



Hauora Spa

TREATMENT MENU

BOOKINGS ESSENTIAL



Hauora Spa at Wharekauhau

For over a century Wharekauhau has been regarded as much more than a lodge or farm. The land's uniqueness has captivated and inspired those that have experienced it. It is a place where thunderous Pacific waves meet black sand beaches... where mountains seem to rise out of the ocean and kiss the clouds... where such dramatic surrounds can influence healing, self confidence and provide a distinct sense of place and calm.

Hauora, (pronounced; Ho-ore-a), is a Māori philosophy of total health & well-being. We believe it pays great tribute to the people and energy of the land, past and present. The Hauora concept consists of four dimensions :

Taha Tinana	<i>Physical wellbeing</i>
Taha Hinengaro	<i>Mental & emotional wellbeing</i>
Taha Whānau	<i>Social wellbeing</i>
Taha Hinengaro	<i>Spiritual wellbeing</i>

Foley Vine Body & Soul

We cannot live in a famous wine region and not have a treatment dedicated to the natural skincare qualities of the humble grape. We have developed a treatment package that focuses on the many health benefits that we can draw from grapes.

Grapeseed exfoliation, followed by a grape and clay mask, and a facial of your choice. Finish with a full body massage leaving your skin refreshed.

Classic	120 min	\$595
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Hauora Signature Full Body Manuka Honey Wrap

Our Signature Body Wrap begins with a body polish rich in Sugar Cane exfoliation, to detoxify and leave your skin primed to be cocooned in a silky warm Manuka Honey mask, followed with the therapeutic benefits of a full body massage.

This treatment is designed to assist in helping hydration, cellular regeneration and promotes anti-ageing.

Classic 120 min \$555

Body Massages

Relaxing Full Body Massage 60 min \$265
90 min \$305

A gentle massage to revive tired muscle, using a pressure to improve blood circulation.

Deep Tissue Full Body Massage 60 min \$370
90 min \$430

Realigning deeper layers of muscle and connective tissue. Hawaiian Lomilomi, Swedish and Shiatsu techniques, are combined to bring faster healing by increasing the blood circulation and reducing inflammation.

Relaxing Massage with Hot Stones 60 min \$365

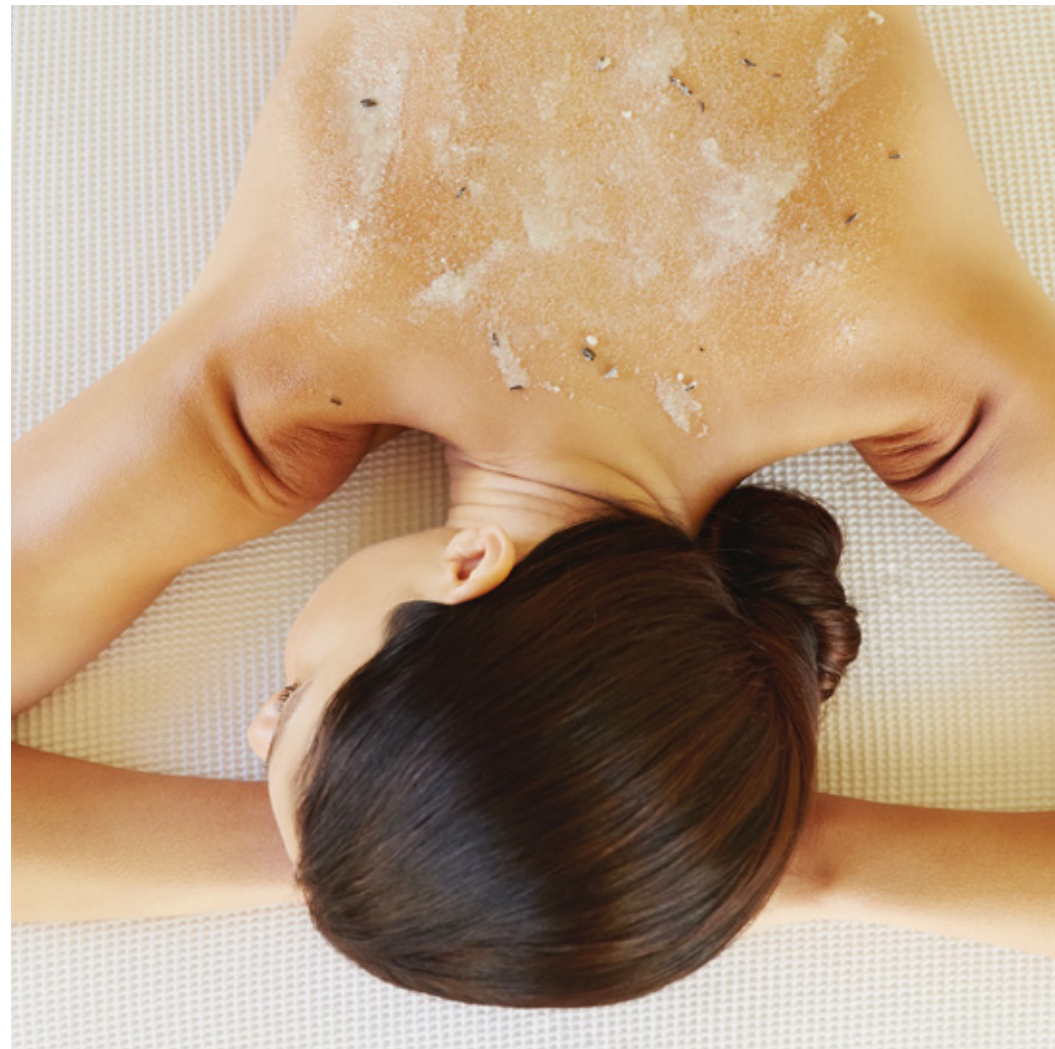
Relieve muscle spasms, pain and tension, and improve skin appearance by assisting blood circulation and flow of energy with flat heated stones.

Jet Lag Buster Back Massage 30 min \$220

Help reduce the stress of traveling and improve Jet lag side effects by releasing muscle tension.

Pregnancy Massage 60 min \$265

Focused on the special needs of the mum. Enhance the function of muscles and joint, improve blood circulation, sleep, general body tone, relieve back pain and reduce stress.





Face Treatments

Resurfacing Facial A unique resurfacing treatment which combines glycolic and mandelic acids for a smoother, more radiant complexion. Great for enlarged pores, pigmentation, dull, congested and acne prone skins.	60 min	\$295
Manuka Honey & Hot Stone Facial Warm, luxurious, silky Manuka honey incorporated into a unique facial leaving you with youthful looking skin. Native Manuka Honey is rich in nutrients, antibacterial, decreases inflammation, hydrating and firming.	60 min	\$345
Men's Facial & Eye Mask Instantly revive and restore radiance to your skin with carefully selected products. Experience the results of the powerful detoxifying, calming and anti-ageing properties. Vitamin & mineral boost.	60 min	\$295
Vitamin C Brightening facial Brighten lacklustre complexions, even skin tone and smooth texture from the first cleanse to the final hydration with the potent power of Vitamin C.	60 min	\$295
Purifying Papaya Enzyme Facial Purify, resurface and rejuvenate your skin with this highly effective Papaya Purifying Enzyme facial. This treatment removes build-up of dead skin cells and impurities while brightening and balancing skin tone leaving you with a complete refreshed, glowingly beautiful skin.	60 min	\$295

Full Body Treatments & Combinations

Full Body Massage & Facial 90 min \$445

Sugar Glow & Coconut Body Scrub 60 min \$250

Restore your skin to a healthy glow with this unique exfoliation and hydrating treatment. Using coconut and natural sugar-cane to give you one of the most luxurious and efficient ways to hydrate, moisturize and exfoliates your skin.

Hands & Feet Treatments

Spa Manicure 60 min \$230

Start with a relaxing soak in a coconut milk bath and exfoliation using pure cane sugar and cold-pressed seed oils. A warm body butter mask delivers moisture to your skin while milk proteins set in motion the firming process strengthening your skin. Finish with a hydrating arm and hand massage.

Spa Pedicure 60 min \$295

The ultimate treat for your feet. A cleansing foot soak in hydrating coconut oil is followed by an exfoliation of pure cane sugar infused with cold-pressed seed oils. A warm body butter wrap is applied to the feet followed by a coconut oil lower leg massage. Finally your choice of colour is applied to your nails.

Foot Ritual 30 min \$210

Rejuvenate those tired legs with a beautiful coconut milk foot soak followed by a foot and leg massage.

Foot Reflexology 45 min \$250

Using gentle pressure to stimulate energy and release blockage in areas that cause pain or illness.

Warm oil Scalp massage 30 min \$210

Oils are massaged gently into the scalp and neck to alleviate tension and aid with circulation and relaxation.



Spa Lunch Package

We all need a little time to treat ourselves. This is the Wharekauhau version of the ultimate spa-day.

Escape to the coast for a relaxing day out. Arriving at the lodge you can slip into a cosy robe, and sip a welcome glass of Champagne poolside. The only choice you have to make is between a 60 minute relaxing massage, or a 60 minute facial at the Hauora Spa.

When you are well relaxed you will be guided to your table in the main lodge to enjoy one of our famous Trust The Chef lunch dining experience.

Package : \$495 per person (minimum 2 persons)

Includes : A welcome glass of Champagne

A 'Trust The Chef' lunch

Your choice of a 60 minute relaxing massage *OR* facial (excluding Manuka facial).

Bookings

To book a treatment contact reception prior or on arrival to Wharekauhau.

Call. +64 6 307 7581

Email. reservations@wharekauhau.co.nz

Bookings

Bookings are essential and are subject to availability.

In-Cottage treatments

Additional charge of \$250.

Cancellation

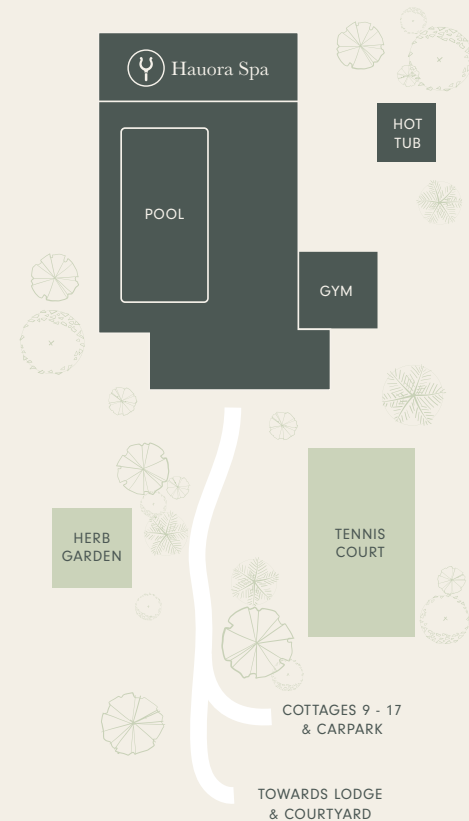
If your booking is cancelled within 12 hours a 100% fee applies.

For your comfort

In consideration to other guests and in order for you to receive your full service please arrive 10 minutes in advance to change in to a robe and slippers. These are available in the changing area.

Our beauty therapist is fully trained to ensure the quality and safety of your experience. If you have health considerations please let us know so your treatment plan may be best tailored to you.

Location





WHAREKAUHAU

EST · 1844

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