

REMEDIAL MASSAGE

A deep systematic assessment and tailored treatment with complimentary aromatherapy, targeting the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management. Our massage treatments are designed to accommodate the individual needs and preferences of our clients, from full relaxation to powerfully therapeutic.

	REGULAR THERAPIST	SENIOR THERAPIST
--	-------------------	------------------

30 MINS	\$60	\$70
45 MINS	\$85	\$95
60 MINS	\$110	\$120
90 MINS	\$160	\$170

MASSAGE AND DRY NEEDLING

Treat muscular pain through the stimulation and relaxation of trigger points. This treatment incorporates a blend of massage and dry needling.

30 MINS	\$70
60 MINS	\$120
90 MINS	\$170

REIKI

A spiritual healing practice that uses a hands-on approach to channel positive energy to the body to boost healing and restore balance to the body, mind and soul.

60 MINS	\$99
---------	------

NATUROPATHY

A holistic system of healing that incorporates a range of modalities including herbal medicine, nutritional supplements and dietary and lifestyle coaching, to treat a broad spectrum of acute or chronic illness or disease.

INITIAL CONSULTATION	
----------------------	--

75 MINS	\$110
---------	-------

STANDARD CONSULTATION	
-----------------------	--

45 MINS	\$70
---------	------

INFRARED SAUNA

Purify the body, remove toxins, aid weight loss and create stress-relieving relaxation of the muscles with the deep penetrating warmth of an infrared sauna.

45 MINS	\$45
60 MINS	\$50

*Additional Person \$15

LUSH ADD-ONS

SALT BODY SCRUB

Three salt scrub generously applied with warm essential oil to invigorate and exfoliate the body.

15 MINS	\$25
30 MINS	\$45

HOT STONES

Smooth, water-heated basalt stones are placed on the key points of the body to promote pain relief and deeper muscle relaxation.

15 MINS	\$25
30 MINS	\$45

CUPPING

Ancient Chinese Traditional Healing. Cups are suctioned onto the body to remove toxins and dissolve muscular tension.

15 MINS	\$25
30 MINS	\$45

HOT OIL SCALP & HEAD REJUVENATION

Warm Healing essential oils massaged into the head and scalp to enhance circulation and rejuvenate the hair.

15 MINS	\$25
30 MINS	\$45

WELLNESS PACKAGES

NOURISH

Soothe and nourish your body and soul with a 60 minute remedial massage combined with an additional 15 minutes of hot stone therapy, for a deep, potent healing. Finishing with a 15 minute Hot Oil Scalp & Head Rejuvenation to reinvigorate your hair, boost your circulation, and leave you in a state of absolute bliss.

REFRESH

Relieve tired muscles and bring your body back into alignment with a 60 minute remedial massage, creating an environment for the body to heal itself. Letting go of discomfort and recalibrating the body to more optimum levels, this is followed by a 30 minute three salt body scrub, cleansing and eliminating old skin cells and welcoming in a fresher, more vital you.

90 MINS	\$150	SENIOR THERAPIST	\$160
---------	-------	------------------	-------

*All treatments include your choice of complimentary aromatherapy *Hicaps available.