

MASSAGES CONT.

Aromatherapy Massage

A truly mind, body and soul treatment. A full body relaxation massage using organic essential oils carefully blended by your therapist to ease physical and emotional concerns.

60 mins \$105

Indian Head Massage

A seated massage targeting the upper back, shoulders, arms, neck, scalp and face. Combining traditional massage techniques on shoulders, back and neck; percussion and release of tension on the scalp; and gentle touch point treatment on the face to relieve sinus pressure.

45 mins \$75

Oriental Sole Foot Massage

Immerse your feet in a refreshing foot bath where they will be scrubbed soft. Then lie back and enjoy a lower leg and foot massage to relieve stress and bring balance to your body.

45 mins \$75

Feminine Harmonius Massage

Lymphatic Breast Massage & Pelvic Reflex Massage: Our experienced massage therapist specialises in both of these treatments to help alleviate tenderness around the breast, lymphatic circulation, menstrual cycles and PMS. For more information please visit our website or enquire by phone.

30 mins \$50ea (available in Dunedin only)

Reflexology

Applying pressure & massage to the reflex areas on the feet and hands which relate to all the organs and systems in the body. Includes Dr Kneip foot bath

45 mins (feet) \$80 / 60 mins (feet & hands) \$100

BODY TREATMENTS

Detox Body Wrap

Experience the reduction in cellulite, while purifying, firming and smoothing the entire body. Using Southland Pure Mineral Rich Detox Clay to spread around the body, then cocoon your body in a wrap and let the detoxification process get to work.

- Half Body \$100 (legs & buttocks, or hips up)
- ¾ Body \$155 (tummy, buttocks, legs)
- Full Body \$180

Receive a complimentary arm, hand and foot massage

Body Polish

Pamper your body with a gentle body scrub and massage. Let your body be gently exfoliated with a tamarind, ginger and tumeric gel body scrub, followed by a nourishing rice cream, jasmine and mint body cream.

60 mins \$105

BEAUTY

Waxing

Full leg	\$50
Half leg	\$35
Under arm	\$25
Bikini	\$25
Extended Bikini	\$30
Brazilian	\$60
Brazilian Maintenance	\$50
Full Arm	\$30
Lip or chin	\$15

Mens waxing also available

Eyes

Eyebrow shape	\$20
Eyelash tint	\$25
Eyebrow tint	\$15
Eyebrow shape & lash tint	\$40
Eyebrow shape & brow tint	\$30
Brow shape, tint & lash tint	\$45
Eyebrow & lash tint	\$35
Eyelash perm	\$90
Eyelash perm & tint	\$110
Temporary eyelashes	\$25

Nails

Mini Manicure	\$50
Ultimate Manicure *	\$80
Mini Pedicure	\$50
Ultimate Pedicure *	\$80
Add French Polish	\$15
Gelac – UV gel polish that lasts up to 14 days	\$15

**Includes take home polish*

Body Bronzing

Full Body	\$50
Ball Gown	\$35
Half Body	\$30
Face	\$10
Top-Up	\$30



I.D. bareMinerals Make Up

bareMinerals products are formulated to give flawless coverage to the skin, leaving it looking beautiful and glowing. 100% pure bareMinerals are made with minerals from the earth crushed to a silky, creamy powder form. bareMinerals is the #1 selling mineral makeup brand in the world.

bareMineral Consultations \$15 (redeemable with product)

bareMineral Makeup Tutorials \$50 (redeemable with product)

Bridal trial \$50

Wedding Day Makeup \$60

Special Occasion/Formal \$50



erban spa
devoted to well-being



ANTIPODES®
CONNECT WITH NATURE

bareMinerals®



ENVIRON.
stockist

- Massage • Beauty • Facials
- Spa Parties • GiftsVouchers

Dunedin: The Old Fire Station, Roslyn Village
P: (03) 470 1919 E: dunedin@erban.co.nz

Christchurch: 45–47 Merrin St, Avondale
P: (03) 358 8410 E: christchurch@erban.co.nz

www.erban.co.nz

Welcome to Erban Spa

Discover the indulgence of well-being. Every treatment includes a personal consultation with a fully trained therapist. Come in, relax and let us rejuvenate you.

FACIALS

Environ Prescription Facials

Environ skin care products are vitamin and antioxidant rich, providing customised skin care for men and women of all ages and skin types.

Skin Consultation – 15min for \$15 or FREE with any Environ Introductory Facial booked.

Environ Introductory Facial

Erban's signature Environ facial for all skin types and 1st time Environ users 45min \$80

Environ Deep Cleansing Facial

An intensive facial designed to rejuvenate the skin of regular Environ users 60min \$100

Add: • Colostrum Gel \$20 • Lac-Pamgel Peel \$20 • Hand & Foot Treatment \$20

Serum C-Quel Treatments:

- #1 – Low dose of Vit A \$135 Includes take home treatment
- #2 – Mild dose of Vit A \$140
- #3 – High dose of Vit A \$145

Antipodes NZ Organic Skin Care

Antipodes is a certified organic & natural skincare range featuring premium avocado oil and exotic New Zealand plant extracts. The Antipodes Aroha Organic Facial and Arohanui Organic Body Massage encompass the beauty rituals of Aotearoa NZ through our botanical ingredients, traditional Maori MiriMiri massage leaving the face & body nurtured and relaxed.

Antipodes Aroha Organic Facial

After your Haere Mai Consultation, this deluxe facial starts with a foot soak & massage to warm the body, then lie back and relax while we cleanse, exfoliate, massage and moisturise your face using the Antipodes range made from organic and natural NZ plant extracts. 60mins \$90

All Facial treatments will end with an application of our 100% Mineral Make up: BareMinerals

SPA PACKAGES

Express Treat

Take some time out for a little indulgence. Treat yourself to a 45 minute upper body relaxation massage, followed by a pampering 45 minute Antipodes organic facial

90 mins \$135

Taste Tempter

Love massage, like facials? Relax your entire body and have a taste of Erban facials with a 60 minute full-body relaxation massage and 30 minute Antipodes organic facial. The perfect spa treatment for men and women.

90 mins \$135

Total Unwind

Feel like a new person after two hours of pampering! Experience the best of both worlds with a 60 minute full body relaxation massage and 60 minute Antipodes organic facial

120 mins \$175

Sheer Bliss

Begin with a refreshing foot soak and scrub, followed by a 90 minute full-body massage, and full Antipodes organic facial. Complete your decadence with light spa refreshments.

210 mins \$290

Spa Parties

Whether celebrating a wedding, birthday, graduation or simply a day out with the girls, Erban Spa has a girls package to suit. Plus, a free goody bag for the lady of the day!

See our website for further details - www.erban.co.nz

For all group bookings a 20% deposit is required.

SPA ETIQUETTE

To ensure your time at Erban Spa is a relaxing spa experience, take some tips from us:

- Try and book in advance to avoid disappointment
- Please arrive at least 10 minutes prior to your treatment time.
- Arriving late will unfortunately lessen your treatment time. We cannot keep any future clients waiting. Therefore all appointments must finish at the allotted time.
- Erban Spa requires at least 24hours notice for any cancellations, failure to do so may require you to pay a cancellation fee.
- All group bookings are required to pay a 20% deposit fee.
- We accept Cash, Cheques, Eftpos, Activa, Visa and MasterCard. If you have a gift voucher please bring it with you.

MASSAGES

Erban Relaxation Massage

Indulge in our signature massage with Erb Divine Sensuous massage oil. A relaxing and aromatic full-body massage to relieve a tired body and calm a stressed mind.

60 mins \$89 / 90 mins \$125

Body Bliss Deep Tissue Therapeutic Massage

A restorative massage to release muscular tension and help to correct body imbalance. For physically active people needing deeper pressure leaving the body feeling pain free and supple. Erb Body Bliss oil contains cinnamon to soothe and black pepper to relax muscle tension.

60 mins \$90 / 90 mins \$136

Erban Hot Rock Massage

Blissful head to toe spa treatment with hot volcanic stones. Hot stones bring relief to tense muscles and sore joints, caressing and massaging with a gentle presence and rhythm. Essential oils refresh and stimulate the senses.

90 mins \$155

Upper Body Express Massage

A relaxing massage for those needing a quick pick-me-up, or focus on a particular area of discomfort. Focusing on the back, neck, head, shoulders, arms and hands - your therapist can tailor to suit.

45 mins \$75

Antipodes Arohanui Organic Body Massage

An essentially NZ experience, MiriMiri is a medium to firm back, warm oil massage treatment which enables deep relaxation. A traditional Maori approach, this style of massage brings harmony, balance, healing and clarity to all your systems, leaving you in a state of bliss and enlightenment. 60min \$90

Mother To Be

When your body needs a little bit of extra care, relax and let our trained massage therapists ensure your utmost comfort and safety at ANY stage of pregnancy. Benefits of pregnancy massage are numerous, including easing back, head, neck and shoulder aches caused by muscle tension and shifts in posture.

60 mins \$90 / 90 mins (with foot soak & scrub)\$130

For The Men

Just what every man needs: a deep cleansing back scrub and full-body deep tissue massage to relieve stressed, tense muscles. **60 mins \$95**