

Tongariro MediSpa



Natural
Health ♥ Beauty ♥ Wellness



07 378 6334 or 021 633417

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by the Tongariro River Bridge, Turangi

www.tongariromedispaco.nz

HEALTH & WELLNESS

Medi Massage

Addressing specific aches and pains, this personalised massage "untangles" and balances your body, freeing up movement. Our trained health consultants will look at the structure (muscles and bones) and function (posture and movement habits).

\$120 for 60 min

\$70 for 30 min



Naturopathy

Health Consultation

\$120 for 60min

Workshops

In-house or at your workplace: tailor made training sessions on a variety of health & safety topics.

Talk to us about your requirements.

Pilates & Yoga

Regular weekly group classes or sessions by appointment.

\$15 per class (casual) or \$120 per 12 week term

\$80 individual lesson

Group or staff training POA

BEAUTY ESSENTIALS

Lashes & Brows

- Brow Shape \$20
- Brow Tint \$20
- Lash Tint \$20
- Brow & Lash Tint \$30
- Brow Shape & Lash or Brow Tint \$30
- Brow Shape & Lash & Brow Tint \$40

Waxing

- Half Leg \$30
- Full Leg \$50
- Bikini \$20
- Extended Bikini \$25
- First time Brazilian \$55
- Regular Brazilian (4-6 weekly) \$40
- Underarm \$20
- Chin or Lip \$10
- Chin & Lip \$15

Men

- Back \$40
- Back & Shoulders \$45
- Full Leg \$60

Nails

Express Manicure

- Hand soak, nail shaping, cuticle treatment and polish \$30
- With non-toxic polish \$35
- With Shellac Polish \$40

Express Pedicure

- Foot soak, rasping of heels, nail shaping, cuticle treatment and polish \$40
- With non-toxic polish \$45
- With Shellac Polish \$50

Shellac removal

\$15

SPA EXPERIENCES

All Natural Facials

We make our own skin care products, using carefully selected natural ingredients.

Express Facial

Refreshing cleanse, exfoliation and mask, finished with a protective moisturiser for your face. \$65

Deluxe Facial

Add a relaxing Neck, Shoulder & Arm Massage to your Express Facial \$95

Blissful Facial **◀ Our Signature Treatment**

Indulge in a Back, Neck & Shoulder Massage, followed by a Deluxe Facial \$140

Spa Massage

Escape for a Mini-Holiday. Take some time for yourself to relax and recharge.

Back, Neck & Shoulder

- \$60 for 30min
- \$100 for 60min

Full Body

- \$100 for 60min
- \$140 for 90min

Bring a Friend

\$190 for 60min for two people

Deluxe Nails

Deluxe Manicure

- Pamper your hands with this manicure plus a hand / lower arm scrub & massage \$50
- With non-toxic polish \$55
- With Shellac Polish \$60

Deluxe Pedicure

- All the essentials of a pedicure plus a foot / lower leg scrub & massage \$60
- With non-toxic polish \$65
- With Shellac Polish \$70

Pamper Packages

Express Makeover

Choose between a 30min Back, Neck & Shoulder Massage or an Express Facial, then add either an Express Manicure or Express Pedicure with a polish of your choice \$90

Riverside Rest

Settle down with a relaxing foot soak and a drink while we treat your feet to a natural scrub. Snuggle onto our comfy massage table for an amazing Full Body Massage \$140

Full Body Brush & Massage

Exfoliation using specialised body brushes on dry skin, followed by a Full Body Massage with nourishing almond oil \$140

The Half Day Spa Experience

Begin to unwind with a relaxing full body massage, followed by a Deluxe Facial. Enjoy some complimentary drinks & nibbles while we look after your nails with a Pedicure & Manicure \$240

- With non-toxic polish \$250
- With Shellac Polish \$260

Groups

Bring your friends or colleagues for a special event or simply to get pampered. Talk to us about your wishes and we can help you put together a package to suit. Enjoy the exclusive use of our Day Spa and complimentary drinks & nibbles if you bring 5 people or more. Appointments essential.