

MASSAGE

DEEP MUSCLE MASSAGE

60 MINUTES OR 90 MINUTES - FROM \$150

A precision treatment for muscles under tension from sports, training, or daily activity. Targeted techniques release deep-seated knots, improve flexibility, and accelerate recovery, leaving your body balanced, restored, and performance-ready. Ideal for athletes, active lifestyles, or anyone seeking intensive muscle relief.

LYMPHATIC DRAINAGE MASSAGE

60 MINUTES OR 90 MINUTES - FROM \$150

A gentle, therapeutic massage focused on stimulating the lymphatic system to promote detoxification, reduce fluid retention, and enhance immune function. Perfect for rejuvenation, post-operative recovery, or supporting overall wellness.

FOOT/HAND REFLEXOLOGY MASSAGE

60 MINUTES OR 90 MINUTES - FROM \$168

An expert touch that maps pressure points on the feet and hands to corresponding areas of the body, promoting balance, relaxation, and natural healing. This deeply restorative treatment relieves stress, improves circulation, and nurtures total body harmony.

DRY NEEDLE REMEDIAL MASSAGE

60 MINUTES OR 90 MINUTES - FROM \$150

A targeted, therapeutic treatment that uses fine, sterile needles to release tight muscles, trigger points, and chronic tension. Ideal for athletes, active lifestyles, or anyone experiencing persistent muscle discomfort, it promotes faster recovery, improves mobility, and supports optimal muscle performance.

PREGNATAL MASSAGE

60 MINUTES OR 90 MINUTES - FROM \$150

Specialised, nurturing care for expectant mothers, designed to ease pregnancy-related discomforts such as back pain, swelling, and tension. Our therapists use safe, supportive techniques to enhance relaxation, improve circulation, and foster wellbeing for both mother and baby.

HICAPS AVAILABLE

