



TALALLA

RETREAT



SPA & WELLNESS
MENU

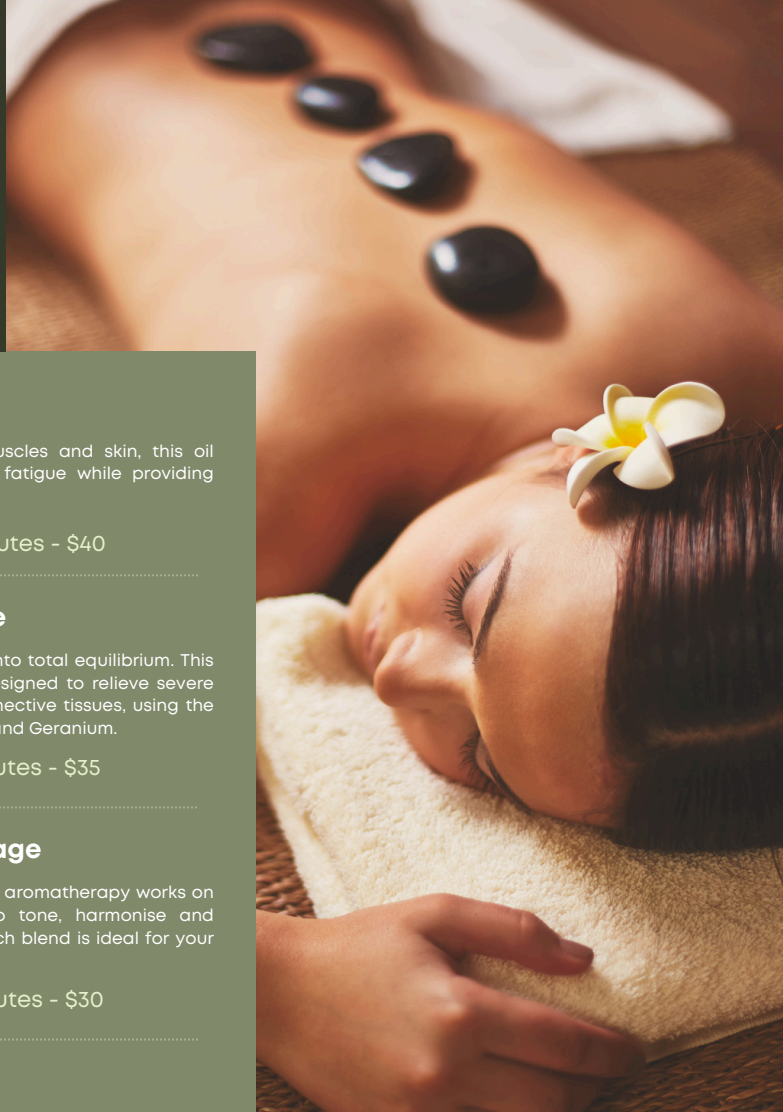
"WELLNESS IS LIVING IN
ALIGNMENT WITH THE
NEEDS OF YOUR MIND,
BODY & SPIRIT"





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Full Body Massage

Working effectively to tone muscles and skin, this oil massage reduces tension and fatigue while providing excellent all-round relaxation.

60 minutes - \$30 / 90 minutes - \$40

Deep Tissue Massage

Bring your body and emotions into total equilibrium. This massage has been specially designed to relieve severe tension in the muscles and connective tissues, using the 100% natural oils of Ylang Ylang and Geranium.

30 minutes - \$25 / 60 minutes - \$35

Aromatherapy Massage

Using 100% natural essential oils, aromatherapy works on the body's natural function to tone, harmonise and energise. Ask your therapist which blend is ideal for your individual needs.

30 minutes - \$20 / 60 minutes - \$30

Swedish Massage

This relaxing and invigorating full body massage is designed to increase the oxygen flow in the blood and release toxins from the muscles through a variety of techniques. It promotes health and wellbeing whilst inducing a state of total relaxation.

60 minutes - \$30

Foot Reflexology

Reflexology helps to restore balance and promote natural health and vitality. It's benefits are manifold: creating calmness and serenity, improving circulation, increasing energy and balancing emotions.

40 minutes - \$25

SIGNATURE MASSAGES



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SPECIALTY MASSAGES

TROPICAL FACIALS

Cucumber & Honey Facial

The cooling effect of cucumber is perfect for sunburn, whilst antioxidants in the honey combine with soothing properties to feed and nourish the skins deep layers.

50 minutes - \$25

Papaya & Honey Facial

Papaya is a rich source of carotenes, vitamins B & C and flavonoids, removing dead skin cells whilst keeping skin hydrated, and can even help uneven skin tones.

50 minutes - \$25

Aromatherapy Facial

Cleanse, tone and exfoliate your skin using specific essential oils to gently restore the balance in your skin.

35 minutes - \$15 / 55 minutes - \$25

Ayurvedic Massage

A relaxing traditional style full body massage, combined with warm Ayurvedic herbal oil to cleanse and balance the internal systems and energy centres of the body. Last available time: 15:30

60 minutes - \$30

Shirodhara

This classical Ayurvedic treatment - where warm oil is poured in a continuous flow over the forehead, followed by a head and shoulder massage - is effective for the treatment of headaches, insomnia and mental tension.

30 minutes - \$35

Steam Bath

Steaming the body with a number of herbs and leaves which have medicinal benefits. You rest in an enclosed wooden casket in which steam from boiled herbs and roots vaporise. Helps to relieve joint pains and ailments.

40 minutes - \$25

Herbal Bath

Herbs used in preparing the bathwater have healing properties and offer a sense of freshness, enhance micro-circulation and preserve the natural quality of your skin.

40 minutes - \$25



BODY WRAPS & SCRUBS

Cucumber Wrap

The perfect treat for a hot summery day. This cool wrap is designed to soothe the body and rehydrate the skin.

40 minutes - \$25

Sandalwood, Turmeric & Honey Wrap

A moisturising and cleansing wrap with the wonderful herbs of sandalwood and turmeric to soften, nourish and purify the skin.

40 minutes - \$25

Herbal Healing Wrap

This ancient Chinese and Ayurvedic remedy will rejuvenate and regenerate the skin and strengthen the underlying connective tissues.

40 minutes - \$25

Sandalwood & Milk Scrub

Sandalwood and milk creates an ideal treatment to nourish, smooth and condition the skin, making it brighter, firmer and improving overall appearance,

40 minutes - \$25

Herbal Body Scrub

The perfect way to naturally eliminate the dead cells that accumulate on the skins surface. A unique blend of fresh herbs leaves your skin feeling soft and refreshed.

40 minutes - \$25

Revitalising Sea Salt Scrub

Pure sea salt revitalises the skin, helping to draw out toxins and stimulate circulation. Cleanses pores and improves skin texture.

40 minutes - \$25

Coffee Scrub

Reduces cellulite and tightens skin cells, resulting in a slimmer look. Coffee lessens the appearance of age spots whilst calming irritated skin.

40 minutes - \$25



PAMPER PACKAGES

Completely indulge your body and enliven your senses with our 3 or 5 day Spa @ Talalla Pamper Packages.

5 Day Indulgence Package

Day 1: 30 min head and shoulder massage
Day 2: 60 min aromatherapy body massage
Day 3: 40 min foot reflexology
Day 4: 60 min deep tissue massage
Day 5: 50 min facial of choice

\$100

3 Day Relaxation Package

Day 1: 40 min body scrub of choice
Day 2: 60 min deep tissue massage
Day 3: 55 min aromatherapy facial

\$60

Please reserve the time for each treatment at the time of booking the package.



Open Hours:

Monday - Sunday
8:30am - 6pm

Please Note:

- All bookings should be made at reception.
- Leave all valuables in your room or the safe provided.
- Please don't come to your appointment in wet clothes or with sand on your skin.
- Inform your therapist of any injuries or specific requirements.
- Please be on time for your appointment as delays will effect the duration of your treatment.

Website:

www.talallaretreat.com



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