



Spring Summer MENU

NOURISH • RENEW • GLOW

TRANSFORM YOUR WELLBEING

FROM 1ST SEPTEMBER 2026



Summer Glow *Facials*

Our facials are not just how your skin looks - It's how you feel when you leave

◆ SUMMER GLOW Antioxidant & Hydration Facial 60 min \$182 | 90 min \$212

A deeply nourishing Pure Fiji facial to replenish summer depleted skin. Rich in essential fatty acids and antioxidants, it restores moisture, supports the skin barrier and leaves skin fresh, hydrated and glowing.

Upgrade to 90 minutes with a relaxing massage for just \$30 extra

◆ NEW! SOUND & STILLNESS Sound Therapy Facial 75M | \$195

The Power of Sound

Let the gentle vibrations of Himalayan singing bowls wash over you as you breathe, soften and settle. The soothing sounds invite your mind and body to reset, slow down and move into a deeply restful state

A deeply restorative ritual combining personalised skincare, facial massage and calming sound therapy.

Release tension through the face, scalp, neck and shoulders while breathwork gentle vibrations, and soothing tones create a deeply relaxing sensory experience. Time to breathe. Time to be still. Time to reconnect.

◆ THALGO LE MER Facial 60M \$185 | 90M \$215

A luxurious marine-inspired facial for tired, dull, mature or dehydrated skin.

Thalgo's marine actives replenish moisture and restore luminosity, while soothing massage encourages deep relaxation.

Upgrade to 90 minutes with a relaxing massage for just \$30 extra

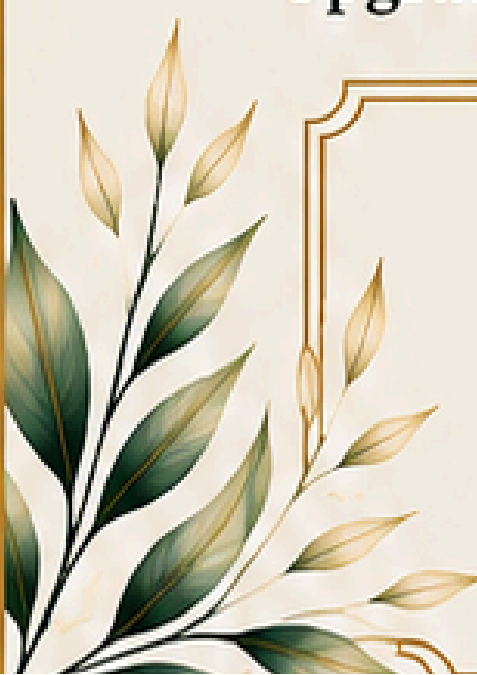
◆ JUVENATE New Zealand Organic Skin Boost 45 M \$162 | 60M \$182

A results-focused facial to refresh and revitalise tired skin. Using beautiful New Zealand organic skincare, this treatment cleanses, replenishes and restores a healthy glow.

Upgrade to 60 minutes and add LED light therapy to support collagen just \$20

A LITTLE EXTRAS

JUST \$30 EACH

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|--|--------------------------------------|
| ◆ Wellness Garden +45M | ◆ Buccal Tension Release Massage |
| ◆ Divine Hydrating Hair Ritual +15mins | ◆ Hand or Foot Ritual + 15mins |
| ◆ Dermaplaning +15mins | ◆ Indian Head Massage + 15mins |
| ◆ Extractions +15 mins | ◆ Hydrating Back Exfoliation +15mins |
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WELLNESS MESSAGES

◆ WELLNESS BODY MASSAGE 60M | \$139 90M | \$179

Immerse yourself in a full sensory journey designed to release stress and ease anxiety. This transformative experience combines breathwork, soothing sounds, beautiful Pure Fiji Oils.

◆ HEAVENLY MASSAGE & FACIAL MASSAGE 90M | \$215

◆ BAMBOO DETOX MASSAGE 90M | \$202

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. Complete the experience with an organic sassy and savy facial.

◆ HOT STONES RITUAL 90 M | \$202

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.

◆ NEW! RELAX YOUR WAY 75M | \$159

Choose from the following: Facial | Massage | Foot Ritual | Hand Ritual to make up your 75 minutes.

Why not add a little extra to your experience for just \$30 each

A LITTLE EXTRAS JUST \$30 EACH

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|--|--------------------------------------|
| ◆ Wellness Garden + 30 M | ◆ Buccal Tension Release Massage |
| ◆ Divine Hydrating Hair Ritual +15mins | ◆ Hand or Foot Ritual +15mins |
| ◆ Dermaplaning +15mins | ◆ Indian Head Massage +15mins |
| ◆ Extractions +15 mins | ◆ Hydrating Back Exfoliation +15mins |



BODY TREATMENTS

✦ DRAGON FRUIT PRE-BIOTIC BODY RITUAL : 90M | \$198

Our signature body ritual. A luxurious tropical body experience beginning with a dragon fruit sugar polish, followed by a 45-minute back & leg massage to release tension and restore circulation. Finish with a warm dragon fruit prebiotic body butter wrap, plus a soothing scalp & facial massage. Leaves skin smooth, hydrated, radiant and beautifully nourished

✦ NEW! CITRUS BODY GLOW 90M | \$198

A bright, uplifting tropical ritual featuring the NEW Pure Fiji Vitamin C Citrus & MokoSoi range. Begin with a refreshing citrus sugar polish, followed by a 60-minute full-body massage to melt away tension. Finish with the Pure Fiji Vitamin C Glow Ritual Facial for a fresh, luminous and radiant skin

✦ MANUAL TAN APPLICATION 45M | \$87

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 | \$455

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: • Wellness garden • 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

COUPLES EXPERIENCE

◆ WELLNESS BODY MASSAGE FOR TWO: 60M | \$339

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 | \$385

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

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



PREGNANCY MASSAGE



Relax into a calm, nurturing and supportive space created especially for you and your baby to be. Experience the comfort of our pregnancy bed while enjoying the luxurious benefits of Natural Pure Fiji oils. Our experienced therapists use slow, rhythmic massage techniques to gently ease tension, support circulation and soothe tired aching muscles



◆ **MUMMA TO BE WELLNESS MASSAGE:** 60M | \$146 75M | \$176

A perfect head to toe experience to help you feel pampered, relaxed, and beautifully recharged and ready for your new arrival. 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. Relax in our Rain Forest lounge afterwards and enjoy light refreshments and herbal teas



◆ **TROPICAL BLISS PREGNANCY EXPERIENCE:** 90M | \$206

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 and enjoy light refreshments and herbal teas.

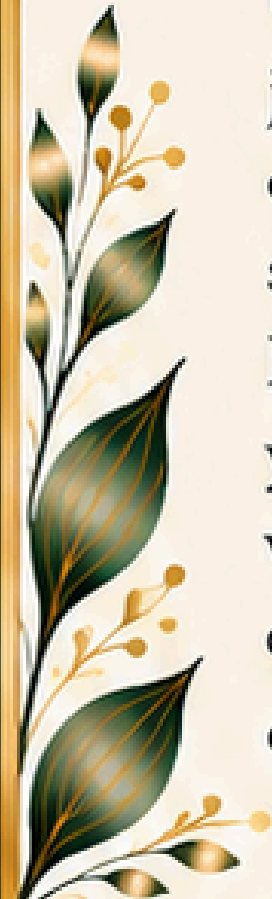
A perfect head to toe experience to help you feel pampered, relaxed, and beautifully recharged and ready for your new arrival



◆ **ROSE RENEWAL PREGNANCY EXPERIENCE:** 90M | \$206

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

Relax into a calm, nurturing and supportive space created especially for you and your baby to be. Experience the comfort of our pregnancy bed while enjoying the luxurious benefits of Natural Pure Fiji oils. Our experienced therapists use slow, rhythmic massage techniques to gently ease tension, support circulation and soothe tired aching muscles





NAIL SPA



◆ DELUXE MANICURE: 60M | \$99

Our 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

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| ◆ Builder Nail (BLAB) | \$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 |

◆ SUMMER PURE FIJI PEDICURE RITUAL: 60M | \$119

- Sink into our massaging chairs and give your feet some well-deserved time out this summer with this refreshing, tropical Pure Fiji experience
- Gentle care for your cuticles and perfectly shape your nails
- Smooth away dry skin with a refreshing Pure Fiji scrub and buff
- Replenish and hydrate with a cooling mask and refreshing hot towel removal
- Relax with a soothing foot & calf massage to leave tired legs feeling refreshed
- Complete your treatment with a long-lasting Gel Bottle polish for the perfect summer finish

◆ Maintenance Gel Pedi (Under 6 weeks) includes gel soak off 60M | \$109

◆ Cracked Heel Medi Pedi with hard skin removal 75M | \$144

EXTRAS

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| ◆ Gel Soak off | \$10 |
| ◆ Callus Peel 15M | \$30 |
| ◆ Gel Polish Removal (No Pedi) | \$35 |
| ◆ HypoFix™ Add On 2-Step System designed to prep, protect & restore nails | \$10 |
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MAN @ THE MANOR

RESET • RENEW • RECHARGE

Tailored treatments for the modern man who values performance, relaxation and long term skin health.

◆ MANOR MAN MASSAGE 60M | \$139

Deep muscle relief meets total relaxation. Our tailored massage melts away tension, eases sore muscles and restores balance. Essential for recovery, performance and everyday wellbeing.

◆ MAN BUFF & GLOW 90M | \$189

The ultimate head-to-toe recharge. Includes a deep cleanse facial, exfoliating body polish, full body massage and scalp treatment. Designed to refresh, restore and leave you looking and feeling your best.

◆ MANOR MAN FACIAL 60M | \$182

High performance skincare for men. Deep cleanse, exfoliation, extractions, mask and hydration to target congestion, irritation and signs of ageing. Skin looks clearer, fresher and healthier.

◆ MANOR MAN BROWS 30M | \$59

Clean, defined brows tailored for men. Includes shaping, tidying and finish for a natural, polished look.

ADD A LITTLE EXTRA TO YOUR EXPERIENCE JUST \$30 EACH

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

ELEGANT AGEING

◆ 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 60M | \$275

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 | \$155

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

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 suits you best

BROW BAR

NEW
DEFINITION
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 65+ Brows & Microbladed Brows 15M | \$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.

LASHES

- ★ Lash Tint (Add on to brows) includes Pure Fiji Hand Massage: 15M | \$35
- ★ Lash Tint on own includes Pure Fiji Hand Massage: 15M | \$39
- ★ LVL Ceramide Lash Lift & Tint: 60M | \$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 15M | \$15
- ★ Lip Threading (On its own) 15M | \$22
- ★ Lip/Chin Threading 15M | \$30
- ★ Half Face Threading 15M | \$35
- ★ Full Face Threading 15M | \$49

The MANOR

HEALTH & WELLNESS SPA

WELLNESS *Garden*

Step into our Wellness Garden, a peaceful outdoor sanctuary designed to restore, refresh and reconnect.

Thermal experiences, calming showers and moments of stillness come together to support your wellbeing in every season.



ALPINE SAUNA

Relax and unwind in our Alpine 6-seater Sauna



HOT SPRINGS SPA

Soak away stress and soothe your body



COLD PLUNGE / ICE BATH

Invigorate your senses and boost circulation



OUTDOOR COLD SHOWER

Refresh and awaken in the open air



INDOOR RAIN SHOWER

Warm, soothing and deeply relaxing



GROUNDING STATION

Reconnect, rebalance and feel grounded



OUTDOOR SEATING

Take a moment, breathe deep and simply be



THE PERFECT
WAY TO RELAX,
REJUVENATE AND
NOURISH YOUR
WELLBEING



GROUP “SPArty” & Hens Packages



✿ **\$190** PER PERSON FOR GROUPS OF 4+ ✿

INCLUDES:



Choose **TWO** of the following treatments
30 minutes each:

Pure Fiji Facial • Pure Fiji Massage • New Definition Brows
Fiji Manicure or Pedicure • Foot & Leg Massage



Access to our Wellness Garden
*Sauna, Hot Springs Spa, Cold Plunge,
Outdoor Cold Shower, Indoor Rain Shower,
Grounding Station + Outdoor Seating*



Experience our special spa
facilities as you relax in robes
and catch up with friends



Enjoy herbal teas and light
refreshments in our Rainforest
Lounge in between treatments



THE PERFECT WAY
TO CELEBRATE,
RELAX AND
MAKE MEMORIES
TOGETHER

