

Day Spa Menu



Luxurious Massage and Spa Treatment Menu

Hot Rocks Massage 1 hr

\$150

Using a firm and rhythmic massage sequence, heated, smooth volcanic stones and exotic warm massage oils release their healing energies deep into the muscles, dissolving away tension and stress.

Body Therapy Massage 1 hr

\$125

This relaxing massage uses essential oils to focus on relieving muscle tension and stress while combining *Swedish, Aromatherapy* and *Lomi Lomi* massages along with *Reflexology* and *Reiki Energy* healing.

Lime & Ginger Exfoliating Wrap 1 hr

\$180

This luxurious exfoliation treatment deeply cleanses and softens skin. Ginger and lime essential oils invigorate the skin, after relaxing in a cosy wrap.

Coconut Milk Wrap 1 hr

\$180

This delicious coconut milk wrap provides luxurious, gentle exfoliation – perfect for sensitive skin.

Muscle Relax Ritual 1 hr

\$230

Customised muscle relaxation therapy includes a soothing clay wrap combined with warming essential oils to detoxify and calm sore muscles, followed by a refreshing mini-facial. The ultimate muscle relax ritual - an excellent treatment for arthritis and aching muscles.

Pregnancy Massage 1 hr

\$150

With special attention to the needs of the mum-to-be, the **Spa Anise** pregnancy massage is all about relaxation. Benefits include increased blood and lymph circulation, neck, back and leg pain relief, and in some cases, help to lower high blood pressure. And, of course, stress relief is provided through emotional support and a nurturing touch. Massage is not recommended to any woman, who is under 3 months.

Facial 30 mins

\$75 (or \$60 if combined with another treatment)

Provide your skin with deep cleansing and essential nourishment with a gentle facial.

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Deluxe Facial 1 hr

\$115

Deep cleansing and exfoliation draw out impurities while our rich moisturisers restore your skin's natural glow with this customised facial. A blissfully relaxing experience combining a neck, shoulder and scalp massage.

Head to Toe Ultimate Pamper Package 2 hrs

\$275

The **Spa Anise Day Spa Head to Toe Ultimate Pamper Package** starts with a cosy wrap that exfoliates the body before treating your face to a luxurious facial and finishing with a relaxing hot rock massage. A truly blissful complete body experience.

PREPARING FOR YOUR ANISE DAY SPA TREATMENT

Should I pre-book my spa appointment?

It is recommended that you arrange your treatments prior to arrival to avoid disappointment. Simply phone 1300 773 452 to book.

How do I choose my treatment?

Our therapist can help you decide on specific treatments that are most appealing and beneficial to you at the time of booking your appointment. All treatments can be customised to suit individual needs.

What should I wear to the Spa?

In your suites are dressing gowns and slippers. We recommend you gown and remove and leave all valuables in your suite. During treatments our therapists are trained to drape you appropriately for privacy.

When should I arrive for my treatment?

Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to. Late appointments may not be honoured. Your treatment will end on time so the next guest will not be inconvenienced.

What if I have special health considerations or allergies?

If you have any concerns regarding your health, including allergies, colds and flus, please notify us when booking treatments.