



Lake Spa Retreat Therapy Menu

HYDRO SPA THERAPIES

\$NZ

Rotorua Mud Body Polish / Aix Combo **60mins \$150**

A full body exfoliation using Rotorua thermal mud polish that will gently buff away dead skin cells, followed by an Aix spa massage with organic coconut oil.

Manuka Honey Body Polish / Aix Combo **60mins \$150**

A full body exfoliation using a manuka honey walnut polish that will leave the skin hydrated and supple, followed by an Aix spa massage with organic coconut oil.

Mango Mango Body Polish / Aix Combo **60mins \$150**

A full body exfoliation using a mango sugar rub that will leave the skin smooth and supple, followed by an Aix spa massage with mango infused organic coconut oil.

Aix Spa Massage **30mins \$85**

Polynesian Spa's secret to a hydrated, supple skin. Enjoy a full body relaxing massage with organic coconut oil under jets of warm water.

Exfoli-Aix Back Treatment **30mins \$85**

A back of the body exfoliation followed by an Aix spa massage to the back of the legs and back. Choose from the following scrubs: salt, mud scrub, honey walnut or mango sugar rub.

MASSAGE THERAPIES

Spa Massage Therapy* **90mins \$235**

Enjoy a full body Swedish style relaxation massage including a scalp massage and completed by our Revive Facial.

Warm Stone Therapy **60mins \$170**

Allow the combination of heat from warm stones and warm hands relax tired muscles and relieve physical tension, sending you into a deep state of relaxation.

Aromatherapy Massage* **60mins \$150**

Enjoy a massage designed specifically to enhance the soothing effects of essential oils. This deeply relaxing massage uses techniques that focus on the nervous system & the lymphatic system helping to slow a busy mind and unwind tension in the body.

Relaxation Massage* **60mins \$150**

Based on traditional Swedish massage techniques, this full body massage can be tailored to suit individual needs.

Spa Stress Therapy* **60mins \$150**

Polynesian Spa's unique stress therapy combines the therapeutic benefits of body brushing and massage on the back of the legs, back, shoulders and neck finished with a dreamy scalp massage.

Tropical Mama Pregnancy Massage **60mins \$150**

For mothers-to-be a relaxing and pampering massage therapy commencing with a sugar rub to soften, soothe and refresh the feet. Tension starts to release with a scalp and shoulder massage followed by a full body pregnancy massage helping to relax and reduce stress whilst treating the common discomforts of pregnancy. Nourishing oils improve skins elasticity, hydrate and nourish the skin. Transporting mother and bump to a tropical exotic paradise.

FACIALS

Priori Coffeeberry Yoga Facial* 60mins \$165

Ideal if you want an intense and anti ageing experience this amazing facial lightens, brightens and evens out your skin tone. Your skin will feel firm, radiant and relaxed.

Timeless Facial* 60mins \$150

Perfect for dry or dehydrated skin, this facial uses skin care rich with the goodness of pure UMF manuka honey. Rejuvenating and balancing you will feel an improvement in the texture and hydration of your skin.

Geo Skin Rebalancing Facial* 60mins \$150

Enjoy the wonderful feeling of organic products tailored to suit your skins needs. This facial will revive and freshen your skin with a beautiful organic masque to balance your skin condition leaving it glowing with vitality.

BODY WRAPS

Rotorua Mud Purifying Body Wrap* 60mins \$150

Indulge in this wonderful spa therapy that combines a full body exfoliation with Polynesian Spa's purifying mud polish followed by a full body wrap using our Rotorua thermal mud. Enjoy a dreamy scalp massage while lying enveloped in thermal mud.

Rotorua Mud Replenish Body Wrap* 60mins \$150

Relax and indulge in Polynesian Spa's most decadent therapy, a luxurious full body exfoliation with a honey walnut scrub followed by a Rotorua thermal mud wrap. Enjoy a dreamy scalp massage while lying enveloped in thermal mud. Your skin will glow.

Cocoluscious Body Wrap* 60mins \$150

This sweet and nourishing wrap begins with a full body exfoliation using coconut sugar rub, followed by a luscious coconut butter body wrap which will revitalise the body and hydrate your skin. Coconut body lotion is then applied, making this wrap wonderful for dry skin.

BODY SCRUBS

Refresh Body Glow* 45mins \$105

For that all over smooth, supple feeling experience a full body exfoliation using mango or coconut infused sugar rub followed by our luscious mango or coconut body lotion. Your skin will glow with vitality.

Mini Spa Sampler 30mins \$85

Discover the unique therapeutic benefits of a warm, soothing Rotorua mud treatment on the back, gentle exfoliation using body brushing techniques and massage to the back of the legs and back.

Vitalising Back Therapy 30mins \$85

An exfoliation of the back using honey and walnut polish followed by a vitalising manuka honey pack then a massage to the back and back of the legs.

FURTHER INDULGENCES

Create your own package by adding one of these services to your booking

Foot Treatment 30mins \$85

Total pampering for tired or aching feet using manuka honey to exfoliate and massage the feet.

Revive Facial 30mins \$85

Rich organic ingredients and pure essential oils are combined to cleanse, exfoliate and hydrate tired skin using organic skincare.

Mini Mud Facial \$33

Enjoy this mini mud facial with one of our mud wraps to experience an all over mud treatment.

** All services with a star are now available in our NEW dual spa therapy rooms.*