

## HANDS & FEET

### FEET PHILOSOPHY ULTIMATE RENEWAL 60MINS – \$100 30MINS \$75

A heavenly ritual for the hardest working and often least acknowledged allies. Fresh herbs, salts, enzymes and cooling, refreshing balms will leave you walking on air.

### HEAVENLY HANDS 60MINS – \$100 30MINS \$75

Let go, literally. Surrender and let floral essences, herbal oils and fruit enzyme, caress your hands and evoke vitality.

### HANDS & FEET TANGO PACKAGE 60MINS – \$145

A delightful scrub, neaten and massage combo for your hard workers.

### REFLEXOLOGY – FEET OR HANDS 30MINS – \$75

Ancient therapy using massage and pressure point stimulation of the feet or hands to promote healing in other areas of the body.

## DAY RITUALS

Fully immerse in the Authenticity experience. Spend a day of absolute nurturing and rejuvenation with heavenly treatments, enjoy refreshing teas and delicious vegetarian lunch, soak up the atmosphere to take home with you.

### COUPLES SPA & MASSAGE 120MINS \$299

30min Couples Spa, 60 min Relaxation Massage each (in separate rooms) followed by a wine or juice and blissful dessert (each).

### DELUXE SPA RITUAL 210MINS – \$349

Essential Facial, Relaxation Massage, hand & feet rejuvenating massage and pot of tea.

### AUTHENTICITY PREMIER SPA RITUAL 300MINS – \$499

Relaxation Massage, Marine Embrace Mud & Salt Wrap, Essential Facial, Hand & Feet Tango, café lunch and pot of tea.

### REVIVE AND RELAX RITUAL 90+ MINS – \$150pp

Any 60min Massage, Hand/Foot treatment or Facial, Lunch plus pool access. \*add private yoga class \$70 or intuitive medium 30mins \$70 each

### COUPLES RECONNECT 120MINS \$160

60min Couples Yoga, 30min Spa and a meal together (Breakfast/Lunch or Dinner). \*add couples counselling 60mins \$100

## WELL BEING

### ENERGY HEALING 60MINS – \$120

Enjoy a healing to clear your Chakra system, your mind and support you to manage any emotional issue you are experiencing.

### TRANSPERSONAL ART THERAPY 90MINS – \$100

Transpersonal Art Therapy is a means of delving into self-exploration and healing through Artistic Mediums, Meditation, Symbolology, Tarot, Vision Quests and Sound.

### TAROT CARD INTERPRETIVE READINGS 30 - 45 MINS – \$50

### INTUITIVE MEDIUM - 30MINS - \$90, 60MINS - \$150

### NATUROPATHY

For health and wellbeing including weight loss, nutrition, immune support, children and food intolerance.

\*Private health rebates may apply – check with your provider.

Initial 60min- \$145, Subsequent 30min- \$99, Subsequent 15min- \$49

### CONSCIOUS PSYCHOTHERAPY OR PSYCHOLOGY

Explore blocks in your consciousness that ordinarily hinder your optimal expression. Find clarity and insight, challenge beliefs and actions and enter into self mastery.

60mins – \$150 , 90mins - \$200, Couples Session 90mins – \$200,

\*Add Lucia Light 30mins \$60

## PRIVATE HYDROTHERAPY

### GEISHA PRIVATE HYDRO-SPA BATH 30MINS – \$55

Relax and soak in our deep tub, infused with our signature mixture of salts and oils to relax and detoxify the body. Allow the soothing water to transport you to a deep state of relaxation.

### RELAX SPA RITUAL 90 MINS – \$299

Relaxation Massage, Scalp Massage, Geisha Bath

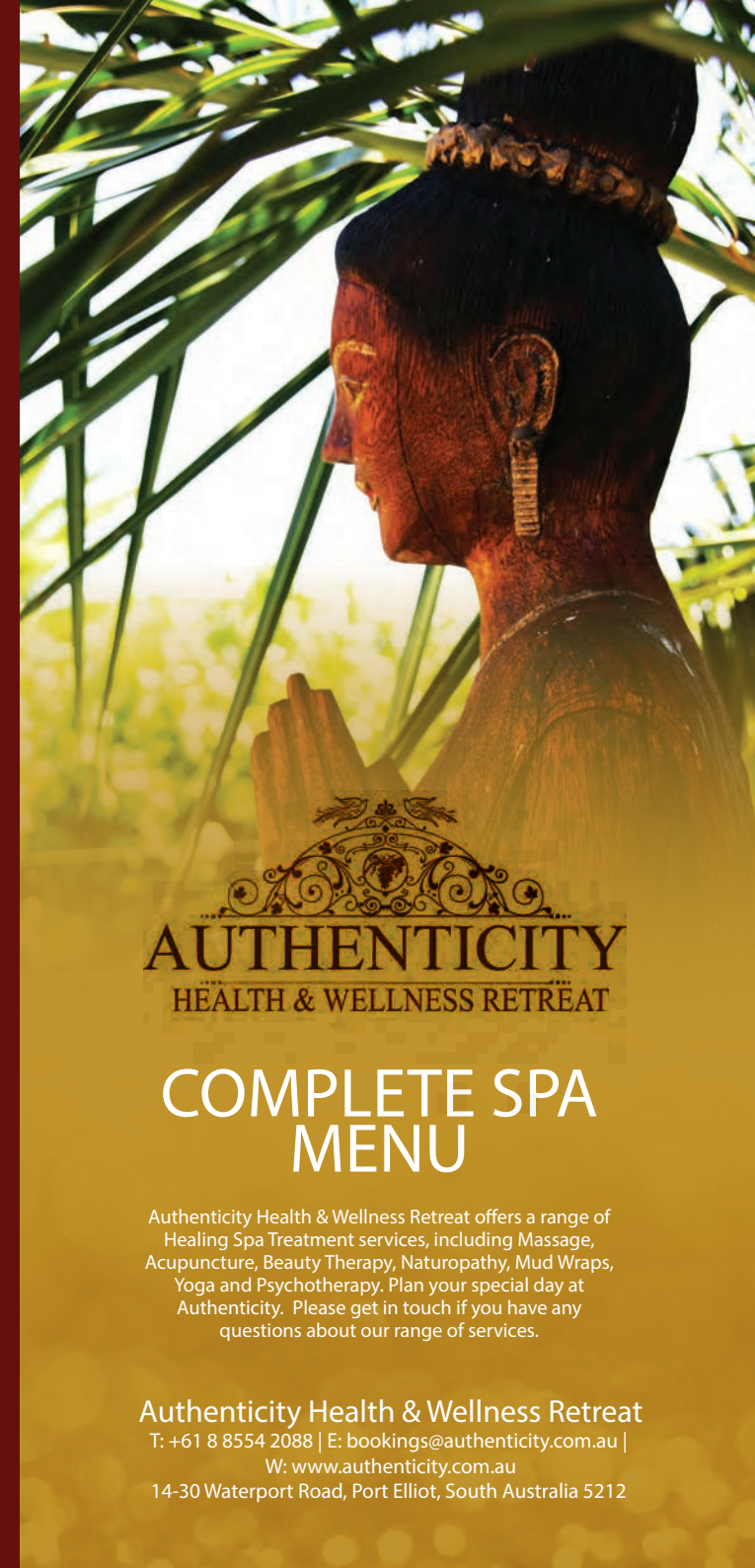
## YOGA & MEDITATION

### YOGA (INDIVIDUAL) 60MINS – \$80

### YOGA (GROUP CLASS) 60MINS – \$15

### MEDITATION (INDIVIDUAL) 60MINS – \$80

### MEDITATION (GROUP CLASS) 60MINS – \$15



**AUTHENTICITY**  
HEALTH & WELLNESS RETREAT

## COMPLETE SPA MENU

Authenticity Health & Wellness Retreat offers a range of Healing Spa Treatment services, including Massage, Acupuncture, Beauty Therapy, Naturopathy, Mud Wraps, Yoga and Psychotherapy. Plan your special day at Authenticity. Please get in touch if you have any questions about our range of services.

Authenticity Health & Wellness Retreat

T: +61 8 8554 2088 | E: [bookings@authenticity.com.au](mailto:bookings@authenticity.com.au) |

W: [www.authenticity.com.au](http://www.authenticity.com.au)

14-30 Waterport Road, Port Elliot, South Australia 5212

## SPA SERVICES FACE

### FUNDAMENTALS

#### ESSENTIAL FACIAL - 60MINS - \$115

An organic, nourishing, revitalizing treat that is tailored to your skin type, using flower and crystal essences and the highest quality and potent ingredients, sourced sustainably from around the world.

#### ILLUMINATING PEEL FACIAL - 60MINS - \$140

Refine and reveal fresh, bright new skin with intensive yet gentle medi-grade enzyme peels suitable for all skin types. Tailored naturoceutical products bring results. Using your choice of Arctic berry or mango peel.

\*Add an enzyme peel to another facial treatment \$50

#### BREEZE FACIAL (EXPRESS) - 30MINS - \$75

A thorough express pamper treat, best enjoyed when combined with a body treatment. \*Added to 2nd treatment – \$60

### ADVANCED CLINICAL SKINCARE

#### NON-SURGICAL FACELIFT (CEYA RADIOFREQUENCY FACIAL) 60MINS - \$160

Remarkable, noticeable and lasting results using medical grade CEYA Radiofrequency Technology and potent naturoceuticals that will iron out wrinkles, lift and tone sagging skin and muscles, infuse moisture and improve cellular health for months. \*Added to second facial treatment 20mins \$50

#### MICRODERMABRASION FULL FACIAL

Antibacterial crystals blast and refine your skin, including delicate areas. A vacuum pressure draws new blood to surface, revitalizing. Soothing, renewing concentrates and a masque leave renewed freshness and glowing skin.

FACE 60MINS – \$145

FACE/NECK 65MINS – \$155

FACE/NECK/DÉCOLLETAGE 70MINS – \$160

#### PREMIER FACIAL - 75MINS - \$220

Our signature, deluxe, non-surgical facelift multi-treatment with phenomenal long term results. Dead skin is ablated with microdermabrasion, stimulated with an enzyme peel and primed with intensive solutions that are transported into the deep dermis with CEYA Radiofrequency facial massage. Cells and collagen are amped, lymph drained; muscles and structure are toned and sculpted using a clinical and naturoceutical range. (Value: over \$300)

## SPA SERVICES BODY

#### INVIGORATING BODY SCRUB 50MINS - \$120

A zesty pick me up for your body and being.

#### VITALITY

##### PACKAGE: SCRUB & RUB 100MINS - \$180

A brilliant combo of a body scrub and lymphatic massage that is destined to get you feeling and looking radiant and revitalized.

#### MARINE EMBRACE MUD AND SALT WRAP

##### 90MINS – \$170

Purest, mineral rich, Dead Sea Mud is applied with an invigorating salt exfoliation. You are then cocooned and given either a scalp massage or foot massage. Then rinsed and given a lush hydration.

#### COCOONED BEAUTY

##### PACKAGE: MUD-WRAP & FACIAL 110MINS – \$240

This beautiful package is a heavenly combo of a mud-wrap and a facial to infuse phytonutrients and minerals into the skin. Nurturing and transforming.

### RADIOFREQUENCY TREATMENTS

#### RF FULL BODY DETOX 45MINS – \$80

Radiofrequency panels bring energy to sluggish systems and boost detoxification and cellular function. An essential way to start a detox program.

#### RF LYMPHATIC TONING, BODY SCULPT AND LIFT MASSAGE

##### 40MINS – \$140

##### 60MINS – \$160

##### 75MINS – \$170

##### 90MINS – \$240

RF panels work on breaking down fat and clearing lymph while your selected areas are sculpted with expertise. Amazing results and benefits. Outstanding Full Body detoxifying massage with RF hand piece and panel. See water retention disappear; improve tone, digestion and energy levels.

### ACUPUNCTURE

##### 30MINS – \$70

##### 60MINS – \$110

### Authenticity Health & Wellness Retreat

T: +61 8 8554 2088 | E: [bookings@authenticity.com.au](mailto:bookings@authenticity.com.au) |

W: [www.authenticity.com.au](http://www.authenticity.com.au)

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GIFT VOUCHERS AVAILABLE

## MASSAGE

#### TARGETED MASSAGE 30MINS – \$75

A Swedish style treat for your selected area (e.g., arms/hands, back, legs/feet, scalp/neck). \*Add to 2nd treatment – \$65

#### RELAXATION HOT STONE MASSAGE

##### 60MINS – \$125 90MINS – \$175

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism.

#### SIGNATURE RELAXATION MASSAGE

##### 60MINS – \$110, 90MINS – \$150

Authenticity's signature relaxation massage is a gentle ritual to relax the body, mind and spirit. This beautiful massage releases stress and uses slow, gentle strokes to restore balance, harmony and wellbeing.

\*add energy balance or reflexology - 30mins \$40, energy balance and reflexology 60mins \$75

#### TRANSFORMATIONAL THERAPEUTIC MASSAGE

##### 60 min - \$120, 90mins - \$160

Ease away aches and pains and soothe tired muscles with our therapeutic massage. Tailored for your ultimate release, combining light and deeper techniques to your requests.

\*add transformational energy balance or reflexology - 30mins \$40, energy balance and reflexology 60mins \$75

#### PREGNANCY RELAXATION MASSAGE 60 MIN – \$110

Our therapist is experienced in antenatal massage for pregnancy to relieve tension and soothe aching muscles, returning you to a state of bliss and relaxation.

#### REMEDIAL MASSAGE 60MINS – \$135

A massage to help return body to optimum condition after injury. Suitable for strains, sprains, muscular conditions, sports injury and facilitates speedy recovery, encouraging more complete healing. Treatment time includes consultation with your therapist.

\*Private health rebates may apply – check with your provider.

#### HAWAIIAN KA HUNA MASSAGE 60 MIN – \$125, 90MINS \$165

This beautiful, flowing massage style deeply relaxes and nurtures the whole self.

### AROMA AND LIGHT THERAPY

#### LUCID LIGHT THERAPY 30MINS \$60

A Neurostimulator that creates wave patterns, which usually appear only after several years of meditation. This opens the portal to a journey within.

#### AROMADOME THERAPY 45MINS \$100

Breathe pure Young Living essential oils in an Aromadome with the perfect Aromatherapy to suit your health or emotional needs. \*add Lucia Light 15mins \$30 or energy healing 30mins \$60