

# Wellness Retreat

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



**SPRING MENU**

1st September 2024 – 31st March 2025

Welcome to our special 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 and  
making you feel special

Keep Sparkling x

*Katie*



# Found Space Ice Bath

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

**NEW! Fire & Ice Wellness Sanctuary Package 45 Mins! \$40**

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. Followed  
by plus cold plunge therapy. Finish in the spa to warm up



**10 Ticket / Weekly  
membership to the  
wellness garden**

# Coming soon! Wellness garden

Proven health benefits from saunas include

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



Relax in a private garden  
and enjoy some  
hydrotherapy in our Hot  
Springs Spa Pool and  
Found Space cold plunge.



Add this on to any  
treatments to increase  
your spa time



# Our Vision



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

**dermalogica**  
hello, healthy skin



Oxy-Glow Skin Treatment 60 Mins | \$175  
Perfect for the summer, restore your natural glow and the firmness of your skin with transforming oxygen Phyto- Nature serum

ProCalm Skin Treatment 60 Mins | \$175  
Targeted treatment to help hydrate and restore the skins balance for reduced sensitivity and calmer skin with the procalm range

ProRetinol Skin Treatment 60 Mins | \$185  
An advanced skin treatment, for maximum skin renewal results delivers exceptional skin resurfacing while revitalising and firming skin texture and tone. Includes LED therapy worth \$50

Pro30 Under 6 weeks Treatment therapy 30 Mins | \$110  
Mini skin treatment your way target treatment for your skin to tie you over between treatments

Teen Facial Includes education for teens 30 Mins | \$100  
Back facial add on \$35

# Accommodation

Weekend Health & Wellness venue to Hire



"Escape the fast-paced world and immerse yourself in tranquility at our exclusive Wellness Retreat.

Be surrounded by nature make a weekend of it and rejuvenate your mind, body, and soul with our luxurious spa treatments. Whether you seek relaxation, revitalisation, or a moment of pure bliss, our retreat is your perfect sanctuary for a well deserved weekend getaway

- South wing sleeps 9
- Cocktail Lounge
- Wine Tours | Yoga Weekends | Girl Weekends
- Wellness Garden





# Spa Party 4+

Escape the hustle and bustle of modern life and find tranquility in our serene spa oasis. Whether you're celebrating a special occasion or simply seeking a moment of peace, our spa is the perfect place to unwind and recharge.

With 9 bespoke therapy rooms and a calming rainforest lounge, you and your friends can indulge in a variety of rejuvenating treatments.

Whether it's a hen's party, baby shower, birthday, or just a well-deserved break, immerse yourselves in the best kind of girl therapy and create lasting memories of relaxation and joy

## Party Plan

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

- Robes
  - Access to Rainforest lounge
  - Complimentary light refreshments. Can bring extra
  - Games available
  - Rooms accommodate 2
  - Access to the wellness garden Spa pool / Ice bath in a private garden
- Bring togs & towel



# Juvenate

## NZ Natural Cosmedical Range

Juvenate Cosmedical Facial 45Mins|\$140

New Zealand's Medical Grade Skin Care

Lactic Acid Infusion 30Mins|\$99

Revive your skin glow with this hydrating treatment

Vitamin A Infusion 30 Mins 30Mins|\$99

A must for anyone dealing with acne, pigmentation or aging

Deluxe Power Peel 30 Mins|\$110

Power up best of both worlds with this multi infusion



Vitamin C 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 texture

IMAGE Cloud Facial 60 Mins|\$185

Experience this viral facial. Breathe life into your skin with this oxygen face lifting facial from IMAGE. Using the fluffiest of brushes, special face cloths and a bubbly cloud mask this is a truly sensory journey

# 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 you can comfortably lie on your front. Includes complimentary refreshments in rainforest lounge

**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

**Tropical Mumma Ritual** 75 Mins | \$165

Enjoy an extra 15 minutes of pampering with the addition of a on Tropical Pure Fiji facial. 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

# Pedicure Ritual



Feet need extra care in the warmer weather. Revive, 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

Pure Fiji Spa Pedicure	60Mins   \$115
Maintenance Gel Pedi (Under 6 weeks)	60Mins   \$100
Cracked Heel Medi Pedi	75Mins   \$140

## Extras

Add on Gel Soak off	\$10
Callus Peel & 15 Mins extra time on feet	\$30
Stark Naked Gel Polish Removal (No Pedicure)	\$30



# Nail Care

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!

**Anti-Aging Treatment Manicure 60 Mins|\$95**

Brightening treatment for dry dull pigmented hands  
and full manicure. Restore youthful skin with this new  
treatment. Includes the Guava Vitamin c sugar scrub.

Hydrating Mask and Hot towel removal. Hand massage  
and gel polish of your choice.

Add on ILP for sunspot removal

**Tranquil Touch Manicure 55 Mins|\$85**

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 3 weekly 45 Mins|\$75**

**Extras**

Add on Gel Soak off \$10

Builder Nail (BIAB) \$10

French Tips \$10

IPL Sunspots back of hand \$50

LED collagen boosting therapy \$10

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



# Couples

**Fire & Ice Wellness 60 Mins|\$120**

Embark on this sensory wellness journey

Start in the sauna together. Plunge into the ice  
bath and finish off in the spa pool. You can add this  
package onto any massage or just use on its own

**Serenity Duo Massage 60 Mins|\$325**

Embark on an unforgettable journey in our opulent  
Royal Suite – an exclusive sanctuary for couples  
offering a luxurious experience. Romantic room  
ambiance, soft lighting and soothing music. Let our  
skilled masseuses pamper you both, easing away  
tension & fatigue. Complete your journey in our  
Rain Forest lounge with bubbles & chocolates for  
the perfect ending to your spa escape

**Stress relief Romantic Couples 75 Mins| \$355**

Relish in 75 minutes of pure relaxation with our  
signature massage followed by a tranquility head  
massage to relieve stress and tension. Complete  
your journey in our Rain Forest lounge with bubbles  
& chocolates for the perfect ending to your spa  
escape



# Massage

Snuggle into a robe and then climb into our heated beds under a duvet in our serene garden room.

Recline afterwards in our rain forest lounge and enjoy complimentary refreshments

Tranquility Bliss Relaxation Massage	60 Mins   \$130
Tranquility Bliss Relaxation Massage	90 Mins   \$185
Energy Re-Balancing Hot Stone	90 Mins   \$190
Indulge in ultimate relaxation with our hot stone massage. Melt away tension, restore & energise	
Deep tissue massage	60 Mins   \$150

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 \$60



# Dermapen

Advanced skin needling

Dermapen 4

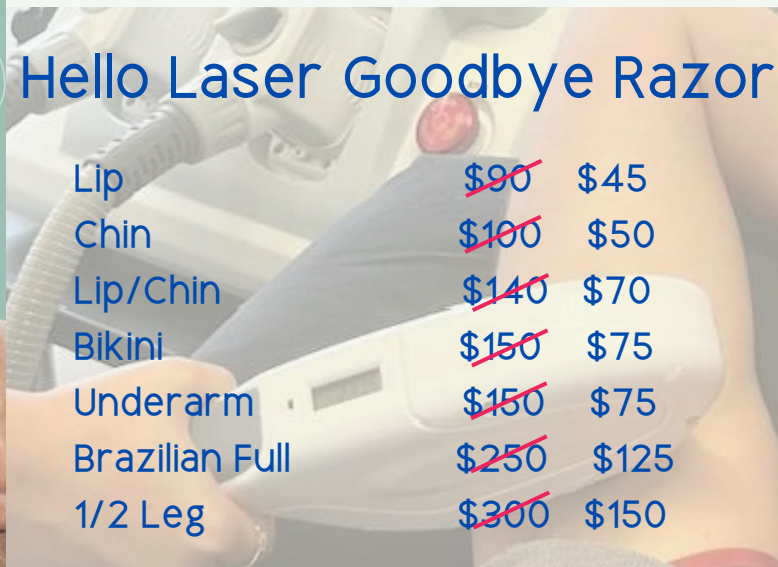
60 Mins | \$335

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



# Hello Laser Goodbye Razor

Lip	<del>\$90</del>	\$45
Chin	<del>\$100</del>	\$50
Lip/Chin	<del>\$140</del>	\$70
Bikini	<del>\$150</del>	\$75
Underarm	<del>\$150</del>	\$75
Brazilian Full	<del>\$250</del>	\$125
1/2 Leg	<del>\$300</del>	\$150





# Advanced Skin Care

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

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

## Hollywood Carbon Laser Facial 45 Mins | \$195

Our most popular facial and 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 POA

## HIFU Non Surgical Face lift

45Mins|\$250

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



## Deluxe Glow Dermablading & LED 45Mins| \$155

Our Image facial with 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.

Includes LED Mask worth \$50



# Body Treatments

**NEW! Dragon Fruit Prebiotic Body Glow 90 Mins | \$179**  
Embark on a blissful journey for your skin's microbiome. Start with a revitalising 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 probiotic 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 await

**Escape To the Islands 90Mins|\$199**  
Relax in our warm luxurious paradise & enjoy 90 minutes of Island bliss which includes a back sugar scrub with hot towel removal, 60-minute full body massage using Pure Fiji warm exotic oil, mini island brightening facial and Fijian scalp massage hot scalp ritual finishing off with refreshments in the rainforest lounge

**Heavenly Facial & Massage 90 Mins | \$215**  
Extra time to really unwind. Massage and facial for you to rebalance re-energise

**Relax & Brighten Island Time 2.5 H | \$249**  
Our most popular package. Start with a bath underneath the simulated stars, followed by a tropical Pure Fiji massage and a decadent Vitamin C brightening facial. To finish relax in the Rainforest lounge and enjoy light refreshments

**Blissful Escape Package 3.5 Hrs | \$425**  
30 minute treats includes the following: Hot Bath, Massage, Facial, Manicure, Pedicure Brows & a Lash tint. Includes morning/ or afternoon tea in our relaxing Rainforest lounge

# New Definition Brows™



Get ready to elevate your brow game and indulge in the ultimate experience with New Zealand's very own brow design.

Our team of expertly trained brow therapists will create your perfect bespoke eyebrow design. Lie back and relax on our luxurious anti-gravity beds in our exclusive brow bar while we work our magic with our signature six step brow design featuring precision threading.

Our brow experts don't just shape; they rebalance and enhance, ensuring your brows are nothing short of perfection.

We're so confident you'll love your new look that we back it up with a 100% money-back guarantee. Step into a world where brows are everything and let us show you the difference true brow artistry can make.

"More than just the best brows it's an experience your brows deserve."



# Brow Retreat

1st time Brow Sculpt with Brow Mapping	45 Mins   \$85
Over 6 weeks	30 Mins   \$75
Under 6 weeks	30 Mins   \$65
Microbladed Brows	30 Mins   \$59
Brow Lamination redesign	45 Mins   \$120

includes Hybrid Stain and Pure Fiji Hand Massage

**Deluxe Gold Brow Retreat** 45 Mins | \$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)	\$33
Lash Tint on own includes Pure Fiji Hand Massage	\$35
LVL Ceramide Lash Lift and Tint	\$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 for beautiful results and the best experience	

## 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