

Massage & Body Therapies

Please arrive 10 minutes early for your first appointment to complete the health questionnaire.

AROMATHERAPY MASSAGE

Aromatherapy massage uses a selection of essential oils, chosen for their therapeutic effect, and may be used to support a wide range of physical and emotional conditions including skin problems, stress, sleep disorders, immune health, muscular problems, energy levels and much more.

Swedish Relaxation – 1 hour \$95

Chinese Acupuncture – 1 hour \$95
(Treatment massage)

Deluxe Aromatherapy – 1.25 hours \$125
(Soft and deep tissue, full body including face)

TREATMENT MASSAGE

Treatment Massage relieves chronic patterns of muscular tension and helps with injury rehabilitation, pain relief and better body alignment

Deep Tissue – 40 minutes \$75

Deep Tissue – 1 hour \$95

Deep Tissue/Soft Tissue Blend – 1.5 hours \$135

Pregnancy Massage – 1 hour \$95

Hot Stone Massage – 1.5 hours \$145

Using heated stones and oils this massage increases blood flow to muscles and supports detoxification of tissues. Deeply relaxing, this is both a treatment and a treat!

REIKI ENERGY HEALING

Reiki is an ancient method of healing that channels energy through the hands, balancing and energising the body. This powerful yet gentle energy enhances physical, mental, emotional and spiritual well being – 1 hour \$85

ACUPUNCTURE

First appointment – 45 minutes \$65

Follow-up appointment – 20 minutes \$45

EAR CANDLING

Ear candling circulates warm air in the outer ear canal. Many people have found ear candling useful in assisting with excess ear wax or fluid, and relief from ear infections or sinus pain. (price includes candles) – 40 minutes \$65

Detox & Weight Management

UNIVERSAL CONTOUR WRAP

This internationally acclaimed treatment is guaranteed to reduce your body measurements by a minimum of 15cm or it's free! By removing toxins and compressing soft tissue into a firmer outline you will look and feel slimmer. Reduces cellulite, improves skin-tone, supports weight loss – 2.5 hours \$195

FAR INFRARED SAUNA

Infrared sauna is deeply relaxing, reduces pain, strengthens the cardiovascular system and promotes detoxification.

Casual – 30 minutes \$25

Sauna with any treatment \$20

Concession 10 trip \$190

MIRACULOSS – WEIGHT MANAGEMENT PROGRAMME

MiracuLoss identifies and corrects the causes of weight-gain, promotes healthy eating and lifestyle choices and enables participants to achieve a long-term healthy body weight. **Book a free introductory talk to find out more.**

- Loose 5-10kg in less than a month
- Reshape problem areas without exercise
- Supported by experienced health professionals
- Guaranteed results

Natural Health Consultations

IRIDOLOGY

Adult – 40 minutes \$65

Follow-up session – 30 minutes \$55

Child – 40 minutes \$50

Follow-up session – 30 minutes \$45

HOMEOPATHY

First appointment, please allow 1.5 hours

Adult consultation \$100

Follow-up consultation \$80

Child consultation \$80

Follow-up consultation \$60

MiracuLoss client consultation \$80



Health & Beauty

*your source of natural health
and beauty services*



Natural Beauty Therapy

Therapeutic Massage • Homeopathy
Naturopathy • Acupuncture • Iridology

Reiki • Detox • Weight Loss

Infrared Sauna • Universal Contour Wrap

Skincare • Cosmetics • Supplements



OPEN 7 DAYS

99 St Andrews Road, State Highway 1, Plimmerton
Palmer's Lifestyle Centre • PHONE 04 233 8820
mananaturalhealth@xtra.co.nz
www.mananaturalhealth.co.nz

Beauty Treatments

You can rest assured that only the highest quality natural products will be used in all of our beauty treatments.

FABULOUS FACIAL TREATMENTS

Delux Spa Treatment – 2.5 hours \$195
The complete beauty package (Detox Infrared Sauna, Herbal Foot Bath, Janesce Facial, Eyebrow Shape and Tint, Eyelash Tint, Hand and Foot Massage and light refreshments).

Janesce Rejuvenating Facial – 1 hour \$99
Nurture and revitalize your skin with luxurious bio-active organic naturopathic skin treatment products.

Janesce Express Facial – 30 minutes \$65

Athena Instant Facelift Facial – 1 hour \$145
A revolutionary anti-aging protocol using Greek organic essential oils and plant stem cells. This facial is ideal before a special occasion as results are instant.

Seasonal Herbal Facial Treatment \$POA
Using seasonal herbs, fruit and specialised organic bio-actives this treatment changes with the seasons, please enquire as to what treatment is currently on offer.

Teenage Acne Treatment – 1 hour \$85

Couleur Caramel Make Over – 45 minutes \$65



Beauty Treatments

BEAUTIFUL BROWS & LASHES

Brow Shape	\$25
Brow Tint	\$15
Brow Shape and Tint	\$35
Brow Shape plus Lash and Brow Tint	\$55
Lash Tint	\$20
Lash and Brow Tint	\$30

HEALTHY HANDS & FEET

Classic Manicure or Pedicure	\$65
Deluxe Manicure or Pedicure	\$80
Express Manicure or Pedicure	\$45
Shellac Manicure or Pedicure	\$65
Shellac Removal	\$20
Shellac Removal & Re-Manicure/Pedicure	\$75

ORGANIC INSTANT TANNING

A completely natural looking tan is achieved by using a superior organic formula and is hand applied using a unique glove. The tan lasts 5-6 days and naturally fades without crazing. Exfoliation prior to your appointment is recommended.

Full body	\$59
Legs	\$35

IPL (INTENSE PULSED LIGHT)

See our IPL brochure for pricing.

Permanently reduce unwanted hair growth. Reduce signs of aging, sun damage, skin blemishes, broken capillaries and acne... with a FLASH of light!

Permanent Hair Reduction – effective on most hair and skin colours.

Skin Tightening and Rejuvenation – Regenerates new collagen and elastin; diminishes fine lines and wrinkles, and whitens all skin types.

Pigmentation and vascular treatment – Reduce age spots, freckles, birthmarks, dark circles, broken capillaries, spider veins, acne, and rosecea.

Beauty Treatments

SUGARING HAIR REMOVAL

Sugaring is a natural and highly effective form of hair removal which uses a sugar gel made from honey, lemon juice and kiwi fruit. The sugaring gel adheres to the hair and not the skin keeping discomfort to a minimum and is excellent for sensitive skins.

Women's Sugaring

Upper Lip or Chin	\$15
Upper Lip and Chin	\$25
Under Arm	\$20
Bikini	\$28
G String	\$35
Brazilian	\$65

Brazilian Maintenance	\$50
Lower Leg	\$35
Upper Leg	\$45
Full Leg	\$60
Lower Arm	\$20
Upper Arm	\$20
Full Arm	\$35

Men's Sugaring

Back	\$50
Chest and Stomach	\$50
Full leg	\$95
Lower Leg	\$75
Neck and Shoulders	\$40