

## 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. (Senior Therapist only).

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
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## 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	\$120

STANDARD CONSULTATION	
45 MINS	\$80

## 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	\$55
60 MINS	\$60

\*Additional Person \$20

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

## 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

### 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

### PREGNANCY MASSAGE

Please arrive 15 minutes early for a brief consultation

	REGULAR THERAPIST	SENIOR THERAPIST
60 MINS	\$120	\$130
90 MINS	\$170	\$180

## 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	\$160	SENIOR THERAPIST	\$170
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