

## HAND & FEET TREATMENTS

<b>ESSENTIAL MANICURE</b>	<b>30MINS</b>	<b>\$69</b>
<i>Nails shaped, cuticle care, moisturised, buffed and polished.</i>		
<b>ESSENTIAL PEDICURE</b>	<b>30MINS</b>	<b>\$69</b>
<i>Warm foot spa and exfoliation to begin, nails shaped, cuticle care, moisturised, buffed and polished.</i>		
<b>INDULGENCE MANICURE</b>	<b>60MINS</b>	<b>\$109</b>
<i>Hand soak, nails shaped, cuticle care, exfoliation, hot compress, hand and arm massage, paraffin wax, moisturised, buffed and polish.</i>		
<b>INDULGENCE PEDICURE</b>	<b>60MINS</b>	<b>\$109</b>
<i>Warm foot spa, nails shaped, hard skin removal, cuticle care, exfoliation, hot compress, foot massage, paraffin wax, moisturised, buffed and polished.</i>		

### ADD ONS

<b>FRENCH POLISH</b>	<b>15MINS</b>	<b>\$29</b>
<b>CND SHELLAC</b>	<b>15MINS</b>	<b>\$29</b>
<b>CND SHELLAC FRENCH POLISH</b>	<b>15MINS</b>	<b>\$39</b>
<b>CND SHELLAC REMOVAL</b>	<b>15MINS</b>	<b>\$19</b>

## GIFT VOUCHERS

available online  
[paihiabeach.co.nz/la\\_spa\\_naturale.htm](http://paihiabeach.co.nz/la_spa_naturale.htm)  
 or enquire 09 4020 111

## EYE TREATMENTS

<b>EYEBROW SHAPE</b>	<b>\$39</b>
<b>EYEBROW TINT</b>	<b>\$39</b>
<b>EYELASH TINT</b>	<b>\$39</b>
<b>COMBINED DUO</b>	<b>\$59</b>
<i>Includes an eyebrow tint and shape, OR eyebrow tint and eyelash tint, OR eyebrow shape and eyelash tint.</i>	
<b>COMBINED TRIO</b>	<b>\$79</b>
<i>Includes an eyebrow shape, eyebrow tint and eyelash tint.</i>	

## STEAM & SAUNA EXPERIENCE

<b>PRIVATE STEAM</b>	<b>45MINS</b>	<b>\$49</b>
<i>Relieves muscle tightness and detoxifies the body by clearing congestion of the skin, sinuses and lungs.</i>		
<b>PRIVATE SAUNA</b>	<b>45MINS</b>	<b>\$49</b>
<i>Increases circulation to reduce muscle soreness and improve joint mobility. Ideal before a massage treatment.</i>		

### STEAM ENHANCEMENT

<b>A BOWL OF SUGAR RUB EXFOLIANT</b>	<b>\$29</b>
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## SPRAY TAN

<b>FULL BODY SPRAY TAN</b>	<b>\$69</b>
<i>Instant results to achieve a natural golden tan, available in light/medium/dark.</i>	

 [WWW.PAIHIABEACH.CO.NZ](http://WWW.PAIHIABEACH.CO.NZ)

# LA SPA NATURALE

DAY & HAIR SPA



We use premium products, chosen for their high quality and performance. We delight in service that will ensure your visit, individual needs, and expectations are met.

**OPEN 7 DAYS - from 10am to 5pm**  
*Reservations essential*

**RESERVATIONS 09 4020 111 - [info@laspa.co.nz](mailto:info@laspa.co.nz)**  
 or book online  
[paihiabeach.co.nz/la\\_spa\\_naturale.htm](http://paihiabeach.co.nz/la_spa_naturale.htm)

130 Marsden Road, Paihia, Bay Of Islands, New Zealand

  
*Awaken your senses.*  
*The ultimate in luxurious relaxation & beauty therapy*

## MASSAGE TREATMENTS

### SINGLE TREATMENTS (private room)

Session Time (in minutes)	'30	'45	'60	'75
<b>RELAXATION MASSAGE</b>	<b>\$89</b>	<b>\$129</b>	<b>\$169</b>	<b>\$209</b>
<i>Swedish massage with warm oils and hot compress, stimulates the superficial layers of the muscles. Light to medium pressure.</i>				
<b>DEEP TISSUE MASSAGE</b>	<b>\$109</b>	<b>\$149</b>	<b>\$189</b>	<b>\$229</b>
<i>Firm pressure massage, targets deep layers of muscle tissue to ease tension.</i>				
<b>HOT STONE MASSAGE</b>	<b>\$119</b>	<b>\$159</b>	<b>\$199</b>	<b>\$239</b>
<i>A combination of specialised massage techniques and hot stones, promotes deep relaxation and body rejuvenation.</i>				
<b>PREGNANCY MASSAGE</b>	<b>\$109</b>	<b>\$149</b>	<b>\$189</b>	
<i>Swedish massage with non-scented oils. Aims to relax tense muscles, ease sore spots, and improve circulation and mobility. Must be 20 weeks and over.</i>				

### COUPLES TREATMENTS (private double room)

Session Time (in minutes)	'30	'45	'60	'75
<b>RELAXATION MASSAGE</b>	<b>\$169</b>	<b>\$249</b>	<b>\$329</b>	<b>\$409</b>
<i>Swedish massage with warm oils and hot compress, stimulates the superficial layers of the muscles. Light to medium pressure.</i>				
<b>DEEP TISSUE MASSAGE</b>	<b>\$209</b>	<b>\$289</b>	<b>\$369</b>	<b>\$449</b>
<i>Firm pressure massage, targets deep layers of muscle tissue to ease tension.</i>				
<b>HOT STONE MASSAGE</b>	<b>\$219</b>	<b>\$299</b>	<b>\$379</b>	<b>\$459</b>
<i>A combination of specialised massage techniques and hot stones, promotes deep relaxation and body rejuvenation.</i>				

Check out our treatment add ons on the next page.

## TREATMENT ADD ONS

<b>INFRARED HEAT LAMP</b>	<b>\$19</b>
<i>Add a heat lamp to any massage to promote better circulation and ultimate relaxation.</i>	
<b>FOOT EXFOLIATION AND RASP</b>	<b>\$19</b>
<i>Removes dead skin leaving calloused feet softened.</i>	
<b>PARAFFIN WAX (HANDS AND FEET)</b>	<b>\$29</b>
<i>Improves blood flow to the treated area and softens dry, chapped, rough and scaly skin.</i>	
<b>SCALP MASSAGE</b>	<b>\$29</b>
<i>Relieves tension felt in the head and neck.</i>	
<b>WARM FACIAL STEAM</b>	<b>\$29</b>
<i>Opens pores allowing products to penetrate deeper layers of the dermis for better results.</i>	
<b>HIGH FREQUENCY</b>	<b>\$29</b>
<i>Eliminates bacteria, ideal for acne prone skin types.</i>	
<b>AROMATIZED SPA BATH</b>	<b>\$69</b>
<i>Private aromatized spa bath with massage jets. Available after a massage treatment.</i>	
<b>SPA PLATTER FOR TWO WITH TWO GLASSES OF WINE</b>	<b>\$69</b>
<i>Includes dry meats, crackers, cheese, dips and bread. Must preorder 1 day in advance.</i>	

### SPA PACKAGE 1

<b>PURE HARMONY</b>	<b>\$159</b>
<i>Includes: a deeply relaxing 30min massage followed by a 30 min essential signature facial.</i>	
<b>Add on steam</b>	<b>\$29</b>

## FACIAL TREATMENTS

<b>ESSENTIAL SIGNATURE FACIAL</b>	<b>30MINS</b>	<b>\$99</b>
<b>SIGNATURE FACIAL</b>	<b>45MINS</b>	<b>\$129</b>
<i>Designed for your individual needs. A thorough consultation form will help determine the correct skin care range to treat your specific skin concerns.</i>		
<b>INDULGENCE SIGNATURE FACIAL</b>	<b>60MINS</b>	<b>\$159</b>
<i>Hydrates skin to eliminate fine lines, dullness and relieve skin tightness.</i>		
<b>INDULGENCE SENSITIVITY FACIAL</b>	<b>60MINS</b>	<b>\$159</b>
<i>Prevents skin reactions while nourishing the skin with enriched natural products.</i>		
<b>INDULGENCE PURITY FACIAL (OILY)</b>	<b>60MINS</b>	<b>\$159</b>
<i>Combats skin conditions such as common acne, cyst acne, rosacea, blackheads, comedones and congestion.</i>		
<b>INDULGENCE ANTI-AGING FACIAL</b>	<b>60MINS</b>	<b>\$169</b>
<i>Perfect for overall anti-aging, reduces pronounced lines and wrinkles leaving the skin plumped and nourished.</i>		

### SPA PACKAGE 2

<b>ABSOLUTE HEAVEN PACKAGE</b>	<b>\$206</b>
<i>Includes: a specialised 45min relaxation massage and 45min ultra essential facial to treat your specific skin concerns.</i>	
<b>Add on steam</b>	<b>\$29</b>

## WAXING TREATMENTS

<b>LIP</b>	<b>\$29</b>
<b>CHIN</b>	<b>\$29</b>
<b>NOSTRIL WAX</b>	<b>\$29</b>
<b>FACIAL CHEEK WAX</b>	<b>\$29</b>
<b>FULL FACE WAX</b>	<b>\$59</b>
<b>UNDERARMS</b>	<b>\$32</b>
<b>HALF ARM</b>	<b>\$36</b>
<b>ARMS</b>	<b>\$42</b>
<b>FEET WAX</b>	<b>\$29</b>
<b>HALF LEG</b>	<b>\$44</b>
<b>FULL LEG</b>	<b>\$69</b>
<b>BIKINI</b>	<b>\$59</b>
<b>EXTENDED BIKINI (INNER THIGH)</b>	<b>\$65</b>
<b>BRAZILIAN WAX</b>	<b>\$99</b>
<b>BACK WAX</b>	<b>\$59</b>
<b>MALE CHEST WAX</b>	<b>\$59</b>

## WAX COMBOS

<b>LIP AND CHIN</b>	<b>\$42</b>
<b>FULL LEG AND BIKINI</b>	<b>\$99</b>

### SPA PACKAGE 3

<b>DELIGHTFUL INDULGENCE PACKAGE</b>	<b>\$369</b>
<i>An indulgent pamper for someone special. Includes: a 45min private steam, 60min relaxation massage, 60min indulgence signature facial and 60min indulgence pedicure.</i>	

## RAIN SHOWER MASSAGE, POLISH & WRAPS

<b>BODY POLISH</b>	<b>45MINS</b>	<b>\$169</b>
<b>WITH RAIN SHOWER</b>	<b>60MINS</b>	<b>\$209</b>

*A combination of sea salt body exfoliation and massage with micro-jets. Includes a full body moisturise to finish.*

<b>BODY POLISH</b>	<b>45MINS</b>	<b>\$129</b>
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*Removes dead skin cells to promote cell renewal. Includes a mini facial, body exfoliation, shower facilities and a full body moisturiser with luxurious cream.*

<b>BODY WRAP</b>	<b>60MINS</b>	<b>\$179</b>
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*Enhances the health and appearance of skin. Includes a mini facial, full body mask, scalp massage, shower facilities and a full body moisturiser with luxurious cream.*

## PACKAGES

*Spoil yourself or a friend with one of our packages.*

**Spa Packages are discounted and cannot be used in conjunction with any specials or discount vouchers. More packages are added regularly, check online. <https://www.paihiabeach.co.nz/spa-packages.htm>**

### SPA PACKAGE 4

<b>LUXURY SPA ESCAPE</b>	<b>\$609</b>
<i>The perfect luxurious spa day experience, includes: a 15min steam exfoliation, 30min private steam, 60min relaxation massage, 60min luxurious body wrap, 60min signature facial, 30min essential manicure and 30min essential pedicure with a delicious spa platter &amp; glass of wine.</i>	