



## 01 Melt Away **NZ\$88**

30 mins - 1 masseur

Head, neck and shoulder massage to relieve tension and stress. Through all daily activities we collect tension and stress in our neck and shoulder area, which makes us feel insomnia, headaches, tiredness. This massage will help us to melt the tensions leaving your neck and shoulders flexible and soft again. The Melt Away massage can be enjoyed in the comfort of your own chalet. We will not be using oils during this massage.

## 02 Foot Massage **NZ\$88**

30 mins - 1 masseur

Naturally healing massage that stimulates reflex zones and points on your feet, in order to improve circulation and encourage the body to restore natural balance. It is ideal for people under stress, or suffering from headaches, insomnia, fatigue and similar discomforts. This Foot Massage can be enjoyed in the comfort of your own chalet.

## 03 Energetic Swedish Massage **NZ\$188**

1 hour - 1 masseur

Created to energetically stimulate the body, blood and lymph system combining five main movements directed towards the heart. It is an ideal massage to improve circulation, remove toxins, release tension and impart deep relaxation.

## 04 Inner Peace Flowing Massage **NZ\$208**

45 mins - 2 masseurs

This is a pure and gentle energy massage, appropriate also if you have some health problems. It isn't based on physical pressure but it's one of our most energetic massages. It helps you to make contact with deeper yourself and stimulate and balance the flow of energy through your internal organs. Through the balance you reach inner peace and that makes you feel good and satisfied. We will not be using oils during this massage.

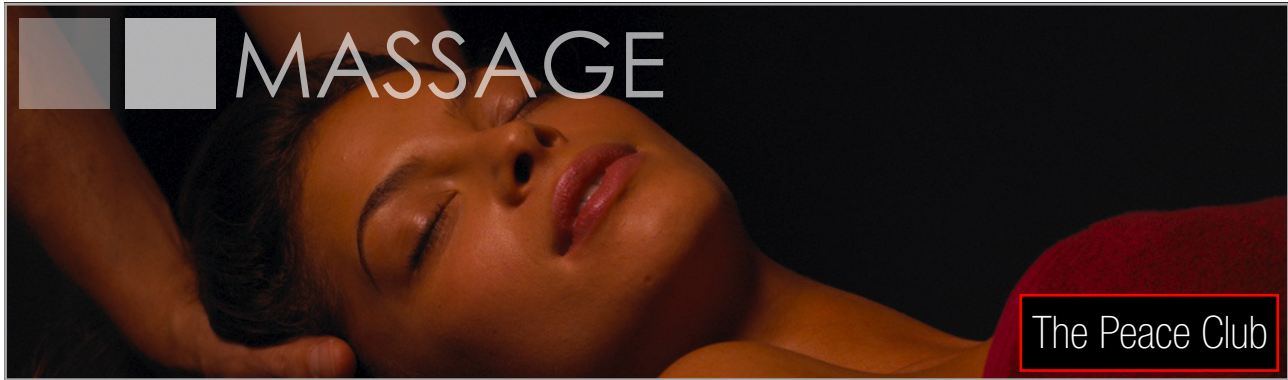
## 05 4-Hand Partial Massage **NZ\$188**

30 mins - 2 masseurs

This thirty-minute massage treats a specifically painful part of the body – the best choice when dealing with acute problems. Enjoy pain relief and a release of body tension.

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## **06 4-Hand Energy Massage**

*1 hour - 2 masseurs*

**NZ\$258**

*1 hour 30 mins - 2 masseurs*

**NZ\$288**

Strong, focused treatment, that speeds up the releasing of toxins and built-up fat cells in all critical zones. It rebalances water in the body and stimulates the microcirculation. Skin becomes taut, smooth and glowingly healthy. A full body massage, focused on certain energy points in your body that are connected with specific organs within the body.

This is not only a body massage, but a deep soul massage that will revive your body, spirit and energy.

## **07 6-Hand Energy Massage NZ\$308**

*1 hour - 3 masseurs*

This is a "must try" massage, where six hands dance skilfully over your body, paying special attention to your energy points. This massage will help you forget all problems and give you new, powerful energy for the following week.

## **08 10-Hand Energy Massage NZ\$388**

*1 hour - 5 masseurs*

The best thing you can give yourself: an intense feeling of surrendering your body to a powerful treatment, where special attention is given to energy points. This is a massage for special occasions of sheer indulgence to replenish your energy.

## **09 Rejuvenation NZ\$408**

*1 hour 30 mins - 1 masseur*

The essence of Rejuvenation is to return to a state of youth. A combination of meridian massage, deep relaxation and a specially constructed GMF (Group Magnetic Field) delivers natural Life Energy (Qi) to re-generate every cell in your body. This program promotes real changes to help you achieve a longer and younger life. The experience is a personal revolution that will leave you healthy, energetic, alert and inspired. The program has been constructed with exact precision and breaks all boundaries of what is currently considered possible in the area of health and wellbeing. During Rejuvenation you'll be served a selection of our organic herbal teas and seasonal fresh fruit.



### **10 Body Scrub NZ\$108**

*30 mins - 1 masseur*

Refreshing aromatic body peeling makes the skin velvety smooth and soft due to the balanced combination of medicinal sea salts and aromatic oils, that nourish the skin. This is an ideal treatment for an instantaneous recuperation of energy and freshness.

### **11 Rejuvenating Body Wrap NZ\$188**

*45 mins - 1 masseur*

A cleansing and rejuvenating body wrap with serum, extracted from natural herbs from pure nature of the Jadran islands. Intensely nourishes the skin and stimulates the whole body to detoxify, regenerate and rejuvenate.

### **12 Anti-Stress Aroma Cocoon NZ\$358**

*2 hours - 2 masseurs*

This treatment includes aromatic body scrub; body wrap with serum for detoxification of the organism and relaxation; a relaxing reflex foot massage during the body wrap and four-hand anti-stress massage for lightness and inner beauty.

### **13 Takaro Aroma Cocoon NZ\$408**

*2 hours 15 mins - 2 masseurs*

Enjoy a cleansing, aromatic body scrub; body wrap to stimulate the release of toxins and encourage deep cell relaxation; a face massage, touching special points for inner and outer beauty; a foot massage for internal energy balance; and finally a 4-hand energy massage to leave you in perfect condition.

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**14 Yin-Yang Face NZ\$148**

*1 hour 15 mins*

For normal skin types: personalized and complete signature skin rejuvenation including cleansing, peeling and massage of face, neck and décolleté. Followed by a nurturing vitamin mask completed with a moisturizing treatment.

**15 Energy Face Mask NZ\$48**

*20 mins*

Tailor-made masks for different skin types. All masks are organic and formulated to nourish the skin and to energize on the cellular level. Good choice in combination with some other massage.

**16 Head, Face & Chest Massage NZ\$108**

*40 mins*

Exceptionally soothing, this self-indulgent massage stimulates lymph drainage, opens pores and enables skin to breathe properly. Soft stimulation of acupressure points releases tension in the head, neck & shoulders.

*If you have any health problems, our consultant will be very happy to suggest you the most suitable treatment from our massage list.*