

# The Spa Menu Stoneridge

Let yourself relax, unwind and drift away under the skilled hands of our experienced massage and beauty therapists.

All of our indulgent treatments are available in the comfort of your accommodation so that you can experience the luxury and relaxation of a five-star day spa without having to leave your room.

Please contact our reservations team for bookings please note that 48 hours' notice may be required to guarantee therapist availability.

# Contact

Stoneridge will invoice treatments to clients directly, to be paid on checkout. Bookings are 100% non-refundable if cancelled within 24 hours. All prices are in NZD and include GST (15%).



#### Relaxation Massage

60 min \$175 | 90 min \$230 | 120 min \$282

A Swedish relaxation massage is the most common and best-known type of massage. This is a light-to-medium pressure, soothing, rhythmic, full body massage that helps to relieve muscular tension, improve circulation and relax the body and mind.

#### Deep Tissue Massage

60 min \$175 | 90 min \$230 | 120 min \$282

Deep tissue massage consists of different techniques using forearms, fists, elbows and hands, and can include some trigger point work. The pressure is medium-hard and is used to circulate the blood, to get into the connective tissues and release tight muscles and areas of tension. Perfect to aid in recovery after an adventure day sightseeing, hiking, biking, skiing or snowboarding. Your therapist will tailor your massage to your specific needs to get you back in action sooner.

#### The Muscle Release

90 min \$240 | 120 min \$290

An intensive massage that works deep into stiff, tight, aching muscles to instantly release pain and tension.

This deeply restorative treatment is specifically designed for stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with trigger points and fascia release, are combined with essential oils known for their beneficial effects on the circulation.

#### Pregnancy Massage

60 min \$175 | 90 min \$230 | 120 min \$282

Pregnancy massage is a nurturing, flowing massage for the mother-to-be to ease her body and mind, concentrating on all those pregnancy aches through the feet, legs, lower back, neck and shoulders. We use a natural side-lying position on the table, comfortably supported with specifically-placed pillows for the ultimate rejuvenating experience.

\*Please be aware that pregnancy massage can only be performed from 13 weeks.

#### Signature Massage

120 min \$290

This full body massage has been designed to gain proven results for body, mind and spirit. Perfect for relieving the stress of modern day life, it starts with a consultation to find out what your physical and emotional needs are, and from there your therapist will carry out an aroma test to allow you to choose the oil most suitable for you.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes and includes a deeply relaxing face and scalp massage, dissolving away all of your stress and tension.

#### Couples' Massage

60 min \$345 | 90 min \$460

A romantic couples' side-by-side Swedish relaxation massage.



#### **Anti-Aging Facial**

60 min \$190 | 90 min \$240

Helping to restore youthful radiance by strengthening and repairing the skin tissue, this speciality facial aids in slowing down the ageing process. A highly-concentrated age-defying vitamin C and E mask infused with powerful antioxidants is the hero of this facial, restoring hydration and reducing the visible signs of ageing.

#### Moisture Infusion Facial

60 min \$190 | 90 min \$240

For dehydrated skin, this speciality sheet mask infused with powerful antioxidants and drenched with Hyaluronic Acid will soothe and replenish your skin.

This hydrating and moisture-locking treatment will replenish thirsty skin and combat dehydration. Our hyaluronic acid sheet mask infuses deep hydration, drenching your skin and providing a cooling effect while a pressure point facial massage relaxes and relieves tension.

# Organicspa Facial

60 min \$185

Nourishing and nurturing, this facial is perfect if you enjoy a simple and effective targeted treatment for your skin type. Using the Organicspa professional skincare range, your skin will be left glowing and refreshed.

#### Detox Facial

60 min \$190 | 90 min \$240

This multi-detox speciality facial is designed to purify and provide a detoxifying experience while it calms and restores balance to unhealthy skin. We use a high potency multi-clay mask with kaolin and bentonite that is formulated to promote cell renewal, detoxify and calm all skin types.

#### Refresh Body Polish

60 min \$185

This refreshing all-over body exfoliation & layering of nourishing products will leave your skin looking radiant and feeling wonderfully-smooth.

#### Organicspa Hydrating Body Mask

90 min \$260

This treatment begins with the Refresh Body Polish to prepare the skin for maximum results. The warmed mask, rich in oils and nut butters with Kaloin clay provides an intense hydration experience for your skin. Perfect for dry, dehydrated skin in need of some nourishing and rejuvenation.

#### Organicspa Detox and Purify Body Mask

90 min \$270

The Refresh Body polish starts this treatment in preparation for ultimate purifying results.

Perfect for skin that needs revitalising and detoxifying, the antibacterial clay mask is applied to draw impurities from the body whilst hydrating at the same time.



#### Ritual Package

90 min \$260

60 minute massage and 30 minute Organicspa Facial

## **Timeout Package**

120 min \$340

60 minute massage and 60 minute Organicspa Facial

#### Treat Package

150 min \$375

90 minute massage and 60 minute Organicspa Facial

#### **Body Refresh Package**

120 min \$340

60 minute massage and Refresh Body Polish

#### Indulge Me Package

180 min \$506

Refresh Body Scrub, 60 minute massage and 60 minute Organicspa Facial

# Ultimate Indulgence Package

240 min \$633

Hydrating Body Mask, 90 minute massage and 60 minute Organicspa Facial

## Couple's Mountain Escape Package

120 min \$322pp (minimum two)

60 minute massage and 60 minute Organicspa Facial

#### Soulmates Revival Package

90 min \$220pp (minimum two)

60 minute massage and 30 minute Indulgent Enhancer

#### Ultimate Face & Scalp Ritual

30 min \$65 as add-on

This 30-minute ritual is the best way to finish your massage or spa treatment. Effective and relaxing, the thorough and flowing massage sequence with aromatherapy facial oil will relieve any final tension and stress held in the face and body. Only available as an addition to a treatment or package.

#### Feet Treat

30 min \$65 as add-on

Having your feet massaged stimulates and balances energy to relieve pain, reduce stress and anxiety and boost health. The Feet Treat is the perfect way to start or finish your massage or spa treatment. Only available as an addition to a treatment or package.