



TROPICAL BODY MASSAGE You'll feel like you're on holidays on a tropical island resort when you experience this classic tropical massage. Exquisite massage oils –coconut, frangipani, starfruit, milk & honey, pineapple are used which smell divine and are beautifully nourishing for your skin.

60 minutes \$120.00

90 minutes \$170.00

30 minutes \$ 75.00



AROMATHERAPY/REMEDIAL BODY MASSAGE This is a classic massage using divine pure essential oils such as Lavender, Rosemary, lemongrass famous for their

healing qualities.

60 minutes \$120.00

90 minutes \$170.00

30 minutes \$75.00

Add Onn's Available with these massage please ask our staff or check our price list



HOT STONE MASSAGE Experience the amazing healing and rejuvenating power of the heated stones as your massage therapist massages with the heated stones and her hands –tired and aching muscles will be relieved

and you will be incredibly relaxed. Everyone should experience it.

60 minutes \$135.00

90 minutes \$185.00



• **REMEDIAL MASSAGE**-available every day -wonderful for muscular aches & pains.subacute/ chronic low back pain

* delayed onset muscle soreness (DOMS)

- anxiety
- stress
- soft tissue injuries
- high blood pressure
- insomnia.

60 minutes \$135.00

90 minutes \$185.00



PREGNANCY MASSAGE (after 3 months) Relieve aching tired legs and back with this specialized massage. It's available every day. **Benefits of Prenatal Massage.** Prenatal massage is therapeutic bodywork that focuses on

the special needs of the mother-to-be as her body goes through the dramatic changes of **pregnancy**. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

60 mins \$135.00

90 mins \$185.00



INDOCEANE –LUXURIOUS BODY MASSAGE Indoceane meaning “from across the oceans “is a luxurious and Indian inspired massage with the beautiful music of Indoceane

(featured in our introductory video on our home page) to unwind your body & release it's spirit using exquisite pure essential oils of sandalwood ,cedar, & patchouli –plus the application of Q1 balm ,a cellular stress reliever to massage energy centres where nervous tension builds up

60 minutes\$ 135.00

90 minutes\$ 185.00



**OCEAN MEMORIES –
LUXURIOUS BODY MASSAGE**
Energising warmed aquatic
massage oil ,the sounds &
smells of the ocean ,a tension
melting warmed heat stamp
are incorporated by the mas-

seuse into this luxurious massage -mmmperfect

60 minutes \$ 135.00

90 minutes\$ 185.00



Relaxation Massage A one-
hour or 90 minutes **mas-**
sage session can reduce
stress by lowering the heart
rate and reducing levels of in-
sulin and corti-
sol. **Massage** also improves

blood circulation, leading to lower blood pressure and improved
body functions. ... Stress can cause muscle soreness,
but **massage** relaxes the muscles and reduces pain.

60 minutes \$120.00

90 minutes \$170.00



Soy Candle Massage Enjoy the goodness of moisturizing shea butter, antioxidant soybean oil, nourishing Jojoba oil, & hydrating vitamin E combined with pure essential oils –choose from either RELAXING BLEND formulated to enhance a peaceful mind and unwind any physical

stress of the day with soothing and nurturing lavender, calming ylang ylang and precious sandalwood or REVIVING BLEND formulated to help uplift your mood and sharpen your senses with effervescent mood enhancing orange & citrus, and restoring jasmine or REBALANCE BLEND formulated to help strengthen and restore your body while helping clarify and centre your emotions with balancing grapefruit and seductive rose or for those of us concerned about toning tightening & detoxing choose SOY SLIM with juniper berry essential oil, grapefruit & green coffee bean oil .Your massage therapist lights the soy candle before you arrive at the day spa –then she will extinguish the candle as she pours the most divine warm liquid onto your body & then commences her classic massage .This exquisite massage is deeply relaxing & leaves the skin so soft & with the most beautiful deeply hydrated texture & divine fragrance a favourite of clients & massage therapists at the Day Spa.

60minutes \$135.00

90minutes \$185.00