



sanctuary

*wellness health relaxation*

## *Sanctuary Body Massage*

A deeply relaxing firm body massage designed to ease your tired aching muscle's and release everyday tensions.

We use a combination of therapeutic, remedial , lomi, trigger point, pregnancy and relaxation techniques .

All massages include warm oil, and heated towels to ensure that you're experience is like no other.

Pressure can be adjusted specifically for you're needs. 90 minute massages include scalp and facial massage

<i>Stress &amp; Relaxation Massage</i>	<b>60 min \$70</b>	<b>75 min \$85</b>	<b>90 min \$100</b>
<i>Body re-balancing Massage</i>	<b>60 min \$75</b>	<b>75 min \$95</b>	<b>90 min \$105</b>
<i>Sports &amp; Therapeutic Massage</i>	<b>60 min \$82</b>	<b>75 min \$100</b>	<b>90 min \$115</b>

### *Massage Add On's*

<i>Volcanic Stones</i>	<b>\$55</b>	<i>Hands and Feet</i>	<b>\$50</b>
<i>Body scrub</i>	<b>\$65</b>	<i>Dry Body Brushing</i>	<b>\$50</b>
<i>Mini Facial</i>	<b>\$45</b>	<i>Body Hydration</i>	<b>\$65</b>
<i>Scalp sculpting</i>	<b>\$35</b>		

### *Intuitive Healing*

**From \$80 per hour**

**with Bowen \$100**

Do you have no energy, low mood and does your mind and body feel out of whack? We use a variety of techniques including Reiki, Kinesiology, Theta healing, Nlk, Crystals, Flower essences , Tibetan bells ,powerful visualizations . All designed to raise your body's energy , activating you're brain and body to become synchronized as one, allowing you to feel more energized and centered. You will feel at ease and as if a weight has been lifted off your shoulders.

We design a treatment that will work specifically for your needs.

### *Bowen Therapy* \$70 60 min

A non-invasive connective tissue technique which empowers the body's own healing response. Used for a variety of muscular-skeletal injuries it is a specific series of powerful muscle movements designed to realign the body, both physically and mentally. A deeply relaxing and therapeutic pain relieving treatment .

### *Lymphatic Facial* \$90 60 min

Focusing on the massage element to relieve tension in the jaw face and scalp we use a combination of sensitive skin balancing treatments and heat to relax those muscles and stimulate collagen enhancing sinus drainage and providing headache relief .

### *Sanctuary Rituals for Men and Women*

**1 treatment \$100 2 treatments \$165 3 treatments \$210**

### *Sanctuary Body Scrub*

Sanctuary Signature Sugar Scrub, relax as our therapist removes your dead skin cells with our luxurious scrub and replenishes with a full body hydrating butter massage.

### *Sanctuary Detoxifying Wrap*

An ideal treatment to purify dehydrated overloaded skin especially beneficial for weight loss or elimination of excess fluid ,includes dry body brushing.

### *Face Neck & Scalp Sculpting Massage*

Using heated macadamia oil to soothe tension and stress, this treatment is designed to deeply relax and de-stress .

### *Volcanic Express*

Muscle tension melts down with the heated volcanic stones used to release muscle tightness in the back, neck and shoulders includes body massage.

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*Gift Service Available*

Bookings are essential and some  
therapies are only available on  
request

10% surcharge after 6 p.m. and  
Sundays

Weekend & Group bookings  
require deposit

*24 hr Cancellation Policy*

**0400 417 222**

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