



## SPA MENU



### Massage

#### Christina O Full Body Massage

Combining different techniques from Swedish, Aroma, Sport, Therapeutic, and Thai massage, with Reflexology and Chi-Kung, to clean, unblock and balance your body's energy. Helping to induce relaxation, relieve stress, tension and muscle pain, prompting good health. 60 minutes

#### Swedish Massage

Swedish massage therapy is the best-know type of bodywork performed today. One the primary goals of the Swedish massage technique is to relax the entire body, relieving stress, tension, muscle pain and promoting good health. 60 minutes

#### Reflexology Massage

Working on the pressure points on the feet to stimulate the health and balance in the organs, glands and different parts of the body. Helping to energize or relax and balance the full body. 60 minutes

#### Hot Stones Massage

This massage uses smooth, hot basalt stones that help warm up the muscles. Assist the massage placing them on the Chakra energy centers, helping to relieve pain, promoting relaxation, energy balance, detoxification and revitalization. 60 minutes

#### Deep Tissue Massage

Ideal for relieving muscle tension and contractions, this massage involves the use of slow and deep massage movements which make use of the therapist's forearms, knuckles and elbows. The effects are eased muscles and a fully relaxed body. 60 minutes

#### Aromatherapy Massage

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes dissolving away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit. 60 minutes

### Body

#### The Organic Pharmacy Renewal Rose Ritual

Tap into your own reservoir of youth. A rejuvenating treatment that envelopes the body with the nourishing essences of Rose & Jasmine for the perfect balance. 90 minutes



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### The Organic Pharmacy Green Coffee Body Sculpting

A duo massage treatment incorporating massage techniques designed to reduce bloating and stimulate the flow of lymph and micro circulation, fat burning Coffee and heat stimulating Chili to target areas such as thighs, waist, tummy and bottom. 60 minutes

## Facial

### The Organic Pharmacy Facial Treatment

This effective facial regeneration uses antioxidant rich Carrot Butter Cleanser to soften and decongest the skin, followed by a complexion brightening Flower Petal exfoliation. Three therapeutic masks of Seaweed, Honey & Jasmine and Collagen Boost lift and tone the face, neck and décolleté. The lymphatic system is decongested using rose crystals, while acupuncture massage firm's facial muscles. Enjoy a relaxing massage of the hands, arms, feet and scalp. This treatment leaves your skin energised, dewy and glowing. 60 minutes

### The Organic Pharmacy Vitamin C & Papaya Anti-Ageing Enzyme Peel Facial

Renew your skin to its natural perfection with our radiance boosting and skin regenerating treatment using our latest high potency mask. It targets age spots, pigmentation and uneven skin tone focusing on the face, neck and décolleté - reduces the appearance of fine lines and dramatically improves skin tone. Using natural active ingredients of hibiscus, vitamin C, papaya and plant acids, this result driven peel reveals brighter, re-oxygenated, nourished, lifted and exceptionally smooth and flawless skin for a visibly younger complexion. 60 minutes

## Nails

### Classic Manicure

A manicure to reshape the nails, clean up the cuticles and massage moisture hydrating lotion delicately scented with a blend of fragrance that absorbs immediately with a velvety feel.

### Full Pedicure

Refresh and beautify the feet in a jiffy. Feet are soaked, skin is gently exfoliated, moisture hydrating lotion delicately scented with a blend of fragrances that absorbs immediately with a velvety feel, cuticles are perfected and nails are clipped, reshape, buffed and polished.