

MASSAGE + THERAPIES

## **Swedish Massage**

Incorporating Swedish, Reiki and Reflexology techniques this treatment relaxes muscle and soft tissue, relieves aches and pains and improves circulation.

60mins \$130.00 90mins \$160.00

### Huna (Hawaiian) Massage

An ancient form of Hawaiian Bodywork traditionally performed to honour the body as the temple of the soul. Huna massage relaxes and invigorates the mind, body and soul using hands, forearms and elbows to massage deeply and rhythmically - A soulful, spiritual and reconnecting massage.

60mins \$130.00 90mins \$160.00

## Deep Cleansing and Rebalancing Facial

This facial is for combination/oily skin types. It incorporates an exclusive serum containing thyme, niaouli, tea tree, echinacea and rosemary to calm, heal, seal and rebalance the skin.

60mins \$130.00

## Rejuvenating Facial and Body Massage

Especially for dry, dehydrated and sun damaged skins. Exclusive Re-hydration Serum containing rosehip oil, patchouli, sandalwood and frankincense to reduce sensitivity, regenerate and soften skin.

Includes hand, neck, back, shoulder and reflexology foot massage.

90mins \$160.00



**BODY & SOUL** 

## **Full Body Indulgence**

A total body indulgence beginning with a complete body exfoliation using a fragrant blend of rose, lavender and orange essential oils combined with almond meal, French clay and honey to leave skin silky smooth, moisturised and glowing.

This is then followed up by a complete body massage from tip to toe incorporating a delightful mix of Swedish, therapeutic and reflexology for her and a more intense deep tissue massage for him.

90mins \$160.00

# **Sheer Indulgence**

A blissful 2 hours of indulgence. A relaxing full body Aromatherapy massage followed by an intensive rejuvenating facial using the finest organic formulations. Sheer Bliss!

2 hours \$220.00

#### Hawaiian Heaven

Immerse yourself in the tropical surrounds of Hawaii. Begin with an invigorating Hawaiian sea salt scrub followed by a heavenly coconut and frangipani essential oil aromatherapy massage incorporating the beautiful, flowing and nurturing techniques of native Hawaiian (Huna) massage. Heaven on Earth.

2 hours \$220.00

#### PLEASE CONTACT MANAGEMENT FOR BOOKINGS ON 0497 510 123

<u>Please advise if you have the following</u> Are pregnant, have flu like symptoms or have a medical condition, as this may affect you having a massage or treatment

<u>Please note</u> Ladies in the first trimester of pregnancy those within 6 weeks of a medical procedure or if you are within 48 hours of a covid vaccination will be unable to have a massage or therapy.