

NEWSTEAD SPA & SALON

Escape from the Ordinary



SPA HOURS

Monday to Sunday

9am - 6pm

27 Harbour Road, Paget PG 02

Tel: 441.249.7119 ~ E-Mail: spareception@newstead.com

NEWSTEAD SPA & SALON

Massages



Swedish Massage.....**50mins.....\$120**
80mins.....\$155

A light to medium pressure massage employing long gliding strokes and kneading to induce a deep state of relaxation. This massage relieves stress, tension and muscle aches, improves circulation and flexibility.

Lomi Lomi Signature Massage.....**60 mins.....\$130**
80mins.....\$155
90mins.....\$165

Lomi Lomi is a Hawaiian massage which works gently yet deeply into the muscles using continuous flowing strokes allowing you to relax and give into the nurturing touch. The continuous strokes of the massage are designed to help the body let go of its old patterns and behaviours which can cause as many stresses and strains as muscle tensions.

Deep Tissue Massage.....**1hr.....\$140**
90mins....\$210

Deep and firm pressure is applied on localized areas, this aids the release of tension, blockages and knots and relieves muscular tension and spasm due to stress, work or athletic activities.

Aromatherapy Massage.....**60mins.....\$120**
80mins.....\$155

Our Aromatherapy Massage is a traditional massage in which pressure point techniques are used. The luxurious treatment combines the therapeutic benefits of touch and smell. Aromatherapy oils infused with essential oils of natural plant extract will help your mood and awaken your senses. Spinal pressure points are used gently along side the spine which aids the autonomic nervous system.

Golfers Massage.....**45 mins.....\$90**

A massage designed specifically for a golfers concern. The neck, back and shoulders are concentrated on to relieve discomfort. Work on lower back and hamstrings create the proper balance and flexibility. A relaxed golfer emerges.

Back Neck and Shoulder Massage.....**30 mins.....\$65**

Tight muscles are relaxed with Swedish massage techniques and toxic build up in the joints are released by incorporating Thai stretches leaving your back de-stressed and relaxed.

NEWSTEAD SPA & SALON

Massages



Thai Massage.....50 mins.....\$130

Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure with the hands and feet. These movements help to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body's energy system. The effect is both relaxing as well as energizing.

**Hot Stone Massage.....30mins.....\$75
1hr.....\$150
80mins.....\$215**

This deep massage has the 'heat is healing' effect. When you have a hot stone therapy treatment the heat from the stones gently, yet continually penetrates into your muscle fibers and literally melts away layers of tension.

Pregnancy Massage.....60 mins.....\$130

This massage is for women that are three or more months pregnant. Special care and attention is given to the mother's comfort by using pillows to create a perfect environment during her massage. The benefits of this massage therapy include improved circulation and aids back and hip pain.

Couples Massage.....1 hr.....\$250

Whether you are with a friend or loved one, this massage allows you to enjoy one another's company while each receiving a Swedish massage in a luxuriously designed couples suite. Traditional Swedish techniques combined with Lomi Lomi techniques are applied. Relaxing or medium pressure is provided to meet your needs.

Four Hands Massage.....1hr.....\$198

The ultimate massage synchronizing experience. Two qualified therapists work simultaneously with choreographed strokes. This massage will provide the deepest of relaxation and amazing muscular work.

NEWSTEAD SPA & SALON

Holistic Therapies



Reflexology.....50 mins.....\$120

Reflexology is a natural aid to restoring the body's healing balance, by manipulating the reflex areas on the feet, energy congestion in the body is released. This improves the energy flow and the blood supply. This result is an overall feeling of well-being and this enables the body to function efficiently.

Indian Head Massage.....45 mins.....\$95

Indian Head Massage is a treatment which has its roots in Ayurvedic Techniques involving work on the upper back, shoulder, arm, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation, and restore joint movement.

Hopi Ear Candles.....30 mins.....\$55

Hopi Ear Candles are hollow tubes traditionally made from organically grown flax, extracts of honey, beeswax and herbs. These candles provide a non-invasive treatment of the ears which are used to treat a variety of conditions in a practice often known as Thermal Auricular Therapy.

Shirodhara.....45 mins.....\$85

This treatment allows warm oils to flow in a steady stream, on the 3rd eye (6th chakra) and over the top of the head (crown chakra). Shirodhara rejuvenates both mind and senses, which allows the body's natural healing mechanisms to release stress from the nervous system and improve mental clarity and comprehension

Aromatherapy Massage.....1hr.....\$120

80mins.....\$155

Our Aromatherapy Massage is a traditional massage & pressure point techniques are used. The luxurious treatment combines the therapeutic benefits of touch and smell. Aromatherapy oils infused with essential oils of natural plant extract will help your mood and awaken your senses. Spinal pressure points are used gently along side the spine which aids the autonomic nervous system.

Energizing Foot Treatment.....30mins.....\$55

45mins.....\$85

No wonder the feet are sometimes considered to be the forgotten territory. When you've spent hours on end on your feet, you need a good rub to get the circulation going again. This treatment stimulates the blood vessels in your feet conjuring a gentle, soothing heat which immediately starts to relax you, leaving your feet energised by the end of your treatment.

NEWSTEAD SPA & SALON

Men's Spa Rituals



Back, Neck and Shoulder Massage.....30 mins.....\$65

Tight muscles are relaxed with Swedish massage techniques and toxic build up in the joints that are released by incorporating Thai stretches leaving your back de-stressed and relaxed.

Balancing Back Treatment.....50 mins.....\$115

A treatment to eliminate back complaints. Your skin will be deep cleansed and exfoliated with this purifying balancing back treatment. Our special cocktail of botanicals and herbs, combined with our eastern back movements, stimulates lymphatic and flow. Your muscles relax with Swedish and Sports massage techniques, allowing your body to unwind and de-stress.

Hot Basalt Stone Massage.....30 mins.....\$75

This deep massage has the 'heat is healing' effect. When you have a hot stone therapy treatment the heat from the stones gently, yet continually penetrates into your muscle fibers and literally melts away layers of tension.

Thai Ritual Massage.....60 mins.....\$130

Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure with the hands and feet. These movements help to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body's energy system. The effect is both relaxing as well as energising.

Men's Pedicure Foot Treatment45 mins.....\$70

First, relax your tired feet in soothing aromatic water. Followed by removal of any dead skin and then a foot massage and a hydrating mask. Lastly, nails and cuticles are shaped, trimmed and buffed.

Soothing Hand Treatment.....45 mins.....\$60

Restores tired hands. This treatment will include a hand exfoliation removing the appearance of dull skin. A relaxing hand and arm massage follows, along with a cuticle and nail tidy, trim and buff, leaving your hands strong and energised.

NEWSTEAD SPA & SALON

Face & Body



Waxing

Full leg.....	\$65
Full leg and bikini wax.....	\$85
½ leg.....	\$45
¾ leg.....	\$55
Full arm wax.....	\$38
½ arm wax.....	\$30
Bikini wax.....	\$30
High bikini wax.....	\$45
Brazilian wax.....	\$74
Back wax.....	\$55
Chest wax.....	\$35
Stomach wax.....	\$35
Under arm wax.....	\$25
Eye brow wax.....	\$25
Lip wax.....	\$15
Chin wax.....	\$15

Waxing for Men

Back and Shoulder wax.....	\$55
Arm wax.....	\$30
Chest wax.....	\$35
Abdomen wax.....	\$35

Beauty Touches

Make-up Application	45mins.....	\$125	
Eye lash extensions.....	corners..... \$ 15.....	full	\$45
Eye brow tint.....			\$25
Eye lash tint.....			\$30
Eye-lash & Eye brow tint			\$50
Eye- brow lightening.....			\$45

NEWSTEAD SPA & SALON

Hands & Feet



Manicures & Pedicures

Manicure.....	45mins.....	\$60
Luxury Manicure.....	1hr.....	\$70
Pedicure.....	5mins.....	\$75
Luxury Pedicure.....	1hr.....	\$85
File & Polish.....		\$20
Additional French polish (Hands).....		\$7
Additional French polish (Feet).....		\$12

Kiddies

Teeny toes.....	30mins.....	\$50
a nail tidy, gentle foot exfoliation, ,massage, polish or buff		
Fabulous fingers:.....	30mins.....	\$45
a nail tidy, hand massage, polish or buff		

NEWSTEAD SPA & SALON

Packages



Whatever the occasion may be, you'll love our Spa Packages in our tranquil surroundings. Unwind in the calm environment within our Harbour setting treatment rooms. Spa packages include full use of swimming pool, gym and steam rooms, a spa lunch or dinner and a signature herbal tea. (spa lunch not included in Romantic Bliss and Angel Bliss for Kids)

FULL DAY SPA PACKAGES

Indigenous Bliss.....5.1/2 hrs.....\$575

Experience a journey of complete satisfaction, you will leave us feeling completely pampered and polished.

- Gommage Marine invigorating body polish, followed by a Lomi Lomi Signature body massage
- Le grand classique facial tailor made for your skin
- Luxury manicure (additional \$7 for a French polish)
- Luxury pedicure (additional \$12 for a French polish)

Ultimate Retreat.....4 hrs.....\$565

A combination of holistic body work and energy therapy using ancient remedies for modern times to empower your natural healing senses.

- Hot Stone therapy massage
- Le grand classique facial tailored made for your skin
- Indian head massage
- Reflexology

NEWSTEAD SPA & SALON

Packages



HALF DAY AND EVENING SPA PACKAGES

Our half day spa packages include full use of swimming pool, gym and our steam rooms, a spa lunch or dinner and a signature herbal tea. (spa lunch not included in Romantic Bliss and Angel Bliss for Kids)

Romantic Bliss for 2.....2.1/2 hrs.....\$460

Enjoy quality time with the person you love or someone special as a pamper time for you both to wind down and relax. Embrace quality time as a couple and celebrate with champagne and strawberries.

- Couples body massage
- Energizing foot treatment
- Mini manicure

Twilight Delight.....2 hrs.....\$TBD

Spa package tailored to your beauty and relaxing requirements.

Take time out and unwind in our tranquil treatment rooms and indulge in our relaxing steam room; choose any 2 of the following 25 minute treatments:

- Escale Beaute express beautification facial
- Gommage Marine Body Polish
- Back, neck and shoulder massage
- Mini Pedicure
- Mini Manicure

Tranquil Sunset.....2.1/2 hrs.....\$350

To be delivered from a long day at the office into complete calm and serenity.

- Le Grand Classique, deep pore cleansing facial
- Lomi Lomi Signature Massage
- Mini Pedicure

Angel Bliss for Kids.....1 hr.....\$95

Invite your child to discover the world of well-being under the care of our friendly professional therapists.

- Teeny Toes: a nail tidy, gentle foot exfoliation, massage, polish or buff
- Fabulous Fingers: A nail tidy, hand massage and polish or buff

NEWSTEAD SPA & SALON

Hair Salon



Ladies Hair Styling Services

Wet Cut.....	From \$60
Shampoo, Cut & Blow dry.....	From \$95
Shampoo & Blow dry.....	From \$60
Updo Styles.....	From \$95

Men's & Kids Hair Style Services

Gents Cut	From \$35
Kids Cut.....	From \$25

Hair Treatments

Relaxers.....	From \$115
Perms.....	Short From.....\$150
	Long From.....\$165
Brazilian Keratin Treatment.....	From \$400

Hair Colouring Services

All-Over Colour.....	Short From.....\$102
	Long From.....\$115
Partial Foil Highlights.....	From \$155
Full Foil Highlights.....	From \$185
Cap Highlights.....	\$115
Semi Colour.....	Short From.....\$85
	Long From.....\$105