



EDEN SPA MENU

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SPA MENU

WELCOME TO EDEN HEALTH RETREAT'S
HEALING AND THERAPIES DEPARTMENT

Thank you for taking the time to peruse our range of treatments offered to you during your stay at Eden Health Retreat. Every treatment and session is designed with the intention to support your enriching and transformative experience during your time here with us. At Eden we work with a passionately dedicated team of highly qualified therapists. Each member of our healing and therapy team brings their own unique skills and qualities to your session.

Please see one of our Treatment Coordinators should the need arise for any questions regarding your treatment scheduling. The Spa Meeting 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 time and space to relax, be comfortable, and be ready to receive peace, tranquility, and restoration.

Our Commitment

As a valued guest, we commit to providing you with the very best of luxury 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 while you are here with us.

A handwritten signature in a cursive, elegant script, appearing to read 'Shona Philips'. The signature is written in a dark grey or black ink on a light beige background.

SHONA PHILIPS

General Manager



EDEN ESSENTIALS

EDEN RELAXATION MASSAGE

🕒 55 MIN | \$125

A soothing relaxation massage for those simply needing time to rest and replenish their mind and body. Offered as a full-body treatment or tailored to suit your needs, your therapist will intuitively guide your 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.

DEEP TISSUE MASSAGE

🕒 85 MIN | \$185

Using firm pressure and a focused approach, your therapist will work 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. This is a wonderful treatment to support deep release of tension and pain, and encourage relaxation.

EDEN SOOTHING HEAD MASSAGE

🕒 55 MIN | \$135

Using soothing massage techniques and warm organic coconut oil, your therapist will massage your head, neck, and shoulders to release physical tension and relax the nervous system. The therapist will also use pressure point therapy to calm the mind, while hair also receives a nourishing hair treatment. 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 and nourish the body.

EDEN HOT STONE MASSAGE

🕒 85 MIN | \$185

Your therapist will gently massage your body 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 benefits. Let the earth support you to loosen tight muscles, warm your spirit, and relax your body.

EDEN ESSENTIALS

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. An assessment of specific reflex areas and their correlation to organ and meridian function is possible. Your therapist may advise you on areas that may deserve further inquiry. If you would like to zone out and ponder your toes, (or drift off to sleep!), please let your therapist know at the beginning of your session whether you would like to turn off and relax or receive a diagnosis throughout.

EDEN SIGNATURE FACIAL

🕒 80 MIN | \$210

This chakra balancing facial is the ultimate treatment for reducing stress, along with improving the health of your skin. The mind and body connect and relax, and you will be guided to choose your own essential oil blend for the session. Feel grounded as we use the healing benefits of chakra stones, which are placed on specific energy centres of the body. You will then receive the full benefit of our organic facial, complemented by a face lifting massage. Whilst in a deep state of rest, your feet and legs are massaged with essential oils. Lean deeper into relaxation as you are taken through a 1:1 sound immersion. This is a full sensory experience to nurture, align, and renew.

EDEN ABDOMINAL MASSAGE

🕒 55 MIN | \$125

The Eden Abdominal Massage treatment works directly with the abdominal region to relieve physical, energetic, and emotional blockages to improve wellbeing. This is a healing and nurturing therapy which has amazing benefits to the gastro-intestinal and uro-genital systems of the body. This treatment is excellent for those who experience bloating, require post-pregnancy restoration, have sluggish digestion, and experience conditions relating to reproductive health. Supporting the detoxification for the entire body, the effects of this treatment can vary as your system rebalances and organ function returns.

EDEN ESSENTIALS

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!

FLUID BODY

🕒 85 MIN | \$185

A remedial, yet deeply relaxing, full-body treatment that is 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.

KINESIOLOGY

🕒 85 MIN | \$185

Kinesiology is the science of movement and is one of the leading therapies used for effective health and stress management. All types of kinesiology, including traditional and neuro-linguistic programming (NLP) kinesiologies, have their basis in muscle testing and are a way to identify whether a situation, activity, food, memory, or substance is causing stress to the brain or body. These ailments may be corrected through a number of powerful techniques such as bodywork, repatterning exercises, colour therapy, and more to bring you back to balance. This gentle treatment is tailored by our amazing therapists to suit your body's specific needs.

EDEN ESSENTIALS

NERVOUS SYSTEM REJUVENATION

🕒 80 MIN | \$185

In a world of hustle, burnout, and disconnect, this modality is a deep nervous system tonic that supports replenishment, renewal, and alignment. Using a combination of somatic touch, craniosacral therapy, guided breath, and gentle movement, our therapist works with you to help bring regulation back to your autonomic nervous system. This type of touch is vastly different from traditional bodywork and can be profoundly useful to help your physiology resolve and release chronic stress and trauma held in your body, allowing you to reset your nervous system towards safety. Sessions can vary as to how they unfold - we will be present where you are in that moment, allowing the session to flow organically and safely, specific to your needs.

KA HUNA BODYWORK MASSAGE

🕒 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; it may also 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.

ALOHA HEALING

🕒 85 MIN | \$300

Aloha Healing massage addresses illness, anxiety, fear, grief, trauma, and digestive issues and stressors that present in the body. Offering insight and practical tools to create sustained healthy change and living your true purpose, this session will empower you to discover a new dimension to your happiness and guide you to experience true love and absolute peace. A delivery modality that is unique, Aloha Healing is designed to heal and align your body's energy flow. Your walk on this planet will become lighter and less burdensome. Allow yourself to remember your truth, strengthen your intuition, and radiate brilliance from within.



EDEN SPECIALTY AND HEALING TREATMENTS

ACUPUNCTURE

🕒 55 MIN | \$160 🕒 80 MIN | \$230

Your consultation begins with a pulse and tongue diagnosis to gather relevant information from your health history and gain further understanding of your body's current condition. Based on this information and your desired outcome, fine acupuncture needles, glass cups or moxibustion will be utilised to clear blockages, encourage the normal flow of Qi and address any health concerns. Acupuncture is a holistic medicine that supports your digestive system, mental health, skin, immune system and reproductive health.

HARMONIC FACIAL

🕒 85 MIN | \$230

The face is an amazing topographical map that reveals your personality, past experiences, future potential, and what is going on inside your body. This treatment begins with Traditional Chinese Medicine facial diagnosis to reveal the emotions held on the face. Your therapist will then select energetic-infused medicine to begin the emotional transformation, followed by acupuncture body points and vibrational tuning forks to enhance the healing. Gentle facial massage using a rejuvenating Gua Sha technique will boost collagen and enhance the flow of lymphatic tissue, reducing tension in the face. This is a powerful, yet gentle, transformational healing technique to help release what we hold onto tightly in the face and body in order to create a safe sense of awareness and wellbeing. This treatment is beneficial for anyone who wants to learn the ancient wisdom of facial features and reduce the severity of permanent facial lines by releasing long-term held emotions.



FACIAL RENEWAL ACUPUNCTURE

🕒 80 MIN | \$260

Facial renewal acupuncture is a safe, painless, and effective treatment for renewing the face and the whole body. Fine lines may be entirely erased, deeper lines reduced, and your skin will glow. Eminence skin care products are used to cleanse, hydrate, and restore your skin, resulting in plump glowing skin. Fine needles are placed at a variety of acupuncture points: on the face, around the eyes, and at various points on the body to stimulate the body's natural healing energy. Muscle groups can be toned using acupuncture points which allow the face to lift naturally. The needles also stimulate blood circulation which will improve the tone of the face, giving you an inner glow.

ULTIMATE FACIAL REJUVENATION

🕒 80 MIN | \$340

The full Eden facial rejuvenation experience. Facial renewal acupuncture - activating collagen and elastin production, leading to younger looking skin, complimented by lymphatic drainage massage using a rejuvenating Gua Sha technique to promote circulation and drain excess fluid. Acupuncture body points will also be selected to address any imbalances that may improve the texture of your skin health, followed by the true highlight of this treatment, LED light therapy (Celluma). Celluma is an approved specialised light energy device cleared to treat diminished local blood circulation, muscle and joint stiffness, muscle tissue tension, arthritis, wrinkles, and inflammatory acne vulgaris. Celluma light therapy works by using specific wavelengths of light to target certain cells of the skin. The light energy is absorbed by the cells and then converted into ATP, which is used by the cells to create new proteins, DNA and nitric oxide. The process stimulates cell growth, regeneration, improve oxygen and nutrients to cells accelerating tissue repair, and ease of muscular/joint pain. Light therapy also creates peace and calm during the treatment which will help the acupuncture promote circulation more effectively throughout the body. A truly unique Eden experience.

ADD ON TO YOUR ACUPUNCTURE TREATMENT - LED THERAPY - CELLUMA (\$90)



EDEN HEALTH AND LIFESTYLE THERAPIES

GUT & MENTAL HEALTH CONSULTATION

🕒 55 MIN | \$175

Indulge in our Gut and Mental Health Consultation, designed to uncover the root causes behind common concerns such as reflux, bloating, nausea, constipation, diarrhoea, anxiety, panic disorders, and low/changeable moods. Our expert consultation will delve into your health issues, providing you with a comprehensive understanding of the underlying drivers and strategies to assist in achieving a healthy resolution. Discover the path to renewed vitality and experience the transformative power of our Naturopathic Wellness Assessment today.

METABOLISM, HORMONE & WEIGHT MANAGEMENT CONSULTATION

🕒 55 MIN | \$175

Experience our nutritional assessment, designed to address your specific wellness needs. Our skilled practitioner will carefully evaluate common health concerns such as weight management, insulin resistance, inflammation, and fatigue. Through a comprehensive consultation, we will work together to identify sustainable strategies tailored to your goals. Discover a path to renewed vitality as we welcome individuals with existing health conditions for thorough assessment and guidance. Uncover the secrets to nourishing your body and achieving optimal well-being in a serene spa environment.

NUTRITION CONSULTATION

🕒 55 MIN | \$175

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. Throughout your consultation, you will look at some of the following areas:

- Digestion.
- Meals and snacks, when and what to eat in a day, and which foods are most beneficial to you.
- Emotional component to food choices.
- Blood sugar regulation.
- Greater understanding of macronutrients.
- Efficient hydration tips.
- Preparation and organisation tips.
- A one-week meal plan tailored to your health concerns and goals.

EDEN HEALTH AND LIFESTYLE THERAPIES

ASTROLOGY

🕒 55 MIN | \$250

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. Our astrologer intuitively looks at where the 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 **required**.

IRIDOLOGY

🕒 60 MIN | \$225

Iridology is an informative session, where we examine the iris, the sclera and the structural aspects of the eye including the pupil. This is a diagnostic tool used to help you to gain insight about your health, prevent illness, and maintain optimum wellness. After taking a photo of the eye, iridologists assess the variations of colour and fibre structure to examine a person's constitutional strength, any issues the physical body may be facing, as well as analysing aspects of the personality. When you know your constitution, it assists you to become the best you can be!

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. Experiencing colon hydrotherapy is safe and relaxing, and 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. **Please note:** Colon 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, or early stages of pregnancy (before 16wks).

EDEN HEALTH AND LIFESTYLE THERAPIES

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 that 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 to become the person you have always wanted to be.

PRIVATE PILATES SESSION

🕒 55 MIN | \$135 single / \$70pp share

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.

PERSONAL TRAINING

🕒 55 MIN | \$120 single / \$70pp share

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 on exercise physiology, and neurological patterns. These treatments are designed for all levels from beginners, to intermediate and advanced, and also for 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.

PERSONALISED TAKE HOME FITNESS PROGRAM

🕒 55 MIN | \$150

Join Eden's PE Team to create a personalised fitness program designed to cater to your individual fitness needs and goals. Our expert trainers will conduct a thorough assessment and work with you, to create a tailored fitness regimen suitable for life after Eden. With a combination of diverse exercises and targeted workouts, achieving your desired results is within reach.

EDEN HEALTH AND LIFESTYLE THERAPIES

PRIVATE MEDITATION SESSION

🕒 55 MIN | \$140 single / \$75pp share

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, and increase mental clarity and focus. Suitable for all.

PRIVATE YOGA SESSION

🕒 55 MIN | \$140 single / \$75pp share

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 ourselves. When you are able to meet the discomforts and challenges in your own body and 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.

PRIVATE BREATHWORK SESSION

🕒 85 MIN | \$245

Conscious connected breathing with our specialist, allowing you to dive a little bit deeper into your body and mind, creating clarity, timelessness, and a sense of letting go of stored emotions within the body, and tapping into our intuition on ways to move forward. Studies show that by engaging in high frequency breathing - releasing 70% of toxins from our lungs - we can increase our ability to sustain attention and direct attention, suggesting an increased state of wakefulness. This state is believed to be achieved through activating the sympathetic nervous system and reducing vagal activity.

EDEN HEALTH AND LIFESTYLE THERAPIES

PRIVATE BRAIN-CHANGING MOVEMENT CONSULTATION

🕒 50 MIN | \$250

Our brain-changing movement specialist will assess your movement and mobility concerns from a functional neurological aspect. They will study how you move, and any pain, injury, or mobility issues you are experiencing based on how your brain is signaling your body. From there, our specialist has the experience to educate you and create a unique brain-based movement plan that you will be guided through during your consultation. Many guests report they feel instant improvements in their aches and pains, improved brain cognition, and an increased range of motion after just one brain-based session. Please feel free to bring your mobile phone or a camera, so that you may record the movements that our brain-changing movement specialist provides you with for you to replicate at any later date.

PRIVATE VEDIC MEDITATION COURSE

🕒 1 x 60 MIN, 2 x 90 MIN | \$950 single / \$725pp share

The quality of our minds determines the quality of our lives and meditation is becoming a pivotal tool to help us remove and reduce the toxic impacts of stress (on the brain and the body). Vedic meditation is regarded as the meditation technique for busy people as it is the easiest form of meditation that anyone can do (even those with busy minds). This course teaches you to become self-sufficient in this practice, where you will be given a personal mantra, the Vedic technique, science-based mindfulness stress reduction techniques, and tools to help you become the person you want to be. You will also receive ongoing support upon leaving Eden from our expert meditation mentor.

It is important to note that with this technique there is no sitting uncomfortably and no trying to calm or control the mind.



EDEN INTRAVENOUS (IV) VITAMIN THERAPY

Also known as hydration therapy, or intravenous micronutrient therapy, this is a method for delivering a high concentration of beneficial vitamins and minerals directly into the bloodstream, allowing for rapid absorption of higher doses of the vitamins and minerals than would otherwise be possible to obtain through food or supplements. An excellent way to enhance your Eden experience through one of three specially formulated blends, focusing on either neurological wellbeing, energy production, or detoxification and immunity enhancement.

REVIVE | \$150

It's time to Revive with Eden's exclusive IV infusion treatment designed to nourish your body and revitalise your energy. The unique blend of B-complex and glutathione is specially formulated to help combat environmental stressors, support detoxification, and promote healthier, more radiant skin. Book your Revive infusion today and experience the ultimate in relaxation and rejuvenation.

RESTORE | \$275

Experience the true power of restoration with our Restore infusion, designed to nourish your body at the cellular level, providing deep hydration and overall restoration. Restore contains a powerful blend of Vitamin C, B-complex, glutathione, and magnesium, which work together to help restore your body to optimal health. Experience the benefits of deep restoration today.

REJUVENATE | \$300

Our newest and most advanced IV infusion treatment, Rejuvenate, is the ultimate anti-aging solution, containing the powerful ingredient Nicotinamide adenine dinucleotide (NAD). Known as the "fountain of youth," NAD is a key contributor to our metabolism, supporting the mitochondria and helping to turn nutrients into energy. NAD also helps our body in many other ways, such as reducing inflammation, repairing DNA, protecting brain cells, and stimulating enzymes that prevent aging. Nourish your body today and allow us to help you rejuvenate your mind and body.

PERSONALISED IV INFUSION | \$varies

Looking for something different? Experience ultimate relaxation and rejuvenation with a personalised IV infusion. Following a consult with our nurse, a custom blend of vitamins and nutrients are tailored to your unique needs, enhancing wellness and improving your mood. Relax in our luxurious spa environment and treat yourself today.

