

# Menu of Services



## MASSAGE THERAPY

60/90 minutes

### PERSONALISED / DESTRESS

**550/690**

You are Unique! What was your day/week like? What hurts the most? Where is the tension? Experiencing swelling somewhere? We listen to you describe how your body is feeling & craft a customized massage session incorporating various techniques that is Unique to You and your tense areas when you visit us.

### SWEDISH

**450/590**

Swedish massage therapy is the most well-known & widely practiced for good reason: it focuses on muscle relaxation, targeting superficial muscles & increases blood circulation, leaving you feeling relaxed & ready for your next goal.

### AROMATHERAPY

**510/650**

Aromatherapy is a relaxing sensorial massage with use of healing aromatherapy essential oils and plant extracts that is extremely calming mentally and physically. Not only does it increase blood and lymphatic circulation, it is also very soothing yet uplifting!

### SPORTS

**550/650**

Focusing on the muscles, the sports massage is a good way to relieve tension, relax muscles and nerves thereby enhancing muscle performance, decrease chances of injury & recovery time between workouts.

### HOT STONE

**570/710**

A hot stone massage is a massage therapy incorporating the healing warmed up smooth basalt stones that helps promote deep relaxation that ease tight tense muscles and damaged soft tissue.

### SHOULDER & NECK

**250 | 30 MINS**

Short of time? This is 30-minute massage boosts the well-being of critical parts of your body: the neck and shoulders. It has the same benefits as the Swedish massage.

## FOUR HAND MASSAGE

**550 | 45 MINS**

Are you stressed, need a full body treatment but restricted with time? We have the perfect full body treatment in half the time! Here two therapists massage different parts of your body using various massage techniques at the same time! Feels like a 90min Massage but cut in half the time with double the hands!

## INDIAN HEAD & SHOULDER MASSAGE

**250 | 30 MINS**

This is a specialized upper body and head massage treatment done in an upright position that works on specific pressure points located on the scalp, face, shoulders, neck and upper back. It also assists with stretching and muscle rotation



## ADD-ONS

Additional items to add to any massage

### AROMA OIL

**60**

Added to your massage therapy of choice, aroma oils have physical and emotional benefits and selection is made to enhance your treatment. Some calm and relax while others energise; some enhance blood and/or lymph flow while others reduce muscle/joint pain and inflammation to name a few.

### HOT STONES

**120**

Hot stones are used to enhance the benefits of massage therapy. Heat has long been used to ease muscle tension and pain by increasing blood flow to the affected area. It may also reduce muscle spasms and increase flexibility and range of motion.



## SIGNATURE TREATMENTS

Specific results orientated designed treatments

### SINUS DETOX

**250 | 30 MINS**

The sinus detox is a specialized deeply relaxing treatment designed to de-congest the nasal passages which also slows down the breathing rate and helps clear the mind. We also focus on massaging the shoulders, neck and facial muscles and focusing on facial pressure points.

### TUMMY DETOX

**250 | 30 MINS**

This is a focused tummy massage which helps speed up the detoxification process and also assists with easing abdominal discomfort. Great to kick start your system!



## FACIALS

### EXPRESS

**250 | 30 MINS**

Give your skin a new outlook in no time. Cleanse | Detox | Rejuvenate. This facial boosts the skin and is a great addition to your massage treatment.

### PERSONALIZED

**450 | 60 MINS**

You are Unique! There are a range of facial products each with different benefits; this facial is designed around your current skin needs & condition to ensure the best outcome.



## GROOMING

Hands & feet

### BASIC MANI/PEDI

**250/350**

The traditional grooming focused on nail work, cuticles & massage!

### FOOT DELIGHT

**200 | 30MINS**

They work hard, treat them well! Cleanse | Scrub | Massage!

### FOOT PEEL

**250 | 30 MINS**

Foot peel treatment for extra rejuvenation of your feet. Peel away the layers & step on new feet with an effective 3 step treatment!

**\*IF YOU WOULD LIKE TO ADD A FOOT PEEL TO A PEDI THIS WOULD BE A TOP UP FOOT PEEL 100**

### SHELLAC/GEL PAINT

**200**

Express buffing and shaping with a fresh coat of colour!

**\*IF YOU WOULD LIKE TO ADD SHELLAC GEL PAINT TO A MANI / PEDI IT WOULD BE A TOP UP 100**

### NAILS BUFF & SHINE ONLY (HANDS OR FEET)

**125**



## SPA PACKAGES

Customize the perfect spa visit

### PICK AND MIX

**750**

Create your own customized 2 hour spa experience. Pick any 2 x 60min treatments, or 1 x 60min treatment and 2 x 30min treatments or 1 x 90min and 1 x 30min treatment of choice!

**\*PLEASE NOTE EXTRA FOOD & BEVERAGES CAN BE ARRANGED AT AN ADDITIONAL FEE IN ADVANCE**