

Treatments & Prices

Tongariro MediSpa
07 378 6334 / 021 633417
www.tongariromedispa.co.nz

BY APPOINTMENT ONLY

Spa Massage

Escape for a "mini holiday", relax & recharge. **\$60** (30min) **\$100** (60min) **\$140** (90min)

Medi Massage

Addressing specific aches and pains, this personalised massage "untangles" and balances your body, freeing up movement. **\$70** (30min) **\$120** (60min)

Foot Massage

A relaxing foot soak & scrub followed by a foot/calf massage. **\$50** (30min)

All Natural Facial

We make our own skin care products fresh on site, using organic ingredients. Our facials include cleanse, exfoliation, mask & moisturiser plus a relaxing massage.

Express Facial (includes neck/shoulder massage) **\$65** (30min)

Deluxe Facial (includes arm/neck/shoulder & head massage) **\$95** (60min)

Blissful Facial (includes back/neck/shoulder & head massage) **\$140** (90min)

Yoga/Pilates

Whole body exercise for mobility, strength and balance. Yoga classes finish with 20 minutes of relaxation and guided meditation at no extra charge. Visitors are welcome to attend our regular weekly classes: **Yoga Tue 9am & 5.30pm & Pilates Thu 9am & 5.30pm.**

\$15 per class (ask about discounted rates for regulars) **\$5** (students) **\$60** (private 1:1)

Running Coaching

Learn how to run! Run smarter, not harder. Technique is the key to better efficiency, endurance and enjoyment & less risk of injury. Your session includes video analysis, movement screening, basic running principles and targeted exercises. **\$50**

We accept Cash, Eftpos & direct bank deposits.
Sorry, no credit cards.