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Half Day Retreat:

9am-1pm

Sample for one person: Arrive and slip into a soft organic bathrobe, followed by a refreshing fruit cocktail. Footbath with foot scrub made with fresh organic ingredients, with a foot massage and Sauna with colour therapy, followed by a shower.

Choose from a massage, facial, indian head massage, body polish, body wrap, mud bath, Reflexology, the choice is yours. To end your retreat slip into the spa and relax and rejuvenate with the view of the inlet while you are treated to organic snacks and drink.

1 person half day retreat - \$275

2 people half day retreat - \$195 pp

Full Day Rereat:

9am - 4pm

Pure bliss. This is aimed to totally rejuvenate your body and soul...

All of the above PLUS full organic lunch, indulge in more treatments of your choice. Relax at the end of your day with an organic afternoon tea or drinks in the spa.

9am	- 9.30am	Arrive - Change into bathrobe and take in view as you sip on fresh juice.
9.30	- 10.30	Foot bath ritual massage.
10.30	- 12.00	Full body massage
12.00	- 1pm	Infared Colour Therapy Sauna and shower.
1pm	- 2pm	Organic lunch
2pm	- 3.30pm	Facial with foot reflexology
3.30	- 4pm	Afternoon tea

(All treatments can be changed to suit you, after all it's all about you)

1 person	\$395
2 people	\$265 pp
3 people	\$235 pp
4 people	\$205 pp

2 Day Retreat:

This includes:

2 nights accommodation
2 Full body massages
1 Body polish
1 Mud bath
1 Reflexology
Organic breakfast
Unlimited saunas and spas
Slippers and gift

1 person \$680

2 people \$595 pp

3 people \$555 pp

5 Day Retreat:

This includes:

5 nights luxury accommodation
3 full body massages
2 Mud baths
1 Reflexology sessions
1 Indian head massage
Unlimited spa and sauna use
Complimentary Organic Food Basket
Slippers and a gift

**Cost - \$Retreat to
yourself for 5 days \$1380**

**2 people on 5 day retreat
\$940 pp**

**3 people on a 5 day
retreat \$795 pp**

7 Day Retreat:

This includes:

7 nights luxury accommodation
5 full body massages
3 Mud baths
1 Sea Spa facial
2 Reflexology sessions
2 Body scrubs
1 Naturopathic Consultation
Complimentary Organic Food Basket
Slipper and a gift

Cost - \$1995 for one person doing retreat alone

2 people on retreat - \$1435pp

We encourage you to tailor the retreat to what **you** need. We would be happy to help and advise you to get the most out of your time at Sea Spa.

Treatments To Indulge Your SENSES

MASSAGES

Aromatherapy Massage 90 min's

Therapeutic aromatic essential oils are specifically selected for your individual needs to help enhance your physical, mental and emotional wellbeing, The massage is slow and rhythmic. Return your spirit to nature.

\$100

Therapeutic Massage 60 min's

A firm and penetrating massage to release stored tension in the deeper layers of the muscles overcoming postural restrictions and helping muscular function.

\$70

Back, Neck and Shoulder Massage 45 mins

\$50

The area that most of us hold the majority of our tension. A massage to help release and relax.

Protein Hair Treatment with Head Massage 40 min's

\$45

A blend of organic ingredients to provide nourishment to your hair and then a stimulating and soothing massage.

Warm oil Head and Hair massage 30 mins

\$45

Using warm coconut oil and essential oils to suit you and your hair. A soothing and relaxing treatment leaving your hair silky and nourished.

Foot Bath Ritual with Massage 30 min's

\$45

A great way to begin or end a session. Gently submerge your feet in floral water, followed by an invigorating foot scrub and then a blissful foot massage with reflexology.
Ahaaaaaaaaaaaaaaaaa, start to relax

Reflexology 60 min's

\$70

Focusing on all the pressure points of the feet, a specific massage that effects the whole person, promoting relaxation and overall wellbeing.

Pedicure 60 min's

\$80

Sea Spa Signature Facial 90 min's

\$90

A truly luxurious facial treatment to stimulate all your senses. This treatment uses essential oils specially selected for restoring balance to your skin, as well as having a neck, shoulder and scalp massage and foot reflexology. Bliss.

Aromatherapy Facial 75 min's

\$80

Relax and rejuvenate your senses. Using all natural ingredients and essential oils specifically chosen for your skin type. Includes and neck, shoulder and scalp massage

THERAPEUTIC RITUALS

Mud Bath

Relax, and let the therapeutic qualities of the Moor mud penetrate your skin. Relieves muscular tension, aches, cramps, athletic pain, rheumatism and arthritis. You feel rejuvenated, and released at the same time.

\$40

We have a wide range of delectable bath rituals that we offer you at Sea Spa.

Body Polish 30 min's

An important part of the spa ritual. By exfoliating the entire body we cleanse the body, mind and spirit. Your skin tingles and your body feels alive. All the body polishes are made with fresh organic ingredients, We vary the treatment depending on the person and the season.

\$50**Body Masks 40 min's**

Organic fresh fruits, essential oils, various clays, floral waters and nut and seed oils are used to form a potion that is applied over your entire body. You are then gently wrapped up like a butterfly in a cocoon to be released feeling beautiful and your skin as soft as silk.

\$60**Combined body polish and wrap and sauna 90 min's****\$105****Sauna 30 - 45 min's****\$25****Spa****\$25****Bits & bobs****Eye brow shape****\$15****Eye lash tint****\$20****Eye brow tint****\$15****Mini manicure****\$40****Mini pedicure****\$40****Ear Candling****ADDITIONAL SERVICES OFFERED**

Naturopathic & Lifestyle Consultation

Initial Consultation **\$85**

Subsequent Consultation **\$50**

Naturopathy seeks wellness. Enhancing wellness through diet, homoeopathic and or herbal supplementation and lifestyle therapies. Using irridiology, muscle testing, flower testing cards, zinc testing and hair analysis.

Stock the pantry with organic foods. List available for your selection. Cost depends on items

Organic breakfast offered - Start your day off with a fresh juice, followed by a cooked healthy breakfast and tea. **\$30**

Organic lunch with biodynamic wine & fresh juice

Organic continental breakfast basket **\$17pp**

Organic Picnic Hamper **\$65 for 2 people**

Private Yoga Session at Sea Spa **\$80**

Private Mediation Session at Sea Spa **\$65**

Surf Lessons at Ocean Beach with qualified instructor **\$45**

Cranio-sacral Therapy **\$70**

Relax the body at its very core by working on the membranes and fluid surrounding and supporting the brain and spinal cord. A gentle and supportive treatment to relieve stress and restore balance to the body.

Acupuncture **\$80**

Cooking Classes - depending on dates

Reiki

A subtle and profound healing experience in which the gentle placing of hands is used to balance the physical, mental, emotional and spiritual.

Clairvoyant readings by Tony Norgrove

Flower Essence Therapy

\$50

Full range of meditation CD's and inspirational books and DVD's

GIFT VOUCHERS are available for all occasions

Choose any treatment(s) or voucher for particular value

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