

CUMBERLAND

resortandspa  
NORFOLK ISLAND



*presents our in-house  
Spa Menu*



*Cleanse  
Exfoliate  
Wrap  
Moisturise  
Massage  
Hot Stone  
Sauna  
Heated Spa*

*Facials  
Massage  
Body wraps  
Vinothérapie  
Cupping*



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## Spa Menu

<p><b>Express Excellence (1 hour) \$119</b></p> <p>Mini Lulur Facial (½ hour) Mini Massage (½ hour) Add \$45 for a chocolate or coffee body wrap (½ hour)</p>	<p><b>Detox and Bubbles \$15</b></p> <p>Sauna Session ½ hour Heated Spa Session unlimited Add \$5 for glass of wine</p>
<p><b>Vino-licious (2 ½ hours) \$169</b></p> <p>Vinotherapie Face and Body Exfoliation or Full Body Wrap (¾ hour) Glass of wine 1 hour Relaxation Massage ½ hour Sauna Session Unlimited Heated Spa session with a refreshing iced tea</p>	<p><b>Chocoholics Heaven (2 ½ hours) \$169</b></p> <p>Milk Chocolate Body Wrap (½ hour) Assorted chocolates and refreshing glass of milk 1 hour Relaxation Massage ½ hour Sauna Session Unlimited Heated Spa session with a refreshing iced tea</p>
<p><b>Mocha Marvellous (2 ½ hours) \$169</b></p> <p>Full Coffee Body Wrap (½ hour) Freshly brewed local cup of coffee 1 hour Relaxation Massage ½ hour Sauna Session Unlimited Heated Spa session with a refreshing iced tea</p>	<p><b>Revitalise and Restore (3 ½ hours) \$289</b></p> <p>Full 1 hour Lulur facial Lalaqui Tea Full Body Exfoliation Relaxing 1 hour massage Vinotherapie Pinot Noir Body Wrap Refreshing glass of wine</p>
<p><b>Mens Zone (2 ½ hours) \$179</b></p> <p>¾ hour face and body wrap 1 hour massage ½ hour Sauna Session Refreshing bottle of Power Aide</p>	<p><b>Facial ½ hour \$ 49</b> <b>1 hour \$85</b></p> <p><b>USPA Organic Facial</b></p> <p><b>Pamper Pack – design your own package</b> <b>See us for any combination you like.</b></p>

All packages are performed in house in our Spa Room with an expert masseuse/therapist.

**ADD ONLY \$10 TO ANY MASSAGE TO CHANGE TO A HOT STONE MASSAGE**

Packages are available to Cumberland Resort and Spa guests only as an exclusive offer.

To book please contact reception or email [bookings@cumberlandholiday.com](mailto:bookings@cumberlandholiday.com).

**Relax... Rewind... Rejuvenate**



## Massage Menu

<p><b>Norfolk Time</b> After this massage you'll be as relaxed about life as the Norfolk locals. Combines our favourite relaxation massage techniques with some gentle aromatherapy. 1 hour, 90 minutes or 2 hours.</p>	<p><b>The Best De-Stress</b> A massage which combines Swedish, Sports, Deep Tissue, Shiatsu and simple aromatherapy into our own unique massage style. You'll feel like a different person by the time we're finished! 1 hour, 90 minutes or 2 hours.</p>
<p><b>Refrain from Pain</b> Sore back? Sore neck? Frozen Shoulder? Lack of movement due to injury? This combination of Sports and Therapeutic massage will get rid of the grimace and bring back the smile! 1 hour, 90 minutes or 2 hours.</p>	<p><b>Heaven and Earth</b> Massage which treats the neck and scalp followed by the most thorough foot massage we can give. Enjoy this one, a gift to yourself! 30 minutes duration. <b>\$49</b></p>
<p><b>Shiatsu Style</b> If you're often tired and lacking energy, Shiatsu is for you. This massage is performed on the floor, fully clothed and uses Shiatsu techniques. Shiatsu realigns your body using gentle pressure. 90 minutes.</p>	<p><b>Not Thai, Not Shiatsu</b> Our own style of massage, performed on the floor using the feet as well as the hands to massage. Techniques include muscle rolling, muscle shaking, muscle kicking, gentle stretching as well as some of our favourite Shiatsu skills. You'll be amazed at how great this feels. 60 minutes.</p>
<p><b>Deep Tissue</b> Using the Raynor Technique of Therapeutic Massage, George combines the most effective techniques from a variety of massage styles in a full body massage. 90 minutes or 2 hours.</p>	<p><b>Men's Massage</b> If you like an extra heavy massage, then we've got the massage for you. Definitely not for the feint hearted. 90 minutes or 2 hours.</p>

All massages are performed in house in our Spa Room with an expert Masseur. Massages are available to Cumberland Resort and Spa guests only as an exclusive offer.

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60 mins \$79

90 mins \$119

120 mins \$149

## Wraps/Facials



### Chocolate Body Wrap

A delicious natural wrap that chocoholics will love! All natural ingredients, including Cocoa Powder, cleansing Cinnamon and Ginger bask the skin in the sweet smell of chocolate as it cleanses the pores, rejuvenates and revitalises. All-natural ingredients and 100% Chemical Free.

### Coffee Body Wrap

Our anti-oxidant Coffee Wrap helps improve circulation, overall wellbeing and is one of our most popular treatments. To obtain the perfect aroma the wrap uses freshly roasted Javanese Coffee Beans before blending them with Cinnamon Quills for the freshest Coffee Wrap available.

### Javanese Lulur Treatment

Traditional Balinese and Javanese recipes are rarely seen outside of villages in Indonesia. We are excited to bring these Traditional Treatments to you, our treasured guest. Our Moisturisers, Scrubs and Wraps include Native Barks, Extracts and Essential Oils true to original recipes.

## Exfoliation Treatments

Picture a dimly lit room filled with relaxing music. The Therapist arrives with a bowl of freshly ground Spices, Herbs and Botanicals and a small bowl of warm Coconut Milk. As you relax the Therapist blends the ingredients into an aromatic treatment. Soon the room fills with the rich aroma of Sweet Rice, Cinnamon, Sandalwood, Barks, Ginger, Turmeric and Coconut.

### Vinothérapie Face and Body Exfoliation and Wrap

Vinothérapie combines traditional spa treatments with the benefits of Red Wine. We use a specialised spa treatment based on the benefits of the vine. Vinothérapie Treatments are the first Vinothérapie products to contain all aspects of the vine including Grapeseed Oil, Grapeskin Extract and Red Wine Extract. All are rich in Phytophenols and Resveratrol, which help fight against free radicals, the leading cause of premature ageing.

### Lalaqui Tea Body Exfoliation

An essential part of a Lalaqui Tea Ritual is a rice based body scrub containing a combination of Thai Jasmine and Sweet Black Rice. It is rich in Natural Vitamins B12, C, and D as well as Oryza Extract, Antioxidants, Humectants and the unique aroma of our Lalaqui Essential Oil Blend.

### Men's Face and Body Exfoliation and Wrap

Our Men's Face and Body Wrap draws toxins from the skin using all natural active ingredients, including Australian Clay, Humectants, Botanicals, Butters and Crystal ION 120 to detoxify and replenish the skin. Charcoal is a natural filter and purifier, Orange Peel and Lemongrass deodorise and Betel Leaf stimulates circulation and provides antiseptic properties. We use a pure Essential Oil blend of Ginger, Sweet Orange and Black Pepper providing a light, masculine aroma.

## Massage

Relaxation, Swedish, Remedial, Therapeutic, Deep Tissue, Balinese traditional, Shiatsu, Hot Stone

## Chinese Cupping

Cupping is based on the meridian theory of the body. On one hand, cupping removes any stagnation in the body and opens the meridians so that qi ("chi") can flow freely. On the other, it also helps to rejuvenate certain meridians and organs that are not functioning at their best. From a scientific standpoint, cupping is known to help activate the lymphatic system, promote blood circulation and is good for deep tissue repair. Glass cups are generally used for cupping. Glass cups are fitted with a valve that attaches to a small hand-operated pump, allowing the practitioner to suck out air without having to rely on fire to depressurise the cup first. It also gives them greater control over the amount of suction.

## Ear Candling

Remove wax build up in a natural, nurturing way. Restore your hearing!

## Infrared Sauna

An infrared sauna uses infrared heaters to emit radiant heat which is absorbed directly into the human body, unlike traditional saunas which heat the body indirectly via air or steam.

Traditional steam saunas raise the temperature of the air to a very high level within the chamber to warm the body. Some people have difficulty breathing in this extremely warm air. Infrared saunas work differently. Instead of heating the air within the enclosure they heat the body directly. The result is deeper tissue penetration. The body perspires and receives all of the healthy benefits but avoids the harmful and extremely hot air of a traditional steam sauna. They are safe for all ages.

## Heated Swim Spa Pool

Heated at approximately 36 degrees year round, this is the ultimate in muscle relaxation. Seating up to 12 adults comfortably, the 'Spa' end holds strategically placed hydrotherapy multi swirl jets which provide the effervescence of aeration. The spa functions as normal with bubbles, lights and heat. The 'Swim' end of the spa contains two jets producing a concentrated flow of water, suitable for swimming or walking on the spot. The water pressure can be regulated to accommodate most swimming strokes or skill levels.

The Endless Swim Spa offers exercise, relaxation and therapeutic massage all in one compact unit.





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## Hot Stone Massage \* NEW \*

**Hot Stone Massage** is a massage technique that involves the use of hot stones applied to specific points on the body, and is thought by some to be good for releasing muscle knots, relaxing the body, improving circulation, and leaving you de-stressed and refreshed.

Our authentic Hot Stone Massage typically has stones placed along the spine, along the chakra centers, on the extremities, as well as on the face, the feet, and the hands. The stones are used as tools to deliver effective tissue and muscle massage at a pressure level and temperature comfortable to the client.

Stones are used to relax muscles and increase the blood flow to the area being worked on, which further accelerates the healing process. Basalt stones of various sizes, shapes and weights are used throughout a Stone Massage session and they are heated using water in a heating unit.



All massages are performed in house in our Spa Room with an expert Masseuse. To book please contact reception or email [bookings@cumberlandholiday.com](mailto:bookings@cumberlandholiday.com).

60 mins \$89

90 mins \$129

120 mins \$149

+ Moisture Infusion add \$10

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