



SPA THERAPY

Welcome...

*Holistic and natural healing therapies to awaken and restore
the natural healing forces of your body, mind and spirit.
Relax, unwind and rejuvenate yourself in these tranquil surroundings.*

THERAPY HOURS

8am-7pm daily.

After hours therapies are available by arrangement.

A \$40.00 surcharge will be incurred for this service.

RESERVATION

Reservations in advance are essential, to make an appointment
please contact the office by dialing 0.

CANCELLATION POLICY

Cancellations made less than 2 hours prior to appointment time
will incur the full cost of the appointment.

THERAPY SUITE

Therapies take place in the therapy suite, located on the lower level of the Lodge
through the gymnasium.

ETIQUETTE

Always allow enough time for your spa therapy experience, we ask that you arrive
5 minutes prior to your appointment. We would appreciate if cell phones and their
alarm functions are turned off for the duration of your therapy.

Come and experience the energy of healing hands



SPA THERAPY MENU

*After careful consultation with our experienced therapist,
natural ingredients and essential oils will be blended exclusively for you*

THERAPIES	Duration / Price
Massage _____	60, 90, 120 minutes / \$180, 240, 295
Reflexology _____	60 minutes / \$180
Soothing Foot Care _____	60 minutes / \$180
Hair & Scalp Aromatherapy _____	60 minutes / \$180
Manuka Honey Healing Facial _____	60 minutes / \$180
Back Scrub & Manuka Honey Mask _____	60 minutes / \$180

PACKAGES ~ indulge yourself in a synergy of therapies

Sense of Tranquility _____	3 hours / \$480
Massage / Facial / Reflexology	
Essential Bliss _____	2 hours / \$ 340
Facial / Massage	
Ultimate Synergy _____	1 hour 45 minutes / \$ 310
Massage / Reflexology	
Zen of Healing _____	90 minutes / \$ 270
Foot Care / Reflexology	
Embraced by Honey _____	2 hours / \$ 340
Manuka Honey Facial / Back Scrub & Honey Mask	
Out of reach? ...Time to treat! _____	2 hours 30 minutes / \$420
Foot Care / Back Scrub & Mask / Hair & Scalp Aromatherapy	
Blanket Bay Hide Away _____	4 hours / \$595
Foot Care / Reflexology / Massage / Back Scrub & Mask	
Hair & Scalp Aromatherapy / Facial	

A package could be customised especially for you.



SPA THERAPY MENU

THERAPIES

Duration / Price

MASSAGE

60, 90, 120 minutes / \$180, 240, 295

Relaxation, Lymphatic drainage, Aromatherapy, Deep tissue, Shiatsu pressure points, Pregnancy massage and/or a combination of these therapeutic massages are available with 100% pure essential oils blended exclusively for you. This sacred and powerful art releases tension of the body, deeply relaxes your mind and rejuvenates your spirit.

REFLEXOLOGY

60 minutes / \$180

The ancient holistic wisdom of reflexology focuses on the reflex points and areas of the feet, which correspond to every part, gland and organ of the body. By applying pressure according to your level of comfort to those reflexes, it reduces tension, pains and stress level, improves circulation, eliminates toxins more efficiently and promotes the natural functioning of the body. Amazing benefit for arthritis, migraines, back pains, anxiety and many others.

SOOTHING FOOT CARE

60 minutes / \$180

Get absorbed into a warm detoxifying foot bath and scrub, followed by a soothing and hydrating foot mask. Then enjoy a foot and lower leg massage with 100% pure essential oils blended exclusively for you. It will relieve tired or swollen feet and legs quickly. Great after a long flight, walk or journey.

HAIR & SCALP AROMATHERAPY

60 minutes / \$180

Explore the deep relaxation through head to body, mind and spirit with scalp, neck and shoulder massage with 100% pure essential oils blended exclusively for you. Your hair will be heavenly rejuvenated with an aromatic steam wrap.



MANUKA HONEY HEALING FACIAL

60 minutes / \$180

Try our amazing intensive healing facial of organic active Manuka honey with the synergy of kiwifruit, Matcha green tea and essential oil blends. This is a deep cleansing, hydrating, rejuvenating and very safe facial care for both ladies and gentlemen. Enjoy the deep revitalization of facial, hand and/or foot massage with lymphatic drainage and pressure point, leaving your skin soft and glowing.

BACK SCRUB & MANUKA HONEY MASK

60 minutes / \$180

Treat your back with a soothing massage with 100% pure essential oils blended exclusively for you, a deep-cleansing kiwifruit scrub and a warm Manuka honey healing mask, followed by a nourishing Manuka honey moisturizer. Experience this wonderfully pleasant feeling!

NATURAL INGREDIENTS

New Zealand Active Manuka honey: world renowned for its powerful natural healing properties, which are anti-bacterial, anti-viral, anti-oxidant, anti-aging, anti-inflammatory and others. It has a high concentration of natural vitamins and minerals and encourages to regenerate skin and repair skin damage. Great results for many skin conditions such as dry, oily, sensitive, acne, eczema, sun-damaged, cut, scars, congested skin and many others.

Kiwifruit: excellent for skin care especially for UV damaged skin. It has the effect of high Vitamin C, gentle exfoliate, moisturizing, and regenerating cells.

Matcha Green tea: powerful anti-oxidant, anti-aging, detoxifier and UV protect with Vitamin A, C and E. It helps to reduce redness and puffy eyes.

Essential oils: high concentration of the distilled essence from plants, herbs, flowers and trees. It helps to relieve certain conditions by stimulating the immune and circulatory system, calm, invigorate and balance the body, mind and spirit.

Enjoy our precious blessings of nature