

KA'DA SPA ORGANIC DAY SPA



Let someone in your life know how special they are to you! Indulging them in one of our pamper packages is a gift they will remember long after the treatment.

MASSAGE THERAPY

Relaxing Back, Neck & Shoulder Massage	60 minutes \$115
Swedish Relaxation Massage	60 minutes \$115
Soothing Muscle Massage	60 minutes \$115
Deep Tissue & Trigger Point Massage	60 minutes \$115
Reflexology Treatment	60 minutes \$115
Huna Hawaiian Massage	80 minutes \$135
Hot Stone Massage	80 minutes \$135

Using 100% Aromatherapy Essential Oils add \$10 to the above prices

SPA PACKAGES

Basic Spa Package \$175

- 1 x 60 min massage (Swedish, Deep Tissue, Soothing Muscle)
- 1 x Hot water bath in our outdoor river stone bath.

Indulgent Package \$195

- 1 x 60 min massage (Swedish, Deep Tissue, Soothing Muscle)
- 1 x Magnesium and Aromatherapy bath in our outdoor river stone bath

Deluxe Indulgent Spa Package \$330

- 1 x 60 min Aromatherapy massage using a blend of 100% pure organic essential oils, (Swedish, Deep Tissue, soothing Muscle)
- 1 x Magnesium and Aromatherapy Bath in our outdoor river stone bath
- 1 x 60 min Blissful Facial.

Superior Spa Package \$340

- 1 x 80min Huna or Hot stone massage
- 1 x Magnesium and Aromatherapy Bath in our outdoor river stone bath.
- 1 x 60 min Blissful Facial.

PLEASE NOTE: These packages are for one person. Additional persons can be catered for, prices on application. At Kada Day Spa there are no time limits to your stay as we want you to feel relaxed and at peace, although please note that if there are more than one booking then we do have to limit your stay to 1 hour for bathing treatments. The large Riverstone rock bath is located in the outdoor Day Spa Garden and is booked out exclusively for your private use. All treatments include towels, robes, slippers and refreshments.

All our facials use only 100% natural organic ingredients from Kada Organics and our massage oils are all natural 100% organic blend carrier oils and our essential oils are 100% organic and sourced worldwide

FACIAL TREATMENTS

We offer superb facial and body treatments for all types of skin. Using all-natural organic ingredients, dermatologically tested, nickel tested, paraben, alcohol and paraffin free products. These products are suitable for all skin types, from sensitive to dry, and for aging skin. Basic products are used and other ingredients are incorporated depending on your skin type.

All our facial treatments include skin analysis, exfoliation, toners, serums and protective creams, and facial massage.

Our Therapists are professionally trained and will assess your skin condition before ascertaining what products and techniques to use in your facial. If you have any concerns about your skin, let the therapist know when you make your booking with us.



Blissful Facial
60 minutes \$125

Relax whilst our therapist goes to work cleansing, exfoliating and nourishing the skin whilst gently massaging the face, neck, décolletage, shoulders and head. Our highly nourishing Kada Organics products gently cleanse, a nurturing face mask is applied and warm facial compresses are placed to soften and hydrate the skin. Your treatment is complete after a wonderful facial and décolletage and head massage. Your skin is revitalised and renewed, restoring elasticity and radiance. All products are rich with Aloe Vera Grapefruit seed, Rosemary Leaf, Vitamin E, Glycerin and Wheatgerm Natural Botanicals oils Cocoa and Shea Butters that are tailored to your skin's needs and have been designed to absorb deep into the skin and deliver essential nutrients and natural antioxidants directly where the metabolic activity takes place.



Blissful Facial and Body Treatment
80 minutes \$155

Relax whilst the therapist goes to work on the whole body and mind. This is a *heavenly* full body massage treatment using highly nourishing products that are laced with essential oils to relax and uplift; with the addition of our divine Blissful Facial (as above) using superb Kada Organics natural products on your face and décolletage, nourishing and hydrating the skin and making you feel wonderfully relaxed and renewed, inside and out. Bliss!



Blissful Head, Scalp and Back Massage Treatment
60 minutes \$125

This treatment is suitable for all hair types, especially for clients with fine hair and dry scalps needing that extra special attention. The Therapist will begin with a full back massage, concentrating on areas that need attention, then working the way up to your head and scalp. Once at the scalp the therapist will work with our highly nourishing hair oil, which contains cold-pressed oils of Moroccan Argan*, Black Cumin Seeds*, Virgin Olive*, Black Sesame*, Avocado*, Castor*, Baobab*, Jojoba, Pure Essential Oils of Ginger, Thyme, Cedarwood, Palma Rosa, Lemongrass and Clary Sage, and Natural Vitamin E.



This is an intense, or firm, massage where our therapist will work on various acupressure points on the scalp, which soothes and relaxes the nervous system. The oil is gently heated and during massage we use hot towels to revive and deeply nourish the hair and scalp. Our technique and the highly nourishing oil will strengthen hair, encourage growth and support scalp health. We finish off by leaving the oil on the hair and scalp for a minimum of 30 minutes – to get the full benefit – for you to wash out at your leisure.

100% natural and *certified organic. Not tested on animals



Blissful Body Scrub and Massage **90 min \$155**

Relax in our warm and inviting environment whilst your therapist goes to work, gently exfoliating your body removing all the dead layer of skin cells on your skin surface revealing younger cells beneath with our Kada Organics signature Blissful Body Scrub.

The therapist will alternate exfoliating with hot towels to clean and sooth the skin, refreshing your body and mind with the blissful blend of essential oils.

After the body scrub our experienced therapists will begin your massage working on your whole being, mind and body a truly relaxing deep massage using our organic carrier oil and a blend of 100% organic essential oils to suit client's needs. Blissful Body Scrubs are made fresh on the premises from Magnesium Salts or Fine Oatmeal we add 100% certified organic essential oils sourced worldwide to enhance the Organic holistic approach. Our exfoliants suit all skin types and our Aromatherapy massage oil is infused with a blend of 100% certified organic essential oils

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Hot River Stone Baths



All our Kada Day Spa signature baths are prior booked and are exclusively for your private use in our Day Spa Garden. The bathing treatments are specially prepared for you with towels, robes, slippers, candles(evening), petals and herbal teas are served. The Day Spa Garden environment promotes peace and tranquility, sit amongst tropical foliage and relax

Magnesium Bath Soak

Magnesium sulphate/chloride - Epsom Salt is easily absorbed through the skin in a bath as it draws toxins from the body, relaxes the muscles and reduces inflammation and swelling to relieve pain and muscle cramps. It calms the nervous system, is a natural emollient, exfoliator, and much more.

Excess adrenaline and stress are believed to drain magnesium, a natural stress reliever, from the body. Magnesium is necessary for the body to bind adequate amounts of serotonin, a mood elevating chemical within the brain that creates a feeling of well-being and relaxation.

Aromatherapy Bath Soak

Relax in our signature aromatherapy baths where you will be surrounded by the beautiful scent of these essential oils. There is a deep connection between our sense of smell and our emotions. Aromas have a way of transporting us to another place and connecting us to long forgotten memories and feelings. Aroma therapeutic scents in particular are able to provide very positive and beneficial effects to our state of mind by relieving stress and supporting our emotional wellbeing

We use 100% Pure Essential Oils in our blended range

RELAX ME BLEND consists of – Mandarin, Cedarwood Atlas, Lemon, Lavender Maillette, Lavandin Grosso, Bergamot Bergaptene – free* Chamomile Roman.

SLEEP EASY BLEND consists of – Orange Sweet, Lavender Maillette, Petitgrain, Chamomile Roman* Sandalwood*

PRICE LIST per person

Hot Bath Therapy \$70

Magnesium Salt Bath Therapy \$80

Aromatherapy Hot Bath Therapy \$80

Aroma/Magnesium Salt Bath Therapy \$90

...additional persons extra, please contact host for information.

*Certified organic





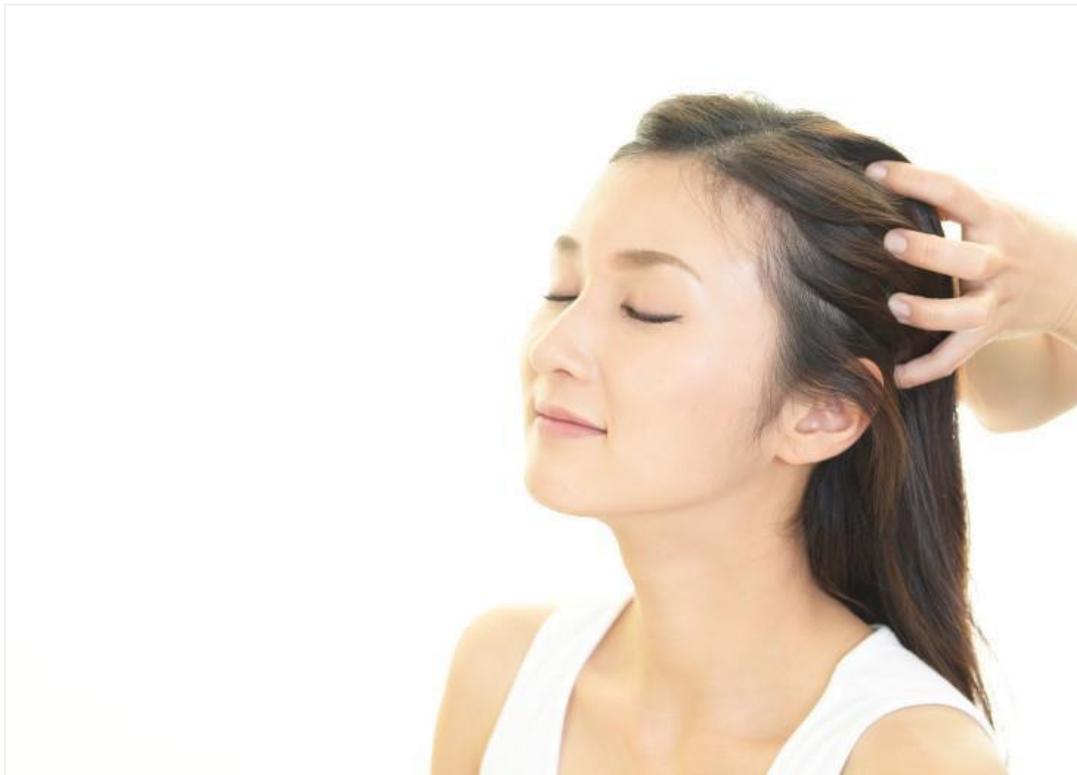
Indian Head Massage

Indian Head Massage including Acupressure Points **60 minutes \$125**

Indian head massage originated in India over 1000 years ago and began as a way of keeping the hair in good condition. It is based on the ancient healing system of Ayurveda.

In this treatment, the client remains seated and the practitioner works on the upper back, shoulders, upper arms, neck, scalp, ears and face. The areas are massaged using firm movements involving acupressure points. This technique has a strong effect on the heart and three higher Chakras, stimulating healing of the body, mind and spirit. We use two types of a highly nourishing treatments for fair hair and dark hair – made with Cold-pressed oils of Moroccan Argan*, Black Cumin Seeds*, Virgin Olive*, Black Sesame*, Avocado*, Castor*, Baobab*, Jojoba, Pure Essential oils of Ginger, Thyme, Cedarwood, Palmarosa, Lemongrass, Clary Sage & Rosemary & Natural Vit E. These treatments will also strengthen fine hair, encourage growth and support scalp health. After the treatment you leave with your hair wrapped in warm towel for your hair to infuse the oils and for you to wash and rinse out at your convenience.

100% natural / * = certified organic



Indian Head Massage & Reflexology Combination **80 min \$145**

Indian head massage originated in India over 1000 years ago and began as a way of keeping the hair in good condition. It is based on the ancient healing system of Ayurveda.

In this treatment, the client remains seated and the practitioner works on the upper back, shoulders, upper arms, neck, scalp, ears and face. The areas are massaged using firm movements involving acupressure points. This technique has a strong effect on the heart and three higher Chakras, stimulating healing of the body, mind and spirit. We use two types of a highly nourishing treatments for fair hair and dark hair – made with Cold-pressed oils of Moroccan Argan*, Black Cumin Seeds*, Virgin Olive*, Black Sesame*, Avocado*, Castor*, Baobab*, Jojoba, Pure Essential oils of Ginger, Thyme, Cedarwood, Palmarosa, Lemongrass, Clary Sage & Rosemary & Natural Vit E. These treatments will also strengthen fine hair, encourage growth and support scalp health. These oils are massaged into the scalp and hair, and after the treatment a warm towel is wrapped around your hair and is left on while you have your reflexology session.

Along with the 40-minute Indian Head massage we introduce a 40 minute (approx.) reflexology session. Reflexology is an ancient therapeutic massage, and the MOST RELAXING of massages. The technique of stimulating pressure on the feet and lower legs improves blood circulation and has the most relaxing effect on the whole body. Reflexology relieves headaches, shoulder ache, neck ache and back ache, is beneficial for all parts of the body, is especially effective in relieving bad circulation and arthritis, and balances the energy flow of the body. The treatment also eliminates toxins and blood vessel blockages, and detoxifies the body of waste products. Regular reflexology treatments are effective in maintaining good health, leaving you feeling relaxed, energised and full of vitality. After the treatment, you leave with your hair wrapped in a warm towel, for your hair to infuse the oils and for you to wash and rinse out at your convenience.

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