



SPA

WELCOME TO THE SPA AT KAURI CLIFFS

Kauri Cliffs Spa is nestled in a Totara forest overlooking a fern-fringed stream and offers an exclusive range of unique experiences by way of the finest holistic therapies and natural, indigenous products.

Each treatment room opens onto a private patio and stream, with forest views and birdsong to enjoy from the comfort of your treatment bed.

You are most welcome to add value to your spa experience by spending leisure time in our sauna, Jacuzzi (spa pool), heated indoor lap pool and state of the art fitness centre equipped with a full spectrum of exercise machines and free weights.

At Kauri Cliffs Spa, we are committed to providing a sense of escape through a healing and timeless approach to every single treatment. Our single priority is to personalize your experience to meet your specific needs and leave you with an awareness that your body, mind and spirit have been lifted and refreshed.

Choose from our sensational range of treatments for the whole body as detailed in our spa treatment menu. All treatments are unisex options unless otherwise stated.



SIGNATURE TREATMENTS

- Waterfall Massage
- Kiwi Mud Wrap
- Aromasoul Body Ritual
- Beach Stone Firming Treatment
- Body Renewal Remedy
- Jetlag, Headache & Sinus Relief

FACIALS

- Botanical Facial
- Organic Facial
- Sacred Nature Facial Ritual

MASSAGE

- Relaxation Massage
- Deep Tissue Massage
- Golfer's Sports Massage
- Lymphatic Drainage Massage
- Hot Stone Massage
- Reflexology
- Maternity Massage

TREATMENTS FOR HANDS AND FEET

- Luxury Manicure or Pedicure
- Pink Beach Manicure or Pedicure
- Express Manicure or Pedicure
- Express Combo: Manicure and Pedicure

TREATMENTS FOR MEN

- Heated Deep Tissue Golf Massage
- Stress-Release Back Treatment
- Bioactive Balancing Facial
- Men's Manicure or Pedicure
- Express Manicure or Pedicure
- Express Combo: Manicure and Pedicure
- Hole in One Package

TREATMENT PACKAGES

- The Silver Fern
- Kauri Comfort Zone
- Misty Cliffs
- Totara Forest Retreat
- Aotearoa Day

ADDITIONAL SERVICES ON REQUEST

- Personal Fitness Instructor
- Personal Yoga Instructor
- Personal Stylist
- Bridal Bliss (Wedding Makeover)

SIGNATURE TREATMENTS

WATERFALL MASSAGE

With your choice of New Zealand Manuka Honey or Kiwifruit body polish, this treatment combines a scrub and massage with hydro and steam therapy. Modesty preserved, a warm waterfall cascades along the full length of your body, with eight individually controlled water jets working in unison with your massage therapist to ease your muscles as the fragrance infused steam softens your skin and saturates your senses.

50 minutes NZD \$200

KIWI MUD WRAP

A skin smoothing exfoliation and deep cleansing mud wrap combine to create a full body cleansing treatment. While you rest in your New Zealand thermal mud cocoon, enjoy a mini facial and scalp massage, followed by a warm shower and luxurious application of body lotion leaving your skin silky smooth from top to toe.

80 minutes NZD \$230

AROMASOUL BODY RITUAL

The aromas of the welcome ritual begin your sensory journey, inspired by your personalized choice of blended oils reflecting the ancient traditions of the Oriental, Mediterranean, Indian, and Arabian cultures. With a selection of coconut, rice, olive or mother of pearl, the back is gently exfoliated, then remineralised with warm mud while a unique blend of aromatic oils is gently massaged into the whole body. Working together, these elements stimulate microcirculation, soothe the skin and create a sublime pampering experience, finished with an taste infusion of hot herbal teas.

80 minutes NZD \$230

BEACH STONE FIRING TREATMENT

Experience the skin refining and toning power of the ocean with a selection of products and techniques designed specifically to target the hip and thigh area. Using Comfort Zone body strategist advanced cellulite remodeling system together with a crushed seashell salt scrub and beach stone firming and lymph drainage massage, this treatment offers an intense action against the imperfections of localized cellulite.

80 minutes NZD \$230

BODY RENEWAL REMEDY

Refresh your skin and senses with a full body exfoliation using your choice of invigorating or soothing scrub. After a steamy shower, treat yourself to an aromatic therapeutic massage.

80 minutes NZD \$230 (includes full body massage)

50 minutes NZD \$180 (includes neck and shoulders massage)

JETLAG, HEADACHE & SINUS RELIEF

Hot compresses sprinkled with mind-clearing essential oils combine with a back, neck and head pressure point massage to offer instant relief from headaches, dizziness, tiredness, jetlag, sinus and stress conditions.

50 minutes NZD \$175

FACIALS

Our facials capture the essence of a simple, natural and holistic approach to skincare, focusing on purity of product and integrity of application. With local and international products containing organic and botanical extracts such as Kiwifruit, Geranium, Manuka, Buriti Oil and Butterfly Bush your skin will be completely pampered and renewed.

BOTANICAL FACIAL

A creation of New Zealand's own Evolu Botanical Skincare Range, this bioactive oxygenating facial, with the added inspiration of a purifying plus a hydrating mask, more than delivers on the promise of restoring balance to all skin types. To assist the natural evolution of the skin we offer a choice of peel-off masks included in your treatment:

Vitality - Olive Leaf re-introduces lost moisture to balance the skin.

Anti-Wrinkle - Hibiscus prevents and smoothes expression lines.

Anti-Aging - Acerola Berry fights signs of aging and boosts elasticity.

Whitening - Mulberry /Grape unifies the complexion for radiant skin

50 minutes NZD \$180 (facial only)

80 minutes NZD \$230 (including back massage or extended face and scalp massage)

ORGANIC FACIAL

This Sacred Nature Facial invites you to be touched by nature on a sensory journey using pure organic products developed by Comfort Zone, Italy. Experience a nourishing, protective treatment with precious active ingredients, chosen according to eco-cert guidelines to offer anti-aging benefits, while respecting the environment. Suitable for all skin types, even the most sensitive.

50 minutes NZD \$180

SACRED NATURE FACIAL RITUAL

As the initial foot ritual lets you take a moment to unwind and breathe in the exotic Arabian, Oriental, Mediterranean or Indian fragrances, the relaxation already begins. With organic Buriti Oil and Butterfly Bush extract this Organic Facial releases anti-oxidants and leaves the skin radiant while a light lymphatic massage balances your body in a timeless ritual of calm sedation.

80 minutes NZD \$230

MASSAGE

RELAXATION MASSAGE

Combining various styles of massage your therapist will use light, medium or firm pressure to transform a traditional Swedish massage into a personalized soft tissue treatment to promote body and mind relaxation.

50 minutes NZD \$175 80 minutes NZD \$225

DEEP TISSUE MASSAGE

Using firm to deep pressure and attention to trigger points, this massage effectively loosens connective tissue and releases accumulated tension in tight or injured areas.

50 minutes NZD \$175 80 minutes NZD \$225

GOLFER'S SPORTS MASSAGE

With special focus on golf-specific muscles of the shoulders, glutes and legs, stressed and tired muscles are softened and stretched to allow for quick recovery and prepare the body for the next game.

50 minutes NZD \$175 80 minutes NZD \$225

LYMPHATIC DRAINAGE MASSAGE

Lymphatic drainage is a delicate massage using very light, slow strokes to stimulate the lymphatic system. Specific smoothing, scooping and pumping techniques assist the movement of fluid just beneath the surface of the skin to eliminate toxins, reduce water retention and improve the metabolism and immune system.

80 minutes NZD \$225

HOT STONE MASSAGE

This hot stone massage is offered as a sedative, ritualized massage or a deep tissue massage to release specific muscle tension. Large heated New Zealand river stones are placed on key areas on the body while smaller stones are used as an extension of your therapist's hands to melt stress and induce complete relaxation.

80 minutes NZD \$225

REFLEXOLOGY

Pressure points on the feet are stimulated to reduce localized stress and encourage total body balancing. If you prefer, a hands and scalp massage can be included in this treatment.

50 minutes NZD \$175

MATERNITY MASSAGE (for mum to be)

With special care our relaxation massage is re-created into a pampering, comfortable full body treatment for future mothers. To ensure that mother and baby receive the best experience, this massage is done in a side-lying and supported seated position, with pregnancy-safe products and techniques.

80 minutes NZD \$225

TREATMENTS FOR HANDS AND FEET

LUXURY MANICURE OR PEDICURE

Recline comfortably on your massage lounger as your therapist treats you to an all-inclusive treatment performed with extra care and attention to pampering and perfection. Your treatment begins with a refreshing scented soak and continues with nail and cuticle grooming, a soothing massage and softening mask. Finishing with polish of your choice, your hands or feet will feel and look their absolute best.

75 minutes NZD \$175

PINK BEACH MANICURE OR PEDICURE

Beginning with a light exfoliation with fine Pink Beach shells or Kiwifruit scrub, nail and cuticle work is then completed efficiently to make way for a moisturizing massage and polish of your choice.

50 minutes NZD \$120

EXPRESS MANICURE OR PEDICURE

A basic treatment to tidy and quickly improve the appearance of the hands OR feet. Cuticles are pushed back and nails are shaped and buffed or painted.

40 minutes NZD \$90

EXPRESS COMBO – MANICURE AND PEDICURE

A basic treatment to tidy and quickly improve the appearance of the hands AND feet. Cuticles are pushed back and nails are shaped and buffed or painted.

80 minutes NZD \$175

TREATMENTS FOR MEN

Choose from these Men-specific treatments or any other treatments in the spa menu. All treatments are unisex options unless otherwise indicated.

HEATED DEEP TISSUE GOLF MASSAGE

Pre or post time on the greens, this specific massage is focused on improving mobility, flexibility and strength. Using a physiotherapy aid of hot towels firmly rolled on the body to warm and soften muscle tissue prior to massage, together with a firm or deep tissue and trigger point massage, the therapeutic benefits of this treatment guarantee improved performance.

80 minutes NZD \$230

STRESS-RELEASE BACK TREATMENT

This treatment combines purifying the skin with a muscle-relieving massage for maximum renewal of the back. Deep cleansing, exfoliation and self-heating mud revive and remineralize the skin and a therapeutic back and neck massage releases stressed muscles.

50 minutes NZD \$180

BIOACTIVE BALANCING FACIAL

New Zealand Botanical and marine essences encourage a state of balance through a fresh cleansing, exfoliating and moisturizing facial. The perfect solution to remove impurities, soothe razor irritations and provide an instant boost for tired skin.

50 minutes NZD \$180 (facial only)

80 minutes NZD \$230 (including back massage or extended face and scalp massage)

MEN'S MANICURE OR PEDICURE

Enjoy a relaxing soak, exfoliation and massage of your hands or feet, as well as meticulous grooming of rough skin, cuticle work and shaping and buffing of the nails.

50 minutes NZD \$120

EXPRESS MANICURE OR PEDICURE

A basic treatment to tidy and quickly improve the appearance of the hands OR feet.

Includes exfoliation, moisturizing, cuticles are pushed back and nails are shaped and buffed.

40 minutes NZD \$90

EXPRESS COMBO – MANICURE AND PEDICURE

A basic treatment to tidy and quickly improve the appearance of the hands AND feet.

Includes exfoliation, moisturizing, cuticles are pushed back and nails are shaped and buffed.

80 minutes NZD \$175

HOLE IN ONE PACKAGE

A Winning Combo For Men

After battling the greens and weathering the elements, revive your body and skin with a full body scrub, massage and soothing mini facial. Once tired muscles have been released with a therapeutic massage, the winning combo is completed with a refreshing men's pedicure.

Allow 3 hours NZD \$495 and add additional time and charges for refreshments or leisure activities

TREATMENT PACKAGES

Choose from our selection of spa packages or request a personalized medley unique to your own requirements.

THE SILVER FERN

With serene views onto our fern-fringed stream, your choice of Botanical or Organic Facial married with a refreshing foot soak and pressure point reflexology massage is the ultimate balancing treatment for the whole body.

Allow 2 hours NZD \$340

KAURI COMFORT ZONE

After a delicate exfoliation with soft brushes, the metamorphosis continues with your body cocooned in warm silky mud as your scalp is treated to an enriching tonic and sedative massage. To complete the transformation, a Sacred Nature Organic facial and a butterfly-inspired massage work in synergy with Comfort Zone aromatic toning oils to bring gentle healing to the whole body.

Allow 2.5 hours NZD \$420

MISTY CLIFFS

Men and Ladies Golf Alternative

This lifesaving treatment offers you an escape from the misty greens or the baking sun. A firm traditional Swedish massage, plus a back exfoliation and a hot mud mask, relieve and remineralise tired muscles. From there you will lie back on a bed of carefully placed hot stones to relax the areas around the spine and lower back, while your therapist works magic on your neck, arms and feet to dissolve tension areas.

Allow 2.5 hours NZD \$420

TOTARA FOREST RETREAT

Total Body Cleanse Therapy for Ladies and Men

Experience a renewal ritual from head to toes, with a full face and body cleanse, exfoliation, tone and moisturize followed by a revitalizing body and scalp massage and mini manicure and pedicure.

Allow 3 hours NZD \$495

AOTEAROA DAY

Ultimate New Zealand Spa Day

Our classic full day at the spa includes a selection of indulgent treats to whisk you away from the world for a day.

Once settled in your spa suite your therapist will customize your treatments to provide the best facial, full body massage or wrap, manicure and pedicure to suit your specific needs. Morning tea service, snack and a gourmet spa lunch prepared by Kauri Cliffs chefs will be served in your private spa garden patio or the main lodge if you prefer.

Allow 6 hours NZD \$860

Add additional time to unwind in the sauna and jacuzzi before or after your spa day.

ADDITIONAL SERVICES

PERSONAL FITNESS INSTRUCTOR **on request**

PERSONAL YOGA INSTRUCTOR **on request**

Private instruction is customized to your fitness level and offered onsite subject to availability of a trainer

HAIRDRESSING / STYLIST **on request**

Onsite bookings are subject to availability of contract stylist

Offsite bookings at a local exclusive salon are available and can be added to a tour of the historic town of Kerikeri

BRIDAL BLISS (wedding day makeover) **on request**

Treatments to prepare the bride-to-be and bridal party for your special occasion can be customized with our Spa Manager.

SPA INFORMATION

SPA HOURS

The Spa Complex and Treatments are available 7 days a week during the hours indicated below

07h00 to 20h00	Gym, Pool, Jacuzzi, Sauna
11h00 to 19h00	Treatments

YOUR APPOINTMENT

To make the most of your treatment time, we suggest you arrive early enough to change into a robe and slippers and complete a consultation form before your appointment begins. To enhance your spa experience even further, arrive 30 minutes early and enjoy our sauna or Jacuzzi before your appointment, which will certainly add warming and relaxing value to your treatment.

EARLY ARRIVAL FOR APPOINTMENT

Should we be in treatments and you find no one at the spa reception desk when you arrive, kindly sign in and proceed to the change rooms, where you will find a robe, slippers and disposable underwear in the lockers. Once changed, relax with fresh water and nibbles in the waiting area, complete your consultation form at leisure and your personal spa therapist will meet you there as soon as she is available.

LATE ARRIVAL FOR APPOINTMENT

In the unlikely event that you are running late, we will try our best to complete your full treatment, however please note that the treatment may be shortened should there be another booking immediately afterwards.

CONSULTATION

Your personal therapist will conduct a brief consultation before beginning your treatment to confirm the duration and type of treatment booked and ensure that you receive the treatment most suited to you. It is vital that we are advised of all health concerns on your consultation form so that our spa therapists can address your special requirements and customise treatments where necessary.

SPECIAL CONSIDERATIONS

Guests who have a history of or presently have, any medical or high risk conditions, including pregnancy, high blood pressure, heart conditions and other serious circulation or muscular complications are required to consult their doctor before reserving any spa service. Guests presenting with a cold, fever or skin irritations will be unable to receive any massage treatments or treatments that may aggravate the existing condition.

YOUR SPA THERAPIST

We have a team of passionate and caring female therapists with a range local and international experience. Feel free to present your requests to your therapist as each therapist has unique skills and may be able to improvise and offer variations on the spa menu, personalized especially for you.

We are unable to guarantee the availability of a male therapist but will do our best to meet this request should you prefer a male.

PRIVACY

Your privacy is considered at all times. In the treatment room, your spa therapist will leave you in private to change and get settled under the bed covers. Throughout the treatment untreated areas are draped with sheets and the chest area is covered if the treatment includes abdominal work.

SPA ETIQUETTE

The Spa is an area of relaxation and tranquility and as such all areas around and within the building are noise-free zones.

We request that guests keep noise levels to a minimum and refrain from using cell phones or electronic devices in the Spa Complex as this may disturb treatments in progress.

The consumption of cigarettes and alcohol is not encouraged in any spa environment or directly before or after any spa treatment. Use of glass around the pool areas is not allowable.

VALUABLES

Please leave your valuables in your guest room safe. Kauri Cliffs cannot be responsible for lost or stolen items.

IN ROOM TREATMENTS

Certain treatments are available within the privacy of your Kauri Cliff's guest suite. Kindly inquire with guest reception when booking, as to which treatments are suitable for in-room service. Please note that an additional charge of 20% is added to all in-room bookings.

CANCELLATION POLICY

Treatment times are reserved exclusively for you. If you need to change the time of your treatment within the 8-hour cancellation period, we will make every effort to accommodate your wishes but may not be able to guarantee the availability of a therapist.

PAYMENT OF SERVICES

Services for lodge guests will automatically be charged to room accounts and guests are not required to sign a bill at the end of spa treatments. For day guests we accept all major credit cards, cash and eftpos and payments can be done at spa reception.

GRATUITIES

Gratuities are not expected but may be left in appreciation of exceptional service and can be charged directly to your room account.