

## *Bodyzone Vichy Treatments and Massage*

Experience the luxurious treatment of pure indulgence with the use of hydrotherapy, pure essential oils and relaxing massage. You have the choice of the Vichy shower with adjustable jets. Which creates the sensation of an invigorating waterfall caressing your whole body or enjoy the benefits of a dry tension relief massage.

Both treatments will hydrate your skin, improve lymph and blood circulation, revitalize tired aching muscles, detoxify and relieve stress and tension, creating an improved sense of well being.

### *Bodyzone Bliss: The ultimate Stress Relief Treatment from your head to your toes*

Enjoy a relaxing foot soak, followed by an all over body exfoliation with mineral salts and essential oils to leave the skin cleansed and polished. Massage wax is then applied to ease away stresses and strains of a busy lifestyle. This treatment will leave you feeling totally renewed, refreshed and revitalized.

Allow 1 and 1/2 hours \$120.00 normally \$190.00

### *Bodyzone Energizing Mud or Detoxing Seaweed Treatment*

An energizing body treatment which will begin with a comforting foot soak followed with an all over body exfoliation removing impurities and dead cells, encouraging health cell renewal and leaving the skin beautifully smooth. Enjoy pure indulgence with the use of hydrotherapy (Vichy Shower), followed by a luxurious back massage and mud or seaweed wrap as well as a scalp massage to leave you feeling completely lifted and your skin deliciously soft.

Allow 1 and 1/2 hours \$135.00 normally \$210.00

**One Life . One Body . One Zone**

## *Tropical Paradise*

Escape in a tropical paradise spa experience! You Choose: Pure Papamoa Fragrance Coconut, Watermelon, Frangipani, Vanilla and Lavender.

A full body exfoliation using a tropical infused salt, relinquish aches in a tropical rain forest aqua shower while being massaged from head to toe then enjoy a tropical body butter wrap whilst receiving a heavenly scalp massage.

Allow 1 and 1/2 hours \$100.00 normally \$145.00

### *Massage Room:*

#### *Bodyzone Deep Tissue Massage*

This treatment focuses on relieving tension and aching muscles. Deep, firm pressure is applied with aromatic massage waxes.

Allow 1 hour \$60.00 (Non-Members \$65.00)

#### *Bodyzone Relaxing Body Massage*

A soothing all over body massage to ease away stresses and strains.

Allow 1 hour \$60.00 (Non-Members \$65.00)

#### *Bodyzone Tension Relief Massage*

Say goodbye to the stresses of everyday life with this amazing treatment. An ideal gift for special occasions or for a client or staff member who may require some extra TLC. Relax and enjoy a back and neck release followed by a heavenly scalp massage.

Allow 1 hour \$65.00 (Non-Members \$75.00)

#### *Sports Massage*

Localized to specific areas to improve mobility and insure safe and effective training.

Allow 45mins \$50.00

## *Reflexology*

Dealing with reflex areas of the feet which correspond with nerves, glands and parts of the body promoting good health.

Allow 1 hr \$65.00

### *Bodyzone Stress Relief*

A full body exfoliation followed by rehydrating body massage

Allow 1 hr 20mins \$90.00

### *Bodyzone Men's Hot Towel Facial*

Specifically designed for him, that prevents razor burn and inflammation of the hair follicles and ingrown hairs. With the use of an exfoliator deep pore cleansing starts this treatment followed by the application of hot towels to soften and relax the skin.

Receive a relaxing face, neck and shoulder massage before a nourishing mask is applied leaving the skin soft and smooth.

Please shave prior to treatment.

Allow 30mins \$45.00 (Non-Members \$50.00)

### *Bodyzone Glow*

Experience an all over body exfoliation with mineral salts, leaving the skin beautifully smooth. This is applied before a sunfree tanning session (Spray Tan) ensures more even coverage, deeper penetration and longer lasting results.

\$50.00 (Non Members \$55.00)

### *Bodyzone Spray Tans*

Full Body \$40.00 (Non-Members \$45.00)

Half Body \$30.00 (Non-Members \$35.00)

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