



Spa Menu



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Beauty, SPA & Wellness

*Discover the secret of well-being
on board Ms Astor*



Massage therapies

EASTERN HEAD MASSAGE

This ancient Indian massage targets the shoulders, neck, scalp and head to relieve headaches, migraines, insomnia, sinus problems and stress related difficulties.

SWEDISH CLASSIC MASSAGE

A traditional technique that increases circulation, improves skin and muscle tone and soothes tired, aching muscles resulting in the complete relaxation of both body and mind.

AROMATHERAPY MASSAGE

A specialised treatment to relieve stress, tension, fatigue, headaches, pms, allergies, nausea and many other health concerns. Specific essential oils are chosen to suit your individual needs.

ATHLETIC 'SPORTS' MASSAGE

Deep massage and stretching techniques are applied to major muscle groups used in physical activities and sport.

LYMPHATIC DRAINAGE MASSAGE

A light-touch massage technique that stimulates the lymphatic system, the body's elimination/drainage system. Reduces water retention and swelling.

NEUROMUSCULAR THERAPY

A combination of deep Oriental and European massage techniques is applied to relieve muscular discomfort.

REFLEXOLOGY

Involves manipulation of specific pressure points on the feet to deeply relax the whole body.

BALINESE MASSAGE

A Balinese Massage using a combination of gentle stretches, acupuncture and aromatherapy oils to stimulate the flow of blood, oxygen and energy throughout your body, resulting in deep relaxation and well-being.

30 mins. 79 A\$ 45 mins. 113 A\$ 60 mins. 138 A\$

Ayurveda healing therapies

Ayurvedic head massage	30 mins.	80 A\$
Ayurvedic face and marma-vital therapy	45 mins.	114 A\$
Ayurvedic foot massage	30 mins.	80 A\$
Kizhi (herbal pouch treatment)	60 mins.	168 A\$
Abhyanga (ayurvedic oil massage)	60 mins.	138 A\$
Nasyam (face and head massage)	45 mins.	119 A\$
Ayurvedic lightweight legs	30 mins.	79 A\$



Asian touches

THAI MASSAGE

The use of warm honey to work on the core of the body, the back and abdomen is a powerful treatment for releasing tension and removing toxins from the system. It improves the thermal regulation of the skin, has a positive influence on the entire nervous system, is anti-inflammatory, aids relaxation and improves circulation.

HERBAL COMPRESS SENSATION

A Traditional Tibetan Therapy.

The blend of traditional herbs used in hot herbal compresses has a relaxing and simultaneously invigorating effect on the body and mind while at the same time boosting the body's energy level. Herb bundles are heated and applied to the body creating a therapeutic massage sensation.

SHIATSU

Japanese acupressure is a 2000 year old traditional therapy whereby finger and thumb pressure is applied to specific points to balance the body's energy levels.

45 mins. 125 A\$ 75 mins. 190 A\$ 90 mins. 230A\$

Exclusive therapies

HONEY MASSAGE

The use of warm honey to work on the core of the body, the back and abdomen is a powerful treatment for releasing tension and removing toxins from the system. It improves the thermal regulation of the skin, has a positive influence on the entire nervous system, is anti-inflammatory, aids relaxation and improves circulation.

HEALING STONE MASSAGE

This premier stone massage utilises both smooth, hot Basalt (volcanic) stone and cool marble stones as an extension of the hands for a therapeutic massage to maximise relaxation. Your body will absorb the healing touch as the stones, ease away tension, balancing all levels of emotional, mental, physical and spiritual energy.

30 mins. 85 A\$ 45 mins. 125 A\$ 60 mins. 156 A\$

SOUTH PACIFIC SEASHELL THERAPY

A combination of ocean minerals. This massage promotes increased extension of soft tissues, removal of toxins from cells, enhanced blood flow and relaxation of sore and stiff muscles.

60 mins. 170 A\$



Body treatments

EXFOLIATING BODY POLISH

45 mins. 93 A\$

An essential treatment whereby dead skin cells are removed using mineral crystal salt, a remarkable and natural cleansing agent rich in moisturising minerals, that leaves the body smooth, invigorated, vibrant and cleansed of impurities.

LIPO-ACTIVE BODY TREATMENT

45 mins. 108 A\$

This total body therapy helps eliminate excess weight while improving microcirculation and refining the texture of your skin. You are left feeling relaxed, slim and revitalised.

HONEY & SUGAR SCRUB

45 mins. 138 A\$

Honey & sugar are applied and massaged into the skin using special techniques until the consistency changes and white pellets containing toxins and salts appear on the skin surface having been drawn from the body and absorbed by the honey.

MINERAL MUD WRAP

45 mins. 108 A\$

A luxurious top to toe treatment by which cool deep cleansing mineral mud is applied to draw out impurities and excess oils, while at the same time intensively rejuvenating the deepest layers of the skin. Your therapist will perform a scalp and foot massage while the wrap gently envelops and relaxes you.

COOL MINERAL WRAP

45 mins. 108 A\$

Reduces swelling, puffiness and relieves tired, swollen ankles and feet. Increased effectiveness is achieved when combined with a lymphatic drainage massage.

MARINE BODY WRAP

45 mins. 108 A\$

Combine a full body massage with one of our three high-impact marine body wraps to assist in the elimination of toxins, breakdown of fat and invigoration of skin tissue.

The unique aesthetic revolution

WISHPro uses non-invasive magnetic infusion technology to defeat the aging cycle by driving specialised cosmetic formulations into deeper levels of the skin to treat the cells and restore circulation and nutrition.

These natural formulations evolve the skin's healing processes resulting in healthier, firmer and younger looking skin.

Duration for each session is 30 minutes

1 session 93 A\$

2 sessions 165 A\$

3 sessions 228 A\$



Facial treatments

CLEANSING FACIAL

45 mins. 108 A\$

This relaxing facial is suitable for all skin types and is highly recommended for dehydrated, tired or congested skin.

REVIVING FACIAL

45 mins. 108 A\$

A reviving facial is a luxurious treatment for dehydrated, dry or mature skin. Hydrating and therapeutic care, incorporating minerals and a most gentle nourishing mask. Benefit from the massage treatment for the face, neck and shoulders, moisturising to the deepest layers. This facial promotes a fresh and radiant glow to the skin.

LUXURY AROMATHERAPY FACIAL

45 mins. 93 A\$

Incorporates specific, massage techniques to the face, neck and scalp using pure essential oils to suit your skin type. Detoxifies and oxygenates the skin giving a complete feeling of relaxation.

DELUXE CAVIAR FACIAL

45 mins. 124 A\$

The ultimate beauty treatment using caviar extract to minimise signs of ageing and dramatically reduce facial expression lines and wrinkles.

ANTI-AGING FACIAL

45 mins. 108 A\$

As we grow older our skin dries. Treat yourself to an anti-aging facial to rejuvenate your skin in order to achieve healthier and younger looking skin that makes you feel and look fresh.

EASTERN FACIAL

45 mins. 121 A\$

A luxurious massage, using rose hip oil, rose water and essential oils to stimulate the energy channels and specific acupressure points enabling the muscles and skin of the face to relax and increase the flow of blood and fluids that carry vital nutrients to nourish all the tissues of the face.

ANTI-JETLAG FACIAL

45 mins. 108 A\$

An energising and revitalising facial using refreshing and restorative products that will stimulate and improve skin firmness and smoothness.

TEEN FACIAL

45 mins. 80 A\$

This teen facial helps promote a clear, healthy and glowing complexion. Significant hormonal changes can occur during the teen years, resulting in increased oil production.

MAKE - UP

56 A\$

Our make-up artist will show you how easy it is to look your best every day or make you up for a glamorous night out.

Hair styling

STYLING

Shampoo & blow dry/set short hair	48 A\$
Shampoo & blow dry/set medium hair	48 A\$
Shampoo & blow dry/set long hair	55 A\$
Shampoo/set & hair up	69 A\$
Hair Up (evening style)	52 A\$
Braiding	32 A\$
Shampoo & cut	48 A\$
Shampoo, cut & blow dry/set	80 A\$
Trim	28 A\$
Comb out	28 A\$

COLOUR

Highlights	113 A\$
Lowlights	86 A\$
Permanent colour	85 A\$
Semi-Permanent colour	85 A\$

TREATMENTS

Hair mask treatment	36 A\$
Deep conditioning treatment	36 A\$
Scalp treatment for dry skin	36 A\$

Hand care

Luxury spa manicure with hand massage	56 A\$
French manicure with hand massage	62 A\$
Orient spa manicure with hand massage	68 A\$
Full set UV gel	89 A\$
Full set UV gel with extensions	99 A\$
UV gel polish	32 A\$
Rebalance	68 A\$
Nail repair (each)	9 A\$
Natural overlays	68 A\$
Semi-permanent manicure	83 A\$
Parafin wax treatment	24 A\$
Re-polish	20 A\$
Nail art	35 A\$
Artificial nail removal	27 A\$

Foot care

Luxury spa pedicure with foot massage	65 A\$
French pedicure with foot massage	70 A\$
Semi-permanent pedicure	85 A\$
Orient foot treatment with foot massage (treat yourself to our three step process of soaking, peeling and scrubbing to make your feet glow)	76 A\$
Parafin wax treatment	27 A\$



Men's styling

Anti-age performance facial	72 A\$
Men's preference facial	69 A\$
Luxury caviar facial	79 A\$
Shampoo, cut & styling	32 A\$
Manicure with hand massage	36 A\$
Pedicure with foot massage	47 A\$

Epilation

Half leg wax	26 A\$
Full leg wax	40 A\$
Half arm wax	12 A\$
Full arm wax	18 A\$
Under arm wax	19 A\$
Bikini	26 A\$
Chin, lip or eyebrow wax	19 A\$

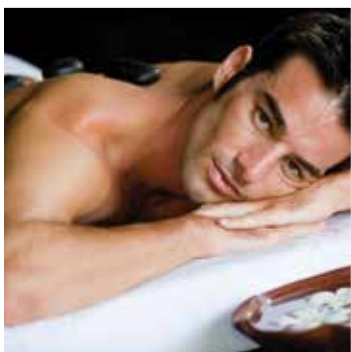
Fitness facilities

Fitness facilities is complimentary

Sauna

Sauna is complimentary
The sauna is available daily from 9am - 9pm





Open daily: 9am - 9pm

Book now - Call 397 or visit us at
Oasis Beauty Spa & Wellness, deck 3