

Services Overview

Body Massage Treatments

Our massage's range from our 30 minute Back Neck and shoulder massage up to 120 minutes for the Total Body Massage. We offer Swedish relaxation style massage by our beauty therapists or Deep Tissue therapeutic massage. Our therapeutic or deep tissue therapist is a male therapist. Please specify when booking your treatment your preferred style.

Indian Head Massage

The Indian head massage is a seated massage with the therapist working from behind through clothing. The light-medium pressure massage includes upper back, neck, shoulders and arms as well as a variety of techniques that focus on the head and scalp. It is a very relaxing and nurturing treatment that also assists to relieve head ache and migraine pain.

Chakra Balancing Treatment

Our Chakra balancing treatment is a unique combination of aromas, chakra energy work and massage aimed at providing an energy balancing experience. Beginning with a mini chakra selection ritual we select one of the seven main chakras centres to work on as part of the experience. The treatment also uses aromas, visualisation and sound to direct your focus to each chakra as they are worked on. In addition massage is used to selected areas to assist in the energy flow and balancing process.

Shiatsu

This massage/treatment is performed by our male masseuse on the floor mounted futon mattress and consists of a combination of acupressure points and stretches similar to a Thai massage to achieve a total body energy balance. Light loose clothing a must.

Healing Touch

This treatment is energy based with minimal actual hands on touch. Your therapist works with your energy field to ensure good energy flows by removing energy blocks. Includes a Chakra connection.

Services Overview cont...

Seated Chair Massage

Our purpose built seated chair massage is ideal for those who prefer to receive their massage in a seated position with clothing remaining on. It is also ideal for later stages of pregnancy where a laying position is not suitable.

Renew Salon Spa

2016 July
Spa and Body Treatments

Please note!

Our beauty and spa services will be Unavailable until August 2nd 2016 while we carry out renovations.



Hair Care, Beauty Services, Spa Packages including hydro-therapy and multiple massage modalities.

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An Aveda Concept Salon

Upper Body Wrap

A rejuvenating and nurturing body ritual that uses nurturing touch and plant ingredients to soften and hydrate skin, create inner calm and renew the body and senses. Treatment includes exfoliation, a nourishing smoothing massage applied to your back, chest and arms, comforting body wrap with scalp and face massage.

allow 60 minutes \$110

Rosemary Mint Body Wrap

Awaken your senses as essences of Rosemary & Peppermint are incorporated in this essential body treatment. The treatment promotes energy flow and is nourishing and invigorating to the skin. Enjoy a exfoliation, followed by an application of the invigorating Rosemary Mint lotion. You will then be wrapped in warmth for a more hydrating and invigorating experience, as well as to detoxify and increase blood flow circulation. While wrapped up, you will enjoy a soothing foot, head, neck and shoulder massage.

allow 60 minutes \$110

Shampure Body Wrap

Promotes circulation and rehydration to dull dry skin with a bouquet of 25 pure flower and plant essence's including Bergamot, Lavender, Lemon, Petti grain, and Ylang Ylang. Includes a rejuvenating full body exfoliation followed by a full body massage using our Shampure body lotion finishing with a body wrap, foot treatment and head neck and shoulder massage.

allow 60 minutes \$110

Stress Fix Body Treatment

Our new stress fix™ body treatment, clinically proven to relieve feelings of stress, combines the power of Swedish and deep tissue massage, foot reflexology, acupressure and our new stress fix™ aroma, which is infused with organic French lavender, frankincense and clary sage.

allow 60 minutes \$110

Fusion Stone Massage

Hot stone relaxation

Your massage therapist uses heated stones in this relaxing massage experience. Graceful effleurage strokes are used to relax muscle tissue along with the heat and energy of the individual stones. A very relaxing and nurturing treatment. Pairs wonderfully with a hydro-therapy spa massage.

allow 90 minutes \$135

Beautifying Body Wrap

Includes hydro-therapy

A rejuvenating and nurturing body wrap including an Aveda aroma journey, Reflexology foot ritual to create inner calm and renew your senses. Your treatment begins with a dry exfoliation, followed by a warm seaweed body masque to smooth and detoxify your body. Your masque is removed with an aroma infused hot towels refresh. A restorative scalp, face, foot and body massage completes your experience.

allow 120 minutes \$235

Salt Glow Body Treatment

Relaxation and exfoliation

The Salt Glow body treatment is a total package that encompasses exfoliation, aroma infused hot towel refresh and a rehydrating massage. We use Aveda Aqua therapy salts to provide an all-over body exfoliation, an aroma infused hot towel cleanse, a relaxing body massage to rehydrate your skin, and finishing with a shampoo, scalp massage, and blow dry to ensure you look your best.

allow 2 ½ hours \$235

Spa Packages reward

Allow your senses to be nurtured as you spend time being refreshed and de-stressed with the reward spa package

Includes:

*Foot soak, cleanse and massage
Back Legs and Shoulder Massage
Shampoo and blow dry*

allow 2 hours \$160

serenity

Enjoy the peace and stillness of our serenity spa package as you experience the energy of our heated river stones as they are used to massage away tension and stress!

Includes:

*Foot soak, cleanse and massage
Fusion Stone Massage
Aveda Facial*

allow 3 hours \$280

persuasion

Sometimes it takes a little effort to allow yourself to enjoy time out for yourself! Our Persuasion spa package ensures that you will experience nurturing and de-stressing over 4 hours of individual spa treatments combined to flow into a seamless and timeless experience

Includes:

*Indian Head Massage
Total Body Massage
Aveda Facial
Shampoo and Blow dry*

allow 4 hours \$365