

Misty Mountain Lifestyle Retreat

SPA & THERAPEUTIC TREATMENTS



FACIAL TREATMENTS *3 Facials of choice \$360

GUA SHA FACIAL \$130

A non-invasive, tool-assisted facial massage that works as a natural facelift by improving circulation and promoting collagen production. Smooths fine lines and smile lines, reduces dark circles and puffiness, lifts eyebrows, firms jowl area and face contours, and improves the appearance of the neck. *60 mins*

CRYSTAL STONE FACIAL \$140

Combines hot and cold crystal stones to improve circulation and blood flow while easing tension and draining the lymphatic system. Relax in heated cocoon-like beds, massaged with ruby balm infused with essential oils to balance energy and restore calm. Leaves skin oxygenated, youthful, and radiant after just one treatment. *60 mins*

DEEP CLEANSING FACIAL \$140

Designed for those seeking a deep renewal. Our deep cleansing facial is a therapeutic skin treatment that detoxifies, balances, and revitalizes the complexion. Your therapist will perform a thorough skin analysis, gentle steam to open the pores, deep pore cleansing with exfoliation, targeted extractions if required finishing with a soothing mask, rejuvenating face massage and nourishing hydration to restore your natural glow. *60 mins*

ORGANIC COCONUT & HONEY FACIAL \$130

Let your skin drink in the nectar of health! Honey is rich in vitamins, minerals, amino acids, and antioxidants to nourish and moisturise the skin deeply. It also has numerous therapeutic properties that help to balance and restore stressed skin. You will also enjoy a hand and arm massage to increase your relaxation. Best of all, it provides all skin types with a naturally radiant glow. *60 mins*

MISTY SIGNATURE FACIAL \$120

Relax, unwind, and leave the rest to us! Melt away the stresses of everyday life by treating yourself to one of our signature facials. We will take you on a sensory journey through skin cleansing, exfoliating, steam infusion, and facial massage with carefully selected serums and creams. While your mask works its magic, a relaxing neck and shoulder massage is performed so you can feel the true meaning of bliss. *60 mins*

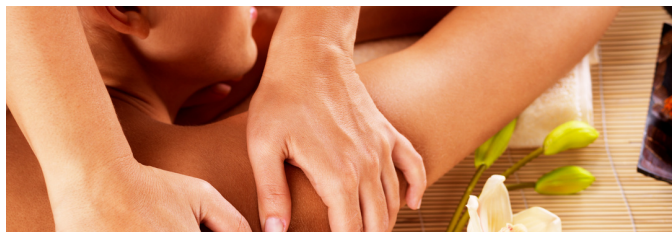
EXPRESS FEET & FACE TREAT \$90

Perfect for those tired, sore, achy feet. While your feet are soaking in our special mixture of honey and coconut, you will enjoy a lymphatic draining face massage, finishing with a skilled foot massage. *45 mins*

RADIANT GLOW HOT STONE FACIAL \$140

Indulge in deep relaxation with our newest facial experience. This 60 min slow beauty ritual features a deeply nourishing facial, a soothing hot stone facial massage, a 24k hyaluronic acid hydrating eye mask, a nurturing neck treatment, and finishing with a relaxing hot stone arm & hand massage.

The hot stone facial uses traditional massage techniques with the application of warmed stones. The warmth from the stones opens the pores effectively removing toxins, reduces puffiness and swelling, aids in loosening mucus build up promoting drainage, and relieving sinus pressure, all this will leave your skin rejuvenated, revitalised, and refreshed. A hot stone facial is a wonderful way to achieve healthy, glowing skin while completely relaxing and unwinding. *60 mins*



Massage Treatments

THAI MASSAGE \$120/ \$300 for 3 PACK

A traditional massage focusing on clearing senses through movements and stretches. Improves circulation, flexibility, posture and joint mobility. Rhythmic rocking and slow stretches lower cortisol levels and promote deep relaxation. Benefits include improved sleep, relief from chronic pain, headaches, and back tension. A great way to stay healthy physically and mentally. This massage is performed on the floor. 60 mins

THERAPEUTIC MASSAGE \$140

Therapeutic massage is a holistic treatment designed to support pain relief, mobility and relaxation. Each treatment is adapted to the individual's needs and includes techniques to help ease chronic tension, muscle tightness and restricted movement, supporting the body's natural ability to restore balance. Alongside physical benefits, therapeutic massage helps to encourage better circulation, improved mobility and a deep sense of relaxation and stress reduction. 60 mins

HOT STONE MASSAGE \$130

Let yourself truly melt into the warmth of the volcanic stones combined with long firm massage strokes utilising our essential oils to take you to a deeper state of relaxation. Perfect any time of the year, but especially during the colder Winter months. 60 mins

SWEDISH MASSAGE \$120

A Swedish full body massage is the perfect way to relax your body and mind - especially if you are overworked and stressed out. During this massage, the therapist uses a series of long strokes combined with kneading, friction, tapotement, percussion, and rocking motions that apply pressure between the fascia, muscles, and bones. The strokes follow the same direction as the flow of blood returning to the heart, and it is common to fall asleep during this treatment! 60 mins

REMEDIAL MASSAGE \$130

This is a therapeutic treatment for pain relief, mobility, and soft tissue issues. It is different from other forms of massage due to its targeted approach and its role in physiotherapy. Techniques used in remedial massage include deep tissue release, trigger point therapy, and myofascial release. Each addresses different issues, such as chronic tension, muscle spasms, and fascial tightness, to improve physical function. The benefits extend beyond pain relief, offering improvements in joint mobility blood circulation, and stress reduction. 60 mins

LYMPHATIC MASSAGE \$130

Lymphatic Drainage Massage (also referred to as manual lymphatic drainage) is a gentle but very specific type of massage that improves the transport of fluid and waste in the body through the lymphatic system. The lymphatic system drains excess fluid and waste products from the tissues, deals with inflammation and infection, and transports fats and proteins around the body. A lymphatic drainage therapist uses light and rhythmic hand movements on the skin, stimulating lymph nodes and the numerous lymphatic channels. 60 mins

WOOD THERAPY MASSAGE \$140/ 3 pack \$390

This technique employs repetitive movements using different wooden instruments to manipulate targeted areas of muscle, fat, and cellulite, stimulating the lymphatic drainage system to remove unnecessary water, fat, and toxins from the body. Some of the benefits of this natural and non-invasive treatment are that it activates the lymphatic system, reduces water retention, breaks down cellulite and body fat, and tones and tightens skin. It stimulates blood circulation, accelerates metabolism, and naturally rids the body of toxins while loosening tight muscles. 60 mins

HEAD MASSAGE \$70

This head massage removes tension and headaches. As well as helping you to relax, head and neck massages also improve blood circulation, supplying the brain with oxygen and nutrients, strengthen the body, improve sleep quality, and stimulates healthy hair growth. Can add a blend of Coconut oil and Rosemary essential oil. 30 mins



Body Treatments

BODY SALT GLOW \$140

A wonderfully deep cleansing and exfoliating treatment, combining a blend of Celtic Sea Salt and Essential Oils. Buff away dead skin cells and stimulate circulation with a Mineral Salt Scrub to bring your skin back to its natural radiance. Finishing with an application of Body Butter leaving your skin feeling fresh. *60 mins*

BODY BRUSH TREATMENT \$95 (without the take home brush \$65) \$200 FOR 3 Pack +1 Brush

Experience the revitalizing effects of our Body Brush Treatment, designed to gently exfoliate and stimulate the skin revealing a refreshed, glowing appearance. Using a specialised technique with a dry bamboo body brush, which is included in the treatment for you to take home with you. Benefits include dead skin cell removal, improved blood circulation, promote healthy lymphatic drainage, reduces the appearance of cellulite and prepares the skin for better absorption of topically applied moisturisers. *30 mins*

COFFEE & CHOCOLATE DETOX SCRUB & BODY WRAP \$135

Enjoy our Coffee & Chocolate as a Detoxifying Body Treatment! As well as being decadent on the senses, your skin will feel the nourishing qualities of our coffee spice body scrub and chocolate wrap, made from only pure extracts, minerals, botanicals, and essential oils. Your treatment starts with an exfoliation which will awaken your skin and blast away dead cells which dull the skin's surface as it soothes, hydrates, and nourishes with natural vitamins, ground coffee beans and potent antioxidants. The scrub also helps to combat the occurrence of varicose veins by increasing blood flow, and the caffeine may even reduce the appearance of cellulite. Then utilising the richness of cacao, our chocolate indulgence wrap is applied all over your body. While your skin is soaking it all up, you can drift off while we give you a relaxing scalp massage. Finishing with our deluxe body cream applied and massaged into your body. *60 mins*

ORGANIC AGE- DEFYING FIRMING BODY WRAP \$75

Using our exclusive organic shea butter infused with paracress, this wrap is designed to naturally plump, firm, and hydrate the skin. Unlike a traditional wrap where your body is encouraged to heat up to absorb the nutrients, this one is designed to let the shea butter naturally hydrate the skin at room temperature. This treatment can be performed unscented or in a gentle aroma of your choice, and is excellent for all skin types, including those with eczema and psoriasis. *30 mins*



Hands & Feet

DELUXE MANICURE \$85

Beautiful nails can be yours! Professionally shaped nails, soft cuticles, a rejuvenating hand massage, a beautiful mask, followed by the application of your favourite polish. *60 mins*

DELUXE PEDICURE \$110

A customised treatment for tired, dry or cracked feet & nails. Includes foot bath, exfoliation, rasping and rough skin removal on heels and balls on feet. Foot and calf massage. Cuticles tamed, nails filed, and nail polish concludes this beautiful treat. All with the utmost hygiene practices. *60 mins*



Therapeutic Treatments

ALKALINE WRAP \$95 (5 pack \$425- can be mixed with Hyperbaric Oxygen Chamber sessions)

Our body wrap is an intense alkalising therapeutic treatment. If the body is in a too high acid environment, it becomes a perfect breeding ground for disease, especially cancer. Your torso, arms and legs are individually wrapped in hot, bicarb-soaked towels so you get the full benefits of the detoxification process. You are then wrapped in woolen blankets to retain the warmth, while your muscles relax and you enjoy some quiet time. The bicarbonate soda gets absorbed through the skin, entering into the body tissues and alkalising them. This will give the immune system a mighty boost. Best used in conjunction with the hyperbaric chamber to reap maximum benefit. 60 mins

HYPERBARIC OXYGEN CHAMBER \$95 (5 pack \$425- can be mixed with Alkaline Wrap sessions)

Hyperbaric oxygen therapy involves breathing in pure oxygen in a pressurised environment. When your blood carries this extra oxygen throughout the body, it may help fight disease and speeds up healing of wounds, infections and injuries. May assist in fighting cancer as cancer cannot live in an oxygenated body. 60 mins

SITZ BATH \$70 / 5 pack \$250/ 10 pack \$450

Our custom-built Sitz bath allows pain relief and healing through hydrotherapy (hot/cold treatment) for guests suffering with any lower body ailments (between waist and knees), by bringing blood to the affected area, which delivers nutrients, oxygen and water to aid healing while encouraging removal of toxins in the body. 30 mins

EAR CANDLING \$75

Also known as Ear Coning, a hollow candle soaked in beeswax is placed inside the ear. The far end of the candle is lit, producing a vacuum suction seal that draws out excess ear wax, debris and bacteria from inside the ear canal. A gentle treatment for clogged ears, earaches, ringing in the ears, sinus infections and allergies, and may also improve hearing loss and sharpen the senses. A pleasant treatment which includes a lymphatic facial drainage massage. 45 mins

Waxing & Tinting

BEAUTIFUL EYES PACKAGE

Brow shape, wax and tint & lash tint	\$70	45 mins	Eye Lash & Eyebrow Tint	\$50	30 mins
(Plus lip & chin wax)	\$95	extra 15 mins			
Eye Lash Tint	\$35	15 mins	Lip & Chin	\$35	30 mins
Eyebrow Tint	\$25	15 mins	Full Leg & Bikini	\$90	60 mins
Full Face Wax	\$65	45 mins	Half Leg Bikini Wax	\$60	45 mins
Arms	\$40	30 mins			
Underarms	\$25	10 mins			
Bikini	\$35	20 mins			
G-String	\$60	20 mins			
Brazilian (Female Only)	\$75	30 mins			
Half Leg	\$35	30 mins			
Full Leg	\$70	60 mins			
Back	\$60	30 mins			
Chest & Stomach	\$60	30 mins			
Eyebrow	\$30	10 mins			
Lip or Chin	\$20 each	10 mins			

