

Relax... Rejuvenate... Recharge...

1/2 hr - 1 hr	Massage (Relaxation, Remedial, Sports, Pregnancy or seated clothed)	\$50 - \$90
1/2 hr -	Ishi Chiyu	\$60
1 hr -	Australian Hot Stone Therapy	\$110
1 hr	Aromatherapy Massages	\$95
1 1/2 hr	Bio Therapy	\$135
Uskin	Concept Aroma Facial	\$95
Uskin	Concept Aroma Facial & Foot Spa	\$105
1 1/2 hr	Rafferty's Reflections	\$140
Uskin - 1/2hr	Coffee and Sea Kelp Organic Back Scrub and Massage	\$65

All our treatments can be customised to suit your needs - (group bookings by arrangement)

Young Children welcome ask our Therapist for ideas



* Health fund rebates *

Ishi Chiyu This is a short form of the Japanese stone healing therapy, heated stones are placed for a short period on the back and legs. Once the heat has soaked in, the body is gently massaged to move blood and lymph tissue, this is a great therapy for those with limited time, de-stress, relax, slow down, take time out for you.

Bio Therapy A lymphatic massage where the lightest of touch creates deep relaxation of the body and the mind and has the added benefit of aiding your immune system to remove toxins, other benefits include promoting general health and well-being, restful sleep and assisting to normalize blood pressure. Prepare to be relaxed.

Uskin Concept Aroma Facial Using one of Five customised treatments you will experience some of the finest of **Uskin** care products, which leave the skin clean, soft and velvety. The feet are massaged, the arms and hands are massaged and moisturised. You will feel and look refreshed, relaxed and pampered following this treatment.

Uskin Concept Aroma Facial & Foot Spa Includes a foot bath and exfoliation for your feet and lower legs. You will feel like you are in heaven.

Rafferty's Reflections A unique blend of 1/2 hr body massage mixed with our **Uskin** Concept Aroma Facial and Foot Spa, this combination is pamper & relaxation that will leave you walking on air, you may need directions on how to get back to your room, the ultimate body treatment, one for the mind, body and soul.

Uskin Coffee and Sea Kelp Back Scrub Rich in Vitamins and Anti Oxidants the Coffee and Sea Kelp scrub and back massage assists to increase cellular metabolism and detoxification. Will leave your skin soft and supple.

Aromatherapy Massages

Galgabba Dreaming A massage using an exotic blend of deeply relaxing essential oils to revitalise your body. The euphoric qualities of Ylang Ylang, Clary Sage, Jasmine, Ho Leaf, Patchouli, Orange Sweet and Sandalwood also help to relieve stress, nervous tension, mild anxiety and depression.

Galgabba Relaxation The ultimate in relaxation, a massage to slow the body and the mind, rest and relax while essential oils of True Lavender, Roman Chamomile, Sandalwood, Mandarin, Bergamot, Ylang Ylang, Yarrow and Marjoram Sweet go to work to help relieve nervous tension, stress, mild anxiety, depression and related conditions such as insomnia and tension headaches.

Galgabba Energiser A real "PICK UP" massage combining essential oils of Peppermint, Pine Scotch, Spruce, Sandalwood, Tea Tree, Fir Needle and Cinnamon Leaf, the blend to stimulate, refresh and awaken, a great massage after excess work, sports or illness.

Cancellation within 4 hours of your treatment will incur a charge equal to 50% of the treatment

BOOKINGS ESSENTIAL CONTACT RECEPTION ON EXT: 200

None of the products used in our treatments are tested on animals.