



SPA

WELCOME TO THE SPA AT KAURI CLIFFS

We invite you to relax, rejuvenate and revive your spirit in a tranquil space where nature prevails.

Our Spa is nestled at the edge of a Totara forest, overlooking a verdant fern glen and winding stream.

Each treatment room, including our couple's room, has floor to ceiling views and opens onto a private outdoor patio with forest surroundings and native birdsong.

The spa has four treatment rooms, locker rooms with showers, a sauna, Jacuzzi spa pool, indoor heated lap pool and fitness centre, with a range of exercise equipment and free weights.

At Kauri Cliffs Spa, we are committed to providing quality treatments that are personalised to suit you. We offer a variety of services, including different styles of massage, luxurious facials, hydrotherapy, invigorating body treatments and elegant nail polish and designs.



SIGNATURE TREATMENTS

- Manuka Honey Healing Cocoon
- Kiwi Mud Wrap
- Manuka Scrub and Massage
- Jetlag, Headache & Sinus Relief
- Waterfall Hydrotherapy Treatment

FACIALS

- Botanical Facial
- Healing Manuka Honey Facial
- Gentleman's Facial
- Facial and Back Massage
- Skin Solutions Facial

MASSAGE

- Relaxation Massage
- Deep Tissue Massage
- Golfer's Sports Massage
- Hot Stone Massage
- Pregnancy Massage

TREATMENTS FOR HANDS AND FEET

- Reflexology
- Pink Beach Manicure
- Pink Beach Pedicure
- Sports Manicure or Pedicure
- Express Combo: Manicure and Pedicure

ADDITIONAL SERVICES ON REQUEST

- Treatment Enhancements
- Personal Fitness Instructor
- Personal Yoga / Pilates Instructor
- Personal Hair Stylist

SIGNATURE TREATMENTS

MANUKA HONEY HEALING COCOON

Be prepared to be pampered as you experience a Manuka Honey scrub, Creamy Manuka Honey wrap, and mini Manuka facial. The treatment is very nourishing to the skin.

80 minutes NZD \$230

KIWI MUD WRAP

A detoxifying and nourishing body treatment which combines a rejuvenating exfoliation with the healing and remineralising properties of a pure Rotorua Thermal Mud wrap. We complete the treatment with a generous application of a nourishing body balm.

80 minutes NZD \$230

MANUKA SCRUB AND MASSAGE

Your treatment begins with a foot soak and full body Scrub, followed by your choice of a relaxation or deep tissue Massage using our Healing Manuka Balm.

80 minutes NZD \$230

JETLAG, HEADACHE & SINUS RELIEF

Hot compresses infused with essential oils combined with a back, neck and head pressure point treatment to offer relief from headaches, dizziness, tiredness, jetlag, sinus and stress conditions.

50 minutes NZD \$175

WATERFALL HYDROTHERAPY TREATMENT

This is a Vichy shower treatment which begins with a full body scrub while you relax under eight, individually controlled water jets. You can choose between enjoying the body exfoliation only, or add a massage to your experience in one of our picturesque treatment rooms.

40 minutes NZD \$145

80 minutes NZD \$295 (includes a 50minute massage)

FACIALS

BOTANICAL FACIAL

The botanical facial uses New Zealand's own Evolu Botanical Skincare Range. A beneficial treatment which more than delivers its promise to restore balance to all skin types.

50 minutes NZD \$180

80 minutes NZD \$230 (including back massage)

HEALING MANUKA HONEY FACIAL

Utilising the rejuvenating and healing benefits of our locally made and harvested Manuka Honey we have created this beautiful facial which is suitable for all skin types and especially good for those who have been enjoying the outdoor elements. A nourishing and calming facial.

50 minutes NZD \$180

80 minutes NZD \$230 (includes a Manuka back massage)

GENTLEMANS FACIAL

A classical facial treatment designed specifically to meet the needs of a man's skin. Our gentleman's is deep pore cleansing, balancing and nourishing. Warm compresses, combined with a scalp, face, neck and shoulder massage ensures total relaxation.

50 minutes NZD \$180

80 minutes NZD \$230

SKIN SOLUTIONS FACIAL

The ultimate treatment for those who want to see results! After a skin analysis your therapist will help you choose from our range of advanced skin care, the most effective products for your facial. Especially beneficial for those with problem skin, as this facial will be completely customised just for you.

50 minutes NZD \$185

80 minutes NZD \$240 (includes a back massage)

MASSAGE

RELAXATION MASSAGE

Combining various styles of massage your therapist will use light, medium or firm pressure to transform a traditional Swedish massage into a personalized treatment to promote body and mind relaxation.

50 minutes NZD \$175

80 minutes NZD \$225

DEEP TISSUE MASSAGE

Using firm to deep pressure, and paying attention to trigger points, this massage effectively loosens connective tissue and releases accumulated tension in tight, stressed areas.

50 minutes NZD \$175

80 minutes NZD \$225

GOLFER'S SPORTS MASSAGE

A pre or post golf sports massage designed to loosen tight upper body muscles. Your back, neck, shoulders and arms will be treated specifically to enhance your golf experience.

50 minutes NZD \$175

80 minutes NZD \$225

HOT STONE MASSAGE

Hot stone massage is a unique variation on classic massage therapy. Heated, smooth, flat stones indigenous to New Zealand are placed on key trigger and energy points of the body and used to massage the muscles.

80 minutes NZD \$235

PREGNANCY MASSAGE

With special care, our relaxation massage is re-created into a fully supported spa experience for the mother-to-be who is in her second or third trimester. The massage is performed in a side-lying position, using pregnancy-safe products and techniques.

50 minutes NZD \$175

TREATMENTS FOR HANDS AND FEET

REFLEXOLOGY

Enjoy a relaxing foot soak, a stimulating scrub and a pressure point massage on the feet. If you prefer, a hands and scalp massage can be included in this treatment.

50 minutes NZD \$175

PINK BEACH MANICURE

Beginning with a light exfoliation, your fingernails are then shaped and cuticles trimmed. A nourishing mask is applied and your hands are massaged. Your nails are then highlighted with the finishing colour of your choice.

50 minutes NZD \$120

PINK BEACH PEDICURE

Begin your pedicure with a relaxing foot soak and exfoliation. Nails are shaped, buffed and cuticle repaired before a moisture mask is applied. Unwind with a soothing foot and calf massage followed by your choice of polish.

50 minutes NZD \$120

SPORTS MANICURE OR PEDICURE

An express treatment designed for the quick repair of nails and cuticles of the hands OR feet.

Cuticles are pushed back and nails are shaped and buffed or painted.

40 minutes NZD \$90

EXPRESS COMBO – MANICURE AND PEDICURE

A basic treatment to tidy and quickly improve the appearance of the hands AND feet.

Cuticles are pushed back and nails are shaped and buffed or painted.

80 minutes NZD \$175

ADDITIONAL SERVICES

TREATMENT ENHANCEMENTS

One or more of the following extras can be incorporated into most 50 or 80 minute treatments to enhance your experience:

Warm Scalp Massage NZD \$35

Eye Mask NZD \$35

Manuka Honey Balm NZD \$10

PERSONAL FITNESS/YOGA / PILATES INSTRUCTOR *on request*

Private instruction is customized to your fitness level and offered onsite subject to availability of a trainer.

PERSONAL HAIR STYLIST *on request*

Onsite bookings are subject to availability of contract stylist

Offsite bookings at a local exclusive salon are available.

SPA INFORMATION

SPA HOURS

The Spa is open 7 days a week during the hours indicated below:

06h00 to 22h00

Gym, Pool, Jacuzzi, Sauna

11h00 to 19h00 (Summer) 10h00 to 18h00 (Winter)

Treatments

YOUR APPOINTMENT

We suggest you arrive 10 minutes early to complete a consultation form before your treatment begins. To enhance your spa experience further, arrive 30 minutes early and enjoy our sauna or Jacuzzi before your appointment.

EARLY ARRIVAL FOR APPOINTMENT.

Should we be in treatment and you find no one at the spa reception desk when you arrive, kindly relax with tea, fresh water and nibbles in the waiting area. Your spa therapist will meet you there as soon as they are available.

CONSULTATION

Your therapist will conduct a brief consultation before beginning your treatment to ensure that you receive the treatment most suited to you. It is vital that we are advised of all health concerns on your consultation form so that we can address your special requirements and customise treatments where necessary.

YOUR SPA THERAPIST

We have a team of professional and fully qualified therapists. Feel free to present your requests to your therapist as each therapist has unique skills and may be able to improvise and offer variations on the spa menu, personalized especially for you.

SPA ETIQUETTE

The Spa is an area of relaxation and tranquillity and as such all areas around and within the building are noise-free zones.

We request that guests keep noise levels to a minimum and refrain from using cell phones or electronic devices in the Spa Complex as this may disturb treatments in progress.

IN ROOM TREATMENTS

Certain treatments are available within the privacy of your Kauri Cliff's guest suite. Kindly inquire with guest reception when booking, as to which treatments are suitable for in-room service. Please note that an additional charge of 20% is added to all in-room bookings.

CANCELLATION POLICY

Treatment times are reserved exclusively for you. If you need to cancel or change the time of your treatment please give us at least 4 hours notice. We will make every effort to accommodate your wishes but may not be able to guarantee the availability of a therapist or specific treatment at another time.