

Feel Lighter, Live Brighter

The Studio Redefining Self-Care

BY STACEY FEINTUCH



Spring is all about renewal. The season marks a transition from winter's hibernation to a time of transformation. We declutter, start anew and nurture ourselves. We deserve to reward ourselves for surviving those brutally frigid days and historic snowstorms.

That's where The Reset Room in Ramsey can help. Open since February, the 935-square-foot space is dedicated to women, providing healing, renewal and holistic well-being services.

The Reset Room specializes in Manual Lymphatic Drainage therapy – a gentle, yet powerful, treatment that supports the body's natural ability to cleanse, sculpt and restore balance. Their mission is to help clients feel lighter, clearer and deeply revitalized. They believe true wellness begins with self-love, and they're committed to nurturing that journey in every person who walks through our doors.

The treatments are rooted in Brazilian-inspired techniques and Manual Lymphatic Drainage (MLD). Each session is more than a massage – it's a mindful experience designed to awaken circulation, enhance natural beauty and restore balance to body and mind.

"It's a special place where you can let go of what no longer serves you," says Founder Janaina Campbell.

"Here you can be present and allow your mind, body and spirit to reset."

What They Offer

They intentionally only offer four services.

"Less is more," Campbell says.

The Reset Flow therapy (75 minutes) detoxes the body, renews energy and restores natural flow. It's a blend of lymphatic drainage and body contour techniques.

The Prenatal Reset Flow (75 minutes) offers expecting mothers many health benefits, including reduced swelling, improved circulation, relaxation and immune support. It can also help with fatigue and potentially prepare the body for labor.

Original Vodder MLD therapy (60 minutes) is a gentle, rhythmic technique that stimulates lymph flow, reduces swelling and supports the body's natural detoxification and healing processes.

And The Reset Flow + Facial Therapy (90 minutes) blends lymphatic drainage with a facial massage to detoxify, lift and awaken your natural glow promoting total renewal from face to body.

"I love helping people," says Campbell. "It fills my heart when they leave a treatment and they're glowing. They don't even know what happened, but they love it and they're grateful to feel like the best version of themselves."

During each session, she uses organic essential oils, facial tools that support lymphatic function and other elements to enhance the treatment. She is also creating her own line of lymphatic drainage oils sourced from the Amazon Rainforest in South America. The oils are produced by a childhood friend using all-natural ingredients, such as copaiba, andiroba and buriti, bringing the power of these traditional botanicals to treatments.

Continued on page 28



A nurse from Valley Hospital also visits the studio at times to give IV vitamin drips.

How It Began

Manual Lymphatic Drainage (MLD) has been popular for many years in Brazil, most of South America and Europe. “You can find it on almost every corner,” says Campbell, who is originally from Brazil and now lives in Mahwah. She always dreamed of bringing this practice to Bergen County.

She is a yoga teacher who is certified in sound bath healing and other holistic practices. She is also certified to work in both Mahwah and Ramsey school districts and spends time working and volunteering at her two daughters’ schools.

However, in the late summer of 2024, she felt a loud calling in her heart that it was time to do something big – something meaningful that could help a lot of people.

After that, everything began to unfold naturally. She found a space, created the business name and mission, and set the wheels in motion. The process took a whole year, during which Campbell’s strength and perseverance were truly tested.

“It came with a lot of obstacles, but I learned how strong, faithful and patient I was. It tested me on every level,” says Campbell. “Now, the studio is so beautiful when you walk in. It’s full of peacefulness, kindness and compassion. I believed in this dream and had a vision, and now the result is this stunning space filled with so much love. I’m so proud that I stuck with it.”

Future plans include hosting monthly women’s wellness workshops on topics such as menopause, mental health, breathwork and other forms of holistic healing. Campbell also hopes to expand to additional locations while continuing to grow the studio’s offerings with services that support the lymphatic system, including IV therapy with a full-time nurse, cold plunge and red-light therapy.

“This is something everyone should include in their wellness routine,” she says. “My hope is that more people discover its benefits and begin to care for their bodies in this way.”

*The Reset Room is located 100 East Main St. in Ramsey.
Visit them at theresetroomnj.com or call 201-995-4132.*

