Spa, I immediately pounced on it like Tom upon Jerry.

The 100 minute treatment (\$200), according to the brochure, is a deep tissue powerhouse. There's tons of muscle stretching, realignment of your back massage techniques and foot massage to rebuild the heels and metatarsals - the brochure raved.

So I went, in part because my body needed a massage so badly.

I expected [Face to Face](#) to be in some swank spa-like building but it was in a very unassuming entrance (the spa itself is on the 6th floor of a building).



The waiting room at the spa

The waiting room area is cosy, pristine but very small, and so are the treatment rooms (there are only two) and one bathroom. So what you will get here is some great camaraderie and personalized attention from the staff. They treat you like you're part of the Face to Face family (which you are, as soon as you walk in the door).

My masseur, **Emmanuel Isidro**, was very friendly and thoroughly informed. You won't get the traditional waiting lounge/ bathrobe/ slippers/ green tea at Face to Face. But what you will receive is a superb massage (probably one of the finest I've received).

First up: the foot massage. Emmanuel spent about a good 20 minutes on the soles of my feet - massaging the arch, rebuilding the heels and stretching them so that everything became less "knotty."

Then came the back and neck. I stare at the computer for hours a day so my back and shoulder muscles were so tense that they would have likely snapped if Emmanuel had not come to the rescue. He spent about 30 minutes on where I needed it the most - ironing out each muscle like a pro. It requires a lot of energy to be a good masseur!

Emmanuel targeted virtually every sore muscle in need: from the feet, shoulders, back, calf and thigh. I was very impressed at how thorough he was - truly worth every penny.

What was great about the massage too was that there were no fancy oils slathered all over you. Just a fresh, unscented lotion to stimulate some moisture, and then off we go. If you want to have an aromatherapy component, consider an "add on" for only \$10. There are also interesting add on options from Warm Parafango to the Hot Oil Treatment and they are all very reasonably priced.

[Face to Face](#) has some really great massage and facial options too: from the **Stress Busting Massage** to the **Mommy Dearest Massage**, this spa is definitely not only for men. The facial list is also very impressive, with options including the Y Chromosome Facial, the Alchemy Treatment (a microdermabrasion primer), and a Glow Zone Facial.

I'd consider this a great value spa for the quality of treatments you receive. After all, that's what it's all about.

Spa info:

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