



NORTH ISLAND

SPA MENU



NORTH ISLAND SPA MENU

The **North Island Spa** offers you an unspoiled place of extreme beauty and timelessness where our treatments nurture, relax and rejuvenate your body, mind and soul. Perched on the granitic slopes of Spa Hill, this tranquil oasis provides endless ocean views and cooling sea breezes. Our therapists invite you to visit the Spa for a complimentary welcome treatment at your leisure. Enjoy a private consultation with your therapist, who can create a bespoke spa experience tailored to your needs and preferences.

Every treatment begins with the Barefoot Ritual, a symbolic introduction to the island way of barefoot luxury. This traditional welcome derives its significance from washing off the dust of past travels and refreshing your feet for the journey that begins at North Island.

To book your Spa treatments, please call Guest Relations by dialling 3.

PLEASE NOTE

- Rates are exclusive of 15% VAT
- Rates are exclusive of 6% service charge



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SUBTLE ENERGIES

Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing.

The brand was founded in 1993 by Farida Irani in Sydney, Australia as a clinic of natural therapies. The clinic was designed to address a complex range of health concerns with a variety of modalities offered. This background underpins the cutting-edge clinical research and development of the Subtle Energies brand allowing authentic pioneering formulas and treatments to be developed.

Subtle Energies' Spa Concept provides treatment programs that combine the optimum methods and knowledge found in these respected ancient sciences, with holistic modern techniques.

Created with Intent. Made to Empower.



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HOLISTIC FACIAL

24K GOLD AGE-DEFYING FACIAL

60 or 90 minutes

240 or 360 euros

This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance to total wellbeing. Mogra, 'Queen of Jasmines' offers a wonderment of healing elements and works synergistically to boost collagen production and increase cell renewal. Combined with the restorative powers of 24K gold leaf this sensory experience will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow.

SOOTHE & ENRICH ADVANCED ANTIOXIDANT FACIAL

60 or 90 minutes

240 or 360 euros

Designed for extra dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The facial marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin-enriched skin that is deeply hydrated.



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BODY AND MASSAGE

BLISSFUL MARMA MASSAGE

60 or 90 minutes

220 or 300 euros

Experience effective and immediate relaxation, relieving all stress-related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centers. Enriching results-based blends deliver powerful active benefits, enhancing overall wellbeing. The 90-minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

RASAYANA DETOX BODY WRAP

75 minutes

270 euros

Revitalize, tone and purify. An active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnuts shells. Relax as an exquisite mineral rich clay infused with power herbs envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions or blends.



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SOOTHE & REPLENISH BODY RESCUE

75 or 90 minutes

270 or 320 euros

Soothe, nourish and repair face and body with this deeply cooling, hydrating treatment that your skin will love. Ideal for dry, sun exposed or damaged skin, this calming face and body therapy includes a localized application of aloe vera based soothing pure plant hydration mask which will reduce redness and the antioxidant activity will help fight the free radical damage. The treatment ends with an intensive serum and butter application that will restore skin cells. Treatment includes a full antioxidant facial.



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JOURNEY

EMPOWERING ME, A WOMAN'S JOURNEY

150 minutes

420 euros

A complete treatment journey, as you celebrate your inner and outer beauty, addressing emotional and hormonal balance. Begin with a gentle meditation, the whole body is then massaged with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increase your vital energy. This continues into a results-driven facial that is tailored to bring harmony and nourishment to your skin, using potent actives such as Mogra, Saffron and Indian Rose. Be empowered, be rejuvenated, be you.

A GENTLEMAN'S DAY

150 minutes

420 euros

For the active man to the constant traveler, this customized treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this wellbeing journey.



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ADDITIONAL TREATMENTS

FREESTYLE MASSAGE

60 or 90 minutes
224 or 330 euros

This one-of-a-kind massage will ease muscles into relaxation and restore energy in an unrivalled experience. With rhythmic, firm and soft strokes, your therapist will combine techniques from various styles of massages to personalise your treatment and meet your unique needs at that precise moment in time.

TRADITIONAL THAI MASSAGE

60 or 90 minutes
224 or 330 euros

Also known as a Yoga Massage, this treatment is performed fully clothed and uses the therapist's body weight to apply pressure and supported stretches, similar to yoga positions. It is a strong and energetic treatment, consisting of a series of rocking movements designed to open the flow of energy, stimulate circulation and release toxins from the body.



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THAI ORIENTAL MASSAGE

60 or 90 minutes
224 or 330 euros

This treatment combines the traditional techniques of stretching the body and stimulating pressure points, with a full body oil massage which results in an experience that is both totally relaxing and invigorating at the same time.

TRADITIONAL BALINESE MASSAGE

60 or 90 minutes
224 or 330 euros

Instill a deep sense of calm and wellbeing, bringing balance to body and mind. A relaxing experience with a blend of gentle stretches, acupressure and aromatherapy oils to stimulate blood circulation, oxygen and energy in your body.

LUXURY HAND OR FOOT TREATMENT

30 or 60 minutes
112 or 224 euros

A full manicure or pedicure performed with extra care, finesse and attention to perfection. All from the comfort of your spa bed with uninterrupted sea views.



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