



SPA & YOGA
upendo

"GIVE YOUR BODY A LITTLE LOVE, IT DESERVES IT"

WITH HER GIFTED HANDS, AND DEEP KNOWLEDGE OF NATURAL PRODUCTS, MASSAGE TECHNIQUES & THE HUMAN BODY, OUR MOBILE SPA THERAPIST AGNUS WILL ENSURE THAT YOUR SPA EXPERIENCE IS A TOUCH OF BLISS.

MASSAGES

- DEEP TISSUE** \$50
Increases circulation, releases built-up toxins, heals and restores balance to the body and nervous system.
- SWEDISH** \$50
A holistic massage that uses Essential Oils and specific techniques to either relax or revive you, depending on your needs (medium pressure)
- STRESS RELIEF** \$40
Deep relaxation massage which focuses on the main areas of tension (the back, neck & shoulders), as well as your head & face, for an all-over experience!

FACIALS

- MARINE FACIAL** \$45
A deep cleansing & balancing facial using natural minerals from the ocean with vitamins to moisturize and nourish your skin, leaving it feeling refreshed and completely rejuvenated. (Includes hand & foot massage for added relaxation)
- ANTI-AGING FACIAL** \$45
A unique combination of rich, natural ingredients which stimulate the production of collagen and reduce the appearance of wrinkles - helping to relax fine lines. This facial will leave you with a youthful radiance! (Includes a hand & foot massage for added relaxation)

TREATMENTS

- BODY POLISH** \$50
A gentle exfoliating body cream eliminates dead skin cells, and soothing marine collagen body balm
- MANICURE** \$35
- PEDICURE** \$35
- FOOT MASSAGE** \$40
Therapeutic massage to revive tired, aching feet after an adventurous day, or to simply decrease stress & anxiety in the entire body (a little reflexology for the soul)
- COUPLES MASSAGE** \$90
Two times the pleasure and relaxation. Perfect to share on a special occasion such as pre wedding, an anniversary or just because!



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YOGA WITH ZOE

YIN YOGA

Working with the energy lines within the body to enhance the function of each organ. Restore the mind and body. Great for flexibility. Suitable for all abilities.

POWER PLAY

Explore advanced positions. Think headstands, handstands, back bending, arm balances alongside a funky flow to warm us up. Intermediate/advanced.

SUP YOGA

Take your practice on the water to gain a new perspective whilst enjoying the elements that surround us (with 2 winds paddle). Suitable for all abilities.

VINYASA

Synchronisation of breath and movement. Influenced by a mixture of yogic styles. Physical and mental workout. Suitable for all abilities.

PRIVATE TEACHINGS

1 Session	\$55
4 Sessions	\$195
10 Sessions	\$440

GROUP TEACHINGS

Pair/couples	\$70 per session
Group - 3 people or more	\$20 per person

BOOKING 24HRS IN ADVANCE WITH YOUR BUTLER RECOMMENDED

