

AWAROA

~ DAY SPA ~

AWAROA HARMONY MASSAGE

Indulge in the healing touch of Aromatherapy massage. Deeply relaxing as the soothing scents transport you to a state of tranquility. Helps to release muscle tension, unwind your mind and rejuvenate your spirit.

60 minutes \$120

90 minutes \$160

DEEP TISSUE MASSAGE

A classic therapeutic method that will help you enjoy a combination of pain relief and relaxation. Repetitive slow, firm pressure works to release muscle tension.

60 minutes \$120

90 minutes \$160

PERSONALISED MASSAGE

Recharge and renew with a customised massage treatment designed to target the areas of stress and tension that are affecting you as an individual.

This relaxation-based massage will be tailored by our therapist to empower and balance your body and senses through healing touch.

60 minutes \$120

90 minutes \$160

HOT STONES

Combining long strokes, a type of therapeutic massage uses heated basalt volcanic stones to relax tense muscles and damaged soft tissue.

60 minutes \$120

90 minutes \$160

INDIAN HEAD MASSAGE

A revitalising and uplifting treatment working on the upper back, shoulders, scalp and face.

60 minutes \$120

REFLEXOLOGY MASSAGE

Reflexology is pressure applied to specific reflex points on the foot. These points correspond to organs and areas of the body. The treatment is said to induce a healing response, even alleviating some ailments.

60 minutes \$120

BACK, NECK & SHOULDERS + FOOT MASSAGE

A massage to relieve neck and shoulders tension and stress build up. Stimulates the nervous system, increasing blood flow and easing stress through the release of endorphins which, in turn, helps relieve pain.

60 minutes \$120

CALL TO BOOK: 03 528 8758.

Open Wednesday to Sunday. Bookings are essential.