

MANDARIN AND CEDARWOOD REJUVINATION PACKAGE

Starting with a luxurious uplifting butter salt with luscious blends of natural oils, anti-aging Dunaliella seaweed scrub to revitalise and renew your skin by exfoliating, deep cleansing and stimulating cell renewal. One of the finest textures in body polishes, this regenerative blend is infused with mandarin and cedarwood oils and Dead Sea salts rewarding your skin with a satin finish. We continue to rejuvenate your entire body as we cover it with a warm Dead Sea Mineral rich, silky smooth mud mask. You will then be gently cocooned in a body wrap to infuse the essential nutrients into the skin. This session will stimulate the body's natural healing mechanism to eliminate toxins and deeply hydrate and soothe the skin while you lay back enjoy the benefits of a relaxing foot massage. After a rinse off in our warm shower, next enjoy a moisturising and deeply relaxing HOT STONES massage with our special blends of essential oils.

2.5 HOURS \$170.00



Health Fund rebate (while all therapists at this centre are fully qualified we cannot always guarantee a Health Fund rebate due to the different Funds policies and conditions which are inconsistent - please enquire with our Reception).

We also cater for private group functions for any occasion. Finger food and drinks can also be arranged upon requests. We have a team of beauty & massage therapists that can come to your place and we can tailor to your group needs. Please feel free to call us and discuss the various options.

**SHOP 3 SOUTH ST,
UMINA BEACH, NSW (OPP FLEMINGS)**

4342 3421

Gift certificates available for any treatment package



MASSAGE FOR OPTIMUM HEALTH MODALITIES & PACKAGES



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OUR THERAPISTS ARE REGISTERED WITH AUSTRALIAN
TRADITIONAL MEDICINE SOCIETY AND FULLY QUALIFIED

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REMEDIAL MASSAGE

An effective massage treatment targeting specific muscle groups, remedial massage uses various techniques to focus on specific problem areas. A remedial massage is designed to alleviate muscle tightness and restore joint mobility. This involves examination and assessment prior to the massage, focusing on the deeper layer of the muscle tissue. Using deep muscle compression and friction along the grain of the muscle, the purpose is to unstick the fibres of the muscles and release both toxins and deeply held tension points, and get blood and oxygen circulating properly. This session is suitable for those with sport and overuse injuries, back pain, muscular strains and neck and shoulder tension as it is a corrective modality. This treatment can also include cupping (the use of glass suction cups placed on certain regions of the body).

1 HR \$65.00

Dead sea mineral bath salts
(Recommended after your massage)

\$10.00

THERAPEUTIC BODY BALANCING MASSAGE

This holistic style of massage incorporates the use of therapeutic and remedial techniques combined with the use of Hot Stones, Aromatic Essential Oils and Reflexology. The combined use of these techniques has a profound influence on a person's overall well being by helping to ease muscle tension, regulate the autonomic nervous system, stimulate the lymphatic system, promote circulation and balance the electromagnetic energy field of the body. The numerous benefits include: reduction of anxiety levels, emotional stress relief, improved lymphatic and blood circulation and pain relief (due to the release of endorphins).

1HR \$65.00

LYMPHATIC DRAINAGE

Lymphatic Drainage stimulates the lymphatic system and aids in general detoxification and strengthening of the immune system. Many conditions can be improved with the application of this gentle yet effective technique. It is used widely in Europe where a close association with Medical Practices has been founded, especially treating conditions such as lymphodema. Benefits include: improving skin conditions such as acne, wrinkles and puffy eyes; aiding recovery after root canal or tooth extractions; relief of chronic sinus conditions and hay fever; managing tendonitis, RSI, post surgery, emphysema, lymphodema, varicose veins, Restless Leg Syndrome, Crohn's Disease, PMS, menopause, diabetes and recurring infections such as colds, flu and ear.

1HR \$65.00

Dead sea mineral mud (self application)

\$15.00

THE BOWEN TECHNIQUE

Its beauty is that it is non-invasive and causes no trauma to muscles or joints. This technique involves a gentle, dynamic system of muscle and connective tissue moves which balance the body and stimulate energy flows. It can be used safely on anyone from newborns to the aged and immobile and is 'State of the Art' in remedial therapy. Gentle, fast, effective treatments for sore knees, TMJ disorders, RSI, hammer toe/ bunions, colic, kidney & lymphatic disorders and bed wetting.

1 HR \$65.00

REFLEXOLOGY

Reflexology is a healing modality in which specific points on the feet or hands (known as reflex points) are worked upon to help facilitate healing in all parts of the body. Reflexology aims to treat the body as a whole bringing balance and helping to activate the body's natural healing process. This gentle therapy has been shown to be effective and beneficial in the treatment of: sleep disorders, hormonal imbalances, hay fever, asthma, arthritis and migraine. This treatment also includes an aromatherapy foot spa.

1 HR \$65.00

REFLEXOLOGY MASSAGE PACKAGE

Enjoy total body relaxation with a foot spa that will melt your feet. Using our amazing Ahava Gentle Body Exfoliator, followed by a traditional foot reflexology session incorporating an energising warm mineral mud in mandarin and cedarwood for the feet. This package stimulates circulation, encourages detoxification and induces relaxation. The reflex points of the feet are stimulated bringing relief to corresponding areas of the body. This massage allows you to drift into deep relaxation restoring the body to a state of calm and balance.

90 MINUTES \$100.00

HOT STONES MASSAGE

A truly authentic, holistic and sensory massage treatment. Heated rocks, smoothed through the ages by gentle flowing water, are placed onto key energy points (Chakras) while others are used to massage energy meridians with warm essential oils that softly release tension in the muscles. Hot Stone Massage will reconnect you back to the primal forces of the Earth. The benefits of this treatment come from a combination of the massage and use of heat (thermotherapy). These include: increased oxygen and nutrients to cells; increased lymph circulation and speeding up of waste removal from cells; gentle relaxation of muscles and reduction of muscle spasms and alleviation of stress providing a deep level of relaxation.

1 HR \$65.00 90 MINUTES \$100.00

AROMATHERAPY MASSAGE/FACIAL PACKAGE

Experience the peaceful healing benefits of this soothing massage utilising the art and science of aromatherapy- the therapeutic use of plant essential oils. Apart from the physical benefits, essential oils can have subtle effects on the mind and the emotions. Deeply relaxing and nurturing with gentle flowing movements to ease tension, and induce a deep sense of calm. Cleanse, nourish and refresh your skin with our AHAVA skin care range. The skin is cleansed, exfoliated, nourished and refreshed. Varying massage and treatment techniques are included and modified to suit the individual and to maximise the health and integrity of the skin.

This personalised treatment leaves the skin visibly renewed. A mind-melting head and scalp massage concludes your journey of relaxation!

90 MINUTES \$100.00

INDIAN HEAD MASSAGE

An Indian head massage will energise your mind and allow tension to slip away. This ancient technique has been practised for over a thousand years in India, being passed down from generation to generation. It is a therapeutic treatment with many wonderful benefits. Indian head massage can be given almost anywhere. The receiver remains fully clothed seated in a chair. It involves using a sequence of moves such as energy balancing techniques, lymphatic drainage, acupressure points, stretching and general massage to the shoulders, neck, face and scalp. Indian Head massage is as effective as it helps soothe and relax the nervous system while relieving joint and muscle stiffness and of course it is very beneficial treatment for tension headaches and eyestrain. Also different strokes and pressure are used to stimulate the lymphatic and circulatory system. These are just a few of the therapeutic benefits of this technique. Indian head massage is a beauty treatment as well. The secret of Indian women's lustrous shining hair is the mixture of oils and the special blend of aromatherapy oils to relax or energise the person.

30 MINUTES \$50.00

PREGNANCY MASSAGE

A relaxing massage for the mum-to-be using specially trained techniques to assist with the tensions and pains experienced during pregnancy. This technique is suitable after the first trimester for pains that are often caused by the extra weight and shift in the centre of gravity. There are many physical benefits to Pregnancy Massage, in addition to the nurturing and emotional support provided by the practitioner. Massage reduces peripheral swelling, soothes the nervous system, helps to prevent insomnia, muscle cramps and back pain. Regular massage throughout the pregnancy is also said to shorten labour time and the return to optimal fitness after birth.

1 HR \$65.00