



MASSAGE

A collection of massage therapies to help you de-stress, revitalise and recharge tired, stressed bodies. Perfect for deep relaxation, improved sleep and stress management.

Neck, Shoulder and Back

30min \$55

Relax and unwind with our neck/shoulder, and back massage, intended for people who are time poor and in need of quick relief from tension and stress around the neck and shoulder area. Using warm Pure Fiji nourishing oil infused with guava to hydrate and nourish your skin.

Lower Leg + Foot

30min \$55

Using warm Pure Fiji exotic nourishing oil and reflexology techniques, this treatment starts with a gentle massage along your feet and lower leg to help improve circulation, followed with pressure point massage to stimulate reflexology points. Promotes relaxation, helps reduce stress and most importantly soothes tired sore feet.

Mama + Bump

60min \$99

Relaxing full body pregnancy massage to treat the common discomforts of pregnancy, reduce tension and anxiety. Along with Pure Fiji warm exotic nourishing oils this will also improve skin elasticity, hydrate and nourish the skin. Transport you and your bump to a tropical island paradise.

Complimentary Hydro-Jelly mask for your bump!

Relax + Restore

Perfect for those looking for a deep relaxation and a moment of solitude. Combining Swedish techniques and warm Pure Fiji exotic nourishing oil infused with guava for a full body massage starting from the neck down to the toes.

45min \$70 60min \$90 90min \$140

Island De-stress

Our Island De-stress massage is designed to elevate sore, aching muscles using a stronger pressure. As a result, your body will de-stress and relax but also suffer from fewer aches and pains.

45min \$75 60min \$95

Island Stone

A truly indulgent massage using Pure Fiji warm exotic nourishing oil combined with warm stones to deeply relax your muscles and releasing tension. The stones are used to gently encourage sore muscles to relax and surrender as circulation increases bringing a sense of well-being and harmony.

45min \$85 60min \$99 90min \$159

Prices subject to change; provided by Cumberland Resort and Spa business partner