

## MASSAGES

### RELAXATION MASSAGE

30 mins/\$75      60 mins/\$110      90 mins/\$150

A smooth flowing massage that induces deep relaxation, improves circulation and ultimately relieves muscular tension. The ultimate stress reliever!

### WARM STONE MASSAGE

60 mins/\$115      90 mins/\$155

Heat therapy is applied using water heated basalt stones to accomplish complete relaxation and release of tired, overworked muscles. Helps to provide relief of chronic conditions such as arthritis, OOS and sports injuries. Stones are used by the therapist for massage and also for placement.

### AROMATHERAPY MASSAGE

60 mins/\$115      90 mins/\$155

A full body Swedish massage using a tailored blend of essential oils to provide a total relaxation experience through the sense of smell.

### DEEP TISSUE MASSAGE

30 mins/\$80      60 mins/\$120

A deep tissue massage mixed with Neuromuscular Therapy and Trigger Point Therapy. Specifically used for pain relief, postural alignment and elimination of trigger points and muscle spasms. Also beneficial for relieving headaches, back pain or muscle strain.

### NATURAL WATER MASSAGE

30 mins/\$90      60 mins/\$140

This is the ultimate relaxation experience! Enjoy a full or half body Swedish massage whilst having natural water cascading over the entire body. Also known as Vichy Shower Massage.

### PREGNANCY MASSAGE

30 mins/\$75      60 mins/\$110

Gentle massage that helps calm the discomforts of pregnancy. Ease your aching muscles and give your baby and yourself a special experience. Available for those in their second or third trimester.

### ROMANCE RENEWED - COUPLES MASSAGE

60 mins/\$240 (for two)

Massage can be even more enjoyable when shared, so relax and enjoy time together in our candlelit therapy room for two. Finish off with a glass of bubbly or juice and a special spa gift to take home.

## MANICURE \$75

Deluxe 1 hour. Soak, scrub, cuticle tidy, shape, massage and polish  
EXPRESS 30 MINS \$50 ~ Soak, cuticle tidy, shape and polish.

## PEDICURE \$85

Deluxe 1 hour. Soak, scrub, cuticle tidy, shape, massage and polish  
EXPRESS 45 MINS \$60 ~ Soak, scrub, cuticle tidy, shape and polish.

## ESCAPE PACKAGES

### HALF-DAY ESCAPE ~ 2 1/2 hours/\$250

*OPTION A* ~ A Polynesian Body Scrub of your choice followed by a 90 minute Warm Stone Massage and finished off with a glass of bubbly or juice.

*OPTION B* ~ A Polynesian Mask of your choice followed by a 60 minute Aromatherapy Massage and finished off with a glass of bubbly or juice.

### ESCAPE TOGETHER ~ 2 1/2 hours/\$450 (for two)

In the complete privacy of our waterfall spa couples enjoy a Balancing Facial of choice for her and a Polynesian Body Scrub for him, followed by a 60 minute couples massage and a glass of bubbly.

### LUXURY ESCAPE ~ 3 1/2 hours/\$320

Luxury from top to toe! Enjoy an Ayurda Facial followed by an hour long full body massage of your choice. Then enjoy an express manicure and pedicure while sipping on a glass of bubbly or juice.

### ULTIMATE ESCAPE ~ 3 1/2 hours/\$350

Balancing Facial of your choice, followed by a Polynesian Body Scrub or Mask, and any 60 minute Massage of your choice. Finish with a glass of bubbly or juice and your personal spa gift for tropical memories on your return home.

*\*These prices are current as of February 2010 and are subject to change without notice.*



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## VICHY SHOWERS

Our Vichy Shower has seven adjustable shower jets to caress your body under an invigorating waterfall. The therapist adjusts the pattern, placement and temperature of the jets to achieve whole-body water massage treatment. When all 7 jets are on, there is about 50 litres of water a minute flowing over your body, producing in many people a sensation of floating on water.

The effect of so much water movement on your skin is to increase the blood circulation, hydrate the skin and soothe the nervous system, enabling your body to balance and your muscles to relax. During the Vichy Shower treatment, you lie on a padded table, with the shower jets above you. The treatment is particularly effective following a body scrub or wrap, to circulate the recently absorbed products through your system, producing enhanced benefits.

### Specific benefits from regular Vichy Shower treatments include:

- Increasing the benefits of products recently absorbed by your skin
- Reducing toxins and waste, improving your elimination system
- Stimulating the skin drawing blood to the surface
- Boosting your immune system
- Hydrating your body through your skin, improving skin and muscle tone
- Reducing your stress response through skin nerve stimulation

## BENEFITS OF HYDROTHERAPY

Hydrotherapy treatments improve your life quality by producing a large increase in blood and lymph circulation, strengthening your immune system, improving your metabolism and detoxifying your body.

### Hydrotherapy has the following general effects on your body:

- Dramatically increase your elimination of waste assisting detoxification
- Loosen tense, tight muscles and encourage your relaxation
- Increase your metabolic rate and digestion activity
- Hydrates your cells improving skin and muscle tone
- Boosts your immune system allowing it to function efficiently
- Improve the function of your internal organs by stimulating their blood supply

Hydrotherapy gives your body valuable time to return to balance, improving its functions, decreasing the effects of stress and allowing you to return to optimum health. To improve your life quality we recommend you have regular treatments every 2 to 8 weeks, depending on your general and specific conditions.

## FACIALS

### VATA BALANCING FACIAL ~ 60 mins/\$105

A hydrating, nurturing and soothing facial designed to help counter dry and rough skin. Also reduces the appearance of fine lines and wrinkles.

### PITTA BALANCING FACIAL ~ 60 mins/\$105

For sensitive, oily or acne prone skin, this unique combination of herbal creams allows the skin to heal, encouraging cell renewal and providing a clearer more vibrant complexion.

### KAPHA BALANCING FACIAL ~ 60 mins/\$105

This facial nourishes and promotes circulation reviving your skins natural glow, ideal for those with pigmentation, redness or puffiness.

### SILVER FACIAL ~ 60 mins/\$130

The cooling qualities of pure silver gently and safely calms and soothes inflamed skin, leaving the skin refreshed and rejuvenated.

### GOLD FACIAL~ 60 mins/\$150

A perfect toning and stimulating facial with 24 carat gold leaves is safely massaged into the skin. Followed by a nurturing and moisturizing herbal face pack, that leaves the skin with a healthy and refreshed glow.

## POLYNESIAN MASKS & BODY SCRUBS

Overexposure to the elements around us cause our skin to become dry, dull and flaky. Our body scrubs combine pure scents to soothe the mind, while removing the outermost layer of dead skin, revealing soft supple, younger looking skin to be seen, felt and envied. Each treatment concludes with a relaxing vichy shower and application of nourishing body cream to moisturize and protect your skin.

### MASKS ~ All 75 mins/\$160

**SEAWEED BODY MASK** A total body cleanser - natural seaweed minerals cleanse both inside and out. Makes your skin look and feel supple and smooth. Helps to stimulate circulation and increase your metabolism to provide you with more energy and contributes to weight loss.

**DEAD SEA MINERAL MASK** This sultry mud enables you to feel completely at ease as the minerals are founded to relax the nervous system and enhance blood circulation.

Also beneficial to heal wounds, wake up hair roots and eradicate dermatitis and dandruff. This mud has also been credited to eliminating headaches and migraines. Also draws out toxins, which gives the skin a fresher, revived look and feel.

### SUGAR/SALT BODY SCRUBS ~ All 45 mins/\$120

Choose from our selection of body scrubs that combine pure scents to soothe the mind while lightly exfoliating dead skin cells to reveal soft supple, younger looking skin to be seen, felt and envied. Our consultant will recommend a combination specifically designed for your individual needs.

### *Our selection of scrubs consists of...*

#### ORGANIC GINGER & CINNAMON SALT SCRUB

Ginger is warming, stimulating and grounding, it helps relieve aches and pains and regulates moisture on the skin. Cinnamon has a soothing calming effect on the body & mind.

#### BROWN SUGAR & ORGANIC LEMON SCRUB

Lemon firms and strengthens skin cells and tightens blood vessels. Its citrus properties balances out dry skin and is known to help smooth out cellulite. The aroma helps clear the mind allowing you to go into a deep relaxed state.

#### SEA SALT, JASMINE & VANILLA SCRUB

Sea salt is beneficial to the skin, it is universally accepted that sea salts can have a wonderful effect on circulation and metabolism. Combined with jasmine, this helps to moisturize weather exposed skin, and with a hint of vanilla to soothe the mind.

#### SUGAR, SALT & CRUSHED ALMOND SCRUB

Sugar is alpha-hydroxy rich to give you glowing skin, it also stimulates and circulates lymphatic fluids and moisturizes and restores skin cells. Sea salt contains many minerals beneficial to the body; it helps to combat stress and fluid retention, slows skin aging and calms the nervous system. Almonds are especially effective for treating dry and sensitive skin, leaving it feeling revitalized and refreshed.

#### CHOCOLATE & COCONUT SCRUB

For all you chocoholics! Cocoa is known to increase the hydration of skin and blood circulation, and promotes smoothness and suppleness. Combined with 'nu' (coconut) gives richness to the cocoa that does provide both a cleansing and moisturizing experience for you skin.

#### HONEY & FRANGIPANI SCRUB

Honey helps to promote alpha hydroxy acids which exfoliate the skin and reveal new skin cells, it also effectively relieves sunburn pain and razor burn. Frangipani is known for having a calming effect and is thought to restore inner peace and harmony.

