



LENNOX  
SANCTUM

# SPA MENU

## MEMBERSHIPS

### SELF LOVE

4 hours of rest and recovery time in our Wellness Spa (per calendar month).

Use in: 1 hour, 1.5 or 2 hour sessions

\$170 MONTHLY PAYMENT

### ULTIMATE SELF LOVE

4 hours of rest and recovery time in our Wellness Spa (per calendar month).

1 hour Remedial Massage per month

\$280 MONTHLY PAYMENT

Use in: 1 hour, 1.5 or 2 hour sessions

## CASUAL RATES

60 MINS - \$60 EXTRA PERSON \$45

90 MINS - \$80 EXTRA PERSON \$65

120 MINS - \$110 EXTRA PERSON \$95

## WELLNESS SPA GATHERINGS

6 people 3 hours \$300

Extra person \$45

Up to 10 people.

## WELLNESS SPA PASSES

Enjoy all the Wellness Spa benefits at times that suit you without locking into a membership.

10 HOUR WELLNESS SPA PASS \$450

5 HOUR SPA PASS \$250

## SAUNA PASSES

For those that are just interested in the Heat, the sauna passes are ideal so you can use the sauna when it suits you.

5 X 45 MIN SESSION  
INFRARED SAUNA \$220

10 X 45 MIN INFARED SAUNA  
SESSION \$400

All passes are valid for 12 months of purchase.

## FIRE & ICE

Immerse yourself the ancient tradition of heating your body then plunging into an ice bath.

Enhances the lymphatic and cardiovascular systems, reduces inflammation, boost metabolism and optimises brain function.

60 MINS \$70

## HEALTH AND WELLNESS

At Lennox Sanctum our ideology is based on the premise that every human has the capacity to heal and transform their own health. Our experienced therapists, coupled with our Wellness Spa, facilitate your unique health journey and transformation, so that you leave looking, feeling, and moving the way your body was designed to.

## REMEDIAL MASSAGE

A deep systematic assessment and tailored treatment with complimentary aromatherapy, targeting the muscles, tendons, ligaments and connective tissues of the body. Our massage treatments are designed to accommodate your individual needs.

30 MINS \$70

45 MINS \$95

60MINS \$120

90 MINS \$170

All Remedial Massages are able to be claimed with Hicaps

## INFARED SAUNA SESSIONS

CASUAL RATES

45 MINS \$60

60 MINS \$65

EXTRA PERSON \$20



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## LUSH ADD-ONS TO COMPLIMENT MASSAGE

### SALT BODY SCRUB

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

15 MINS	\$35
30 MINS	\$60

### 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	\$35
30 MINS	\$60

### HOT OIL SCALP & HEAD REJUVENATION

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

15 MINS	\$35
30 MINS	\$60

### CUPPING

Cupping is the Traditional Chinese Medicine practise of applying cups via suction to the body to promote detoxification of muscles and neuromuscular junctions.

15 MINS	\$30
30 MINS	\$55

## 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

## SOUND & ENERGY RESTORATION

Immerse yourself in the ancient spiritual healing practise of energy restoration. This practise utilises a hands on approach to channel positive energy via chakras to boost healing and restore balance and harmony within the body. Finish the session with the healing harmonious vibrations of crystal healing bowls.

70 MINS \$150

## 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 \$130

### STANDARD CONSULTATION

45 MINS \$90

## 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.

90 MINS \$180

### 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 \$180

### HEAT AND NATURE:

Enjoy the healing properties of infrared technology that heats internal tissues without overheating the respiratory system. Ideally coupled with a deep tissue remedial massage tailored to your individual health needs.

45 MIN SAUNA SESSION, 60 MINS REMEDIAL MASSAGE \$170

## RESTORE ME

Enjoy 60 mins in our wellness Spa which encompasses, Infrared Sauna, Compression therapy, Deluxe Zero-gravity Massage Chairs, Chi machine, and a herbal Tea Bar. Relax, restore and recover before you complement it with a 60 min Remedial Massage.

60 MIN WELLNESS SPA SESSION OR 60 MIN SAUNA PLUS A 60MIN REMEDIAL MASSAGE \$175

## PREGNANCY MASSAGE

Please arrive 15 minutes early for a brief consultation

60 MINS	\$130
90 MINS	\$180

## WELLNESS SPA

Immerse yourself in a lush, tranquil setting in the heart of Lennox Head, just steps from the ocean. Surrounded by greenery and sipping from our herbal tea bar, embrace the ultimate experience or rest, recovery and rejuvenation. All sessions are private or you can share with a friend, or many friends.

Our Wellness Spa offers:

### INFRARED SAUNA

- Chi Machine
- Compression therapy
- Zero gravity massage Chairs
- Ice bath
- Herbal tea bar and filtered water.

Memberships, passes and one casual visit available.

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