

## FACIALS

**60 – 90 mins from \$75**

Experience the ultimate facial with Pure Fiji's targeted solutions. Aromatic envelopments combine with exceptional skin conditioning plant actives, advanced cell renewal technology and unique massage techniques to achieve targeted results while restoring radiance, repair and nourish the skin.

## PURE LOKAHI PACKAGE

**2 hrs - \$185**

Begin your journey into Paradise with a Ka Huna Massage to melt away stress, follow this with a Coconut Sugar Rub using pure traditional oils & floral infusions to stimulate your body & senses. You will then experience the soothing & grounding benefits of Heated Stones as your skin is hydrated with exotic nut extracts & coconut milk.

## HYDRATING BODY WRAP

**80 mins - \$125**

To begin your ritual your skin is deeply cleansed and exfoliated, followed by a hydrating body wrap and hot oil scalp massage.

## DILO RESCUE WRAP

**60 mins - \$80**

Great for sunburn or skin irritations, using hydrating & soothing Dilo nut extracts, combined with Aloe & Coconut Oil. This is supercharged healing cocktail for the skin.

## REIKI

Reiki is a healing system of hands on energy work based on universal life force energy. It can be & is often used within a healing session.

**ASK ABOUT A CUSTOMISED  
PACKAGE**

**Phone 0417 710 511**

## MY HEALTH MASSAGE DAY SPA TREATMENTS

**Suite 54 Level 1  
Oasis shopping Centre  
Victoria Avenue  
Broadbeach**

*IKE The world is what you think it is 'be aware'*

*KALA There are no limits 'be free'*

*MAKIA Energy flows where attention goes 'be focused'*

*MANAWA Now is the moment of power 'be present'*

*ALOHA To love is to be happy 'be happy'*

*MANA All power comes from within 'be confident'*

*PONO Effectiveness is the measure of truth 'be positive'*



- Hawaiian Ka Huna Bodywork
- Flowing Relaxation Massage
- Deep Tissue Massage
- Polynesian Floorwork
- Pregnancy Massage
- Spa Body Treatment



**Suite 54 Level 1  
Oasis Shopping Centre  
Phone 0417 710 511  
[www.myhealthmassage.com](http://www.myhealthmassage.com)**



## THE BODYWORK

Ka Huna Bodywork, also known as Hawaiian Temple Massage and Lomi Lomi was originally performed by the Ka Huna, the masters of this ancient and sacred tradition. It was used during rites of passage as a transformational massage and healing system.



The Bodyworkers fluid rhythm and touch encourages the receiver to let go of stress and fatigue allowing the body, mind, soul to connect and balance. It is deeply relaxing and wonderfully invigorating.

The depth & strength varies to suit each individuals needs, from a remedial restorative treatment to a gentle nurturing touch.



## KA HUNA BODYWORK FEES

**\$90 - 1 hr session**

**\$120 - 1 1/2 hr session**

**\$150 - 2 hr session**

Within the Ka Huna style, many techniques are available, these include:

Flowing Relaxation Massage

Deep Tissue Massage

Lymphatic Drainage

Structural Balancing &

Stretching (floorwork)

Pregnancy Massage

Yoga massage

Our tables are specially designed for comfort during pregnancy.

*"Give yourself the opportunity to feel the touch and spirit of Aloha."*

All Treatments are completed in the allocated time frame. So please be aware that if you are late your appointment will end on time as scheduled so that the next client is not delayed.

**Gift Vouchers Available**

[www.myhealthmassage.com](http://www.myhealthmassage.com)

### LOM ILI

(HEATED STONE MASSAGE)

**90 mins - \$125**

Pohaku Pa'a (basalt stones) are heated and utilised in this session, combined with the flowing Lomi Massage. The penetrating heat of the stones promotes deep relaxation & relief of pain. To experience this therapeutic, grounding & deeply healing treatment is pure bliss!

### COCONUT SUGAR RUB

**45 mins - \$70**

This Body Treatment buffs away dead skin cells leaving your skin with a healthy glow. With naturally occurring alpha hydroxy agents in raw sugar cane & nourishing properties of four nut oils this is a beautiful polishing treatment. Your skin is then hydrated with a unique blend of exotic nut extracts & fresh coconut milk.

### ISLAND RITUAL FOOT SPA

**50 mins - \$50**

Relax & be pampered from soul to soul, starting with a ritual cleansing with Coconut Milk, followed by a Pineapple Sugar Rub. A warm Body Butter Wrap is applied to the feet while a Massage with Heated Stones will leave you floating in Paradise. Your choice of nail colour is then applied.

### HAWAIIAN ESCAPE

**90 mins - \$135**

This treatment combines the stimulating & conditioning benefits of a Coconut Crème Scrub to leave your skin smoothed & mind refreshed, follow this with a Hawaiian Ka Huna Massage & feel the spirit of the Islands.

### MANA'IA REVIVER

**For men 80 mins - \$100**

Enjoy some time out with a back exfoliation using ground drift nuts & creamed coconut, followed by a soothing Ka Huna Massage.