

# MUKTI ORGANICS TREATMENTS

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## The Mukti Foundational Facial

*This facial offers gentle renewal with Mukti's acupressure sequence and a scalp, neck, and shoulder massage. It includes deep cleansing, dual exfoliation, and the Antioxidant Facial Oil, which blends fifteen superfood oils with Barrier Repair Serum for hydration and protection. The Deep Cleanse Enzyme Mask purifies and fortifies, finishing with added hydration for a complete Mukti Organics experience.*

60 minute experience	290
90 minute experience with back massage	400

## The Age Defiance Facial

*This indulgent treatment uses Mukti's Age Defiance Collection and Vitamin Booster Elixirs to lift, tighten, and revitalize your skin with peptides, vitamins, and native extracts. It includes a double cleanse, exfoliation, Bioactive Synergy Masque, and a relaxing neck, shoulder, and scalp massage, enhanced by stress-relieving techniques and deluxe feet and body rituals. Finish with Queen of the Night Crème for plump, hydrated skin.*

90 minute experience	380
120 minute experience with back massage	490

## Whole Body Restoration

*This treatment begins with a personalized skin discovery session, followed by a revitalizing body scrub and refreshing shower. Enjoy a full-body massage and a deep cleansing facial using Mukti Beauty tools and age-defying products. While the face mask works its magic, indulge in a soothing scalp and hair treatment. The experience concludes with a hot stone and leg massage for ultimate relaxation.*

3 hour 30 minute experience	595
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## Cryo Revive Facial Massage

*Ideal for rosacea, eczema, and skin with inflammation or barrier issues, the Mukti Mushroom Gua Sha tool strengthens the skin barrier. Chilled, it stimulates collagen production, reduces wrinkles, and maintains firmness. It also enhances lymphatic drainage, reducing puffiness and swelling for a youthful, rejuvenated appearance.*

30 minute experience	110
15 minute add on experience	40



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## Gua Sha Massage Sequence

*The Mukti Organics Gua Sha tool, crafted from quartz crystal, embodies the ancient East Asian practice of Gua Sha. It alleviates facial tension, boosts circulation, supports lymphatic drainage, and releases fascia. It reduces dark circles, under-eye bags, blemishes, and acne scars, drains sinuses, lifts, and plumps the skin, and enhances serum absorption, promoting a rejuvenated and radiant complexion.*

30 minute experience	110
15 minute add on experience	40



## HĀNA SIGNATURE BODY TREATMENTS

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### Ora Body Scrub & Massage

*Discover Ora, which means “to be well,” in our indulgent full body treatment. Start with a gentle scrub that reveals radiant skin, then enjoy a restorative massage that eases tension and revitalizes your mind and body. This holistic experience leaves you feeling balanced, refreshed, and truly pampered.*

105 minute experience

395

### Maranga Body Scrub, Mask & Hydrate

*Experience Maranga, which means “to rise up,” for a luxurious sensory awakening. This treatment begins with gentle exfoliation to unveil a radiant complexion, followed by a nourishing body mask. Concluding with deep hydration, your skin will feel soft, supple, and revitalized - a truly indulgent escape.*

105 minute experience

395

### Oranga Neck, Shoulder, Face & Scalp Massage and Foot Treatment

*Oranga, meaning “rejuvenate,” is a holistic experience that renews body and mind. Begin with a soothing neck, shoulder, face, and scalp massage to melt away tension, followed by a revitalizing foot scrub and massage. Indulge in this restorative treatment and leave feeling refreshed and renewed.*

90 minute experience

380

# SIGNATURE MESSAGES

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## Relaxation Massage

*Combining various styles of massage your therapist will use light, medium or firm pressure to transform a traditional Swedish massage into a personalised treatment to promote body and mind relaxation.*

60 minute experience	290
90 minute experience	380

## Deep Tissue Massage

*Using firm to deep pressure, and paying attention to trigger points, this massage effectively loosens connective tissue and releases accumulated tension in tight areas.*

60 minute experience	290
90 minute experience	380

## Golfer's Sports Massage

*A pre or post-golf sports massage, designed to loosen tight upper body muscles. Your back, neck, shoulders, and arms will be treated specifically to enhance your golf experience.*

60 minute experience	290
90 minute experience	380

## Pregnancy Massage

*With exceptional care, our relaxation massage is re-created as a fully supported spa experience for the mother-to-be who is in her second or third trimester. The massage is performed in a side-lying position, using pregnancy-safe products and techniques.*

60 minute experience	290
90 minute experience	380



# SCALP TREATMENT

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## Hinu Hair Treatment

*Start with a warm scalp compress and neck stretches, followed by Jade Stimulator massage for relaxation. Hinu oil is applied from root to tip to boost growth, health, and hydration, blending traditional techniques with modern luxury.*

*30 minute experience*

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## TREATMENTS FOR HANDS & FEET

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### Deluxe Manicure

*Beginning with a light exfoliation, your fingernails are then shaped, and cuticles trimmed. A nourishing mask is applied, and your hands are massaged. Your nails are then highlighted with the polish colour of your choice.*

60 minute experience

150

### Deluxe Pedicure

*Begin your pedicure with a relaxing foot soak and exfoliation. Nails are shaped, buffed and cuticle repaired before a moisture mask is applied. Unwind with a soothing foot and calf massage followed by your choice of polish.*

75 minute experience

180

### Express Manicure or Pedicure

*A basic treatment to tidy and quickly improve the appearance of the hands and feet. Cuticles are pushed back, and nails are shaped and buffed or painted.*

Manicure 30 minute experience

110

Pedicure 30 minute experience

110



ADDITIONAL SERVICES

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Treatment Enhancers

*One or more of the following extras can be incorporated into most 60 or 90 minute treatments to enhance your experience:*

Heated Eye Mask	15
Manuka Honey Balm	15

Personal Fitness/Yoga/Pilates Instructor

*Available on request. Private instruction is customised to your fitness level and offered on-site subject to availability of a trainer.*

Personal Hair Stylist

*Available on request. On-site bookings are subject to availability of contracted stylist. Off-site bookings at a local salon are also available.*



## SPA INFORMATION

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### Spa Hours

*The Spa is open 7 days a week with treatments available between 10:00am to 6:00pm. The lap pool, jacuzzi, and dry sauna are available between 5:30am to 10:30pm. The fitness centre is open 24 hours.*

### Your Appointment

*We suggest you arrive 15 minutes early to complete a consultation form before your treatment begins.*

### Early Arrival for Appointment

*Should we be engaged in a treatment when you arrive, kindly relax with tea, fresh water, and nibbles in the waiting area. Your spa therapist will meet you there as soon as they are available.*

### Consultation

*Your therapist will conduct a brief consultation before beginning your treatment to ensure that you receive the treatment most suited to you. It is vital that we are advised of all health concerns on your consultation form so that we can address your specific requirements and customise treatments where necessary.*

### Your Spa Therapist

*We have a team of professional and fully qualified therapists. Feel free to present your requests to your therapist as each therapist has unique skills and may be able to offer variations on the spa menu, personalised especially for you.*

### Spa Etiquette

*The Spa is an area of relaxation and tranquillity and as such all areas around and within the building are noise-free zones. We request that guests keep noise levels to a minimum and refrain from using cell phones or electronic devices in the spa complex as this may disturb treatments in progress.*

### Cancellation Policy

*Treatment times are reserved exclusively for you. If you need to cancel or change the time of your treatment, please give us at least 24 hours' notice. We will make every effort to accommodate your wishes but may not be able to guarantee the availability of a therapist or specific treatment at another time.*

