



RELAXATION MASSAGE

Relaxation massage involves a full body treatment for relief of stress and a chance to rejuvenate from the daily stresses we all face.

This style of massage is both deeply relaxing and enjoyable and it promotes not only good health but also a happy spirit!

Enhance your massage with therapeutic grade essential oils specifically blended to aid relaxation on your mind, body and spirit.

THERAPEUTIC/SWEDISH MASSAGE

Spoil your body with a therapeutic massage because this massage treatment goes beyond relaxation. It's exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Therapeutic massage techniques include circular pressure, firm kneading, percussion-like tapping, bending and stretching.

RAINDROP TECHNIQUE®

So much more than just a massage!

Imagine the sensation of sinking into a deep and blissful state of rest as the ancient Tibetan version of reflexology is done on your feet. As you slowly come back to your body and roll over, you experience the gentle splashes as therapeutic grade essential oils are applied up your spine and to your tired muscles. These oils are then "feathered in" using a spine-tingling technique inspired by the Native Americans, combined with massage. You can't get more pampered than this!



1½ to 2 hours - \$140.00

Includes full health assessment prior to treatment.

PRICES

Unless otherwise stated, the prices below are for the allocated massage times.

½ hour - \$55.00

1 hour - \$100.00

1½ hour- \$140.00

* ½ hour massages are available when 2 or more massages are booked on the same day with family members or friends.

ESSENTIAL AROMA FACIAL



A relaxing facial that treats the skin with a holistic approach.

A blend of therapeutic grade essential oils and plant extracts make this treatment the ultimate stress and tension reliever. It includes a personalised soothing massage for face, neck, head, shoulders and hands. Skin is then purified by applying a natural clay mask.

Beneficial to those that suffer with sinus conditions, headaches and migraines.

1 hour - \$100.00

HAVE A FACIAL WITH YOUR MASSAGE

*** 1½ hours - Relaxation or Swedish Massage
+ Basic Aroma Facial - \$160.00**

BENEFITS OF MASSAGE

- Massage is a great way to reduce stress & relax deeply
- Massage stimulates & rebalances the body's structures and systems
- Manipulation of soft tissue eases pain & stiffness in tense, aching muscles & increases muscular suppleness
- Massage boosts the immune system
- Encourages deep & effective breathing
- Helps to lower high blood pressure
- Increases energy & reduces fatigue
- Massage improves circulation & lymphatic drainage
- Re-balances the digestive system stimulating the elimination system
- Massage deeply relaxes the mind & body by relaxing the nervous system
- Massage is beneficial for your mind, body & spirit
- Regular treatments are accumulative & great for your long term health

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Contact your hosts at Telegraph Retreat to secure your appointment time prior to your stay.

Please book as early as possible so you don't miss out!

Payment is made directly to the therapist before your appointment by EFT or on the day by cash or credit card (Visa or MasterCard).

*Treatments may be eligible for health fund rebates. Please check with your private health insurer.

Telegraph Retreat
Aromatherapy
&
Massage



Treatment & Price List

*You Deserve To
Spoil Yourself*

*Prices are subject to change without notice

Prices effective August 2016