



Sanctuary

MASSAGE & AROMATHERAPY

Heart and Soul Massage

1½ hours \$100

This healing aromatic massage includes face, scalp, hands and feet and is for those wanting to soothe their soul as well as their body. The combination of therapeutic massage with a personalized blend of essential oils induces deep relaxation, calms the mind and uplifts the spirit.

Nurture Yourself

1 hour \$80

This soothing aromatic massage with a personalized blend of essential oils will leave you feeling relaxed, restored, nurtured and balanced, ready to face the world.

Aromatic Therapeutic Massage

A firmer massage tailored to your specific needs.

30 minutes	\$50
45 minutes	\$65
60 minutes	\$80
90 minutes	\$100

Total Back Blitz

30 minutes	\$50
1 hour	\$80

A thorough back, neck and shoulder massage with pure essential oils designed to relieve stress and tension and soothe aching back muscles.

Lighten Your Step (legs and feet)

30 minutes	\$50
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This massage will bring lightness to heavy aching legs and sore, tired feet.

Pregnancy Massage

1 hour	\$80
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In this gentler massage, pure essential oils are chosen and blended with nourishing carrier oil to address the needs of the pregnant woman.

Aromatherapy Facial Massage

(includes neck and scalp)

30 minutes	\$50
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Combining facial acupressure with other massage techniques, this massage stimulates facial energy points, releases tension from the face and head and re-establishes harmony to the muscles and skin tissue.

Gift Vouchers

Sanctuary Gift Vouchers are available for all our massages or we will tailor one to your requirements.

Packages

I offer a number of packages to suit all lifestyles and budgets. Ask us today.

Opening Hours

Tuesday	9am to 7pm
Wednesday	9am to 7pm
Thursday	9am to 7pm
Friday	9am to 7pm
Saturday	9am to 5pm

Phone 1300 852 133

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