



**Aquador Retreat**  
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## Accommodation

Aquador Retreat is a boutique size spa retreat catering for a maximum of 8 people per weekend. We offer many spa packages for you to choose from or you can create your own.

In-house guests have the exclusive use of the Wellness Centre. After a day of pampering, enjoy the benefits of staying overnight so your state of relaxation turns into days of bliss.

## This is your time out!

Take time out to connect with your true self with the use of

- water to get in touch with your emotions
- sweating to eliminate toxins
- resting to get in touch with your soul

**Reflect and recuperate, a cleansing experience for body, mind and soul.**

## Wellness Centre Program Packages

	1 night	2 nights	3 nights	4 nights	5 nights	6 nights	7 nights
Cottage Suite p.p.twin share	360	670	960	1250	1540	1830	2205
Courtyard Room p.p.twin share	350	650	930	1210	1490	1770	2135
Balcony Room p.p.twin share	340	630	900	1170	1440	1710	2065
Standard Room p.p.twin share	315	600	865	1130	1395	1660	2010
Cottage Suite single	520	910	1260	1610	1960	2310	2745
Courtyard Room single	500	870	1200	1530	1860	2190	2605
Balcony Room single	480	830	1140	1450	1760	2070	2465
Standard Room single	420	770	1070	1370	1670	1970	2355

Deposit: 50% credit card booking, balance on arrival  
 Terms and conditions apply

### Packages include

- Daily entry to the hydrotherapy Wellness Centre
- One treatment per day of your choice (more treatments are available at an extra cost).
- We take you for early morning walks followed by yoga stretches.
- Free entry to the gym is included at any time.
- Our in-house chef caters for all meals (continental breakfast or muesli, lunch and one course dinners) are included.

### Room features

- ensuite
- R/C air-conditioning
- tea/coffee making facilities
- all natural toiletries & luxury silk kimono
- CD/radio
- hair dryers
- king/queen size flexi slats beds with latex mattress

### Gift voucher

Please phone for order and pick up of vouchers, or use a credit card to have a voucher sent to you  
 ph 8398 0300

## Signature treatment [45mins] \$85

A must have traditional bathhouse experience House recipe body exfoliation followed by a water-massage, hot towels, mini facial and Shiatsu style pressure massage.

## Wellness Centre [2 hours] \$65

The public wellness centre is our main focus and provides you with the space to relax, leisure spend some quality time in.

Treatments are designed as an addition to the wellness centre visit.

## Spa packages

### Top to toe [4 ½ hrs] \$265

Spa access pass

Signature treatment

Choose from massage, facial or pedicure

Lunch or afternoon tea

Incl. coffee/tea and fruit juice

### Rejuvenator [4 ½ hrs] \$315

Spa access pass

Signature treatment

Body wrap with lymphatic clay massage

Steam room or Vichy shower

Lunch or afternoon tea

Incl. coffee/tea and fruit juice

### Double, shared private treatment

room for 2 persons [4hrs] \$250 per person

Steam room for two with rain-shower & foot-spa

Body wrap and spa

Massage for two

Lunch or afternoon tea

Incl. coffee/tea and fruit juice

### Feel gorgeous [6 hrs] \$360

Spa access pass

Signature treatment

Body wrap with clay massage

Steam room or Vichy shower

½ hour massage

Lunch or afternoon tea

Incl. coffee/tea and fruit juice

**Add any of the following treatments to your package !**

## Massage therapy

[30 mins] \$45-00

[1 Hour] \$85-00

Aromatherapy Massage, Trigger Point, Myofascial Therapy, Remedial Massage, Bowen Therapy and Reiki.

### Relax and revive [15 mins] \$20

Add a relaxing back massage before your facial treatment to reduce stress and muscle tension.

## Facials

[1 hour] \$85

**Enzyme peel treatment** Using papaya enzymatica as an acid peel. This treatment removes trapped blackheads, whiteheads and milliar. Improving the skins elasticity, tone and texture. Followed by a complexion refiner and moisturizer.

### Lymphatic drainage therapy

Working on the Lymph nodes with a massage technique to minimize puffiness, stimulate muscles and reduce fine lines after a deep cleanse and exfoliation. Finished with a moisturizer. Excellent for skins which are prone to breaking out or appear to be sluggish.

### Aromatherapy facial

A deep cleansing and exfoliating peel restores the skin and provides you with a healthy radiance. The aromatherapy pressure point massage stimulates the blood circulation and heals the tissue. Relax your mind when you experience the benefits of aromatherapy. Finished with an aromatherapy clay masque and a moisturizing cream.

### Deep cleansing clay facial

Your skin will benefit from the extra deep cleansing effect of the customized clay mask that leaves you with the radiant glow of soft and healthy skin.

### Hydrating herbal mask

Experience the benefits of blended herbs. To sooth and hydrate with corn silk alfalfa calendula elderflower and green oats, after a deep cleanse and exfoliation. Finished with a day cream to suit your skin.

## Body wrap

[60 mins] \$85

**Detoxing mud wrap body mask** treats water retention and provides a purifying and revitalizing treat.

## Hands and Feet

**Pedicure** [1 hour] \$85

Footspa pedicure with massage chair

Your feet are softened and pampered in a foot spa, gently exfoliated and heals filed, cuticles repaired and nails shaped and painted.

**Deluxe manicure** [1 hour] \$85

A hydrating treatment for your hands. Aromatherapy exfoliation is followed by a massage with a hydrating mask leaving your hands soft and beautiful. Nails are tidied, shaped and painted.

**Pricelist June 2006**

Subject to change without notice