



Enter a truly beautiful and unspoiled place where our natural products and treatments will nurture, relax and rejuvenate your mind, body and soul.

Unwind and nourish your senses



WELCOME TO THE NORTH ISLAND SPA

The North Island Spa offers you an unspoiled place of extreme beauty and timelessness where our pure products and treatments will nurture, relax and rejuvenate your mind, body and soul.

Our therapists specialise in different areas and may be able to offer you additional treatments which are not on this spa menu. If you have any preferences or wish to have a treatment personalised, please chat to your therapist who will be happy create a unique spa experience for you.

To book your Spa Treatments please call Guest Relations by dialing 3.

All treatments are charged 80 euros per half an hour.



THE BAREFOOT RITUAL

At your leisure our spa therapists invite you to visit the spa for a complimentary Barefoot Ritual.

The Barefoot Ritual is 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.

It is also an opportunity for you to see the spa and enjoy an individual consultation with your therapist, who will then take time to explain the various treatments to you and personalise your spa experience to suit your needs.

FACIAL SKIN CARE

All our treatments are performed using the unique concept of DR.HAUSCHKA. DR.HAUSCHKA prides itself in being an authentically Natural skin care range free of artificial preservatives, fragrances and colours.

DR.HAUSCHKA Skin Care regards the human skin as a Holistic organ that protects the body. The skin is exposed to external and internal influences that can weaken it resulting in an imbalance. This imbalance can be: dryness, lack of moisture, over production of oil, as well as premature ageing. Preparations are designed to help the skin regenerate itself, these help to restore balance and harmony in the skin which brings us to the true meaning of the word cosmetic, derived from the Greek word 'kosmein', which means: to restore order and balance.

A foot soak thoroughly warms the feet to fill the body with a pervasive feeling of relaxation which is the first step towards a radiantly beautiful face. The aroma of the exquisite DR.HAUSCHKA Skin Care products transport you towards inner peace from which you can enjoy the cleansing and regenerating facial treatment. All of our facials will be specially tailored to your specific skin care requirements, the therapist will begin the treatment with a skin care consultation to assess your needs and best facial treatment to follow.



FACIAL SKIN CARE

Classic Treatment

120 minutes

A completely unique relaxation treatment that thoroughly attends to all areas of concern. This Holistic Facial Treatment leaves your skin feeling and looking alive, your body relaxed and your mind refreshed.

Revitalizing Treatment

90 minutes

An energizing treatment to brighten and tighten tired, dull looking skin.

Cleansing Treatment

60 minutes

A thorough deep cleansing treatment.

Specialised gentleman's facial

60 minutes

An express facial targeting the removal of impurities, treating dehydration and irritation.



MASSAGES

Tension Release Back, Shoulder and Neck Massage

30 or 60 minutes

This concentrated massage includes a unique blend of deep tissue massage therapy techniques designed specifically for stress reduction and relaxation.

Deep Tissue Fitness Massage

90 minutes

Concentrating on localised areas of concern or general release of stress and accumulated tension in the muscles, palm pressure, firm warming strokes and hand, thumb and elbow techniques are used to exert progressively deeper pressure. Together with trigger points and acupressure, this massage effectively loosens connective tissue and addresses tight or injured areas.

Freestyle Massage

90 minutes

This one-of-a-kind massage will ease muscles to bring 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.

Island Massage

60 minutes

Combining the dancing flow from Hawaii, the healing touch of the Great Barrier Reef, the gentle strength of Bali and the magic of the Seychelles, these techniques from the islands of the world guarantee that this massage is truly a memorable experience.

Lymphatic Drainage

90 minutes

Lymphatic drainage is a delicate massage that stimulates the lymphatic system, helping the body to eliminate toxins, reduce water retention and improve the metabolism whilst also providing a boost to the immune system.



HOLISTIC THERAPIES

Thai Oriental Massage

90 minutes

Thai Oriental Massage 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 Thai Massage

90 minutes

Traditional Thai Massage is also known as Yoga Massage as the body weight of the therapist is used to apply pressure and supported stretches, similar to Yoga positions, to the client's body. This massage is performed fully clothed, generally on a soft mat on the floor and in addition to firm pressure and stretches, consists of a series of rhythmic rocking movements designed to open the flow of energy, stimulate circulation and release toxins from the body. Thai Massage is a strong and energetic treatment, which may be challenging but with excellent results.

Hot Stone Massage

90 minutes

Basalt stones are heated and placed on the energy centers of the body to melt away blocked areas and balance the system. During the treatment hot stones infused with essential oils are further used to massage the whole body in long flowing strokes.

Reflexology

60 minutes

Reflexology is a therapeutic treatment using pressure points on the feet and/or hands to stimulate energy zones throughout the body. Thumb and finger pressure releases tension, allowing energy and healing to flow to the affected reflex zone - balancing the body as a whole.

Holistic Indian Head, Shoulder and Scalp Massage

60 minutes

This relaxing and revitalizing head massage leaves the mind clear and the body relaxed. Enjoy a massage focusing on the shoulders, neck, hair and specific points on the face to feel totally refreshed and energised.



BODY TREATMENTS

Sunrise

60 minutes

Pre Sun

Awaken your skin and senses with this gentle exfoliating and softening treatment. With attention on preparing your body for the sun, this treatment begins with a full body brush to improve the blood circulation to the skin, followed by a natural coconut or invigorating salt scrub to remove dry layers and increase absorption qualities of the skin. After a cool shower the therapist will pamper your body from face to feet with a gentle massage and application of moisturizing cream and/or protective sun lotion.

Sunset

60 minutes

After Sun

Enjoy cool relief from sun exposure with this soothing and intensive moisturizing treatment. Beginning with iced Chamomile Tea compresses to calm the sting of the burn, fresh crushed cucumber mask to soak into the sun-kissed skin of the body and face and finishing with cool Aloe Vera Gel gently massaged into the whole body, this treatment is guaranteed to dissolve the damaging effects of the sun



GROOMING

Luxury Hand Treatment

60 minutes

A full manicure performed with extra care, finesse and attention to pleasure and perfection.

Luxury Foot Treatment

60 minutes

A pedicure completed in the comfort of your spa bed with uninterrupted sea views.

Farewell

90 minutes

This finishing-touches treatment is to prepare you for the world again, includes a Mini Facial, Mini Manicure and Mini Pedicure.

Men's Grooming

90 minutes

Leave the beautiful island feeling refreshed and relaxed, includes a relaxing back and neck massage, mini facial and mini manicure or pedicure

Finishing Touches

Waxing
Eyelash and eyebrow tinting