

## *Ma-uri Massage Sanctuary Spa Signature Treatment*

Ma-uri Bodywork is a dynamic application of Movement, Touch and Rhythm. The Therapist massages with pre-heated oil (mainly with the lower arm), creating a continuous flow to cleanse, vitalize and activate inner healing properties, memories and wisdom as held within the body. Based on traditional Hawaiian Ka-huna healing, it is more than just a physical massage. Massage happens to Hawaiian, Polynesian and Maori music, offering a piece from ancient traditional healing.

60 minutes - \$180  
90 minutes - \$220



## *Mom-To-Be Shiatsu Massage*

Why not enjoy a massage when you are expecting a baby? A shiatsu session helps you to create the time and space to build an intimate and deep connection with your baby and at the same time it resets your own awareness. Shiatsu re-balances your energies and helps your body to adapt to the changing's it is going through. The treatment is adapted specifically to the mother's needs and special cushions are used to ensure absolute comfort and support.

60 minutes - \$180  
90 minutes - \$220



# *Hamurana Lodge*

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## *Sanctuary Spa Philosophy*

When Sanctuary Spa opened in Rotorua's first luxury spa resort - Hamurana Lodge, New Zealand, it pioneered the Ma-uri spa concept with its Eastern therapies and holistic focus on spiritual, mental and physical harmony. As the first luxury spa in Rotorua, it reintroduced an exotic blend of ancient health and beauty practices which have been passed down from generation to generation.

The Sanctuary Spa offers guests a retreat for the senses - a place for physical, mental and spiritual renewal. To achieve this, the Spa focuses on a non-clinical and holistic approach based on traditional Eastern healing therapies. It emphasises on a 'high-touch, low-tech' approach that celebrates the human touch and the use of natural herbs and spices.

Overlooking to Lake Rotorua and surrounded by the natural beauty of New Zealand native bush, the Sanctuary Spa at Hamurana Lodge offers a relaxing and luxurious retreat for you and your family. The Spa offers an extensive menu of massages, facials and body treatments that provide the ultimate in pampering and luxury. Adjacent to the Spa for all guest use is a swimming pool. A fitness center is also available to all guests, and includes the latest cardiovascular equipment as well as free weights and other equipments.



## *Swedish, Relaxation Massage*

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. Swedish massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well being.

60 minutes - \$180  
90 minutes - \$220

## *Sport, Deep - Tissue Massage*

Sports Massage is the management, manipulation and rehabilitation of soft tissues of the body including muscles, ligaments and tendons. The techniques used by practitioners have been developed to ensure effective and efficient results are gained from each massage given. Regardless of your experiences in sport or exercise whether you exercise socially or compete to an international level.

60 minutes - \$180  
90 minutes - \$220

## *Reiki, Chakra Balancing*

Reiki is an ancient form of energy balancing and stress relief retooled for the modern world. It promotes relaxation and deep healing. Reiki is practiced with the client lying fully clothed while the therapist lightly places her hands both on and above the body. A Reiki session helps ease tension and stress and supports the body to facilitate healing on all levels - physical, mental, emotional and spiritual.

60 minutes - \$180  
90 minutes - \$220

## *Yoga, Pilates & Meditation*

Rejuvenate your senses and discover the holistic benefits of Yoga and Pilates at the Sanctuary Spa Hamurana Lodge, whether indoors or outdoors we offer healing therapies derived from traditional Yoga legacies. The ancient tradition of Yoga, which means harmonic union, is both a philosophy and a science that helps in maintaining physical and mental well-being through physical movement, breathing and meditation. The dynamic form of Yoga & Pilates incorporates traditional postures and breathing techniques to help burn calories and treatments aid in reducing cellulite and improve lymphatic drainage.

60 minutes - \$90

