

Price List

Traditional Chinese Massage (Tui Na Therapy/Acupressure Massage)

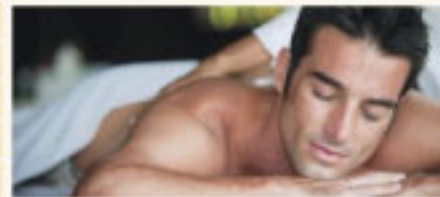
Head and Neck	15 mins	\$30
Head, Neck and Shoulders	30 mins	\$50
Back Massage	30 mins	\$50
Upper Body/Sciatica and Legs	45 mins	\$70
Whole Body Traditional Chinese Tui Na	60 mins \$85; 90 mins \$115; 120 mins \$145	

Cupping, GuaSha	30 mins	\$55
Pressure Point Facial	30 mins \$55; 45 mins \$75	



Oil Massage

Relaxation Massage
Pregnancy Massage
Sports Massage
Remedial Massage
Lymphatic Drainage
Deep Tissue Massage



30 mins \$50; 45 mins \$70; 60 mins \$85; 90 mins \$115; 120 mins \$145

Tuina (acupressure) + Oil Massage

60 mins \$85; 90 mins \$115; 120 mins \$145

Reflexology

Arm Massage + Hand Reflexology
Chinese Herbal Foot Bath + Foot Reflexology
Aroma Foot Bath + Foot Reflexology
Gentle Pregnancy Foot Massage



30 mins \$50; 45 mins \$70; 60 mins \$85; 90 mins \$115

Aromatherapy

Relaxation Blends

Calming Blend | Nervous Soothing Blend | Tense Nurturing Blend
Stress Buster Blend | Rejuvenation Blend | Sports Blend
Anti-Depressant Blend
Confidence Booster Blend
Headache Blend



30 mins \$55; 45 mins \$75; 60 mins \$90;
90 mins \$120; 120 mins \$150

Hot Stone Massage

Chinese Tui Na + Hot Stone
Aromatherapy + Hot Stone
Deep Tissue Oil + Hot Stone
60 mins \$105; 90 mins \$135; 120 mins \$165



Shirodhara



60 mins \$120; 90 mins \$160;
120 mins \$200

Infrared Sauna (Hobart centre only)



One hour allocated time

\$35 per person and \$20 extra for each additional person for same booking

\$10 discount per booking for sauna treatment followed by an massage appointment

An infrared sauna session prior to a massage treatment will optimise the results from your appointment. Usage of the sauna can also assist with:

- weight loss;
- relieving pain;
- improved fitness;
- detoxifying your body; and
- improved skin.



Best Value Luxury Packages

Herbal Foot Bath + Reflexology + Traditional Whole Body Tui Na + Chinese Herbal Heat Pack

Package 1 (120 mins - \$160)

Aroma Foot Bath + Reflexology + Aromatherapy Whole Body + Pressure Point Facial + Hot Stone

Package 2 (120 mins - \$160)



TUINA

Tuina is one of the oldest therapies in the world originating from China. It is a kind of natural therapy without pain, side or poisonous effect. It is guided by the theories of Traditional Chinese Medicine, using specific manipulations or massage tools to operate on certain areas or acupoints on the surface of the body. Tuina treatment can regulate the body's physiological and pathological condition to treat and prevent disease, improve health and strengthen the body.



Cupping

Cupping is an ancient Chinese method to treat and prevent disease. It has been further developed as a mean to open the 'Meridians' (Jing Luo) of the body. Meridians are the conduits in the body through which energy flows to every part of the body and through every organ and tissue. There are five meridians on the back that when opened, allow invigorating energy to travel the whole length of the body. It has been found that cupping is the best way of opening those meridians.



Gua Sha

GuaSha is one of the external therapies of Traditional Chinese Medicine. Guasha therapy is a special physical therapy where the practitioner exerts force on specific body parts or points with tools or hand manipulation to treat disorders and strengthen the body. It can directly stimulate peripheral nerves, improve local circulation of blood and lymph fluid, speed up the metabolism, promote nutritional supply and regulate immune function.

