

SPA THERAPY

Relax, unwind and rejuvenate in the Spa at Blanket Bay. We invite you to immerse yourself in holistic, natural healing therapies within these tranquil surroundings. Help awaken and restore the natural healing forces in your body, mind and spirit for your own wellbeing.

THERAPY SUITE

Our two therapy suites are located on the ground floor of the Lodge through the fitness center.

THERAPY HOURS

8am-7pm daily.

After hours therapies are available by arrangement a \$50 fee applies.

RESERVATION

Reservations in advance are essential, to make an appointment please contact guest services by dialing '0' on your room phone.

ETIQUETTE

Allow time to relax and enjoy your spa experience. Arriving 5 minutes prior to your appointment and turning off cell phones and their alarm functions is appreciated. Should no one be at the spa reception desk upon arrival, simply relax in the waiting area, a therapist will be with you shortly.

CANCELLATION POLICY

Appointments cancelled four hours prior incur a 50% charge and full charges apply if cancelled within two. All efforts will be made to fill the cancelled appointment and arrange alternative times.

THERAPIES

	Duration / Price
Massage	50, 80, 110 minutes / \$190, 250, 310
Reflexology	50 minutes / \$190
Soothing foot care	50 minutes / \$210
Intensive Healing Facial	50 minutes / \$210
Hair & Scalp Aromatherapy	50 minutes / \$210
Rejuvenating Back Scrub & Mask	50 minutes / \$210
Full Body Dry Exfoliation & Mask	80 minutes / \$290

PACKAGES

Zen of Relaxation Foot Care / Aromatherapy Scalp Massage	1 hour 20 mins / \$310
Embraced by Honey Manuka Honey Facial / Back Scrub & Mask	1 hour 40 mins / \$390
Ultimate Synergy Massage / Reflexology	1 hour 40 mins / \$360
Essential Harmony Facial / Back Massage	1 hour 20 mins / \$320
Heavenly Bliss Facial / Full Body Massage	1 hour 40 mins / \$390
Sense of Tranquility Massage / Facial / Reflexology	2 hours 20 mins / \$550
Blanket Bay Hide Away Foot Bath & Scrub / Body Dry Exfoliation & Mask / Massage / Facial	3 hours / \$650

A package could be customised especially for you.

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MASSAGE

Using the sacred, powerful and intuitive art to release tension in the body, deeply relax your mind and rejuvenate your spirit.

The following types of therapeutic massage or combinations are available with a level of pressure tailored to you.

Aromatherapeutic Relaxation

Soothing and calming massage, using natural essential oils blended to your preference. Excellent for tiredness, insomnia, anxiety, digestion, female health troubles and more.

Lymphatic Drainage

Improves circulation, reduces fluid retention, boosts immune system assists recovery and prevents sickness and poor skin conditions. Amazing anti-aging care, great before and after surgical treatments.

Body Revitalizer

Medium to deep pressure massage with oriental pressure points and soft stretching. Releases muscle tension, eases pain and improves mobility and balance of the body. Outstanding after exercise or a long walk.

Pregnancy Massage

Full body or localized area with special care and support given. Enjoyed in a comfortable position for the mother-to-be.

REFLEXOLOGY

50 minutes / \$190

Embracing the ancient, holistic wisdom of reflexology, your therapist focuses on reflex points of the feet, corresponding to specific areas of the body. Applying comfortable pressure to those reflexes, reduces tension, pain and stress while improving circulation, eliminating toxins efficiently and promoting natural functions within the body. Amazing benefits for arthritis, migraines, back pains, anxiety and many other conditions.

SOOTHING FOOT CARE

50 minutes / \$210

Immerse your feet into a warm, detoxifying bath and scrub, followed by a soothing and hydrating foot mask and massage using natural essential oils blended to your preference. Relieves tired, swollen feet and legs quickly. Perfect after a long flight, walk or journey.

HAIR & SCALP AROMATHERAPY

50 minutes / \$210

Deep relaxation for the head, body, mind and spirit. Neck and scalp massage incorporating natural essential oils, blended exclusively for your skin and hair condition. Hair, heavenly rejuvenated with an aromatic steam wrap.

FULL BODY DRY EXFOLIATION & MASK

80 minutes / \$290

Dry exfoliation, improving lymphatic systems and reducing the appearance of cellulite. Blissfully followed by a warm, aromatic body mask featuring natural essential oils, blended to suit your skin and health conditions. Detoxifying, nourishing and energizing body care.

REJUVENATING BACK SCRUB & MASK

50 minutes / \$210

Treat your back to a deep-cleansing sea salt scrub followed by a warm organic New Zealand active Manuka honey* healing mask. Can be combined with other natural healing ingredients blended exclusively for your skin, back and health conditions. Great for back pain and many other health and skin concerns a wonderfully pleasant feeling.

INTENSIVE HEALING FACIAL

50 minutes / \$210

Enjoy a deep cleansing, hydrating, rejuvenating and very safe anti-aging facial care suitable for all skin types followed by a soothing neck and shoulder massage. Organic New Zealand active Manuka honey* tailored with natural healing ingredients with powerful anti-oxidant Matcha green tea will leave your skin soft and glowing.

*New Zealand Active Manuka honey. World renowned for its amazing natural healing property. Manuka honey's high concentration of natural vitamins and minerals encourage skin regeneration and repair with great results for many skin conditions including dry, oily, eczema, sensitive, acne, sun-damaged, scarring and congested skin.