



## Rest and Unwind Treatments

Occasionally, due to availability, we may not be able to provide your first choice of treatment. If this is the case, we will let you know as soon as possible so that you and your guest(s) can choose an alternative treatment. Treatments include turnaround time. **(K) Suitable for Kids | (P) Suitable for Pregnancy**

### Body

#### **Classic Full Body Massage – 60 | 90 minutes**

*Benefit: Relaxing - Refreshing - Restoring*

Escape to tranquillity with a full body Swedish massage. Using light to medium pressure your therapist can focus on the areas of the body that need the most attention. Combined with the use of luxurious aromatic pre-blended massage oils, any stress and tension will quickly melt away.

#### **Tranquillity Back, Neck and Shoulder Massage – 20 | 30 | 40 minutes**

*Benefit: Relaxing – Soothing – Recharging*

Unwind with a relaxing back, neck and shoulder massage. Using fragrant pre-blended massage oils your therapist will use light to medium pressure to help relieve tension and aching muscles.

#### **De-Toxifying Deep Pressure Massage – 40 | 60 | 90 minutes**

*Benefit: Relaxing – Tension-releasing – De-Toxifying*

Using a delightful blend of fragrant oils immerse into relaxation with a deep pressure Swedish massage. Dedicated to relieving tight, tense muscles your therapist will use medium to firm pressure to help increase circulation, soften and relax the tissues and help you completely unwind.

#### **Relaxing Head, Neck and Shoulder Massage (seated) 20 | 30 | 40 minutes (K)**

*Benefit: Clarity – Tension-releasing – Rejuvenating*

Sit down and relax with a fully clothed oil-free massage. Using medium pressure this treatment increases circulation to the head, shoulders, neck and scalp. alleviates tension and brings clarity to the mind.

### Face

#### **Express Facial – 20 minutes (K,P)**

*Benefit: Cleansing – Moisturising – Glowing*

A mini facial for every skin type that includes a cleanse, tone, exfoliation and moisturize.

#### **Sublime Facial – 30 | 40 | 60 minutes (P)**

*Benefit: Cleansing – Hydrating – Calming*

A relaxing facial for every skin type that includes cleansing, exfoliation and a mask. All topped off with moisturiser for a healthy glow. Longer duration facials will also incorporate toning and massage as part of the treatment.

#### **De-Stress Holistic Facial and Head Massage - 30 | 40 minutes**

*Benefit: Relaxing – De-toxifying – Tension-releasing*

Indulge in this relaxing treatment using aromatic oils to massage the face, head and shoulders. Using light pressure on your face and a deeper pressure around the head and shoulders, any tension will drift away leaving a calm mind and relaxed state.

MORE TREATMENTS OVERLEAF:



## Hands and Feet

### Nail Polish – 20 minutes (K, P)

A file, tidy and polish of the hands or feet. For children under the age of 8 both hands and feet can be painted in 20 minutes.

### Classic Manicure 30 | 40 | 60 minutes (P)

A relaxing and pampering hand and nail treat that includes cuticle tidy, a file and polish. French polish or hand and arm massage also included in 40 and 60 minute treatments.

### Classic Pedicure – 30 | 40 | 60 minutes (P)

A perfect pamper for the feet that includes a foot soak, cuticle tidy, file and polish. French polish, choice of hard skin removal or foot and lower leg massage also included in 40 and 60 minute treatments.

### Gel Manicure or Pedicure – 40 minutes (P)

A fantastic file of the nails and application of gel varnish. Existing gel varnish will need to be removed to experience this treatment.

### Gel Varnish Removal – 20 minutes (P)

Professional removal of existing gel varnish

### Nourishing Hand Massage - 20 minutes (K, P)

*Benefit: Relaxing – Improves Circulation*

Enjoy a relaxing hand massage. Using creams or oils this treatment relieves dryness, promotes circulation and will make your hands feel soft and supple.

Treatments subject to therapist skillset and availability

### Refreshing Foot Massage – 20 minutes (K, P)

*Benefit: Relaxing – Improves circulation*

Relax and recline with a foot massage. Using creams or oils this treatment relieves dryness, promotes circulation and will make your feet feel soft and supple. Perfect after a forest walk or for any expectant mums with puffy, swollen ankles and feet.

### Reflexology - 30 | 40 | 60 minutes

*Benefit: De-toxifying –Improves Circulation– Relaxing*

Experience this holistic pressure therapy treatment to restore equilibrium to your mind and body. Specific pressure points on your feet are stimulated to benefit the major organs of the body, which are mapped out on the feet, helping to improve hormonal issues, and soothe back pain, migraine and digestive disorders.

