

E D E N

Spa menu

# WELCOME TO THE EDEN HEALING DEPARTMENT

Thank you for taking some time to peruse our range of treatment offerings, designed with the intention to support an enriching and transformative experience during your time here with us.

Here at EDEN we prefer to work with a core and dedicated team of highly qualified therapists, each of whom bring their unique skills and qualities to each and every session.

We endeavour to schedule your treatments in a way that will allow you to experience as much of our program as possible during your stay. Please see one of our Treatment Coordinators should the need arise for any questions pertaining to your treatment scheduling.

The Reflection Room is a space for you to arrive, relax and perhaps enjoy a cup of herbal tea before your session. Please arrive 10 minutes prior to the commencement of your session to allow yourself the best opportunity to be relaxed, comfortable and ready to receive.

## *Our Commitment*

As a valued guest we commit to providing you with the very best of service and range of treatments from our dedicated team of professional therapists.

We look forward to assisting you on your journey to health, wellness and relaxation whilst you are here with us.

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Pause your Life if you need to,

Care for yourself lovingly,

Do not ignore your rest,

Slow down so you can

Take a deep breath

*Yung Pueblo*

# EDEN ESSENTIALS

## EDEN RELAXATION MASSAGE

| 55 MIN | \$125 |

A soothing relaxation massage for those simply needing some time to rest and replenish. Offered as a full body treatment or tailored to suit your needs, your therapist will intuitively guide the body to release stress, calm the mind and restore balance in a supportive and nurturing way.

*Nourishing, grounding and replenishing for body, mind and spirit.*

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## EDEN DEEP TISSUE MASSAGE

| 85 MIN | \$185 |

Using firm pressure and a focused approach, your therapist works to release tension held in the deep structures of the body to aid in the restoration and healthy function of muscles, fascia and connective tissues. This approach can be particularly effective where a remedial approach to injury or pain would be beneficial. If you have particular areas that need working on, your therapist will be happy to address your specific needs.

*Supporting deep release and relaxation.*

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## EDEN SOOTHING HEAD MASSAGE

| 55 MIN | \$135 |

Using soothing massage techniques and warm organic coconut oil, your therapist will massage the head, neck and shoulders to release physical tensions and relax the nervous system with pressure point therapy to calm the mind. Deep relaxation is possible and this treatment has been known to assist in the alleviation of mental stress, headaches, migraines, insomnia and the symptoms associated with a busy, tech-heavy lifestyle. You will feel replenished and more at peace within yourself.

*A beautiful invitation to quieten the mind.*

# EDEN ESSENTIALS

## EDEN HOT STONE MASSAGE

| 85 MIN | \$185 |

Your therapist will gently massage you with a combination of warm hands and heated volcanic stones that have been smoothed by the passage of time. Hot stones are then placed on energy or 'chakra' points to provide deep muscular relief and rebalancing.

*Let the earth support you to loosen, warm and relax your body.*

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## EDEN REFLEXOLOGY MASSAGE

| 55 MIN | \$125 |

The EDEN approach to reflexology is both therapeutic and relaxing. Using pressure point therapy and nourishing massage techniques, your feet become the doorways to your entire body. Assessment of specific reflex areas and their correlation to organ and meridian function is possible and your therapist may advise you on areas that may deserve further inquiry. If you would like to just zone out and ponder your toes, please let your therapist know at the start of your session.

*Feel anchored, grounded and energised.*

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## EDEN ABDOMINAL HEALING

| 55 MIN | \$125 |

The EDEN Abdominal Healing works directly with the abdominal region to relieve physical, energetic and emotional blockages to improve wellbeing. A healing and nurturing therapy, this massage has amazing benefits to the gastro-intestinal and uro-gential systems of the body.

This treatment is excellent for those who experience bloating, post pregnancy restoration, sluggish digestion and conditions relating to the reproductive health. Supportive of detoxification for the entire body, the effects of this treatment can vary as your system rebalances and organ function returns.

# EDEN ESSENTIALS

## FLUID BODY

| 85 MIN | \$185 |

A remedial yet deeply relaxing full body treatment. Effective at breaking up neuromuscular holding patterns that cause pain, tension and reduced mobility. These patterns can be generated by injury, poor posture and stress. Using a fluid like movement throughout the body at varying depths, this massage can alleviate your discomfort and support you to feel more symmetrical and strong with improved mobility and a sense of calm.

*Feel grounded and light within your physical and mental well-being.*

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## KA HUNA BODYWORK

| 110 MIN | \$245 |

Ka Huna Bodywork at Eden is a very special experience. This rhythmical style of bodywork uses flowing hands and forearms to restore balance to body, mind and heart. A beautiful treatment that is both therapeutic and deeply relaxing which may include soft and deep tissue massage, joint rotations, stretches, prayer, music and breath to reconnect, release and relax.

The true power of this treatment lies in the synergy of body and spirit, held in a space of 'Aloha' - unconditional love and support.

*A healing experience that reconnects you to the heart of your being.*

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## ZENTHAI SHIATSU

| 85 MIN | \$185 |

Zenthai Shiatsu is a fusion of traditional therapies, incorporating proven techniques to support the body to unwind through rhythmical movement, stretching and point therapy. Zen Shiatsu, Traditional Thai Massage and Osteopathic Techniques are woven with Oriental Philosophy to provide a holistic treatment that is beneficial to all systems of the body including musculoskeletal, digestive and nervous systems.

*Structural and Energetic Therapy performed fully clothed on a comfortable mat on the floor.*

# EDEN SPECIALTY AND HEALING

## EASTERN THERAPIES

| 55 MIN | \$160 |

This treatment offers you insights into the root causes of health ailments using Chinese medical diagnosis and pulse, tongue, abdominal and meridian diagnosis. An appropriate treatment then follows using techniques such as Acupuncture, Moxabustion, Shiatsu, Abdominal Massage (Chi Nei Tsang) and Myofacial Bodywork.

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

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## KINESIOLOGY

| 85 MIN | \$185 |

A gentle treatment using muscle testing to investigate and recalibrate your physiology on all levels - nutritional, emotional, energetic, mental and physical. Aiming to seek out the core of a wide range of symptoms including; pain, anxiety, depression, fatigue, addiction, digestive and sleep concerns, immunity, feeling disconnected or 'off track'.

*Altering your perspective can alter your experience.*

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## MUSCLE BALANCING

| 85 MIN | \$210 |

Muscle Balancing is a corrective therapy where the body is assessed for muscular, structural and movement imbalances/dysfunctions to determine the source of pain or restriction. Throughout the session, a combination of corrective massage, fascial stretching, deep breathing, osteopathic and holistic movement techniques are used. By proportionally evening out muscle tension between the left and the right sides, or the front and the back, the body supports the spine and other bone structures (joints), automatically improving posture, taking pressure off irritated muscles, and nerves... ultimately eliminating pain!

EDEN  
SPECIALTY  
AND HEALING

ASTROLOGY SESSION

| 55 MIN | \$210 |

Astrology places your life in context with the energy of the universe, through the blueprint that was present at the exact moment and place of your birth.

Anne intuitively looks at where your planets were located when you were born and how this impacts your past, present and future to provide insights into what attracts you, where you place your energy, how you love, relationships and more. This reading will allow you to understand and explore your true nature by looking deeply into your personal birth chart, and incorporating current transits (planetary phases) to support your understanding of why you may be experiencing certain events in your life and what is in store for the future.

*(Please note: Birth time, date and place of birth is ideal)*

# EDEN HEALTH AND LIFESTYLE

## NUTRITIONAL THERAPY

| 60 MIN | \$150 |

Assess your current health status and receive basic guidance on creating inspiration and motivation to improve your nutritional status and relationship with food in general.

- Digestion
  - Meals & snacks, when and what to eat in a day
  - Emotional component to food choices
  - Blood sugar regulation
  - Greater understanding of macronutrients
  - Efficient hydration tips
  - Which foods are most beneficial to the individual
  - Preparation and organization tips
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## BIOCHEMISTRY TESTING

| 90 MIN | \$280 |

Saliva and Urine Analysis that uncovers why you may be feeling unbalanced, tired, anxious or under pressure. Learn why your body may not be digesting food well and which organs are not functioning at their optimal level.

- Find out if your body is in 'disorder' and under pressure, and why it may not be producing energy
  - Learn which organs are under-functioning and how well your body is handling the food it's eating
  - A valuable test that shows you, in black and white numbers, what needs to be done for you to feel better through balancing your body's biochemistry
  - Know what to do to prevent ill health and feel great
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## COLON HYDROTHERAPY

| 50 MIN | \$160 |

Colon Hydrotherapy is an effective and gentle way to cleanse the colon of excess waste and 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 can increase energy levels. Warm filtered water is used to gently wash and clean the bowel, leaving you feeling 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 anaemia, early stages of pregnancy (before 16wks).



# EDEN HEALTH AND LIFESTYLE

## COUNSELLING THERAPY

| 85 MIN | \$230 |

Honest and open conversations within our relationships often need new approaches and practice. Counselling / Psychotherapy is a respectful, self empowering approach which assists you to increase your ability to live with choice, meaning and connection. Sessions focus on discussions to bring forth and embrace ideas that explore courage, authenticity, and fresh perspectives that assist you to empower your true self and become the person you have always wanted to be.

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## PERSONAL TRAINING

| 55 MIN | \$120 Single / \$70pp Shared |

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.

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## PRIVATE PILATES SESSION

| 55 MIN | \$135 Single / \$70pp Shared |

Pilates is a form of low impact exercise that builds strength in your core muscles to improve postural alignment, muscle balance, strength and flexibility. Using the Pilates Reformer machine it is recommended for any fitness level and can be helpful with physical rehabilitation.

# EDEN HEALTH AND LIFESTYLE

## PRIVATE YOGA SESSION

| 55 MIN | \$140 |

Personal Yoga at EDEN is an opportunity to become more aware of habitual holding patterns on a physical, emotional and mental level. Through a slow guided sequence of asana (postures) and breath you will naturally begin to feel a meditative state arising from within. From this place we begin to unwind the physical body to reveal a more relaxed and connected version of you.

When you are able to meet the discomforts and challenges in your own body/mind through breath, patience and compassion, you are naturally more able to meet the discomforts and challenges in your life from a centred and relaxed space.

*Suitable for all.*

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## PRIVATE MEDITATION SESSION

| 55 MIN | \$140 |

The way we feel can deeply impact the way we perceive our life. Discover and develop stillness, presence and emotional well-being with the practice of mindful meditation and breathwork. This is a tailored one on one or shared guided session with easy to implement, life changing tools. Based on scientifically proven methods to revitalise energy, boost the immune system, increase mental clarity and focus.

*Suitable for all.*

# EDEN FACIAL

All EDEN Specialty Facials include the  
unique Eminence Signature Face lift  
Massage – a therapeutic experience that  
delivers right to the heart of your skin.

## 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 active botanical facial will exfoliate and rehydrate your skin.

\* Customised for all skin types

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## ANTI-AGING DELUXE FACIAL

| 75 MIN | \$210 |

Watch your fine lines disappear as you take your skin on a tropical retreat with hydrating coconut cleansers, toniques of exotic neroli and monoi oils and strengthening bamboo serums. 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

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## BLUEBERRY DETOX FACIAL

| 75 MIN | \$210 |

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

\* Exfoliating, pore minimising and detoxifying for all skin types

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## 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 moisturizer made from fresh organic ingredients finishes this treatment for a long lasting look of health and vitality.

\* Customised for all skin types

# EDEN BODY

Spa Body treatments are very effective in quietening a busy mind and are used in many cultures to balance and help heal the body through the skin. All of Eden's body treatments improve skin texture and have therapeutic benefits which promote general well-being.

## AROMATIC SALT GLOW

| 50 MIN | \$125 |

Feel the stress melt away as your skin is buffed with a blend of mineral salts and warm fragrant oil to remove superfluous skin cells and impurities. The salts are removed with therapeutic hot toweling to reveal fresh invigorated skin, finishing with an organic Stonecrop hydration.

*Aids detoxification, stimulates the lymphatic system and leaves the whole body feeling energized and radiant.*

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## BALINESE BORAH DETOX WRAP

| 80 MIN | \$210 |

An ancient traditional health remedy of warming spices used for centuries in Balinese culture.

The aroma of Balinese Borah spices will transport you in to a space of calm, de-stressing the mind and relaxing the body. Starting with a full body exfoliation of mineral salts and warm fragrant oil to increase lymphatic flow, followed by a traditional Borah body masque of warming spices to ease muscular tension. Enjoy a soothing scalp massage and warm organic coconut full body hydration to finish.

*Aids in circulation, detoxification, aching muscles, arthritis, chronic fatigue and to support balance within the body.*

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## BALINESE HYDRATING WRAP

| 80 MIN | \$210 |

Perfect for dry, dehydrated, sun damaged and sensitive skin.

Begin with a full body exfoliation of mineral salts and warm fragrant oils infused with orange and cinnamon to stimulate the lymphatic system. Follow with a luscious body masque of chocolate, cinnamon and ginger, perfect for restoring the skin. Whilst cocooned in this luscious wrap, enjoy a relaxing scalp massage and finish with a warm organic honey dew melon hydration to leave your skin radiant and smooth.

*Nurture yourself, revitalise your skin and rest into a state of body bliss with this hydrating wrap.*

# EDEN BODY

## FOOT HARMONY

| 50 MIN | \$135 |

A special treat for those hard-to-reach aching feet and legs. This sensory experience combines a soothing foot soak and exfoliation, with warm oil leg and foot massage followed by a deeply nourishing peppermint mask. Finishing with a nail buff and tidy to nourish and restore your feet to perfection.

# EDEN LUXURY PACKAGES

Put the world on hold, take a break and

discover a true sense of well-being.

Indulge in Eden's luxury and personalized

wellness experience to restore the mind,

body and soul.

## EDEN INDULGENCE

| 110 MIN | \$265 |

Your journey begins with a mineral salt and rose petal foot soak to evoke grounding and nurturing. Then feel the stress melt away with a full body exfoliation of mineral salts and warm fragrant oils, followed by a body wrap of chocolate, cinnamon and ginger to nourish and relax. Whilst your body is cocooned your scalp will be massaged to compliment the release of stress and tension.

Then it's time to surrender to a warm and gentle massage of fragrant organic honey-dew melon hydration which is complimented by a customised Eminence organic facial to suit your skins needs.

*Nourishing and nurturing.*

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## MANKIND BODY RITUAL

| 110 MIN | \$265 |

For the man who understands the benefits of relaxation and well-being. Your experience begins with a cleanse and exfoliation for your back that restores clarity to the skin, followed by a stress relieving back and therapeutic scalp massage to pinpoint areas of tension.

Followed by a deeply cleansing facial using an exotic blend of plant extracts unique to the Stone Crop Eminence Men's range. These soothing aromatic vapours support rebalancing for your skin leaving it bright, supple and refreshed. Your ritual is made complete with a soothing foot massage to further reduce levels of stress.

*Total body rejuvenation.*