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@ndbrows



ACCOMMODATION



BOOK HERE



CHANGES
Calm Spa

Beauty
health &
well being

Take some time out of your busy world and
enjoy some self care in our sanctuary

Autumn Menu

please read our terms & conditions before booking

5th April 2024 - 1st September 2024

Welcome to our rejuvenated sanctuary. In today's fast-paced world, prioritising self-care is paramount. At CHANGES, we understand that nurturing oneself leads to a healthier and happier life. Our evolution from simple routine beauty therapy to holistic spa treatments reflects our commitment to enhancing your overall well-being. We hope you can immerse yourself in experiences that not only beautify but also restore balance in your life. No rushing no stress just us looking after you x

Katie



Ice Bath coming soon!

Ice bathing, or cold water immersion has many benefits

- Reduces inflammation and swelling
- Improves Sleep
- Promotes resilience and self discipline
- Relieves sore muscles
- Improves exercise recovery
- Supports immunity
- Improves mental health
- Boosts Your Mood
- Helps Burn Fat and Improve Insulin Sensitivity
- Helps to remove lactic acid
- Decreases stress response
- Improves cardiovascular function



launching in July!

Far Infra-Red Sauna

Proven health benefits from infrared saunas include

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

Spa pool

Relax in a private garden and enjoy some hydrotherapy in our Hot Springs Spa Pool

Add this on to any treatments to increase your spa time - \$60 per hour session



Our Vision



*"For you to make time for self care and
indulge in some mindful moments
& radiant results in our serene space"*

Facial Therapy

dermalogica®

Snuggle into our fluffy robes and recline in one of our garden rooms to experience total care and relaxation. Spend time afterwards in our beautiful spa lounge and enjoy complimentary refreshments

Winter warming Facial 60 Mins \$175

Enjoy this warming dermalogica facial with a thermafolient exfoliant a warming mask and the edition of hot stones with your neck, shoulder massage

Oxy-Glow Facial 60 Mins \$175

Restore the firmness of your skin with this skin transforming oxygen phyto-serum

ProCalm Facial 60 Mins \$175

Soothe sensitive conditions including eczema, rosacea, psoriasis, atopic dermatitis, visible redness, and dryness. Targeted treatments help hydrate, balance and restore the skin's balance for reduced sensitivity and calmer skin



Spa Party 4+

For an unforgettable group spa party experience we have the perfect venue for you! 10 therapy rooms & spa lounge with 6 staff to take care of you so no waiting for your turn. Indulge in a selection of luxurious services perfect for hen parties, baby showers, birthdays or just some time out with your girlfriends. Whatever the occasion or just because you need some time out immerse yourselves in a relaxing spa afternoon, creating cherished memories

Party Plan

Choose two 30 minute treats for just \$170pp includes:

- Robes
- Spa pool in a private garden. Bring togs & towels or towel hire available
- Time in the spa lounge to relax in
- Free light refreshments and can bring extra
- Games available
- Birthday Gift (please mention at time of booking)



Weddings

H a s t l e f r e e p r e - w e d d i n g
t r e a t m e n t s a l l u n d e r o n e
r o o f

- World class facilities & Products
- Experienced therapists
- Full beauty menu plus Medi-Spa wing / injectables Clinic
- 10 therapy rooms and large lounge
Perfect for Hens Parties
- Mr & Mrs suite Honeymoon
Accommodation
- Passports to pay over 6 months
- Free Onsite Parking
- Accommodation for guests

Tanning

Manual tan which includes dry body brushing
- a real spa experience \$95
Spray Tan \$60

Facial Therapy



Super Touch Island Facial 60 Mins \$169

Relax on Island time and be transformed as you enjoy Pure Fijis' plant based products leaving your skin glowing and mind and body relaxed



Glow Facial 60 Mins \$175

Feel re-energised and bring back life to your skin with the power of vitamin c range from image. Brightens lack lustre complexion, evens out skin tone and smooths the skin texture

NEW! IMAGE Cloud Facial 60 Mins \$199

Experience this viral facial. Breathe life into your skin with this oxygen face lifting facial from IMAGE



We are Serious about Skin

dermalogica®

New! Pro Pigment Peel on special \$499
Results driven, scientifically based skin treatment
dermalogica's NEW Melanopro Peel System skin
treatment targets stubborn hyperpigmentation
for brighter, smoother skin in under 6 weeks!
Speak to our skin experts to find out if this
treatment is right for you.

RRP\$900!

NEW! dermalogica Pro-Retinol 60Mins \$185
An advanced skin treatment, utilising technology
and cosmeceutical ingredients from dermalogica
to deliver exceptional skin resurfacing while
revitalising and firming skin texture and tone. The
treatment includes LED therapy, nano infusion of
professional-grade retinols, and a retinol
accelerator for maximum skin renewal results

dermalogica
hello, healthy skin



Pedicures



Feet still need caring for even in winter. Sit back and
relax in our massaging chairs in our private pedicure
suite and be thoroughly spoilt. For an above and
beyond pedicure which not only takes extra special
care of your tired dry achy feet but also cares for your
cuticles and shape the nails, removes dead dry skin and
includes a warming mask. the session finishes with a
most restorative foot and calf massage that'll have you
walking on air. Choose a long lasting Gel bottle polish

Serenity Spa Pedicure 60Mins	\$115
Maintenance Gel Pedi (Under 6 weeks)	\$110
Cracked Heel Medi Pedi 75Mins	\$140
Winter Warming Paraffin Delight 75Mins	\$130



Extras

Add on Gel Soak off \$10
Callus Peel & 15 Mins extra time on feet \$30
Extra long massage to legs and feet 15 minutes \$25
Stark Naked Gel Polish Removal (No Pedicure) \$30



Manicures

Relax in our beautiful manicure suite with 3 stations
We treat not only the nails but also the whole hand for a
rejuvenating Pure Fiji hydrating treatment.

Highest hygiene practices and the best products
Pure Fiji, and The Gel Bottle for the ultimate experience
We can even clean your rings so they sparkle too!

Tranquil Touch Manicure 60 Mins \$95

Bring back your youthful glow to your tired dry hands
using Pure Fiji. We will buff, hydrate and nourish your
hands. Includes sugar scrub, hot towel, hand massage
and gel polish of your choice

Maintenance Gel Manicure 45 Mins 3 weekly \$75

Designer X Pro Party Nails \$110

Party extensions using the gelbottle gel nails and BIAB
much kinder than acrylics

Extras

Add on Gel Soak off \$10

Builder Nail (BIAB) \$10

French Tips \$10

Paraffin paradise \$25

Stark Naked Gel Polish Removal (No Manicure) \$25

Take Home Gel Removal Kit \$25



NZ natural cosmedical range

Juvenate Cosmedical Facial 45 Mins \$140

New Zealand's Medical Grade Skin Care

Lactic Acid Infusion 30 Mins \$120

Revive your skin glow with this hydrating treatment

Vitamin A Infusion 30 Mins \$130

A must for anyone dealing with acne, pigmentation
or aging

Deluxe Power Peel 30 Mins \$140

Power up best of both worlds with this multi infusion

Need longer?

Upgrade & add extra time to your experience

Anti-Aging Multivitamin Power Exfoliation \$15

LED collagen boosting \$50

Juvenate phyto mask \$30

Foot and leg massage 30 minutes \$70

Gua Sha stone Lymph drainage \$30

Pure Fiji Lip Rejuvenation \$15

Hand or foot scrub \$30



Couples

Serenity Duo Massage 60 Mins

Embark on an unforgettable journey in our opulent Royal Suite - an exclusive sanctuary for couples offering a romantic room ambiance with soft lighting, soothing music. Let our skilled masseuses pamper you both, easing away tension & fatigue. Afterwards savor some quality time together in our spa lounge with bubbles and chocolates, for a truly indulgent experience

\$320

Chocolate Facial & Massage Indulgence

Relish in 60 minutes of pure relaxation with our signature massage, followed by a decadent 15 minute chocolate facial & luxurious chocolate foot scrub. Complete your journey in our tranquil lounge, sipping on delicious hot chocolate for the perfect ending to your spa escape **75 Mins \$390**

Harmony Bliss Massage 75 Mins

A synchronised full-body massage using aromatherapy oils to promote relaxation and harmony between partners. Includes an indian head massage & foot or hand ritual . Enjoy some chocolates & sparkling beverages in spa lounge

\$390

Dermapen
Advanced skin needling



Dermapen 4

60 Mins \$335

Nurse only service. For superior results. This is the Gold standard in micro-needling. For those who would like brighter, firmer, smoother skin. Boosts collagen & elastin production. Helps even-out skin tone and treats Acne

HIFU Skin Tightening Facial 60 Mins \$250

Using ultrasound lifts & tightens sagging skin includes a facial of your choice



Hello Laser Goodbye Razor

IPL Hair Removal

Dermalux®
●●●●

Lip	\$90
Chin	\$100
Lip/Chin	\$140
Side Burns	\$180
Bikini	\$150
Underarm	\$150
Brazilian Full	\$250
1/2 Leg	\$200
Full Arm	\$200

Purchase a
course of 4
and pay
half price

Advanced Skin Care

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

Book in a Free Consultation to find out what treatments best suit you

Hollywood Carbon Laser Facial 45 Mins \$195

Combo 3 Carbon Laser Facial =\$550 save \$35

A must for anyone with acne, pigmentation, aging and open pores. This instantly revives, brightens, plumps and regenerates



Plasma Pen

Intense medical-grade skin tightening treatment which also can remove moles lumps and bumps

Deluxe Glow Dermablading 60 mins \$169

Under 3 months 45 mins \$145

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. First time Includes LED Mask worth \$50



Injectables clinic

Join Registered Nurse Paige Gray from Wellington



Mumma-to-be

Enjoy some pre-baby time and relax as our experienced masseuse melts away pregnancy aches and pains. With our special pregnancy bed so you can lie on your front again. Includes complimentary refreshments in spa lounge



Tropical Mumma Ritual

90 Mins \$199

Pure Fiji bath Milk foot Soak, 1 hour Relaxation Massage and finish with a beautiful mini Pure Fiji facial leaving your skin radiant and body relaxed

Rose Pregnancy Pamper

90 Mins \$199

Using natural ingredients from a 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

Mumma To Be Massage

60 Mins \$135

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

Teen Wellness

Life as a teen can get pretty overwhelming, especially with all the social media & peer pressure. Dealing with skin issues as well can get them down. But we are here to help! Swing by our skin Lab and step into our little oasis and hang out with our awesome team of experts. Our treatments are all about making our teens feel inspired, educated, and confident again

New! Face Lab 4 Teens

Clear Start facial



\$90

- Robe
- Full skin consultation
- Product assessment & education (often using too much)
- 30 minute clear start dermalogica facial with gua sha stones
- Time in lounge afterwards and helpful advice and tips and tricks for healthy skin
- Samples to take home and try

Back Facial

45 Mins \$110

- Perfect for back acne. As above but also includes a back exfoliation with steam



Packages

Blissful Escape Package 3.5 H

\$425

30 minute treats includes following: Hot Bath, massage facial manicure Pedicure Brows & Lash tint. Includes morning tea in spa lounge

Relax & Brighten Island Time 2.5 H

\$249

Our most popular package. Start with a Blooming milk bath underneath the simulated stars, followed by a tropical Pure Fiji massage and a decadent Vitamin C brightening facial. To finish relax in lounge and enjoy light refreshments

Zen Harmony package

75 Mins \$180

Begin your top to toe journey with a indulgent Foot bath with Pure Fiji bath milk and then enjoy a 1 hour Facial of your choice which includes a Pure Fiji foot ritual to restore dry aching feet

Harmony Heavenly Facial & Massage 90 Mins \$215

Extra time to really unwind. Massage and facial for you to rebalance re-energise

NEW! Wellness Sanctuary Package 90 Mins \$180

Let your mind body & soul experience this ultimate wellness detoxification package, unlocking a realm of health benefits. Includes a 30 minute Far Infra-red sauna with temple spa breath of life aromatherapy plus a 60 minutes Pure Fiji warming herbal ball detox ritual. Time in spa lounge with herbal tea



Massage

Snuggle into a robe and then climb into our heated bed under a duvet in our serene garden room. Recline afterwards in our spa lounge and enjoy complimentary refreshments

Tranquility Bliss Massage 60 Mins \$130

Zen Harmony Massage 90 Mins \$185

Detox & Delight Herbal ball Massage \$169

Chocolate facial & massage Indulgence \$190

For the chocolate lovers out there! 60 minute massage with additional Mini chocolate facial and chocolate foot scrub finishing off in the lounge with a cup of delicious hot chocolate

Energy Re-Balancing Hot Stone Treatment
75/90 Mins \$170/\$190

Indulge in ultimate relaxation with our hot stone massage. Melt away tension, restore & energise

Upgrade & add extra time to your experience

Foot Soak (blooming Bath Milk) \$35 | Hand or Foot Scrub \$30 | Indian Head Massage \$30 | Divine Hydrating Hair Ritual \$45 | Led Light Therapy \$50 | Hot stones (To one area- not full treatment) \$50 | Mini Facial add on to Massage \$55 | Alice in wonderland cream tea \$25

Teen party

Make it extra special for a memorable birthday she will never forget. Don't spend \$100 on big parties - just bring a bestie or two and enjoy a spa afternoon being pampered

Choose anything from the menu but also enjoy the following special

- Robes
- Time in lounge with birthday treats
- Birthday Gift *Mention at time of booking



New Definition Brows



Relax in our antigravity beds as we transform your brows with our signature six step brow design which incorporates threading. Eyebrows not only frame your face - they have the power to transform your appearance and confidence!

Our elegant & sophisticated design rebalances the brow our skilled design technique re-balances your brows, enhancing your overall appearance.

For a professional experience with one of our elite brow artists let us design you your best ever brow shape or your money back!

Brow Topia Studio

1st time Brow Sculpt with brow mapping	45 Mins	\$85
Over 6 weeks	30 Mins	\$74
Under 6 weeks	30 Mins	\$64
Microbladed Brows	(If hardly any hair)	\$59
Deluxe Brows	45mins Pressure point massage & mask	\$110
BrowTopia Signature Brow Lamination redesign incl	hybrid tint & Pure Fiji hand massage	45Mins\$120
NEW! TEEN Brow Clinic only on Teen Tuesdays		
1st time brows with brow mapping / brow lesson		\$65
Maintenance 6 weekly brows		\$55

Lashes

Lash Tint on own includes Pure Fiji hand massage	\$38
Lash Tint add on to brow service	\$33
LVL Ceramide Lash Lift and Tint 60 Mins	\$125
Lifting will keep a lasting curl all the way through the life of the eyelash (around 90 days)	
Includes Pure Fiji exfoliating hand treatment worth \$30, hot towel removal and our signature Pure Fiji hand Massage	

Facial threading

Lip Thread (add on to brow service)	\$15
Lip Threading on its own	\$22
Half Face Threading	\$35
Lip/Chin Threading	\$30
Full Face Threading	\$49

