Spains Commen 25/26



SPA WELLNESS MENU

1ST SEPTEMBER 2025 - 31ST MARCH 2026

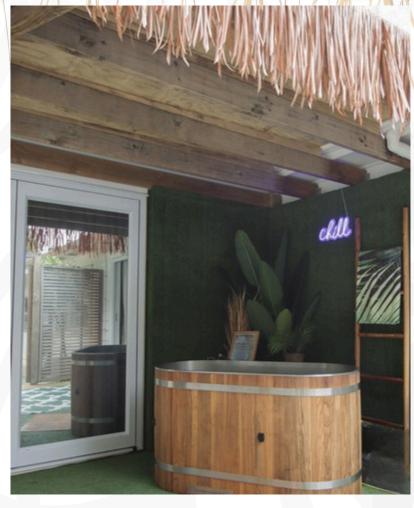


Pause & make time for you

Melhess Garden







WELCOME TO OUR PRIVATE WELLNESS GARDEN. THE FIRST OF ITS KIND!

Why not book the private garden for the perfect start to any treatment? This retreat offers a holiday-like escape with clinically proven health benefits

- ◆ Outdoor Finnish Sauna Detox and relax
- ◆ Ice Bath Proven mental health benefits, fights inflammation
- ♦ Hot Springs Spa Soothe muscles and promotes circulation
- ◆ Outdoor Cold Shower- Invigorate the body and enhances recovery
- ◆ Outdoor Grounding Station Connect with the earth restores energy
- ◆ Outdoor Seating Top up those sunlight hours
- ◆ Indoor Rain Shower To finish off your treatment

Each element provides unique benefits on its own, but when combined they create a powerful holistic wellness experience, designed to revitalise both mind and body.

Saunas

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

Ice Bath

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

Add this on to any treatment for just \$35 Thursday Might Group sessions just \$15pp



Pure Fiji Facial Refreat

Experience the magic of the Pure Fiji skincare range, crafted with only the purest plant-based ingredients. Designed to deeply hydrate, nourish and rejuvenate your skin. Each treatment transports you to the tranquility of an island holiday leaving you feeling refreshed, radiant and completely pampered.

♦ Island Escape Rejuvenating Facial: 60M | \$180

This rejuvenating facial blends exotic tropical elixirs with potent Vitamin C and advanced techniques to brighten, restore, and hydrate your skin.

Drift into tranquility as we nurture your complexion, leaving you glowing again, visibly refreshed, radiant, and youthful. We invite you to relax afterwards in our rainforest lounge & enjoy complimentary refreshments in oversized comfy chairs.

♦Add on Sculpt & Lift: 15M | \$25

Elevate your facial experience with our results-driven facial massage and buccal treatment add on. Designed to target stress areas, improve muscle memory, smooth fine lines, boost circulation, and enhance lymphatic drainage. This is the ultimate upgrade for unbeatable results.

♦Add on Wellness Garden: Start your treatment relaxed 45M | \$35

Special occasion? Mention this to staff so we can make it extra memorable for you!



From Milan in Italy using the finest quality clean ingredients RosActive combines the power of nature with science to create a product that restores the balance of your skin

◆ Calm & Restore Facial: 60M | \$180

Soothe Stressed Skin with this deeply moisturising and restorative facial, featuring the skin-loving Dermafill range. With the magic ingredient Fucomplex, it's specially designed for impaired skin conditions such as eczema, dryness, or damage from exposure to harsh elements or excessive salon treatments.

Upgrade to Nano Infusion \$215
Add Exosomes to Nano Infusion \$280

♦ Plumping Age Defying Facial: 60M | \$180

Experience the ultimate rejuvenation with this powerful treatment, enriched with eight types of hyaluronic acids and packed with antioxidant-rich vitamins C and B12. This amino acid-infused formula deeply hydrates and visibly reduces wrinkles and fine, dry lines, leaving your skin plump, radiant, and youthful.

Upgrade to Nano Infusion \$215
Add Exosomes to Nano Infusion \$280

♦ Clear & Renew Acne Facial: 60M | \$180

Targeting the main causes of acne this gentle but effective treatment facial instills moisture to the skin, protects the lipid barrier and uses powerful antioxidants to protect and calm. Unlike traditional treatments for acne. Perfect for acne-prone or oily skin, it leaves your face feeling fresh, calm and hydrated.

Upgrade to Nano Infusion \$215
Add Exosomes to Nano Infusion \$280

◆Add On Sculpt & Lift: 15M | \$25 - Find out what everyone is raving about!

Elevate your facial experience with our results-driven facial massage and buccal treatment add on. Designed to target stress areas, improve muscle memory, smooth fine lines, boost circulation, and enhance lymphatic drainage. This is the ultimate upgrade for unbeatable results.



◆Thalgo Le Mer Facial: 60M | \$189

Dive into a sensory skincare journey with this luxurious facial powered by marine based actives from Thalgo.

Perfect for tired, dull & dehydrated mature skin. The ultimate decadent facial for those who want superior results and be immersed in total relaxation.

Using high-performance marine skincare, this facial restores radiance, hydrates deeply leaving your skin nourished and glowing with vitality.

◆ Thalgo Heavenly Facial & Massage: 90M | \$235 Indulge in the ultimate sensory escape with our luxurious Thalgo Heavenly Facial & Massage.

This 90-minute ritual begins with a deeply relaxing full-body massage using Thalgo's signature marine oil, rich in active marine ingredients to nourish and hydrate the skin. The experience continues with a luxury bespoke Thalgo facial. Using high-performance marine skincare, this facial restores radiance, hydrates deeply, and leaves your complexion glowing with vitality.

Let the power of the sea and expert touch transport you to a state of pure tranquility.

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

Relax as we take you on a journey through the ocean. 2 hours of Pure Bliss. Includes:

- Full-Body Thalgo Marine Massage and Body Wrap
- Thalgo Marine Comforting Facial. Deep hydration & glowing radiance
- Hair & Foot Ritual. A blissful head-to-toe pampering experience
- Signature Facial pressure point massage & Calming Ritual. To really melt away stress & restore balance

◆Add On Sculpt & Lift: 15M | \$25 - Find out what everyone is raving about!

Elevate your facial experience with our results-driven facial massage and buccal treatment add on. Designed to target stress areas, improve muscle memory, smooth fine lines, boost circulation, and enhance lymphatic drainage. This is the ultimate upgrade for unbeatable results.



Made in California. We are so proud to be bringing you the beautiful results driven Elemental Collection. Natures own skin food!

- **♦Elementals Skin Nourishment: 60M | \$180**
- **♦Upgrade to Nano Infusion \$215**
- **♦**Add Exosomes including Nano Infusion \$280

Choose your skin type from the below menu for a bespoke facial customied to your skin

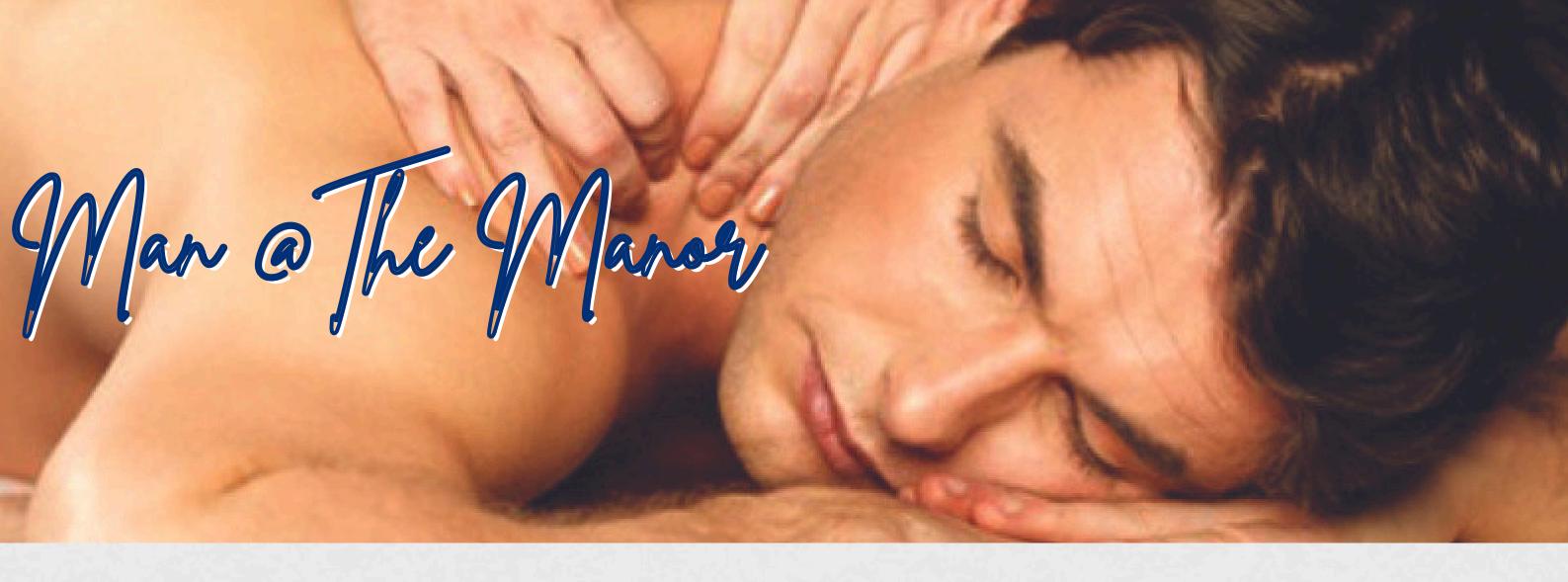
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S OOTHING SMOOTHIE

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B RIGHTENING SMOOTHIE

Elementals®



♦Pure Fiji 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 zones Head, Jaw, Neck & Shoulders

♦Fire and Ice Add On: 45M | \$35

Add the Wellness Garden before your treatment featuring the Ice Bath | Sauna | Spa

♦ Man Facial: 45M | \$175

- Double Cleanse
- Deep steam exfoliation
- Blackhead removal
- Head neck shoulder massage
- Eye care, pressure point massage
- Moisturiser and sun block
- Refreshments in spa lounge

♦Man Brows: 30M | \$59

Thread, Tint Reshape and tidy up those Man Brows!





♦ Manual Tan Application: 45M | \$85

Glow, the Relaxing Way! Skip the cold, misty spray tans and enjoy a luxurious, hand-applied tan instead. Relax under simulated stars as we prep your skin with a gentle dry body brush. Indulge in a creamy, organic tan application for a natural, streak-free glow—never drying, never orange. For lasting results, follow our post-care tips and apply coconut oil to extend your glow.

◆Dragon Fruit Pre-biotic Body Glow: 90M | \$192

Embark on a blissful journey for your skin's micro-biome. Start with a revitalizing dragon fruit sugar scrub that invigorates and boosts circulation, Followed by a 45-minute back and legs massage for silky-smooth skin and restored balance. Finish with a warm pro-biotic dragon fruit body butter wrap, Complete with a soothing scalp and face massage. Perfect for reducing inflammation, hydrating the skin and supporting healthy bacteria. Pure relaxation and rejuvenation awaits.

♦ Orange Blossom Fijian Ritual: 90M | \$199

Its back! After the huge success of our March Special, we are super excited that NZ now stocks this range- even though it's only a limited time-be quick!

Your Journey Includes:

- Orange Blossom Exotic Oil Full Body Massage
- Arm & Décolleté Scrub with Sugar Scrub
- Orange Blossom Body Butter Wrap
- Pure Fiji Glow Facial with Indian Head Massage
- Tropical refreshments in lounge

♦ Blissful Escape Package: 210M | \$435

30-minute Mini-treats from all our top treatments for a total makeover, which include the following: Relax in the outdoor Spa Pool, enjoy a Pure Fiji Massage & Facial of your choice, Gel Manicure & Pedicure, ND Brows & Lash tint. Includes refreshments in our Rain Forest lounge.

◆ Bamboo Detox Massage: | 90M | \$189

Experience a luxurious detox massage and mini wellbeing facial. Using bamboo sticks, our therapists employ a variety of techniques, including rolling ,kneading, and tapping, to deliver a soothing yet invigorating experience that relieves tension and revitalises the muscles. Includes the Sassy & Savy organic detox oil and facial products.

♦Add on Wellness Garden: Start your treatment relaxed **45M** | **\$35**



Escape the busy world in our tranquil out-of-town haven. Snuggle into a robe and enjoy a divine experience.

♦ 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, gentle therapeutic touch, and luxurious elements. Let us guide you to deep relaxation, where peace and tranquility await.

✦ Head to Toe Bliss: 60M | \$159

Feeling stressed and dealing with tired, aching feet? Our Head to Toe Bliss treatment is the perfect solution. Start with a Pure Fiji Foot Sugar Scrub to buff and polish dry feet, followed by a soothing foot massage with a body butter wrap and hot towel removal. This step enhances circulation, flushes out toxins, and reduces swelling. Next, enjoy a serene head and scalp massage to melt away stress. We then concentrate on the upper body with our Signature Neck, Shoulder & Facial Massage. This treatment will relieve fatigue, release tension, and promote mental clarity. You'll leave feeling refreshed, recharged, and renewed.

♦ Mirimiri Massage: 60M | \$160

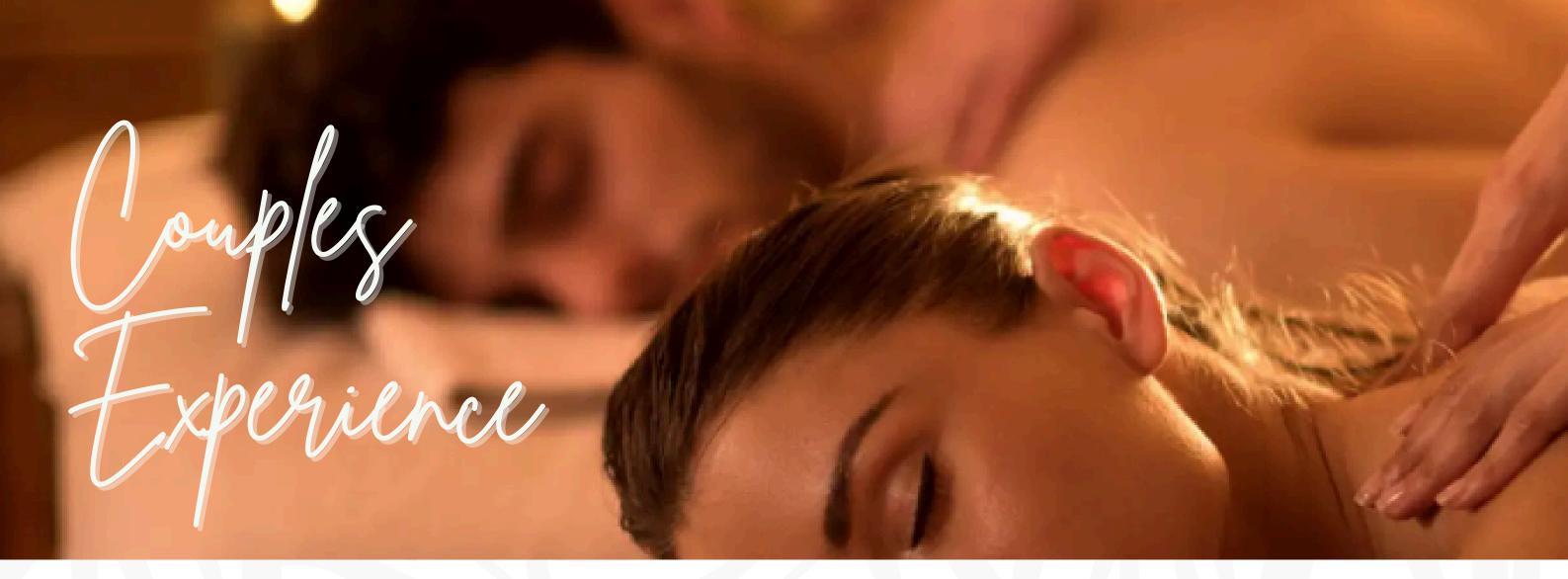
Mirimiri promotes physical and spiritual well-being, fostering a deep sense of connection between the tinana (body) hinengaro (mind) and wairua (spirit). An ancient Māori massage, healing practice that promotes overall well-being, restores balance, and enhances spiritual harmony.

♦Rebalancing Hot Stone Massage: 90M | \$198

Experience the healing warmth of heated volcanic stones placed on key points across the body. This unique treatment enhances circulation, soothes muscles and re-balances your energy lines.

Our exclusive add on rituals are designed to transport to the islands for added self care

- **♦**Add on Wellness Garden: Start your treatment relaxed 45M | \$35
- **♦**Hand or Foot Scrub \$30 **♦** Indian Head Massage \$30 **♦** Hot Stones (One Area) \$30 **♦** Mini Facial \$30 **♦** Divine Hydrating Hair Ritual \$45



Step away from all the noise and fast paced life to really slow down, reconnect in a space designed for shared relaxation. With our opulent Royal suite-enjoy treatments side by side, where time feels slower, stress fades and you leave feeling refreshed, reconnected & renewed

♦ Wellness Body Massage for Two: 60M | \$330

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 | \$375

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 | \$390

Embark on this sensory wellness journey in our outdoor wellness garden which feels like you are overseas! Come rain or shine embrace nature 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 | \$425

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 intimate 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.



Enjoy some pre-baby time and relax as our experienced masseuse melts away pregnancy aches and pains. With a specially designed pregnancy bed you can comfortably lie on your front. Includes complimentary refreshments in rainforest lounge and some time to yourself to cherish before lil one comes.

♦ Mumma To Be Spa Massage: 60M | 75M | \$145 | \$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 to help prevent stretch marks

Why not add a Pure Fiji Facial leaving skin radiant and glowing for just \$30!

♦ Pure Fiji Pregnancy Pamper: 90M | \$204

Feeling swollen, achy, and exhausted in your final trimester? This nurturing spa experience is designed to cherish and restore every mum-to-be. Using the Pure Fiji Natural exotic oil which helps reduce stretch marks. Begin with a soothing foot ritual soak and scrub to relieve tired, swollen feet, followed by a luxurious one-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.

♦ Rose Pregnancy Pamper: 90M | \$204

Indulge in a sensory journey of relaxation, starting with a fragrant Rose Foot Soak to soothe and refresh. Enjoy a one-hour Relaxation Pure Fiji Coconut Oil Massage for optimum skin-nourishing benefits and stretchmark prevention. Then, drift into serenity with a 15-minute Rose Facial, leaving your skin beautifully glowing and hydrated. After your treatment, relax in our Rainforest lounge with complimentary refreshments as you soak in the blissful experience.

◆ 1 hour is never enough- upgrade & add 15M extra to your experience

Hand or Foot Scrub \$30 | Indian Head Massage \$30 | Hot stones (To one area) \$30 | Mini Facial add on to Massage \$30 | Divine Hydrating Hair Ritual \$45



Pure Fiji Spa Manicure

→ Deluxe Manicure: 60M | \$96

Our top of the range Manicure Includes everything plus a brightening treatment for dry dull pigmented hands. Our full manicure includes the Guava Vitamin C sugar scrub, Hydrating Mask and Hot towel removal, our signature hand massage and gel polish of your choice. Bring your rings and we will clean those too.

♦ Maintenance Gel Manicure 3 weekly Includes Soak off: 45M | \$86

For our 3 weekly regulars

♦ Extras:

Gel Soak off \$10.Builder Nail (BIAB) \$10 French Tips \$10. Removal of Gels (No Mani) \$25 NEW! HypoFix™ Add On 2-Step System designed to prep, protect & restore nails \$10

Pure Fiji Spa Pedicure

Sit back in our luxurious massaging chairs and indulge in a truly pampering experience in our 2-seater pedicure suite.

This above-and-beyond hygienic pedicure is designed to:

- Soothe and refresh tired, dry, and sore feet
- 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 Pure Fiji body butter mask with hot towel removal
- Finish with a restorative foot and calf massage, leaving you walking on air
- 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 NEW! HypoFix[™] Add On 2-Step System designed to prep, protect & restore nails \$10



With our own Medi-Spa wing we have the latest technology to keep you glowing and ageing gracefully. Book in a Free Consultation to find out what treatments suit you best

♦Nano Fusion: 60M | \$215

Nano Fusion is a non-invasive skin rejuvenation treatment that uses ultra-fine, silicone-tipped pyramids to gently create micro-channels in the skin. This enhances the absorption of powerful, targeted serums, stimulating collagen production and improving skin tone, texture and radiance, without downtime. Perfect for reducing fine lines, pigmentation, and uneven texture, Nano Fusion leaves your skin visibly smoother, firmer and glowing

- **♦**Add on Exosomes to Nano \$65 **♦**Add on LED \$50
- **♦ Plasma Pen: POA**

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

♦ HIFU Non-Surgical Face Lift: 60M | \$250

Using ultrasound lifts & tightens sagging skin

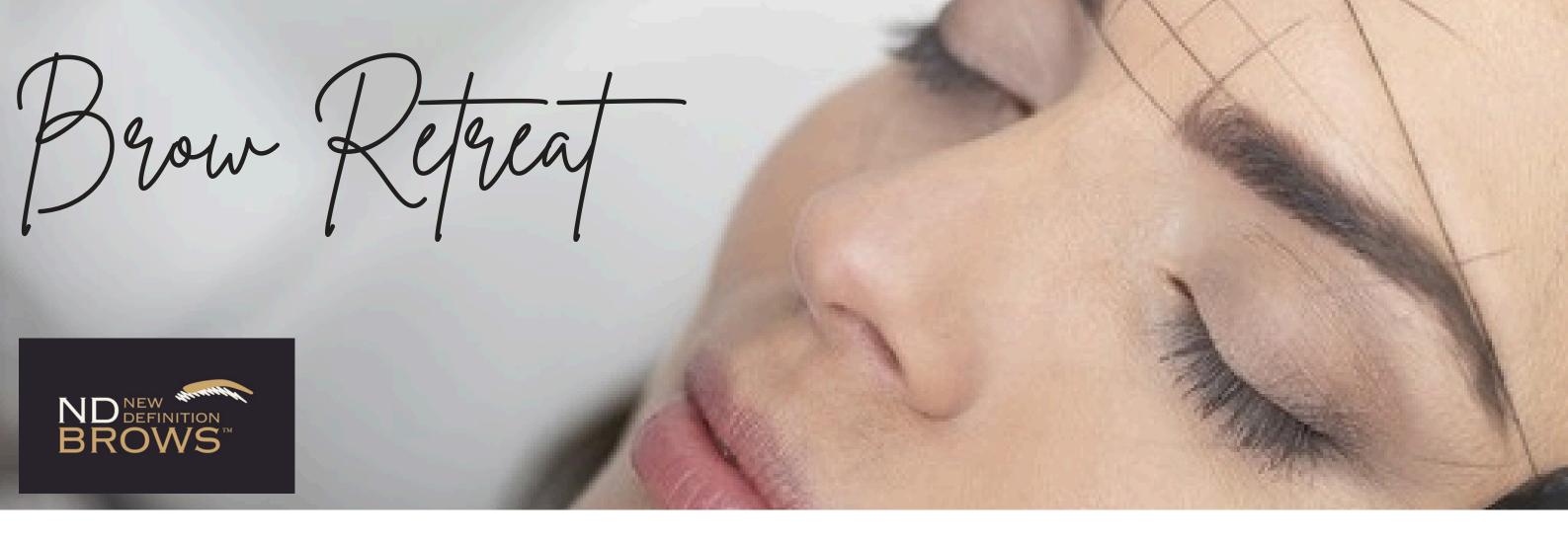
♦ Deluxe Glow Dermablading: 45M | \$160

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 because you want to reveal your skins natural glow

♦ Micro-Needling Pro Pen: \$265

For those who would like brighter, firmer, smoother skin. Boosts collagen & elastin production. Helps even-out skin tone

- **♦**Add on exosomes \$65 **♦** Add on LED \$50
- ◆ IPL: For the same price as waxing! Full Brazilian just \$90



ND Brows

Relax in our bespoke 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

♦Microbladed Brows: 15M | \$59

♦Man Brows: 15M | \$59

♦Brow Lamination Redesign: 45M | \$120

Includes Hybrid Stain 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 brow service)** includes Pure Fiji Hand Massage: **\$35**
- **◆Lash Tint on own** includes Pure Fiji Hand Massage: \$39
- **♦LVL Ceramide Lash Lift and 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 Threading \$49



♦ Reiki with Karen Hamilton 60M | \$80 Tuesdays

Karen, originally from a nursing background, began her own journey of wellness and self-discovery, which sparked her interest in natural healing methods that complement conventional medicine. Reiki, first developed in Japan by Mikao Usui, is a gentle, non-invasive energy healing practice that works for a person's highest good. It helps clear energetic blocks within the body, supporting its natural healing abilities while balancing and harmonizing energy. Suitable for all ages, Reiki offers benefits such as deep relaxation, stress reduction, pain relief, increased energy, muscle relaxation, anxiety relief, a calm mind, and natural immune system support.

◆Want to Join our wellness hub! We're looking for passionate Alternative Health practitioners to work alongside our amazing team. If you're skilled in holistic spa therapy, acupuncture, reflexology, homeopathy, nutrition, movement or weight loss coaching, or yoga or if you'd love to lead inspiring retreat weekends- we want to connect with you Please contact Katie healthspa@manorhouse.co.nz

Group "SPArty" 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:

- 9 therapy rooms & 6 expert staff for seamless service
- 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



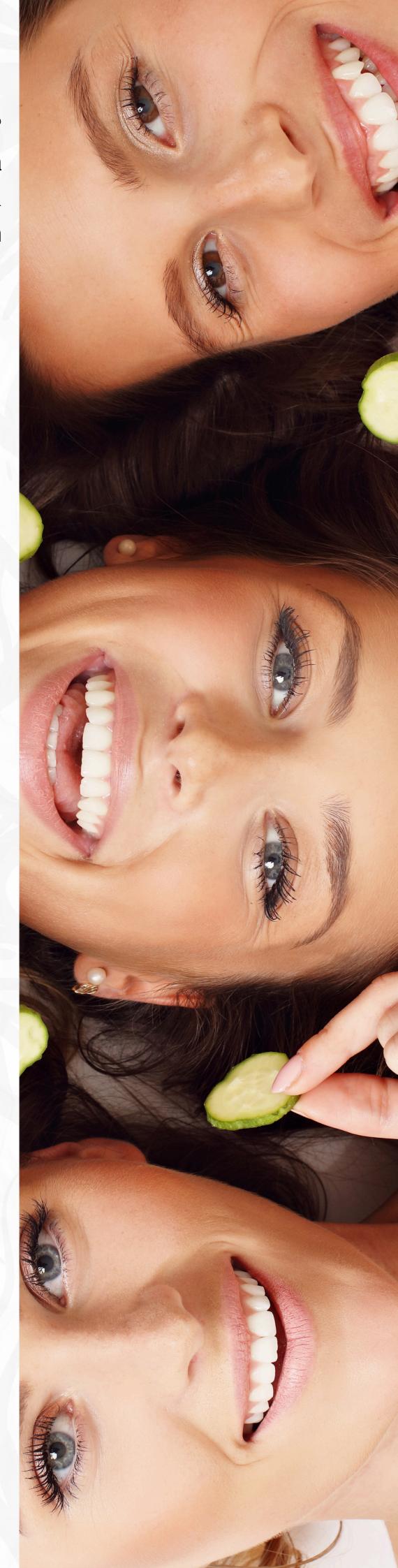
Enjoy a rejuvenating morning or afternoon in our spa with this exclusive deal perfect for groups 4+

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.









Hens Packages 4+

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

- Everything all under one roof so not having to factor in the stress of multiple appointments in the wedding week!
- 9 therapy rooms & 6 expert staff to look after you
- A large lounge & beautiful wellness garden to spend time with your friends
- Affordable onsite accommodation & a private cocktail lounge in the South Wing
- Honeymoon Suite
- Free onsite parking for your convenience



Enjoy a rejuvenating morning or afternoon in our spa, your package includes:

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!)
- Games available on request

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

Book your SPArty today and let us create the perfect spa day for you and your guests!



Make a Weekend of it Plan the perfect Wellness retreat for you, your friend / partner/ team

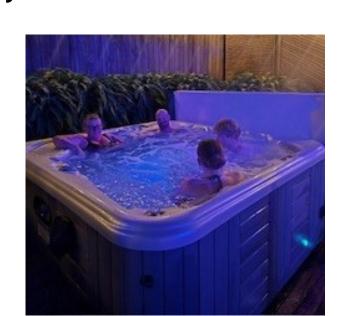
Escape for a blissful weekend in the Wairarapa at our Accommodation & Day Spa, offering the perfect getaway with these accommodation options.

Enjoy luxury in our new Wellness Garden Studio, for the ultimate relaxation and rejuvenation. Enjoy exclusive access to our Wellness Garden, featuring a Hot Springs Spa Pool, Found Space Ice Bath, and Alpine Sauna—a perfect retreat for those seeking balance and renewal

Alternatively, our South Wing offers boutique accommodation with six beautifully appointed rooms, making it ideal for Girls' Weekends, Hens Parties, and Birthday Celebrations



Butterfly Room Double Bed
Queen Bee Room x2 Single Beds
Diamond Room x2 Single Beds
Stag Room Single Bed with Ensuite Toilet
Pink Room Double Bed with Ensuite Toilet
Bordello Suite Double Bed with Ensuite Toilet | Shower



South Wing Accommodation can enjoy access to the following Cocktail Lounge with Flat Screen TV, Netflix | WIFI Conservatory | Kitchen | Shower Room | Own Entrance





