


Massage Treatments. . .

Let the mind and body unwind gently with a deeply relaxing massage. Using only the purest oils and highly refined techniques to knead and stroke the body's soft tissues, calms and soothes the nervous system, causing muscles to relax and tension to drain away.

 **Retreat Signature Massage** **90 mins** **\$160.50**
This complete, restorative massage uses various techniques to achieve a deep therapeutic effect. Light pressure is used along meridian points as well as variety of stretching exercises is used to help release energy flows. This treatment is recommended for busy individuals suffering from chronic body aches and pains.

Hot Stone Massage **75 mins** **\$171.20**
Stones used in ancient rituals, have an important place in the spa culture to heal and restore vitality. The warmth of the stones, along with various acupressure techniques releases muscle tensions, stimulates circulation and improves joint mobility.

Traditional Aromatherapy Massage **75 mins** **\$139.10**
A soothing massage using beautifully scented natural essential oils known for their medicinal properties. An excellent choice that works on reducing stress and enhancing the overall well being. This treatment is also recommended for individuals with insomnia.

 **Traditional Swedish Massage** **60 mins** **\$117.70**
In the early 1800s the Swedish massage was developed to work the body's soft tissue and lymphatic system. Swedish massage relieves muscular aches and pains, reduces tension, improves circulation and restores range of motion to joints.

Seaweed Soap Massage **60 mins** **\$117.70**
This treatment uses 100% natural seaweed soap which gently clean and eliminate dead skin cells, uncovering a soft, supple epidermis. During massage, it remineralise tissue, activate micro-circulate and delivers a high concentration of nutrients to the skin.

Pregnancy Massage **60 mins** **\$117.70**
This treatment is only recommended after the 4th month if pregnancy. Pregnancy massages may help reduce cramping, tension, fatigue and stiffness as well as having an overall calming effect on nerves. These massages have also been known to help abate depression or anxiety symptoms caused by mother's fluctuation hormone levels.

Vacuum Suction Drainage Massage **60 mins** **\$94.20**
This exclusive non-invasive procedure promotes circulation that will help to increase metabolism providing greater oxygenation, toxic waste elimination and cell rejuvenation. Stimulating collagen production and improving the resiliency of elastic fibers will also achieve toned and firm skin.

