



# CUMBERLAND

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resortandspa

SPA MENU



## Wraps & Facials

### Chocolate Body Wrap

A delicious natural wrap that chocoholics will love! All-natural ingredients (100% chemical free), including Cocoa Powder, cleansing Cinnamon and Ginger that bask the skin in the sweet smell of chocolate. Perfect treatment that helps cleanse the pores, rejuvenate and revitalize the skin.

### Coffee Body Wrap

Our Antioxidant Coffee Wrap helps promote blood circulation, overall wellbeing and is one of the most popular treatments. To obtain the perfect aroma, the wrap utilizes freshly roasted Javanese Coffee Beans before blending them with Cinnamon Quill for the freshest wrap available.

### Javanese Lurur Treatment

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

### Exfoliation Treatments

Picture a dimly lit room filled with relaxing music. The therapist arrives with a bowl of freshly ground Spices, Herbs, Botanicals, and small bowl of warm Coconut Milk. As you relax the therapist will blend the ingredients into an aromatic treatment. The room will begin to fill with the aroma of Sweet Rice, Cinnamon, Sandalwood, Barks, Ginger, Turmeric, and Coconut.

### Vino-Therapy Face, Body Exfoliation and Wrap

Vino-Therapy combines traditional spa treatments infusing the benefits of Red Wine. These treatment ingredients contain all aspects of the vine including the Grapeseed Oil, Grape-skin Extract, and Red Wine Extract. The treatment is rich in Phytophenols and Resveratrol, which helps fight against free radicals (The Leading Cause of Pre-Mature Aging).

### 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 deodorize 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.



*Express Excellence*

Mini Lulur Facial (*½ hour*)  
Mini Massage (*½ hour*)  
Chocolate or Coffee Body Wrap  
can be purchased for an  
additional \$45.00 (*½ hour*)

1 hour \$119.00

*Detox & Bubbles*

Sauna Session (*½ hour*)  
Unlimited Heated Spa Pool  
Session  
Glass of Sparkling Wine can be  
purchased for an additional \$5.00

1 hour \$15.00

*Men's Zone*

Face and Body Wrap (*¾ hour*)  
Relaxation Massage (*1 hour*)  
Sauna Session (*½ hour*)  
Refreshing Bottle of Power Aide

2½ hours \$179.00

*Mocha Marvelous*

Full Body Coffee Wrap (*½ hour*)  
Freshly Brewed Local Cup of Coffee  
Relaxation Massage (*1 hour*)  
Sauna Session (*½ hour*)  
Unlimited Heated Spa Pool Session with a  
Refreshing Iced Tea

2½ hours \$169.00

*Chocoholics Heaven*

Milk Chocolate Body Wrap (*½ hour*)  
Assorted Chocolates and a Refreshing Glass of Milk  
Relaxation Massage (*1 hour*)  
Sauna Session (*½ hour*)  
Unlimited Heated Spa Pool Session with a  
Refreshing Iced Tea

2½ hours \$169.00

*Vino-licious*

Vino-therapy Face and Body Exfoliation or Full Body  
Wrap (*¾ hour*)  
Glass of Wine  
Relaxation Massage (*1 hour*)  
Sauna Session (*½ hour*)  
Unlimited Heated Spa Pool Session with a  
Refreshing Iced Tea

2½ hours \$169.00

*Revitalise & Restore*

Lulur Facial (*1 hour*)  
Lalaqui Tea Full Body Exfoliation  
Relaxation Massage (*1 hour*)  
Vino-Therapy Pinot Noir Body Wrap  
Refreshing Glass of Wine

3½ hours \$289.00



*Special Offers*

USPA Organic Facial Massage (*½ hour*) \$49.00

USPA Organic Facial Massage (*1 hour*) \$85.00

PAMPER PACK - DESIGN YOUR OWN PACKAGE  
SEE US WITH ANY COMBINATION YOU LIKE

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

ADD ONLY \$10.00 TO ANY MASSAGE TO CHANGE TO HOT STONE

Packages are available to Cumberland Resort & Spa Guests only as an exclusive offer.

To book, simply email [bookings@cumberlandresortandspa.com](mailto:bookings@cumberlandresortandspa.com)

or contact one of our managers situated in the Cumberland Reception Office.

RELAX ✨ UNWIND ✨ RESTORE ✨ REJUVINATE

## Norfolk Time

*1 hour, 90 minutes or 2 hours*

After this massage you'll be as relaxed about life as the Norfolk locals. Combines our favorite relaxation massage techniques with some gentle aromatherapy.

## The Best De-Stress

*1 hour, 90 minutes or 2 hours*

A Massage that 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!

## Refrain from Pain

*1 hour, 90 minutes or 2 hours*

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!

## Heaven and Earth

*30 minutes duration: \$49.00*

Massage which treats the neck and scalp followed by the most thorough foot massage we can give.

Enjoy a gift to yourself!



## Not Thai, Not Shiatsu

*60 minutes duration*

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 favorite Shiatsu skills. You'll be amazed at how great this feels!

## Deep Tissue

*90 minutes or 2 hours*

Using the Rayner Technique of Therapeutic Massage, your therapist combines the most effective techniques from a variety of massage styles into one full body massage.

## Men's Massage

*90 minutes or 2 hours*

If you like an extra heavy massage, then we've got the massage for you. Definitely not for the feint hearted!

## Shiatsu Style

*90 minutes duration*

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.

All massages are performed in our in-house Spa Treatment Room with an expert masseuse/therapist. Massages are also available to Cumberland Resort & Spa Guests only as an exclusive offer.

To book, simply email [bookings@cumberlandresortandspa.com](mailto:bookings@cumberlandresortandspa.com) or contact one of our managers situated in the Cumberland Reception Office.

*60 Minutes: \$79.00*

*90 Minutes: \$119.00*

*120 Minutes: \$149.00*

**RELAX** ✨ **UNWIND** ✨ **RESTORE** ✨ **REJUVINATE**

## Massage Techniques

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. 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 fitted with a valve that attaches to a small hand-operated pump, allowing the practitioner to suck out air without having to rely on the fire to depressurize the cup first. It also gives 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 extremely hot air. Infrared saunas work differently. Instead of heating the air within the disclosure, 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 32 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.

## Hot Stone Massage

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 the following reasons:

- Releases muscle knots
- Relaxes the Body
- Improves Circulation
- Leaving you de-stressed and refreshed

Our authentic Hot Stone Massage typically places stones along:

- The Spine
- Chakra Centers
- Outer extremities
- Face
- Feet
- 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 helping 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 are heated using water in a specialized heating unit.



All Hot Stone massages are performed in our in-house Spa Treatment Room with an expert masseuse/therapist. Massages are available to Cumberland Resort & Spa Guests only as an exclusive offer.

To book, simply email [bookings@cumberlandresortandspa.com](mailto:bookings@cumberlandresortandspa.com)  
or contact one of our managers situated in the Cumberland Reception Office.

60 Minutes: \$89.00

90 Minutes: \$129.00

120 Minutes: \$149.00

Add a Moisture Infusion for \$10.00

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