



PURE FIJI

ROSACTIVE[®]
Phytoceutical Skin Care
100%
MADE IN ITALY

Elementals[®]



SPA WELLNESS MENU

Time for you

1st March-
1st Sept 2025



*Welcome to our new spa!
Embracing a New Era of Health & Wellness*

Welcome to our new rebrand into a health and wellness spa. Many of you who have been part of our 19 year journey will remember that my original vision in opening this spa was rooted in alternative therapies, health, and holistic well-being. Back in 2006, this approach was ahead of its time while the spa concept quickly grew and flourished. But I now find myself in a fast-paced quick fix industry with over ablative skin treatments, artificial enhancements, unattractive lash extensions, tattooed brows, plastic nails, and sales-driven treatments and we have lost the art of nurture and care. So this year, we are stepping away from the usual beauty model and embracing a more holistic wellness spa experience, offering treatments designed to take you away from your busy lifestyle to restore, replenish, and bring you joy.

Our focus will be is entirely on you—your unique needs—a place where you feel heard, cared for and valued.

In line with this, we are removing our current brands instead committing to clean, chemical-free skincare solutions that nourish your skin while also reducing our environmental footprint and honoring the planet.

I do hope you continue to join us on our new exciting journey toward a healthier, more mindful approach to beauty as we once again set the bar higher and lead the industry.

Stay tuned as we continue to introduce alternative therapies and practices to enhance your wellness experience. Thank you for your continued support and encouragement we are so appreciative!

Katie & her amazing Team



Wellness Garden

Welcome to our tranquil Wellness Garden. The first of its kind!

An outdoor sanctuary where you feel you are in a different world and can truly unwind rain or shine. This retreat offers a holiday-like escape with clinically proven health benefits of hot and cold therapies

- ◆ Finish Sauna - Detox and relax
- ◆ Ice Bath - Proven mental health benefits, fights inflammation
- ◆ Hot Springs Spa - Soothe muscles and promotes circulation
- ◆ Outdoor Cold Shower- Invigorate the body and enhance recovery
- ◆ Indoor Rain Shower- Refresh and rejuvenate
- ◆ Outdoor Grounding Station -Connect with nature and restore balance and energy

Each element provides unique benefits on its own, but when combined, they create a powerful holistic wellness experience, designed to revitalise both the mind and body

PROVEN HEALTH BENEFITS:

Saunas

- Longevity
- Muscle Recovery
- Detoxification
- Relaxation
- Reduced Blood Pressure
- Pain Relief
- Improved Circulation
- Immunity & Cell Health
- Weight loss

Ice Bath

- Muscle Recovery
- Reduce inflammation
- Detoxification
- Relaxation
- Reduced Blood Pressure
- Pain Relief
- Improved Circulation
- Immunity & Cell Health

Add this on to any treatment for just \$35 to increase your spa time



Island Facials

Pure Fiji Facial Retreat

Let us transport you to the islands for a blissful escape.

Using the finest Pure Fiji skin care range with plant based ingredients designed to hydrate protect and nourish, all while giving you a beautiful experience as if you were on holiday!

◆ Island Escape Rejuvenating Facial: 60M | \$180

This rejuvenating facial blends exotic tropical elixirs with potent Vitamin C and advanced techniques to brighten, restore, and hydrate your skin. Drift into tranquility as we nurture your complexion, leaving you glowing again, visibly refreshed, radiant, and youthful. Enjoy a foot scrub while your mask is on and drift away on an island paradise spa-cation! We invite you to relax afterwards in our rain forest lounge and enjoy complimentary refreshments in oversize comfy chairs

◆ Add On Sculpt & Lift 15M | \$20

Elevate your facial experience with our results-driven facial massage and buccal treatment. Designed to improve muscle memory, smooth fine lines, boost circulation, and enhance lymphatic drainage—this is the ultimate upgrade for radiant, youthful skin. Experience the difference. **Not available on its own - please add on to a facial**

◆ Add on wellness garden for just \$35 with any treatment

◆ Special occasion? Please mention this to staff so we can make it extra memorable for you!



NEW! RosActive Bespoke Treatment Facials

From Milan in Italy using the finest quality clean ingredients RosActive combines the power of nature with science to create a product that restores the balance of skin

◆ **Calm & Restore Facial: 45M | 60M | \$180 | \$205**

Soothe Stressed Skin with this deeply moisturising and restorative facial, featuring the skin-loving Dermafill range. With the magic ingredient Fucomplex, it's specially designed for impaired skin conditions such as eczema, dryness, or damage from exposure to harsh elements or excessive salon treatments

60M with Nano Infusion

◆ **Plumping Age Defying Facial: 45M | 60M | \$180 | \$205**

Experience the ultimate rejuvenation with this powerful treatment, enriched with eight types of hyaluronic acids and packed with antioxidant-rich vitamins C and B12. This amino acid-infused formula deeply hydrates and visibly reduces wrinkles and fine, dry lines, leaving your skin plump, radiant, and youthful

60M with Nano Infusion

◆ **Clear & Renew Acne Facial: 45M | 60M | \$180 | \$205**

Targeting the main causes of acne this gentle but effective treatment facial instills moisture to the skin, protects the lipid barrier and uses powerful antioxidants to protect and calm. Unlike traditional treatments for acne. Perfect for acne-prone or oily skin, it leaves your face feeling fresh, calm and hydrated

60M with Nano Infusion

◆ **Add On Sculpt & Lift 15M | \$20**

Elevate your facial experience with our results-driven facial massage and buccal treatment. Designed to improve muscle memory, smooth fine lines, boost circulation, and enhance lymphatic drainage—this is the ultimate upgrade for radiant, youthful skin. Experience the difference!



Elementals Facial

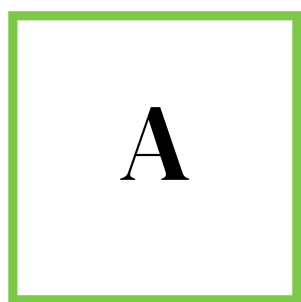
NEW! Elementals Skin Nourishment 60M | \$180 Upgrade Nano Infusion \$205

Made in California. We are so proud to be bringing you the beautiful results driven Elemental Collection-Natures own skin food!

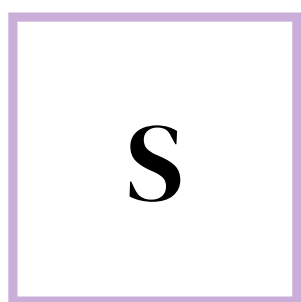
◆ **Add On Sculpt & Lift 15M | \$20**

Elevate your facial experience with our results-driven facial massage and buccal treatment. Designed to improve muscle memory, smooth fine lines, boost circulation, and enhance lymphatic drainage—this is the ultimate upgrade for radiant, youthful skin. Experience the difference!

Choose your skin type from the below menu



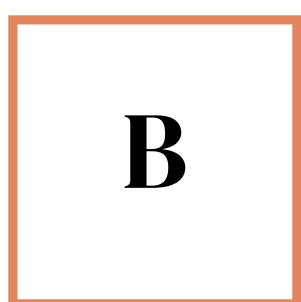
ANTIAGING SMOOTHIE



SOOTHING SMOOTHIE



HYDRATING SMOOTHIE



BRIGHTENING SMOOTHIE

Elementals®





◆ **Manual Tan Application 45M | \$95**

Glow, the Relaxing Way! Skip the cold, misty spray tans and enjoy a luxurious, hand-applied tan instead. Relax under simulated stars as we prep your skin with a gentle dry body brush. Indulge in a creamy, organic tan application for a natural, streak-free glow—never drying, never orange. For lasting results, follow our post-care tips and apply coconut oil to extend your glow

◆ **Dragon Fruit Pre-biotic Body Glow: 90M | \$185**

Embark on a blissful journey for your skin's micro-biome. Start with a revitalizing dragon fruit sugar scrub that invigorates and boosts circulation, Followed by a 45-minute back and legs massage for silky-smooth skin and restored balance. Finish with a warm pro-biotic dragon fruit body butter wrap, Complete with a soothing scalp and face massage. Perfect for reducing inflammation, hydrating the skin and supporting healthy bacteria. Pure relaxation and rejuvenation awaits

◆ **Heavenly Facial & Massage: 90M | \$220**

Choose from our natural clean skin care ranges. Extra time to really unwind. Massage and facial combination for you to rebalance re-energize and glow!

◆ **Wellness Ritual Experience: 120M | \$260**

Spend time on yourself with the healing properties of hot and cold as you enjoy time in the wellness garden. Relax with a heavenly massage and facial of your choice. Choose from our natural clean skin care ranges. Extra time to really unwind. Massage and facial combination for you to rebalance re-energize and glow! Finish off in lounge with refreshments

◆ **Blissful Escape Package: 210M | \$435**

30-minute Mini treats from our top treatments for a total makeover, which include the following: Relax in the outdoor Spa Pool, enjoy a Pure Fiji Massage & Facial of your choice, Gel Manicure & Pedicure, ND Brows & Lash tint. Includes refreshments in our Rain forest lounge

◆ **Add on wellness garden for just \$35 with any treatment**

◆ Special occasion? Mention this to staff so we can make it extra memorable for you!

Please honor and protect your special me time

We ask that you arrive 10 minutes before your appointment to relax and get into a robe, so you start your treatment calm and ready to unwind. Please also allow for extra time in our rainforest lounge afterwards to have light refreshments and herbal teas before you step out into your busy life again



Massage Rituals

Escape the busy world in our tranquil out-of-town haven.

Snuggle into a warm robe and enjoy a divine experience

◆ **Wellness Body Massage: 60M | 90M | \$135 | \$175**

Immerse yourself in a full sensory journey designed to release stress and ease anxiety. This transformative experience combines breathwork, soothing sounds, calming fragrances, gentle therapeutic touch, and luxurious elements. Let us guide you to deep relaxation, where peace and tranquility await

◆ **Bamboo Massage: 75M | 90M | \$169 | \$199**

Using the Sasy & Savy detox oil- this was our biggest seller in January!

Experience a luxurious detox massage like no other. Using bamboo sticks, our therapists employ a variety of techniques, including rolling, kneading, and tapping, to deliver a soothing yet invigorating experience that relieves tension and revitalises the muscles.

Upgrade to 90 minutes and experience the Sasy & Savy organic facial just for an extra \$30!

◆ **Herbal Warming Massage: 75M | 90M | \$169 | \$189**

Herbal Press Massage is known for its healing properties. Enter our serene safe space and experience the benefits of detoxifying and medicinal herbs with this Fijian herbal press massage. Handcrafted with a unique blend of rejuvenating leaves, roots and flowers. Each herbal press is carefully steamed to unlock the extraordinary aroma and healing properties to detoxify and boost circulation. Take home the herbal balls to enjoy an infusion in your bath or shower or heat up and recreate at home!

Upgrade to 90M includes a back body scrub for just an extra \$30

◆ ***1 hour is never enough- upgrade & add 15M extra to your experience***

Hand or Foot Scrub \$30

Indian Head Massage \$30

Hot stones (To one area- not full treatment) \$30

Mini Facial add on to Massage \$30

Divine Hydrating Hair Ritual \$45



Massage Rituals

◆ **NEW! Head to Toe Bliss: 60M | \$159**

Feeling stressed and dealing with tired, aching feet? Our Head to Toe Bliss treatment is the perfect solution! Start with a Pure Fiji Foot Sugar Scrub to buff and polish dry feet, followed by a soothing foot massage with a body butter wrap and hot towel removal. This step enhances circulation, flushes out toxins, and reduces swelling. Next, enjoy a serene head and scalp massage to melt away stress. We then concentrate on the upper body with our Signature Neck, Shoulder & Facial Massage. This treatment will relieve fatigue, release tension, and promote mental clarity. You'll leave feeling refreshed, recharged, and renewed – walking on air!

◆ **NEW! Mirimiri Massage: 60M | \$155**

Mirimiri promotes physical and spiritual well-being, fostering a deep sense of connection between the tinana (body) hinengaro (mind) and wairua (spirit). An ancient Māori massage, healing practice that promotes overall well-being, restores balance, and enhances spiritual harmony

◆ **Rebalancing Hot Stone Massage: 90M | \$195**

Experience the healing warmth of heated volcanic stones placed on key points across the body. This unique treatment enhances circulation, soothes muscles and re-balances your energy lines

◆ **Add on wellness garden for just \$35 with any treatment**

◆ Special occasion? Please mention this to staff so we can make it extra memorable for you!

Please honor and protect your special me time

We ask that you arrive 10 minutes before your appointment to relax and get into a robe, so you start your treatment calm and ready to unwind.

Please also allow for extra time in our rain forest lounge afterwards to have light refreshments and herbal teas before you step out into your busy life again



Couples Experience

Step away from all the noise and fast paced life to really slow down, reconnect in a space designed for shared relaxation. With our opulent Royal suite- enjoy treatments side by side, where time feels slower, stress fades and you leave feeling refreshed, reconnected & renewed

◆ **Wellness Body Massage for Two: 60M | \$330**

Immerse yourselves in a full sensory journey designed to release stress and ease anxiety. This transformative experience combines breath work, soothing sounds, calming fragrances, gentle therapeutic touch, and luxurious elements. Let us guide you to deep relaxation, where peace and tranquility await. Complete your journey in our Rain Forest lounge with bubbles & chocolates for the perfect ending to your spa escape

◆ **Stress Relief Massage for Two: 75M | \$365**

Embark on an unforgettable journey in our Royal Suite, an exclusive sanctuary for couples offering a luxurious experience. With soft lighting and soothing music, let our skilled masseuses pamper you both, easing away tension & fatigue.

Includes 1 hour Relaxation Massage, followed by a tranquility head massage to relieve stress and tension. Complete your journey in our Rain Forest lounge with bubbles & chocolates for the perfect ending to your spa escape

◆ **Fire & Ice Wellness Spa package: 120M | \$390**

Embark on this sensory wellness journey in our outdoor wellness garden which feels like you are overseas! Come rain or shine embrace nature start in the sauna together, plunge into the ice bath and finish off in the spa pool. Enjoy a 60M wellness massage together with detox oils and finish in the Rainforest lounge with herbal tea and light refreshments

◆ **Pure Romance Couples Retreat: 90M | \$425**

Indulge in the ultimate couples' experience with our top three Pure Fiji treatments. A traditional sugar cane and coconut back body polish for irresistibly silky-smooth skin. Follow with a luxurious massage using virgin coconut, macadamia, sikeci, and dilo oils, Complete this intimate journey with an essential facial to leave you both refreshed and rejuvenated. Relax afterwards in our Rain Forest lounge with bubbles & chocolates for the perfect ending to your spa escape



Pregnancy Massage

Enjoy some pre-baby time and relax as our experienced masseuse melts away pregnancy aches and pains. With a specially designed pregnancy bed you can comfortably lie on your front. Includes complimentary refreshments in rainforest lounge and some time to yourself to cherish before lil one comes

◆ **Mumma To Be Spa Massage: 60M | 75M | \$142 | \$172**

Transport you and your precious bump to a Tropical Island Paradise. Ease pregnancy aches with our relaxing full body pregnancy massage using Pure Fiji nourishing oils to help prevent stretch marks

Why not add a Pure Fiji Facial leaving skin radiant and glowing for just \$30!

◆ **Pure Fiji Pregnancy Pamper: 90M | \$199**

Feeling swollen, achy, and exhausted in your final trimester? This nurturing spa experience is designed to cherish and restore every mum-to-be. Using the Pure Fiji Natural exotic oil which helps reduce stretch marks. Begin with a soothing foot ritual soak and scrub to relieve tired, swollen feet, followed by a luxurious one-hour customised pregnancy massage to melt away aches and tension. Finish with a refreshing 15-minute facial, leaving your skin radiant and deeply hydrated. Relax in our Rain forest lounge afterwards. A perfect head-to-toe experience to help you feel pampered, relaxed, and beautifully recharged

◆ **Rose Pregnancy Pamper: 90M | \$199**

Indulge in a sensory journey of relaxation, starting with a fragrant Rose Foot Soak to soothe and refresh. Enjoy a one-hour Relaxation Massage using the purest Neal's Yard coconut oils from the UK, known for their skin-nourishing benefits and stretchmark prevention. Then, drift into serenity with a 15-minute Rose Facial, leaving your skin beautifully glowing and hydrated. After your treatment, relax in our Rainforest lounge with complimentary refreshments as you soak in the blissful experience

◆ **1 hour is never enough- upgrade & add 15M extra to your experience**

Hand or Foot Scrub \$30 | Indian Head Massage \$30 | Hot stones (To one area) \$30

Mini Facial add on to Massage \$30 | Divine Hydrating Hair Ritual \$45

Hens Packages

4+

Looking for the perfect venue for a pre-wedding spa day for your group? The Manor Country Spa & Retreat offers a large venue perfect for large groups

Nestled in the park-like grounds of a historic Manor house, Our spacious spa features:

- Everything all under one roof so not having to factor in the stress of multiple appointments in the wedding week!
- 9 therapy rooms & 6 expert staff to look after you
- A large lounge & beautiful wellness garden to spend time with your friends
- Affordable onsite accommodation & a private cocktail lounge in the South Wing
- Honeymoon Suite
- Free onsite parking for your convenience

🎀 Our Hens Package – \$190pp 🎀

Enjoy a rejuvenating morning or afternoon in our spa, your package includes:

Choose from Two 30-minute mini treatments

- Pure Fiji Facial
- Pure Fiji Massage
- New Definition Brows
- Fiji Manicure or Pedicure
- Foot & Leg Massage
- Free access to our Wellness Garden (Spa pool, Sauna & Ice Bath \$45 value!)
- Luxurious robes & Rainforest Lounge access to unwind between treatments
- Complimentary light refreshments (Bring extra treats!)
- Games available on request

Our dedicated team is here to ensure your group has an unforgettable pre-wedding experience filled with relaxation, pampering, and joy

Book your SPArty today and let us create the perfect spa day for you and your guests!



Group "SPArty" Packages for 4+

Looking for the perfect venue for your next group event? Whether it's a birthday, bridal party, work gathering, or a well-deserved girls' day out, The Manor Country Spa & Retreat offers a luxurious escape in a tranquil, out-of-town setting.

Nestled in the park-like grounds of a historic Manor house, our spacious spa features:

- 9 therapy rooms & 6 expert staff for seamless service
- A large lounge & beautiful wellness gardens for ultimate relaxation
- Affordable onsite accommodation & a private cocktail lounge in the South Wing
- Free onsite parking for convenience

✨ Our Exclusive SPArty Package – \$190pp ✨

Enjoy a rejuvenating morning or afternoon in our spa, complete with:

Choose from Two 30-minute mini treatments

- Pure Fiji Facial
- Pure Fiji Massage
- New Definition Brows
- Fiji Manicure or Pedicure
- Foot & Leg Massage
- Free access to our Wellness Garden (Spa pool, Sauna & Ice Bath \$45 value!)
- Luxurious robes & Rainforest Lounge access to unwind between treatments
- Complimentary light refreshments (Bring extra treats if you like!)
- Games available on request

Our dedicated team is here to ensure your group has an unforgettable experience filled with relaxation, pampering, and joy.

Book your SPArty today and let us create the perfect Spa Day for you and your guests!



Manicures & Pedicures



Manicure

◆ **Deluxe Manicure: 60M | \$95**

Brightening treatment for dry dull pigmented hands. Restore youthful skin with this new treatment. Includes the Guava Vitamin C sugar scrub, Hydrating Mask and Hot towel removal, Hand massage and gel polish of your choice

◆ **Maintenance Gel Manicure 3 weekly** Includes Soak off: **45M | \$85**

For our 3 weekly regulars

◆ **Extras:**

- Gel Soak off \$10 Builder
- Nail (BIAB) \$10
- French Tips \$10 IPL
- Sunspots back of hand \$50 LED
- Removal of Gels (No Manicure) \$25

Pure Fiji Spa Pedicure

Step into pure relaxation in our private pedicure suite, where you can sit back in our luxurious massaging chairs and indulge in a truly pampering experience.

This above-and-beyond pedicure is designed to:

- Soothe and refresh tired, dry, and sore feet
- Gently care for your cuticles and perfectly shape your nails
- Remove dead, dry skin for ultimate softness
- Hydrate with a nourishing mask with hot towel removal
- Finish with a restorative foot and calf massage—leaving you walking on air
- Complete your treatment with a long-lasting Gel Bottle Polish for the perfect finishing touch

◆ **Pure Fiji Spa Pedicure: 60M | \$119**

◆ **Maintenance Gel Pedi (Under 6 weeks)** Includes gel soak off: **60M | \$114**

◆ **Cracked Heel Medi Pedi: 75M | \$144**

◆ **Extras:**

Gel Soak off \$10 | \$10 Callus Peel 15M \$30 | Gel Polish Removal (No Pedi) \$35



Medi Spa-Wing

**With our own Medi-Spa wing we have the latest technology
to keep you glowing and ageing gracefully**

Book in a Free Consultation to find out what treatments best suit you

◆ **Hollywood Carbon Laser Facial: 45M | \$155**

Our most popular facial and a must for anyone with acne, pigmentation, aging and open pores. This instantly revives, brightens, plumps and regenerates

◆ **Nano Fusion: 45M | \$205**

Nano Fusion, otherwise known as nano-needling is an innovate, non-invasive transdermal serum delivery system designed to rejuvenate your skin and remedy many common issues like lack of tone, uneven texture, excessive pigmentation, scarring, and loss of elasticity. Nano-scale channels are created in the skin allowing increased skin penetration and improved absorption rate of active ingredients and created an enhanced delivery system, maximising and optimising their efficacies.

Combined with the proprietary massage and vibration properties, Nano Fusion amplifies skin rejuvenation by inducing collagen synthesis and skin healing.

◆ **Plasma Pen: POA**

Intense medical-grade skin tightening treatment which also can remove moles lumps and bumps

◆ **HIFU Non-Surgical Face lift 60M | \$250**

Using ultrasound lifts & tightens sagging skin

◆ **Deluxe Glow Dermablading 45M | \$155**

The cheapest facial and also removes the fine downy vellus hair. Using Elementals clean skin care range. Dermablading uses a surgical blade designed to glide across the skin's surface to remove dead skin cells and vellus hair. This treatment leaves the skin feeling smoother, brighter and glowing. Perfect for weddings, events or because want to reveal your skins natural glow.

◆ **Micro-Needling- Pro Pen: \$250**

For those who would like brighter, firmer, smoother skin. Boosts collagen & elastin production. Helps even-out skin tone and treats Acne

Add on restore from dermalogica \$45 Add on LED \$50

◆ **IPL** For the same price as waxing!

Brow Retreat



Brow Retreat

◆ **1st Time Brow Sculpt with Brow Mapping: 45M | \$95**

• **Over 6 weeks: 30M | \$79**

• **Under 6 weeks: 30M | \$69**

◆ **Microbladed Brows: 15M | \$59**

◆ **Brow Lamination Redesign: 45M | \$120**

Includes Hybrid Stain and Pure Fiji Hand Massage

◆ **Deluxe Gold Brow Retreat: 45M | \$110**

Indulge in the ultimate brow experience with our Deluxe Gold Brow Retreat, This elevated ritual begins with the expert sculpting of your brows, followed by a brightening gold collagen eye mask to rejuvenate and refresh under the eyes. Drift into relaxation as we soothe your senses with a pressure point massage using vitamin-infused oil. Finish with a nourishing gold brow oil

Lashes

◆ **Lash Tint (Add on to brow service): \$35**

◆ **Lash Tint on own includes Pure Fiji Hand Massage: \$39**

◆ **LVL Ceramide Lash Lift and Tint: \$120**

Lifting will keep a lasting curl all the way through the life of the eyelash (around 90 days) Includes Pure Fiji exfoliating hand treatment worth \$30, Hot towel removal and our signature Pure Fiji hand Massage for beautiful results and the best experience

Facial Threading

◆ **Lip Thread Add on to Brows \$15**

◆ **Lip Threading (On its own) \$22**

◆ **Lip/Chin Threading \$30**

◆ **Half Face Threading \$35**

◆ **Full Face Threading \$49**





Accommodation

Make a Weekend of it Accommodation

Escape for a blissful weekend in the Wairarapa at our Day Spa, offering the perfect getaway with these accommodation options:

Enjoy luxury in our new Wellness Garden Studio, for the ultimate relaxation and rejuvenation. Enjoy exclusive access to our Wellness Garden, featuring a Hot Springs Spa Pool, Found Space Ice Bath, and Alpine Sauna—a perfect retreat for those seeking balance and renewal

Alternatively our South Wing offers boutique accommodation with six beautifully appointed rooms, making it ideal for Girls' Weekends, Hens Parties, and Birthday Celebrations

- Butterfly Room Double Bed
- Queen Bee Room x2 Single Beds
- Diamond Room x2 Single Beds
- Stag Room Single Bed with Ensuite Toilet
- Pink Room Double Bed with Ensuite Toilet
- Bordello Suite Double Bed with Ensuite Toilet | Shower

South Wing Accommodation can enjoy access to the following
Cocktail Lounge with Flat Screen TV, Netflix | WIFI
Conservatory | Kitchen | Shower Room | Own Entrance

Looking to elevate your stay?
See our Group SPArty options for indulgent spa treatments





Wellness Hub

Coming Soon!

We are looking for like minded Alternative Health practitioners to come and join our wellness hub to work along side our team of Therapists

Holistic Spa Therapists

Acupuncture

Reflexology

Alternative Medicine

Homeopathy

Nutrition

Movement Coaches

Weight Loss Coaches

Yoga Instructors

Experts who want to run retreat Weekends

Yoga | Health & Nutrition | Menopause | Detox | Joy

Please contact Katie if you have any of the above qualifications