

## CLASSIC MASSAGE

**Classic Massages** [30 minutes \$55 | 60 minutes \$85 | 90 minutes \$115]

- Therapeutic
- Swedish

**Deep Tissue** [60 minutes \$105 | 90 minutes \$125]

## DELUXE MASSAGE

**Prana Vitality Massage “for inner armour / shining life force” (75 minutes, \$110)**

Energizing. Detoxifying. Balancing. This revitalizing full body massage helps release toxins, reduce fatigue and restore strength and harmony. Specialized massage techniques, marma therapy and hot poultices blend with energy-enhancing essential oils of juniper berry, geranium, lemongrass, lavender and patchouli to leave mind, body and spirit sparkling with vitality.

**Organic Herbal Muslin Bag Massage (90 minutes, \$120)**

A real sensory treat. Warm steamed bags of orange, clove, ginger and focus serratus seaweed are gently massaged into the body releasing the precious seaweed oils. We use a combination of the finest organic ingredients and seaweed to massage your body, gently exfoliate and nourish your skin.

**Manipura Full Body Massage “for anxiety release and energy increase” (90 minutes, \$150)**

Regulating. Stimulating. Enlivening. This warming treatment helps balance and energize the Manipura – the solar plexus (naval) chakra – the center of fire and sun energy that ignites our health and vitality. Meaning ‘beautiful, shining jewel’ in Sanskrit, the Manipura massage uses marma massage, lymphatic drainage and herb poultices to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

**Seaweed Hot Stone Massage (90 minutes, \$140)**

This detoxifying and nourishing treatment uses aromatic organic essential oils and hand-harvested seaweed leaves to soothe the body and mind. We place heated basalt stones onto warm organic seaweed leaves to encourage the release of vitamin- and mineral-rich precious extracts into your skin. The deeply relaxing and luxurious treatment aims to supplant existing stress and tension with a sense of calm and wellbeing so you leave feeling serenely renewed.

**Voyager Massage Journey (90 minutes, \$160)**

A complete top to toe relaxation journey, incorporating scalp massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

**Mother-To- Be (60 minutes, \$120; 90 minutes, \$160)**

This nourishing treatment combines rosehip seed and argan oil infused with extracts of lavender, geranium and rose to bring peace and harmony to mother and baby. Himalayan herb poultices are gently massaged into marma and meridian points to relieve aches and pains. Excess fluid and heat is removed. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks.

**Chakra Wellbeing (120 minutes, \$220)**

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

**Couples Connect (120 minutes, \$290)**

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (the oil of love), orange blossom (bliss) and jasmine (for stimulating the flow of love) – to encourage a beautiful union of body, mind and soul.