



Thursday to Sunday from 10.00am to 7.00pm. Phone (03) 317 9386

MASSAGE THERAPY

AYURVEDIC HEAD MASSAGE 60mins. \$80

This head massage is particularly beneficial in balancing chakras, the energy centres of the body. There are seven main chakras situated at different levels running from the crown of the head to the lowest base of the spine. This treatment releases tension and restores the balance of energy allowing the body and mind to feel relaxed and rested.

THAI AROMATIC MASSAGE (*Includes Foot Bath*) 120mins. \$150, or 60mins \$120 – Without Foot Bath

A deep tissue massage, using firm palm strokes and thumb pressures to relieve and heal muscular pains. Employing a blend of Thai and other Asian healing techniques, combined with our own signature massage oil blend to reduce tension and to rejuvenate the body. Great for active people and after any sporting activity.

BACK, NECK & SHOULDERS (*Includes Foot Bath*) 90mins. \$120

Focusing on tired and stressed muscles, with a particular emphasis on the back, neck and shoulders, this treatment induces deep relaxation, improves circulation, eases away chronic muscular aches and pains by loosening up tight muscles caused by everyday modern busy lifestyles.

FOOT SPA & MASSAGE 60mins. \$90

This traditional treatment reduces stress, induces deep relaxation and improves circulation. The treatment begins with a ritual cleansing of the feet and legs as you feel the tension drift from your body. You will experience a deep cleansing skin polish, followed by a calming and relaxing foot and leg massage.

BODY CLEANSER

BODY EXFOLIATION 90mins. \$120

An invigorating treatment that exfoliates, softens and protects your skin against the effects of free radicals, leaving your skin feeling smooth and glowing with health.

FACIAL THERAPY

ANTI-AGEING PROGRAMME (*Includes Foot Bath*) 90mins. \$150

This treatment incorporates specific manual lifting and firming techniques to energise the facial muscles and tone the skin, improving skin tone, complexion and moisture levels.

WATER LILY FACIAL TREATMENT (*Includes Foot Bath*) 90mins. \$150

Reducing stress and restoring your skin's natural healthy glow with active ingredients from water lily, pomegranate, chamomile and black tea extract to help restore elastin and collagen for smoother and healthier skin.

PACKAGE TREATMENT

SIGNATURE JASMINE TREATMENT (*Includes Foot Bath*) 2.5hrs. \$270

Jasmine Body Exfoliation, Jasmine Aromatic Massage and Water Lily Purifying Facial.

Our signature treatment is a complete spa experience to tantalise your senses from head to toe with the exotic and sensual scent of pure jasmine essential oil.

All treatment times include consultation and a herbal tea refreshment to finish.