

## energize



### TOTAL DETOX 75MINS \$140

salt & white clay exfoliation, nutritious treatment body oil application infused with Papyrus clay body masks, and concludes with a hydrating uplifting aromatic lotion

### PURE INVIGORATION 90MINS \$140

cleanse & refresh with all the benefits of salt & clay exfoliation removed with aromatic towels, body is wrapped in the scent of a Papyrus oil treatment and full body massage

### HERBAL DETOX BODY WRAP 90MINS \$150

organic freshly boiled herbal combination infused in wraps to cover the whole body then left to soak into the skin creating a detoxification process & drawing excess water from the body. Ideal with weight loss or wellness program, the body is pushed with aromatic towels and lathered with a nourishing aroma lotion

### CLEANSING MANTLE 45MINS \$80

a heavy duty facial for the back. Designed to remove impurities. Rebalance and rejuvenate the skin. The back is cleansed with our unique salt and clay scrub to give the skin a deep cleanse and exfoliation. Special strengthening & purifying oils are infused by the Papyrus Body Clay, concluded with a light massage

### TOTAL HEAVEN 75MIN \$140 *relax*

extremely nurturing full body spa treatment using pure salt and white clay exfoliation, followed with Lotus treatment oil, infused with body clay & finished by applying a rich Lotus lotion with an exotic scent

### SWEET SERENITY 90MINS \$150

all the benefits of salt & clay exfoliation combined with a relaxing Swedish massage. Begins with warm aromatic towels, salt & clay exfoliation. Gentle & improves skin texture, concluding with the Lotus Massage oil the senses are wrapped in a sweet heady aroma

### SOOTHING MANTLE 45MINS \$80

essentially a deep cleansing, soothing and relaxing facial for the back. Begins with exfoliation by dry brushing, cleansed with a gentle cleansing milk, then coated with nourishing treatment oil and a pink clay mask concluded with a nourishing moisturiser

## the ultimate way to de-stress the body



**HAHANA HOT STONE MASSAGE 90MINS \$145**  
relax, unwind & be transported to another dimension with this beautiful traditional style massage drizzled with coconut oil, we use volcanic stones smoothed over thousands of years by gently flowing currents of water to do a firm & rhythmic massage sequence. Whilst the stones release their energies deep into the muscles dissolving any tension & stress, harmonising the mind, body & spirit...

### RELAXING LOTUS MASSAGE 70MIN \$78

using a blend of Lotus Signature Treatment oils, working on the light tissue & muscles of the body, with a relaxing, exotic aroma awakening of the senses. Completed with an Aroma Sea signature head massage

### AROMATHERAPY MASSAGE 90MIN \$105

lymphatic acupressure points over the whole body with a high potency essential oil blend to relax, detoxify and soothe the muscles wrapping the body with an individual scent suited to you on that day, enlivening the spirit

### PREGNANCY MASSAGE 60MINS \$75

uses a combination of Swedish & relaxation techniques, to assist with the tensions and pains experienced during pregnancy this offers nurturing and emotional support, beautifully soothing for you and the growing baby



### DEEP TISSUE MASSAGE 60 MINS OR 30MINS \$80 OR \$45

for a deeper tissue massage, this massage is wonderful for tight aching muscles, Swedish, pressure points and effleurage movements help to relieve stress, these techniques can be tailored to suit a Back, Neck & Shoulder Massage for 30 mins

### REVITALISE PAPYRUS MASSAGE 70MIN \$78

using a blend of Papyrus Signature Treatment oils, working on the light tissue & muscles of the body. With a crisp, uplifting citrus aroma awakening the senses. Completed with an Aroma Sea signature head massage

## natural therapy - relax & renew

### REFLEXOLOGY 75MINS \$90

reflex points on the foot are a mirror of any congestion in the body. Stimulating these restores system function, a healing process that is safe, non-intrusive and heals indirectly, soothing, balancing & boosting the entire body, this treatment includes a foot scrub with salts



### EAR CANDLING 45MINS \$50

the process involves using a specially made hollow candle which is held gently on the edge of the ear to create a vacuum in the ear, drawing out old wax, residues of past infection and fungus ...brings harmony and balance

### REIKI SESSION 30MIN / 1HR \$40 / \$65

"universal life force energy", aims to improve health, it treats body, emotions, mind and spirit, promoting relaxation and feelings of peace and wellbeing

### HEMAVIEW CONSULTATION 35MINS \$50

based on the science of hematology, Hemaview - live blood analysis is an informative, effective tool which enables us to see for ourselves the effect of an unhealthy lifestyle or a current illness on our body at the blood cell level ... see for yourself

### KETOSLIM WEIGHT LOSS PROGRAM

please talk to our qualified practitioner in this area

### SALIVARY HORMONE TESTING

pay direct to the pathology laboratory - dependent on sample needed

### IONIC HEAVY METAL TESTING \$15

test for heavy metals



## natural medicines

### NATUROPATHIC CONSULTATION 30MINS / 60MINS \$45 / \$65

a naturopath aims to educate, empower and motivate the patient to assume more personal responsibility for his or her health searching for the cause of a disease rather than treating the manifestation and its effects

## bathe and add-ons

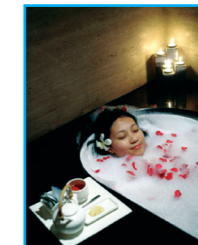
SOAK YOUR WORRIES AWAY BEFORE OR AFTER A TREATMENT WITH OUR HYDROTHERAPY SPA BATH INCLUDING ANY OF THE FOLLOWING COMBINATIONS:

### AROMA SOOTHE 30MINS \$30

blend of aromatic genuine essential, bath salts and white clay, soothing to the muscles, mind and soul

### EARTH ESSENTIAL SOAK 30MINS \$30

feel grounded by this creation of yellow clay and the woody aroma of essential oils. Relax and revive...



### ISLES SOAK 30MINS \$30

a blend of coconut milk and a bounty of essential nutrients for your skin, luxuriously smooth

### COUPLES SOAK 30MINS \$40

### SIGNATURE HEAD MASSAGE 15MINS \$20

using our signature organic coconut treatment oil blend, we give you a treat with this beautiful signature head massage to relax your mind and nourish your hair and scalp

### AROMATIC VITAMIN TREATMENT \$22

designed to be included during a spa body treatment or massage, the skin is prepared and then the Aromatic Treatment Oil is massaged into the face. Available in two superb serums...Clarifying and Intensive rich with minerals and EFA's