

SUMMER SPA MENU

REMEDIAL MASSAGE

A deep systematic treatment targeting the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management.

	REGULAR THERAPIST	SENIOR THERAPIST
30 MINS	\$60	\$70
60 MINS	\$110	\$120
90 MINS	\$160	\$170

RELAXATION MASSAGE

Feel the stress melt away and restore balance as you drift into a deep state of relaxation with a nourishing full body massage.

	REGULAR THERAPIST	SENIOR THERAPIST
30 MINS	\$55	\$65
60 MINS	\$105	\$115
90 MINS	\$155	\$165

MASSAGE AND DRY NEEDLING

Treat muscular pain through the stimulation and relaxation of trigger points. This treatment incorporates a blend of massage and dry needling.

30 MINS	\$70
60 MINS	\$120
90 MINS	\$170

REIKI

A spiritual healing practice that uses a hands-on approach to channel positive energy to the body to boost healing and restore balance to the body, mind and soul.

60 MINS	\$99
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NATUROPATHY

A holistic system of healing that incorporates a range of modalities including herbal medicine, nutritional supplements and dietary and lifestyle coaching, to treat a broad spectrum of acute or chronic illness or disease.

INITIAL CONSULTATION	
75 MINS	\$110

STANDARD CONSULTATION	
45 MINS	\$70

LUSH SUMMER ADD-ONS

SALT BODY SCRUB

Three salt scrub generously applied with warm essential oil to soothe and cleanse the body.

30 MINS	\$50
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HOT STONES

Smooth, water-heated basalt stones are placed on the key points of the body to promote pain relief and deeper muscle relaxation.

15 MINS	\$25
30 MINS	\$45

CUPPING

Ancient Chinese Traditional Healing. Cups are suctioned onto the body to remove toxins and dissolve muscular tension.

15 MINS	\$25
30 MINS	\$45

HOT OIL SCALP & HEAD REJUVENATION

Warm Healing essential oils massaged into the head and scalp to enhance circulation and rejuvenate the hair

15 MINS	\$25
30 MINS	\$45

INFRARED SAUNA

Purify the body, remove toxins, aid weight loss and create stress-relieving relaxation of the muscles with the deep penetrating warmth of an infrared sauna.

		10 SESSION PASS	
30 MINS	\$30	30 MINS	\$250
45 MINS	\$35	45 MINS	\$300
60 MINS	\$40	60 MINS	\$350

*Additional Person \$15

A BLISSFUL SUMMER

Revitalise the body, mind and soul with this nourishing treatment, beginning with a 30 minute salt scrub to restore glow and radiance to the skin and improve circulation. Be invigorated with a one hour remedial or relaxation massage then float into a blissful state with a rejuvenating 15-minute scalp and head massage to finish.

1HR 45 MINS	\$160
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*All treatments include your choice of complimentary aromatherapy

*Hicaps available.



LENNOX
SANCTUM