



Winter Wellness Rituals

TO NOURISH & REPLENISH



TRANSFORM YOUR WELLBEING

1ST APRIL - 31ST AUGUST

Winter Facials

As the days grow cooler and darker, leave the noise and demands of the outside world behind. Take time to reset, restore your energy and immerse yourself in deep hydration and calm with our holistic winter facials

◆ **Winter Restore Pure Fiji Facial 60M \$179 | 90M \$209**

A deeply nourishing Pure Fiji facial designed to support your skin through the cooler months. Rich in essential fatty acids and powerful antioxidants, this treatment works to replenish moisture, strengthen the skin barrier, and restore natural radiance. Combined with our signature lymphatic drainage massage, it encourages circulation, reduces puffiness, and leaves your skin feeling hydrated, refreshed, and glowing.

Why not upgrade to the 90m with a massage for just \$30?

◆ **Thalgo Le Mer Facial: 60M | \$179 | 90M \$209**

The ultimate decadent facial for those who want superior results and be immersed in total relaxation. Dive into a sensory skincare journey with this luxurious facial powered by marine based actives. Perfect for mature tired, dull & dehydrated skin.

Why not upgrade to the 90m with a massage for just \$30?

◆ **Juvenate Facial 45M \$159 | 60 M \$179**

Using the New Zealand organic skincare range- this results-driven express treatment is designed to refresh and revitalise your skin in just 45 minutes.

Upgrade to the hour and add the power of LED for collagen production for just an extra \$20

◆ **Sole Awakening Facial 75M | \$199**

Float away instantly as we begin with a warm exfoliating foot ritual and foot massage. Melt tension with neck, shoulder & Indian head massage and finish with a one-hour Pure Fiji facial

Add a little extra to your experience for just \$30 each

- ◆ Radiance Light Therapy
- ◆ Divine Hydrating Hair Ritual +15mins
- ◆ Dermaplaning +15mins
- ◆ Extractions +15 mins
- ◆ Buccal Tension Release Massage
- ◆ Hand or Foot Ritual + 15mins
- ◆ Indian Head Massage + 15mins
- ◆ Hydrating Back Exfoliation +15mins

Winter Wellness Massage Rituals

◆ **Wellness Body Massage 60M | 90M | \$138 | \$178**

Immerse yourself in a full sensory journey designed to release stress and ease anxiety. This transformative experience combines breathwork, soothing sounds, calming fragrances with gentle therapeutic touch.

Why not add a 15M facial to your massage for an extra \$30?

◆ **Bamboo Detox Massage 90M | \$199**

Experience a deeply relaxing yet powerful full body detox massage using the Australian pure brand Sassy & Savy. Combining long relaxing massage strokes with natural bamboo sticks which are rolled, kneaded & tapped through the body to melt tension, stretch tired muscle fibres and stimulate lymphatic flow. We will send you to a place of total relaxation with an organic Sassy & Savy facial to finish

◆ **The Hibernation Hot Stones Ritual 90 M | \$198**

Our Silent massage is a deeply nurturing head-to-toe ceremony for complete rest and renewal. Warm oil massage, heated stones, grounding scalp work combine to soothe the body and quiet the mind. Ideal for deep fatigue, stress, and emotional overwhelm

◆ **Winter Immunity Restore 90M | \$198**

A holistic treatment designed to support the body through the cold winter months. Start the experience in our far infrared sauna which includes herbal inhalation. Followed by 1 hour warm lymphatic massage using herbal poultices, with focus on head & sinuses. Includes heated stones on feet to encourage well-being. Ideal treatment for low immunity, feeling sluggish, frequent colds and low energy

◆ **Head 2 Toe Bliss (not full body) 60M | \$160**

Feeling stressed or dealing with tired, aching feet? This Head 2 Toe bliss begins with a Pure Fiji foot ritual and soothing foot massage. Next, enjoy a relaxing head & scalp massage, then we finish with our signature neck, shoulder & facial massage to relieve tension, leaving you refreshed and walking on air

Add a little extra to your experience for just \$30 each

◆ Wellness Garden +45M

◆ Divine Hydrating Hair Ritual +15M

◆ Facial of your choice +15M

◆ Hydrating Back Exfoliation +15M

◆ Hand or Foot Scrub +15M

◆ Indian Head Massage +15M

Warming Body Treatments

◆ **NEW! Pure Fiji Island Warmth Body Cocoon 60M | \$120**

A nurturing winter body wrap inspired by South Pacific traditions. Begin with a Pure Fiji sugar rub to exfoliate the back, followed by heated stones to melt tension and boost circulation. Warm Pure Fiji body butter is massaged in & you are gently cocooned while we perform a soothing scalp and face massage. Experience total relaxation & calm, leaving your skin soft, smooth & deeply hydrated

◆ **Manual Tan Application 45M | \$85**

Say goodbye to cold, nearly naked spray tans and enjoy a luxurious, hand-applied tan instead. Relax on a bed as we prep your skin with a gentle dry brush, then indulge in a creamy, organic tan for a natural, streak-free glow. For lasting results follow our post care tips & apply coconut oil to extend your glow

◆ **Thalgo Le Mer Body Experience 120M | \$350**

Our truly luxurious top of the range treatment taking you through a journey through the ocean

Includes:

- Full-Body Thalgo Marine Massage and Body Wrap
- Thalgo Marine Comforting Facial
- Hair & Foot Ritual
- Signature Facial with a pressure point massage

◆ **The Retreat Half Day Package 210M | \$445**

Step away from the world and enjoy a blissful half day of relaxation and pampering. This experience includes 30 minute mini treats from our most popular services. Perfect for pre holidays, birthdays or a well deserved reset.

Includes: • Outdoor Spa Pool • Pure Fiji Massage & Facial • Gel Manicure & Pedicure • NDBrows & Lash Tint PLUS! Enjoy a light morning | afternoon refreshments with time to fully unwind in our Rain Forest Lounge. A complete head-to-toe retreat designed to leave you refreshed and radiant

Add a little extra to your experience for just \$30 each

- ◆ Wellness Garden 45M
- ◆ Divine Hydrating Hair Ritual +15M
- ◆ Facial of your choice +15M
- ◆ Hydrating Back Exfoliation +15M
- ◆ Hand or Foot Scrub +15M
- ◆ Indian Head Massage +15M

Couples Experience

Step away from all the noise and fast paced life to really slow down and connect with each other in our luxurious couples suite

◆ **Wellness Body Massage for Two 60M | \$335**

Immerse yourselves in a full sensory journey designed to release stress. This transformative experience combines breath work, soothing sounds, calming fragrances, gentle therapeutic touch and luxurious elements. Let us guide you to deep relaxation, where peace and tranquility await. Complete your journey in our Rain Forest lounge with bubbles & chocolates for the perfect ending to your spa escape

◆ **Stress Relief Massage for Two 75M | \$380**

Embark on an unforgettable journey in our Royal Suite, an exclusive sanctuary for couples offering a luxurious experience. With soft lighting and soothing music, let our skilled masseuses pamper you both, easing away tension & fatigue.

Includes 1 hour Relaxation Massage, followed by a tension release head massage to relieve stress. Complete your journey in our Rain Forest lounge with bubbles & chocolates for the perfect ending to your spa escape

◆ **Fire & Ice Wellness Spa Package 120M | \$385**

Embark on this sensory wellness journey. Come rain or shine, embrace nature in our outdoor wellness garden. Start in the sauna together, plunge into the ice bath and finish off in the spa pool. Enjoy a 60M wellness massage together with detox oils and finish in the Rainforest lounge with herbal tea and light refreshments

◆ **Pure Romance Couples Retreat 90M | \$430**

Indulge in the ultimate couples' experience with our top three Pure Fiji treatments. A traditional sugar cane and coconut back body polish for irresistibly silky smooth skin. Follow with a luxurious massage using virgin coconut, macadamia, sikeci, and dilo oils. Complete this sensory journey with an essential facial to leave you both refreshed and rejuvenated. Relax afterwards in our Rain Forest lounge with bubbles & chocolates for the perfect ending to your spa escape

Pregnancy Massage

As winter invites rest, these gentle rituals create a calm space for both mother and baby. Settle into a supported pregnancy bed, wrapped in warmth & soft duvets while soothing aromas, soft lighting help you unwind. Using pregnancy-safe, plant-based oils, slow, rhythmic massage eases tension, encourages circulation and leaves you feeling restored, relaxed and ready for the journey ahead

◆ Mumma To Be Spa Massage 60M | \$145

Transport you and your precious bump to a Tropical Island Paradise. Ease pregnancy aches with our relaxing full body pregnancy massage using Pure Fiji nourishing oils to help prevent stretch marks

◆ Mumma To Be Spa Massage 75M | \$175

Transport you and your precious bump to a Tropical Island Paradise. Ease pregnancy aches with our relaxing full body pregnancy massage using Pure Fiji nourishing oils. Finishing your experience off with a brightening Pure Fiji facial

◆ Winter Nurture Pregnancy Ritual 90M | \$205

Using the Pure Fiji natural exotic oil which helps reduce stretch marks. Begin with a soothing foot ritual soak & scrub to relieve tired swollen feet. Enjoy a luxurious 1 hour customised pregnancy massage to melt away aches and tension. Finish with a refreshing 15 minute facial, leaving your skin radiant and deeply hydrated. Relax in our Rain Forest lounge afterwards. A perfect head to toe experience to help you feel pampered, relaxed, and beautifully recharged and ready for your new arrival

◆ Winter Rose Pregnancy Pamper 90M | \$205

Using natural ingredients from Neal's Yard from the UK, enjoy your sensory journey of relaxation. Start with a fragrant rose foot soak and enjoy a one-hour customised pregnancy massage, followed by a 15-minute rose facial leaving skin glowing & hydrated

Nail Spa

Pure Fiji Spa Manicure

◆ Deluxe Manicure 60M | \$98

Our winter warming full manicure combines the nourishing power of Pure Fiji with a brightening treatment for dry dull & pigmented hands. Includes Pure Fiji sugar scrub, followed by a hydrating mask and hot towel removal. Finish with our signature hand massage & a gel polish of your choice. Leaving your hands soft, radiant, and revitalised. Bring your rings and we will clean those too

◆ Maintenance Gel Manicure 3 weekly Includes Soak off 45M | \$88

For our 3 weekly regulars

◆ Extras

◆ Builder Nail (BIAB) \$10

◆ French Tips \$10

◆ Removal of Gels \$10 or if no further manicure required \$25

◆ HypoFix™ Add On 2-Step System designed to prep, protect & restore nails \$10

Winter Pure Fiji Pedicure Ritual

Where pedicure meets luxury. Sit back in our massaging chairs and indulge your tired dry feet with this winter warming Pure Fiji experience

- Gentle care for your cuticles and perfectly shape your nails
- Remove dead dry skin with the Pure Fiji scrub and buff so smooth they won't feel like your feet
- Hydrate with a warming Pure Fiji body butter mask with hot stones & hot towel removal
- Foot & calf massage with hot stones
- Complete your treatment with a long-lasting Gel Bottle polish to finish

◆ Pure Fiji Spa Pedicure 60M | \$119

◆ Maintenance Gel Pedi (Under 6 weeks) includes gel soak off 60M | \$114

◆ Cracked Heel Medi Pedi 75M | \$144

Extras

◆ Gel Soak off \$10

◆ \$10 Callus Peel 15M \$30

◆ Gel Polish Removal (No Pedi) \$35

◆ HypoFix™ Add On 2-Step System designed to prep, protect & restore nails \$10

Man @ The Manor

◆ Manor Man Massage 60M | \$138

Introducing the Pure Fiji Man Massage. A tailored treatment designed to target stress and tension featuring Pure Fiji's luxurious new masculine inspired fragrances

60M of Pure Relaxation his experience includes:

- Dry back body brush
- Full body massage
- Targeted key stress zone head, jaw, neck & shoulders

◆ Manor Man Facial 60M | \$179

- Double cleanse
- Deep steam exfoliation
- Blackhead removal
- Head neck & shoulder massage
- Eye care with pressure point massage
- Moisturiser & sun block
- Refreshments in spa lounge

◆ Manor Man Brows 30M | \$59

Thread & reshape to tidy up those Man Brows

Add a little extra to your experience for just \$30 each

- ◆ Wellness Garden +45M
- ◆ Divine Hydrating Hair Ritual +15M
- ◆ Facial of your choice +15M
- ◆ Hydrating Back Exfoliation +15M
- ◆ Hand or Foot Scrub +15M
- ◆ Indian Head Massage +15M

Elegant Ageing

With our own Medi-Spa wing we have the latest technology to keep you ageing gracefully.

Book in a free consultation to find out what treatments suit you best

◆ Nano Fusion With Exosomes 60M | \$215

Nano Infusion is a revolutionary skin therapy, perfect for those wanting to age gracefully and naturally. Unlike microneedling, it's non-invasive, with no downtime, making it a safe and relaxing option for improving your skin's health and appearance

◆ Micro-needling Skin Renewal Facial 60M | \$265

An antiaging proven results treatment that improves texture, tone, and firmness by stimulating collagen and enhancing serum absorption. Includes exosomes and LED worth \$90

◆ Plasma Pen: POA

Intense medical-grade skin tightening treatment which also can remove skin tags, pigment, cholesterol deposits, lumps and bumps (after GP check)

◆ Dermaplaning 45M | \$150

Dermaplaning uses a surgical blade designed to glide across the skin's surface to remove dead skin cells and vellus hair. This treatment leaves the skin feeling smoother, brighter and glowing. Perfect for weddings, events or to reveal your skins natural glow

◆ Clinical Care For Capillaries | Milia 15M | \$60

Remove fine capillaries and millia

◆ HIFU Skin Sculpt & Lift 60M | \$260

Experience advanced skin lifting with HIFU (High-Intensity Focused Ultrasound) a gold-standard, non-surgical treatment that lifts, firms, and redefines the skin with no needles and no downtime

◆ IPL For the same price as waxing

Full Brazilian \$90

Underarms \$45

Brow Retreat

ND Brows

Relax in our Luxury Brow studio and enjoy our 6-step signature brow design

◆ **1st Time Brow Sculpt with Brow Mapping: 45M | \$95**

◆ **Under 6 Weeks: 30M | \$69**

◆ **Over 6 Weeks: 30M | \$79**

◆ **Over 50+ Brows & Microbladed Brows \$59**

◆ **Man Brows: 15M | \$59**

◆ **Brow Lamination Redesign: 45M | \$99**

Includes hybrid stain, threading and sculpting and Pure Fiji hand massage

◆ **Deluxe Gold Brow Retreat: 45M | \$110**

Indulge in the ultimate brow experience with our Deluxe Gold Brow Retreat. This elevated ritual begins with the expert sculpting of your brows, followed by a brightening gold collagen eye mask to rejuvenate and refresh under the eyes. Drift into relaxation as we soothe your senses with a pressure point massage using vitamin-infused oil. Finish with a nourishing gold brow oil

Lashes

◆ **Lash Tint (Add on to brows) includes Pure Fiji Hand Massage: \$35**

◆ **Lash Tint on own includes Pure Fiji Hand Massage: \$39**

◆ **LVL Ceramide Lash Lift & Tint: \$122**

Lifting will keep a lasting curl all the way through the life of the eyelash. Includes Pure Fiji exfoliating hand treatment worth \$30 and removed with a hot towel. Followed by our signature Pure Fiji hand Massage

Facial Threading

◆ **Lip Thread Add on to Brows \$15** ◆ **Lip Threading (On its own) \$22**

◆ **Lip/Chin Threading \$30** ◆ **Half Face Threading \$35** ◆ **Full Face \$49**

Wellness Garden

Experience the clinically proven benefits of hot/cold therapy

Book the Private Wellness Garden on its own or to extend your spa treatment. This immersive retreat in private space offers a holiday-like escape

Facilities

- ◆ Outdoor 6 seater Finnish Sauna
- ◆ Cold plunge
- ◆ Hot Springs Spa
- ◆ Outdoor Cold Shower
- ◆ Grounding Station
- ◆ Outdoor Seating area
- ◆ Indoor Rain Shower

Health Benefits

Saunas

- Longevity
- Muscle Recovery
- Detoxification
- Relaxation
- Reduced Blood Pressure
- Pain Relief
- Improved Circulation
- Immunity & Cell Health
- Weight loss

Cold Plunge

- Muscle Recovery
- Reduce inflammation
- Detoxification
- Relaxation
- Reduced Blood Pressure
- Pain Relief
- Improved Circulation
- Immunity & Cell Health

Group "SParty" & Hens Packages for 4+

Looking for the perfect venue for your next group event? Whether it's a birthday, bridal party, work gathering, or a well-deserved girls' day out, The Manor Country Spa & Retreat offers a luxurious escape in a tranquil, out-of-town setting.

Nestled in the park-like grounds of an historic Manor house, our spacious spa features:

- 8 therapy rooms & 6 spa therapists so not long to wait inbetween treatments
- Rain Forest lounge to relax in
- Outdoor wellness garden with Spa Ice bath & Finnish sauna
- Free onsite parking
- Affordable onsite accommodation & a private cocktail lounge in the South Wing

Our Exclusive SPArty Package – \$190pp

Enjoy a rejuvenating morning or afternoon in our spa with this exclusive deal perfect for groups 4+

Choose from Two 30-minute mini treatments

- Pure Fiji Facial
- Pure Fiji Massage
- New Definition Brows
- Fiji Manicure or Pedicure
- Foot & Leg Massage
- Free access to our Wellness Garden (Spa pool, Sauna & Ice Bath \$45 value!)
- Luxurious robes & Rainforest Lounge access to unwind between treatments
- Complimentary light refreshments (Bring extra treats if you like!)
- Games available on request

Our dedicated team is here to ensure your group has an unforgettable experience filled with relaxation, pampering, and joy

Book your SPArty today and let us create the perfect Spa Day for you and your group