



## THERAPEUTIC MASSAGE TREATMENTS

*“take time to smell the roses”*

### **Relaxing, Rejuvenating Massage**

Soothing Swedish – Full body gentle deep tissue massage techniques to relax unwind and rejuvenate tired aching muscles. Can be included-Reiki, which balances the bodies energy systems. Body scrub to cleanse and polish the skin.

1 hour \$85  
1 1/2 hour \$120

### **Hikers Massage**

A Therapeutic Massage (your individual needs are applied).The massage stimulates the blood circulation and de-stresses the nervous system.

1 hour \$85  
1 1/2 hour \$120

### **Reflexology Massage**

This massage technique balances the body, mind and spirit, focusing on reflex points of the hands, feet and head, beginning with a warm aromatherapy foot spa.

1 hour \$85  
1 1/2 hour \$120

### **Foot Massage and Treatment**

A massage that focuses on reflex points of the feet, beginning with soaking feet in a warm aromatherapy foot spa. Followed by a foot scrub and relaxing feet and ankle massage.

60 minutes \$85  
1 1/2 hour \$120

### **Aromatherapy Facial Treatment**

100% essential oils especially selected for your skin type are used to gently massage the face, neck, décolletage, shoulders and head. De-stresses and rejuvenates.

60 minutes \$85  
1 1/2 hour \$120

### **Therapeutic Spa**

A total experience, relaxation in the spa after massages treatment.

One or two guests 30 minutes \$15

### **JULIE BAKER massage techniques ..**

#### **Hot Stone Massage**

A unique connection with nature offering a sense of profound sacredness that is too often forgotten. Deep healing that enhances awareness and brings one close to our true essence. The heated stones are placed on key acupressure points of the body; the heat relaxes the muscles allowing a deeper manipulation.

2 hours \$160

#### **Acupressure Massage**

A gentle Chinese healing method, which stimulates the flow of energy in the body.

This technique uses the application of finger pressure at certain specific points of the body to release built up energy and re-balance the body's energy forces

1 1/2 hour \$120

#### **Shiatsu Head & Face Massage**

This face massage is SHIATSU style massage of the head, face and shoulders finished off with organic clay facial.

1 1/2 hour \$120

**Confirm appointments** by calling Barbara on 9840 8471  
**Bookings and cancellation** are required 24 hours prior to treatment.  
**Late arrivals** will be deducted from your treatment time.

**TREE-ELLE RETREAT Bow Bridge, Denmark, Western Australia 6333**