

# LE MAS

BAROSSA

## UNWIND · INDULGE · IMMERSE

Amidst the chaos of everyday life, we often forget to take a moment to slow down and care for ourselves. Our commitment to delivering high-quality spa treatments ensures that you're in the best hands. We bring the ultimate spa experience directly to your doorstep, allowing you to relax in the comfort of your Le Mas accommodation. Our nurturing massages and treatments are designed to help you release all your worries and fully surrender to relaxation, so you can return to your best self.

## RELAXATION MASSAGE

This treatment using warm, cold pressed black sesame oil, is inspired by the Ayurvedic massage principles of Abyhanga to relax, release and rejuvenate your body. This massage includes your scalp, feet and hands; and is completed with a Marma point face massage to release tension and induce a sense of calm.

Take time for yourself to restore and rebalance your mind, body and soul.

60 Minute -\$190 | 90 Minute \$235

## DEEP TISSUE/REMEDIAL MASSAGE

Your personalised massage will be performed by a qualified Remedial Therapist, focusing on specific areas of tension, stress or discomfort. Remedial massage is ideal for targeted healing and aims to treat localised aches and pain, injury management or other muscular issues that have developed over time. Pressure varies from light touch through to firm, deep-tissue massage, usually with a combination of both used throughout the treatment.

60 Minute - \$210 | 60 minutes \$245| 90 Minutes

## SHIRO MASSAGE

The ultimate Ayurvedic treatment to encourage nervous system regulation, induce relaxation and mental clarity. This treatment begins with a warm oil massage, followed by Shirodhara where warm oil cascades over your forehead with a luxurious head massage to reset your body; and is completed with a Marma point face massage. Bring a sense of calm and serenity to your body with this specialised nourishing experience.

60 Minute -\$300

## SOUND & ENERGY HEALING

This treatment has been specifically curated to create balance, clarity of mind and to reduce stress.

SoulNar Healing is a unique treatment accredited with the IICT. A clearly defined sequence of Sound Therapy and Energy Healing, utilising a Quartz Crystal Singing Bowl, 528Hz Chime Bar and Tingsha Bells. The effects of 528Hz have been shown to have a strong, stress reducing effect. Take time for yourself to rejuvenate, feel vibrant and create inner peace.

60 minute - \$180

## REIKI

Reiki is a treatment to encourage a healthy flow of energy within your body. This gentle therapy has been known to reduce stress and anxiety, as well as promote relaxation and improve your general wellbeing. Reiki is a transformative treatment known to create a positive shift.

60 minute - \$180

## TERMS & CONDITIONS

All wellness experiences are subject to availability. Upon booking a self-care experience, your therapist requires full name and mobile number for confirmation. Intake forms will be provided and required to be completed. All payments are made to Le Mas Barossa at the time of booking and includes \$20 booking fee.

