HealThy Body

Treatment Menu

Signature Massage

You can expect a unique treatment experience, designed especially for you.

By listening to your needs, you'll receive a massage that is tailored to address your specific areas of muscle tension. You'll benefit from a distinctive approach that incorporates a variety of massage techniques rather than confine your experience to a single style.

Blending swedish, deep tissue, acupressure, shiatsu, lomi-lomi and cranio-sacral techniques, together with a firm, yet gentle approach, ensures you'll receive a highly effective massage.

To enhance the experience, essential oils are incorporated into every treatment.

Simply choose a duration for your Signature Massage.

30 min	$55
45 min	$75
60 min	$95
90 min	$135
120 min	$175

À la carte Treatments

Neck, Face & Scalp

A real stress reliever that focuses on the areas where most people hold tension. Using a variety of deep tissue techniques, this is the ultimate treatment for neck stiffness & tension. Feel the weight of the world lift off your shoulders!

45 min $75

Head, Hands & Feet

A warm foot soak and exfoliation of your feet begin this blissful journey. Massaging from your feet, to your hands, to your neck, head & face, your body will be thanking you for the experience!

60 min $95

Body Exfoliation & Massage

Feel renewed with an energising exfoliation balanced by the calming effect of a full body massage. The gentle exfoliation of your whole body using a natural fibre body brush is amazing for your skin, circulation & lymphatic system. A fantastic detox for your body when combined with the massage.
To continue the benefits at home, the brush is yours to keep!

75 min $125

All treatments strictly non-sexual.

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The Hanmer Springs Spa Service That Comes To You

À la carte Treatments

Reflexology

A treat for your feet that stimulates natural healing processes and balances the whole body. This treatment features the application of gentle pressure to specific reflex points on your feet for an overall sense of well-being. Your session finishes with facial pressure work and scalp massage to provide complete balance.

60 min $95

Naturally NZ Facials

Your skin (and the environment) will appreciate our use of a natural, chemical-free range of pure New Zealand skincare products. Your skin deserves what nature intended.

The Essential Facial

Refreshment for the face. This treatment includes the classic facial fundamentals: cleanse, exfoliate, tone, masque, moisturise, eye cream, scalp massage & aromatic hot towels. It's a little bit delicious!

30 min $60

The Exquisite Facial

Rejuvenate your skin and soothe your soul with this gorgeous facial. Includes all of the Essential Facial with the addition of highly-concentrated serums, facial massage & pressure work. Complete nourishment.

60 min $105

Half 'n Half (massage + facial)

Extremely relaxing and refreshing, a half hour back/neck massage eases you into an extended state of bliss that continues whilst you receive your Essential Facial. Treat yourself to the best of both worlds!

60 min $105

Your Therapist: Gaye Brash

Caring, professional and holistic in her approach, Gaye brings a wealth of skills and experience (20+ years) to every treatment.

In addition to her New Zealand spa industry experience, she has extensive international experience and qualifications from her many years providing treatments in Australia and Canada.

Offering a personalised approach she seeks to deliver an exceptional experience every time, in the comfort of your own place with relaxing music, a warm comfortable table, clean linens and high-quality products.

To book your treatment, or for more information, please contact Reception

Or alternatively, you can contact Gaye directly on 022 066-2468.