

E D E N
Spa menu

W E L C O M E
T O E D E N
S P A

We look forward to assisting you in receiving some wonderful therapies from our team of highly qualified and passionate therapists here at Eden.

When you have a treatment scheduled, please ensure you arrive at the Meeting room 10 minutes early. This enables you to relax and have a cup of herbal tea prior to receiving your treatment.

We endeavour to schedule your treatments to allow you to experience as many different facets of our program as possible during your stay. Rescheduling may be possible with the same therapist, subject to availability. Please see one of our Treatment Coordinators, should the need arise.

Our commitment to you as our valued guest is to provide you with the very best of service, range of treatments and professional therapists.

Thank you for trusting us in helping you to relax, unwind and surrender to the moment.

Treatment Team

Eden Health Retreat

SPA FACIAL

EDEN SIGNATURE

FACIAL

| 50 MIN | \$150 |

Gently buff and reawaken dry, thirsty skin with fresh strawberries and rhubarb for a bright and radiant complexion, before replenishing hydration levels with a masque derived from the white marshmallow plant. This juicy facial will soften and smooth your skin for a refreshed, youthful glow.

*Customised for all skin types

AGE CORRECTING

FACIAL

| 75 MIN | \$210 |

Take your skin on a tropical retreat with hydrating cleansers, toniques, and strengthening bamboo serums as you watch your fine lines disappear. Get a natural lift, feel instantly refreshed, tightened and smooth as the natural retinol alternative treatment increases collagen and refines the skin while Swiss green apple stem cells replenish the epidermis.

*All skin types concerned with ageing

BLUEBERRY

DETOX FACIAL

| 75 MIN | \$210 |

Reveal a plumped and smoothed skin with the help of this exfoliating and pore minimising facial. A yummy fruit cocktail of blueberries, raspberries and blackberries infuses the skin with antioxidants and tightens tissue. The refining and rejuvenating properties of berries, along with detoxifying and stimulating paprika are certain to take years off your skin, leaving behind a youthful glow.

*Exfoliating, pore minimizing and detoxifying for all skin types

MAN OF STONE

FACIAL

| 75 MIN | \$210 |

Sure to meet the demands of any man's skin. This treatment is excellent for all skin types. A finely crushed granular scrub gently exfoliates, detoxifies and cleanses while a masque with extracts of stone crop cactus re-hydrates as it is massaged into the skin. A creamy moisturiser made from fresh organic ingredients finishes this treatment for a long lasting look of health and vitality.

*Customised for all skin types

S P A B O D Y

SEA SALT & MUD

EDEN INDULGENCE

| 110 MIN | \$265 |

For the ultimate in indulgence treat yourself to a Dead Sea salt full body exfoliation followed by a warm body mineral mud wrap for deep hydration. To finish a custom designed facial to suit your skins needs with our organic Eminence products.

LEMONGRASS CRÈME

BODY WRAP RITUAL

| 80 MIN | \$205 |

This treatment begins with a basil and mint sugar smoothing exfoliation followed by a stimulating golden clay full body masque infused with ginseng, vitamins and a concentrate of lemongrass. This intensive treatment is complete with a replenishing full body hydration treatment of lemongrass and green tea, to revitalise your skin.

AROMATIC

SALT GLOW

| 50 MIN | \$135 |

This deep cleansing and exfoliating treatment begins with an application of Dead Sea salts combined with selected aromatic essential oils. The salts are removed with therapeutic hot toweling to reveal fresh invigorated skin ready for an all over application of supremely moisturising body lotion.

WAXING
&
TINTING

WAXING

Full leg	\$ 60
Half leg	\$ 40
Eyebrow	\$ 20
Chin	\$ 15
Lip	\$ 20
Underarm	\$ 30
Back	\$ 90
Brazilian	\$ 100
Bikini	\$ 40

TINTING

Lash tint	\$ 15
Brow tint	\$ 15

HEALING MASSAGE

KAHUNA

BODYWORK

| 110 MIN | \$245 |

The Kahuna massage at Eden is a very special experience. A vigorous and rhythmic treatment, Kahuna is an ancient Hawaiian technique which is both therapeutic and deeply relaxing. This massage balances, nourishes and heals the mind, body and spirit through gentle, deep tissue massage, joint rotations, stretches and dynamic energy with breath and music. A truly spiritual journey.

DEEP TISSUE

MASSAGE

| 85 MIN | \$185 |

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots. If you have particular areas that need working on, your therapist will be happy to tailor this massage to suit your needs.

*Suitable for pregnant women

ZEN THAI SHIATSU

MASSAGE

| 85 MIN | \$185 |

A clever combination of traditional Thai Massage and Zen Shiatsu Massage, this treatment also incorporates proven techniques to stretch joints and muscles. You will be required to wear loose, comfortable clothing to this massage which is also performed on a futon on the floor. This treatment will leave you with a heightened awareness of your posture, after you surrender to the guided stretches which assist in releasing tension.

HOT ROCK

THERAPY

| 85 MIN | \$185 |

This deeply relaxing ancient massage uses smooth heated rocks to loosen, warm and relax your body. Hot stones are placed on energy or 'chakra' points during the treatment to provide deep muscular stress relief. Your therapist will gently massage you with a combination of warming hands and heated stones. A nurturing and grounding treatment.

HEALING MASSAGE

FLUID

BODY MASSAGE

| 85 MIN | \$185 |

Fluid body is an intuitive method of body-mind massage, aiming to break up neuromuscular holding patterns. Using movement and your preferred depth of pressure, this treatment will give you more flowing movement through your joints and muscles. The end result will find you feeling taller, lighter, relaxed and more functional.

*Suitable for pregnant women

INDIAN

HEAD MASSAGE

| 55 MIN | \$135 |

Indian head massage is a sublimely relaxing treatment renowned for relieving stress and tension. Very effective for headache and insomnia, this treatment is also wonderful for those guests wanting to quieten their mind. Warm oil with be poured over your hair, then a massage of the neck, shoulders and head will commence

*Suitable for pregnant women

REFLEXOLOGY

MASSAGE

| 55 MIN | \$125 |

Reflex points on the feet are used to identify and correct disharmony in other parts of the body – treatment is achieved by applying pressure on these points. Having this massage is an indirect way of having all the organs of the body treated via your feet.

EDEN

MASSAGE

| 55 MIN | \$125 |

Eden Massage is a gentle massage designed to relax the body and improve muscle movement and circulation. A full body massage, the Eden massage will assist relaxation, pamper you and help alleviate tension. If you wish to have deeper work, it is suggested you select the 1.5hour remedial massage.

*Suitable for pregnant women

HEALING THERAPIES

HEALING SESSION WITH

DR JOHNATHON DAO

| 55 MIN | \$ 160 |

This treatment offers you insight into the root causes of your health ailments using Chinese medical diagnosis, and pulse, tongue, abdominal and meridian diagnosis. This is then followed with the appropriate treatment with Acupuncture, Moxabustion, Shiatsu, Abdominal massage (Chi Nei Tsang) and Myofacia Bodywork.

Johnathon is also available for one to one coaching with Qigong exercises for those who wish to deepen their Qigong experience and improve their health.

ALOHA HEALING SESSION

| 85 MIN | \$ 210 |

Do you ever wonder why you feel the way you do or why things are presenting in your body such as ailments, health issues, anxieties, fears, excessive weight or low energy levels? Do you feel lost or confused about your purpose and life path?

E hele mai a 'ike he 'oia ka'u (come and see the truth with me)

A truly unique experience by our Hawaiian born and raised therapist who brings culture, spirit and healing into your session. This treatment explores the layers of yourself that keep you from living your purpose in an optimal, effective and practical way. Working intuitively, this comprehensive therapy will be tailored specifically for YOU, using a myriad of holistic therapies, including ancient Hawaiian bodywork, kinesiology, reflexology and cranial-sacral balancing.

TRANSFERENCE HEALING

| 85 MIN | \$ 210 |

Do you have uncomfortable physical symptoms, emotional pain and life pressures? Transference heals old patterning that you're ready to let go of - whatever it might be that you're ready to surrender - and brings you back to harmony and balance in all areas of your life. This treatment does not involve any touch, rather an opportunity for you to close your eyes and relax whilst your therapist calls in your guides to do a healing. At end of treatment, your therapist will communicate what healing has taken place.

HEALING THERAPIES

CHI NEI TSANG

| 55 MIN | \$ 125 SINGLE |

Do you suffer with bloating or carry stress and tension in your stomach? This abdominal massage is designed to provide deep healing by working directly on the abdominal region to relieve physical and emotional blockages and improve wellbeing. A gentle and nurturing therapy, this massage has amazing benefits.

COLON HYDROTHERAPY

| 50 MIN | \$ 160 |

Colon Hydrotherapy is an effective and gentle way to cleanse the colon of excess waste & toxins, that can accumulate in the body over time. Having a Colonic is a safe and relaxing procedure that cleans and tones the colon, encouraging natural peristaltic action, elimination of waste matter and increasing energy levels.

Warm filtered water is used to gently wash and clean the bowel, leaving you feeling clean, clear and energized.

*Colonic Hydrotherapy is not recommended if you have any of the following - inflamed haemorrhoids, inflamed diverticulitis, Crohn's Disease, inflammatory bowel disease, abdominal hernia, recent abdominal or colon surgery, cirrhosis, severe anemia, early (before 16 weeks) stages of pregnancy.

HEALTH & LIFESTYLE

PERSONAL COUNSELLING SESSION

| 85 MIN | \$ 230 SINGLE | \$ 300 COUPLE |

Together we explore patterns of behaviour that impact on your ability to feel peaceful.

Counselling can help us to stay centred and courageous when exploring emotion, conflict and change. Healthy communication helps us to heal past hurts and forges the way for honesty, compassionate expression and living with a peaceful heart.

FITNESS THERAPY

| 55 MIN | \$ 120 SHARED 2-3 PPL | \$ 70 SINGLE |

Do you need the right kind of assistance to kick start your exercise and fitness regime but lack motivation and skills? Are you tired of not feeling energetic and motivated?

Our highly qualified Fitness Professionals will ensure you benefit from this treatment based around exercise physiology, neurological patterns and designed for all levels from beginners, intermediate, advanced and those carrying old or recent injuries. The sessions focus on your specific needs and are built around your level of activity, training, fitness, mobility and endurance.

PILATES

| 55 MIN | \$ 135 PRIVATE (SINGLE) |
\$ 70PP PRIVATE (DOUBLE) |

Imagine an exercise program that you look forward to, that engages you, leaves you refreshed and alert with a feeling of physical and mental wellbeing. Using the Pilates Reformer machine, this method of exercise focuses on improved strength and flexibility for the whole body without building bulk. Personal floor Pilates sessions are also available upon request.