



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 :

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|----------------|---|
| 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.

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|---------|---------|-------|
| Classic | 120 min | \$595 |
|---------|---------|-------|

Hauora Signature Full Body Manuka Honey Wrap

Our Signature Body Wrap begins with a body polish rich in essential minerals to exfoliate, detoxify and leave your skin primed to be cocooned in a silky warm Manuka Honey mask & clay, 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.

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| Classic | 120 min | \$555 |
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Body Massages

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| Relaxing Full Body Massage | 60 min | \$255 |
| | 90 min | \$295 |
| Deep Tissue Full Body Massage | 60 min | \$360 |
| Relaxing Massage with Hot Stones | 90 min | \$355 |
| Therapeutic heat from volcanic stones combined with massage. | | |
| Jet Lag Buster Back Massage | 45 min | \$210 |
| Pregnancy Massage | 60 min | \$255 |





Face Treatments

Anti-Ageing Facial & Eye Mask

60 min \$295

The refreshing peel off mask has an occlusive effect as the active ingredients absorb especially deep into the skin for the achievement of anti-ageing. Detoxifying, hydrating, vitamin & mineral boost.

Manuka Honey & Hot Stone Facial

60 min \$345

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.

Men's Facial & Eye Mask

60 min \$295

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.

Detoxifying Active Charcoal Peel & Mask

60 min \$295

Thanks to its porous structure charcoal deeply purifies the skin by absorbing the toxins. It also assists in the regulation of sebum and helps combat oily skin. Includes eye mask.

Full Body Treatments & Combinations

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|-------------------------------------|---------|-------|
| Full Body Massage & Facial | 90 min | \$445 |
| Moroccan Hair Treatment & Facial | 120 min | \$425 |
| Facial & Pedicure or Manicure | 90 min | \$425 |
| Ocean Exfoliation | 60 min | \$230 |

A blend of New Zeealand sea salt and seaweed is massaged over the full body to remove impurities, stimulate circulation and promote lymphathic drainage, followed by a skin nourishing moisturisation.

Hands, Feet & Head

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|--------------------|--------|-------|
| Nails | | |
| Manicure | 60 min | \$195 |
| Pedicure | 60 min | \$225 |
| Express treatments | 40 min | \$155 |

Available nail polish brands :
CND every day Vinylux polish, CND Shellac.

| | | |
|------------------------|--------|-------|
| Hair | | |
| Wash & Blow Wave | 60 min | \$210 |
| Moroccan Oil Hair Mask | 90 min | \$285 |

Shampoo and conditioning, hot towel your hair with face, neck and shoulder massage, conditioning mask and scalp massage, finished with wash and blow wave.



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 : \$425 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

Bookings

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

Call. +64 6 307 7581

Email. reservations@wharekauhau.co.nz

Books are essential and are subject to availability.

Couple treatments

Additional charge of \$200 per person.

In-Cottage treatments

Additional charge of \$250.

Cancellation

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

Timings

If you'd like a treatment but are short on time, please discuss with the therapist or front desk to see if we can fit the treatment into your timeframe.

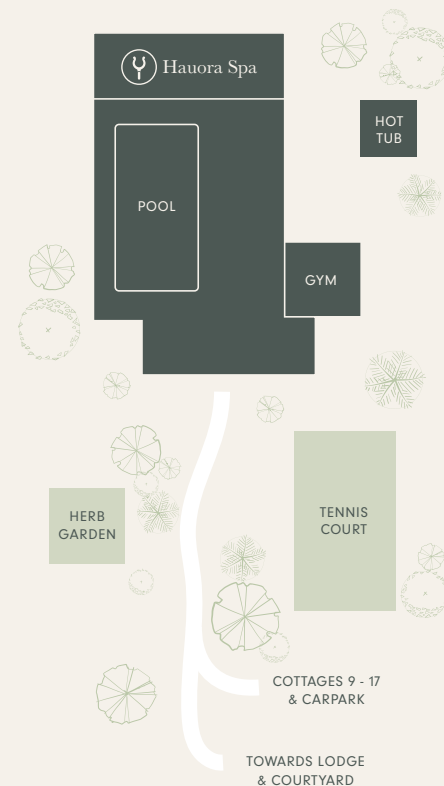
For your comfort

In consideration of 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 massage therapists are 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.

To fully enjoy your spa experience cell phones should be turned off.

Location





WHAREKAUHAU

EST · 1844

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