

### Massage

# Relaxation Massage

A relaxing massage to soothe tired muscles using graceful rhythmic movements. Ideal for those who want to unwind. Also assists the body by stimulating lymphatic drainage and improving circulation.

30 minutes \$100 45 minutes \$140 60 minutes \$175

# Deep Tissue / Sports Massage

A firmer massage that focuses on the deep tissue layers and is designed to ease any pain or tension and leave you feeling refreshed and revived.

> 30 minutes \$105 45 minutes \$145 60 minutes \$185

Pregnancy Massage

A gentle relaxation massage designed to pamper the mum-to-be. This unique treatment helps to relieve back and shoulder tension and swollen hand and feet, easing the mind and lifting spirits. Good for you and your baby after the first trimester.

> 30 minutes \$105 45 minutes \$140

#### **Facials**

# Express Facial

If your time is precious and your skin looks and feels like it has lost it's vitality, this express facial detoxifies the skin leaving it looking and feeling smoother and refreshed Experience a soothing and hydrating facial with the healing properties of natural New Zealand Manuka Honey products.

30 minutes

# Honey Soothing Facial

A refreshing and intensely hydrating tonic treatment that boosts and strengthens stressed and tired skin. This treatment utilises the healing properties and re balancing vitamins found in New Zealand Manuka honey. Soothing and calming Aloe Vera restores skin back to a healthier state. Ideal for hydrating sensitised skin (sunburn, dermatitis), slowing premature ageing and calming sebaceous skin in oily skin.

> 45 minutes \$140

# Skin Deep Honey Signature Facial

A facial designed to balance and maximise all skin types, products are carefully selected to bring out the best in your skin. This facial includes the natural healing powers of 100% Pure New Zealand Active Manuka Honey, world renowned for its powerful natural healing properties which is infused into the skin using a warm honey mask and silky paraffin wax. This facial is combined with a gentle face and neck massage to relax and rejuvenate.

60 minutes

## **Packages**

# Mini Relaxation Package

Unwind with a thirty-minute back, neck and shoulder massage followed by a thirty-minute express facial which includes cleansing, exfoliating and moisturising with natural New Zealand manuka honey products.

> 60 minutes \$195

