

Body Treatments

Full Body Aromatherapy Massage (1 hour) 35.00

Relax with this whole body treatment that combines gentle massage and essential oils to improve circulation, increase lymphatic flow, ease tension and relieve sore, tired and overworked muscles. Great for improving energy levels, it brings an overall sense of wellbeing.

Back Aromatherapy Massage (40 mins) 28.00

Concentrated on your back, this relaxing treatment combines gentle massage with essential oils.

Swedish Full Body Massage (1 hour) 35.00

Relieve aching muscle and joints with this full body deep massage.

Hot Stone Massage (1 hour) 60.00

Get into the core of aches and pains with the heat and weight of the hot stones placed under and around the body, combined with a deep massage.

Hawaiian Kahunas Massage (30 mins) 80.00

Experience this powerful and deep massage based on the insights and spirit of aboriginal cultures. It connects with the soul, listens to the spirit and heals through the body.

Indian Head Massage (40 mins) 25.00

Ease neck and shoulder pain or relieve headaches and mental tension with this invigorating but calming chair massage.

Scalp, Face and Foot Pamper (1 hour) 25.00

Enjoy head and foot pampering with a deeply relaxing gentle massage.

Hand and Foot Massage (40 mins) 20.00

Congress and refreshing therapy for your hands and feet.

Reflexology 35.00

Release tensions, induce deep relaxation and aid organs and systems with this therapeutic foot massage. Gentle pressure is applied to reflex points on your feet, which mirror your glands, organs and other areas of your body.

Structural Body Work 35.00

Realign your body structure with this deep and effective no hands massage.

Colon Cleanse 25.00

This non-invasive treatment concentrates on your colon area.

Complimentary Therapies

Homeopathy

First session (1 1/2 hours) 55.00

Follow up sessions (1 hour) 45.00

A gentle, holistic system of healing suitable for everyone, young and old. Focusing on you as an individual, homeopathy concentrates on treating your specific physical and emotional symptoms to give long lasting benefits.

Integrative Therapy (1 1/2 hours) 55.00

A whole person experience that considers ones beliefs, thoughts and emotions as well as the physical body. It involves a detailed consultation which covers large aspects of you and your life. This is followed by many life style suggestions and remedies from a range of complimentary therapies.

Nutri-Energetics (1 hour) 40.00

Every cell, organ and system of the body has an ordered and organised structure. If health arises when the organised structure becomes unbalanced or disorganised, NES is a software package that is capable of scanning and recording the human body field, particularly areas of the body that cannot maintain homeostasis (balance) therefore it identifies areas for healing.

Kinesiology (45 mins) 25.00

Kinesiology is defined primarily as the use of muscle testing to identify imbalances in the body's structural, chemical and emotional fields. It uses simple, safe, precise muscle testing procedures to help find the root of cause of problems.

Psych-K (1 hour) 35.00

Change your life, change your beliefs...PSYCH-K provides a variety of safe and effective ways to rewrite the software of your mind, changing beliefs that sabotage you into beliefs that support you, quickly and easily.

Hypnotherapy (1 hour) 50.00

Helpful for a wide range of conditions, including stress, phobias, unwanted habits such as smoking and eating problems.

Hands and Feet

Deluxe Manicure (xx mins) 20.00

Deluxe Spa Pedicure (xx mins) 25.00

Luxury Manicure (xx mins) 15.00

Luxury Spa Pedicure (xx mins) 21.00

Nail Refresher, Re-shape & varnish (xx mins) 9.00

Hand and Foot Massage (40 mins) 20.00

Face

Luxury Facial (1 hour) 35.00

Aromatherapy Facial (1 hour) 30.00

Standard Facial (45 mins) 25.00

Mini Facial (30 mins) 15.00

Continental Facial Treatment (xx mins) 45.00

Available Sunday only

Tailored Facial Treatment (xx mins) 65.00

Available Sunday only

Facial Reflexology (xx mins) 70.00

Available Sunday only

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