

CAPE SOUTH MINDBODY MENU

A menu of spa treatments and activities to relax and rejuvenate your body, mind and spirit.

Choose from a variety of different styles of massage, facials and healing modalities.

Located out of our bespoke treatment room and studio. Enter a state of pure bliss while your mind, body and soul are cared for.

All prices include GST.

BODY

SWEDISH MASSAGE

60 min \$140 90 min \$200

Revitalise your body and mind with this timeless therapy, easing tension and enhancing flexibility through gentle, flowing strokes, fostering deep relaxation for holistic rejuvenation.

THERAPEUTIC MASSAGE

60 min \$140 90 min \$200

Customised relief awaits – targeting specific areas of tension and stress, this massage promotes deep relaxation, alleviating muscle tension and promoting balance for complete rejuvenation.

REFLEXOLOGY

60 min \$140

Unwind and revitalise with reflexology. This ancient healing practice targets pressure points in the feet, promoting relaxation, improved circulation and holistic wellbeing through gentle massage techniques. Experience rejuvenation from the ground up.

FACE

FABULOUS FACIAL

60 min \$140 90 min \$200

Experience pure indulgence with our Fabulous Facial – cleansing, exfoliating and rejuvenating. Enjoy a detox mask paired with a soothing hand or foot massage followed by a pressure point massage for shoulders, neck and face. Seal in the bliss with a serum & moisturiser.

SPA PACKAGES

FULL FACE & BODY TREAT

120 minutes \$270

Indulge in the ultimate pampering experience with our Full Face & Body Treat. Relish a one hour Fabulous Facial paired seamlessly with a choice between a one hour Swedish or therapeutic massage. Let this 120 minute journey your entire being from skin to soul.

MIND BODY SOUL

120 minutes \$250

Experience the immersive journey of holistic healing with our Mind Body treatment. Intuitive energy healing techniques, blending Reiki, Polarity, Tibetan sound healing and guided meditation work synergistically to activate your bodies subtle energy systems for deep relaxation. Combined with an angel card reading and crystal therapy this is a profound reset and recharge for your mind, body and soul, fostering deep relaxation and renewal.

MINDBODY

REIKI

60 min \$120

Unlock your body's subtle energy systems with Reiki – a holistic, non-invasive practice that promotes balance and healing to facilitate health in your physical body and beyond. This powerful reset revitalises, clearing and repairing your energy bodies for holistic well-being.

POLARITY ENERGY HEALING

90 min \$200

Immerse in a hands on energy healing experience with Polarity Energy Healing. This holistic practice activates your subtle energy systems, combining touch, breathing and rocking motions for clearing, repairing and balancing your entire being.

YOGA

60 min \$120 / 90 min \$170 up to 6 people then \$20 PP

Embark on a personalised yoga journey tailored to your body and your wellness goals. Choose from various yoga styles – Hatha, Ashtanga, Yin, Vinyasa, Satyananda, Yoga Nidra (guided relaxation) and Therapeutic Yoga. Enjoy a transformative experience in our private studio with all equipment and props provided.

QI GONG – FIVE TREASURES

30 min \$60

Experience the essence of Qigong. Qigong is an ancient mind-body-spirit practice that opens the flow of energy in meridians (energy lines in the body) used in Traditional Chinese Medicine. It enhances our ability to feel the Life Force underlying the physical world and to deepen our communication with it. Featuring gentle movements, deep breathing and meditation techniques, “**Five Treasures Qigong**” promotes the circulation of blood and Qi (vital energy) within the body. The practice is rejuvenating and renewing. It evokes states of internal stillness, centering, balance and a feeling of well-being. Qigong is also practiced to strengthen the internal organs and the immune system.

PILATES

60 min \$140 / 90 min \$200 up to 6 people then \$20 PP

Enjoy a private pilates session designed to develop full body control, enhance strength, improve flexibility. Personalised for you or your group there will be a focus on correct spine alignment, breathing and core strength. Enjoy your own class in our private studio with all equipment and props provided.

MEDITATION

60 min \$120 / 90 min \$170 up to 6 people then \$20 PP

Learning to meditate can be challenging and our aim is to give you some techniques to assist to still the mind, tune into inspiration and guidance to reach a place of deep replenishing relaxation. Techniques may include mindfulness meditation, formal and information meditation, creative visualisation, breathing exercises and guided meditation. Tailor made for your experience and goals.

MINDFULNESS TRAINING

3 x 60 min \$350 plus \$50pp

Explore the theory, science and practices of mindfulness in a comprehensive introduction to Mindfulness Course. Tailor made for you or you or your teams visions and goals. Mindfulness has been shown to reduce stress, improve sleep quality, reduce pain and increases productivity and improve workplace culture. You will learn grounded and powerful mindfulness techniques that can be applied at work and at home to improve focus, engagement and happiness. The training is interactive and is accompanied by a mindfulness journal, power point enhancement and audio support.

SOUND HEALING

60 min \$120 / 90 min \$200 up to 6 people then \$20 PP

Sound has been used as a healing tool for thousands of years. It is used to create balance and alignment in the physical body and the energy bodies. Projected sound with intention may assist parts of the body to return to its natural frequency. A range of sound healing tools are used including Tibetan singing bowls and tuning forks.

AROMATHERAPY

ESSENTIAL OIL BLEND & RITRUAL

\$35 pp

Learn how to blend your own fragrant therapeutic oil. Consult a compendium of essential oils to choose what you wish to create. Combine essential oils with base oils in a 10ml glass roller vial. Add a crystals chip of your choice, gold flecks, perhaps medicinal flower or herb. Infuse your oil with intentions and together we bless the creation.

ADVENTURES

GUIDED COASTAL WALK

\$120 per hour up to 4 people

Put on your walking boots and join our guide for a guided walk across private farmland to enjoy stunning coastline views of the edge of New Zealand.

GUIDED BEACH TREK

4 hours \$650 up to 4 people

Put on your walking boots and join our guide for a guided walk across private farmland to one of our local beaches. Shuttle ride back to Cape South.

GUIDED MOUNTAIN BIKING

2 hours \$150 pp

Join our guide on the coastal hills overlooking the Pacific Ocean on an adventure matched to your experience. Grades 1 to 5 biking available. Add in EBIKE hire for an additional \$150.

SURF LESSONS

\$300 pp

Join the expert guides from our local surf school to take on the waves. Wetsuit and board and expert tuition included.

GUIDE FOR A DAY

\$1000 up to 4 people

Enjoy a whole day of bespoke adventures in Hawkes Bay with internationally acclaimed guide Cam McLeay.

BOOKINGS

Contact Cape South Retreat Manager email retreats@capesouth.com mobile +64 (0)212229372 at your earliest convenience prior to your stay to request your services along with your time preference for treatment. Many of our practitioners travel to site so while we do our best to ensure your full booking request is satisfied your early requests will help to ensure this.

YOUR SPA APPOINTMENT

For spa treatments we suggest you arrive at the studio 10 minutes early to complete a consultation form before your appointment begins. Should your therapist be busy please help yourself to refreshments and find your form in the studio awaiting your arrival.

CONSULTATION

Your therapist will conduct a brief consultation before beginning your treatment to confirm the duration and type of treatment booked and your desired outcomes. It is vital that we are advised of all health concerns on your consultation form if not at the time of booking so the therapist can address your special requirements and customise treatments where necessary.

SPECIAL CONSIDERATIONS

Guests who have a history of or presently have any medical or high risk conditions including pregnancy, high blood pressure, heart conditions and other serious circulation or muscular complications are required to consult their Doctor before reserving any spa services. Guests presenting with cold, fever, or skin irritations will be unable to receive any massage treatments or services that may aggravate the existing condition.

PRIVACY

Your privacy is considered at all times. In the treatment room you will be left in private to change and get settled under the covers. You will be appropriately draped with sheets over areas that are not being treated.

PAYMENT

Once your bookings are made you will be invoiced and payment can be made via Bank deposit prior to your stay. All prices include GST.

CANCELLATION POLICY

Treatment times are reserved exclusively for you and we therefore have a 12 hour cancellation policy. If you need to change the time of your appointment we will make every effort to make these changes at no extra charge but may not be able to guarantee the availability of a therapist. Cancellations within 8 hours will not be refunded.