

- FULL BODY TREATS -

HERBAL PUNCH MASSAGE

Good health is as easy as punch! Uses a heated warm pouch packed with herbs in the massage to open up your body, while the deep tissue Qi body stroke is allowed to work its magic to expel wind and dampness, relieve muscle ache, stiffness and improve blood circulation. Your body just warms up to it and its an instant relaxant to those problem spots. Come on and punch your treatment up a notch!

- PRICE -

90mins - \$110 120mins - \$135

COMPLETE HEALTH BLAST

A complete full body workout. Recommended for those who like the best of all worlds! Intensive deep reaching acupressure massage unplucks the boulders from your shoulder, soothes the back and works those thighs. What more can you ask.

- PRICE -

60mins - \$70 90mins - \$95 120mins - \$120

GENERAL HEALTH BLAST

Your red and white blood cells deserve a bit of help in their daily route through your body too. General Health Blast is an acupressure massage that stimulates your body's blood circulation to the best of its capabilities.

- PRICE -

60mins - \$70 90mins - \$95 120mins - \$120

JET-LAG REVIVAL BLAST

Turn back the clock on jet lag and acquaint your body to the proper time zone with a stimulating Jet-Lag Revival Blast. It relieves the pressure off your out-of-sync body clock. Lighten those jet-stretched muscles with this nifty massage which relaxes the head, neck and soothes your soles with specialized acupressure hand movements combined with special essential oils that will reduce fatigue and re-establish your dysfunctional body clock. It's a perfect prep before you head out into the urban jungle!

- PRICE -

90mins - \$100 120mins - \$125

- LOCALISED TREATS -

BACK, SHOULDER & NECK BLAST

Get your upper torso into the mood for some svelte pressure. Ideal for office workers who spend long hours at workstations. A superb blast targeted at upper & lower back problems.

- PRICE -

30mins - \$40 45mins - \$55 60mins - \$70
90mins - \$95 120mins - \$120

RECOVERY BLAST

A bruised or twisted kneecap, strained ligament or even a stretched muscle is not something you want to live with just because you're the avid sportsperson. Recovery Blast is a special massage that sees that you live without pain due to a sporty lifestyle.

- PRICE -

30mins - \$40 45mins - \$55 60mins - \$70
90mins - \$95 120mins - \$120

BLACKBERRY MASSAGE

We don't mean the fruit but a palm massage for BlackBerry Addicts. Restore nimbleness to locked fingers and thumbs. Blood circulation and lymphatic drainage is given a good nudge to return a lighter touch.

- PRICE -

30mins - \$40

ROOT BLAST

If you live your life to the mantra that your boots were made for walking then get your tootsies ready for some thumbing pressure with a reflexology session that would make your toes curl.

- PRICE -

30mins - \$30 45mins - \$40 60mins - \$50
Any additional 15 mins at \$12

- ADD - ON -

SOOTHING EAR CANDLING TREATMENT

Your ears need soothing too! Aided with a relaxing head and neck massage to relieve stress and anxiety, this treatment then rolls on to removing excessive ear wax. Together this treatment relieves sinus issues, ear ache problems and chronic headaches.

- PRICE -

30mins - \$35 a-la-carte / \$30 package holder

HERBAL HEATER

Got 1, 2 or perhaps even 3 knotty problems you just can't get off your back (or any other body part)? Try a Herbal Heater which will pack in some heat and mash of ginger, salt & mugwort on the problem points. Placed on a tensed up muscle it will undo all pain & bring instant relief. Perfect even for those with arthritic problems and some of us who are prone to internal 'winds'.

- PRICE -

\$15 a-la-carte / \$10 package holder

GINGER-IFIC BLAST

Pump up the heat of your blood flow to increase the circulation in the body with a simple traditional Eastern touch. Remove the access chill and internal winds from your body with a 30 minutes ginger treat. A wonderful detoxifying mash of fresh ginger is slathered onto tired muscles - warming them up and getting rid of the knotted nests. Then after soothe your soul with a sip of ginger tea.

- PRICE -

30mins - \$25 a-la-carte / \$20 package holder

**Refund Policy - Stop the treatment within the 1st 10 minutes
and no payment will be charged.**

Qi mantra
remedial massage