

Hand & Feet Paraffin Pamper

90 mins: \$140

Paraffin is a deep hydrating and softening treatment for hands and feet. A great way to replenish the skin. Hands and feet are cleansed, exfoliated, massaged, and moisturized so the paraffin treatment can be readily absorbed into your skin. Includes nail polish to fingers and toes... feel the difference!

Deluxe Pedicure

60 mins: \$95

Pedicure is the ultimate experience. Your feet will love you! Lay back, relax as we indulge your feet to a deep foot massage, toe nails will be filed, buffed and cuticles tidied, complete with exfoliation and moisturising. Finishing off with a deep hydrating and softening paraffin. Includes nail polish.

Express Pedicure

30 mins: \$55

Feet massaged and exfoliated, cuticles and nails tidied. Choose a toe nail polish.

Loved Feet For Men

30 mins: \$55

Your feet will be exfoliated, scrubbed, buffed and massaged. Your toenails will be clipped and filed and buffed and cuticles will also be tended to, complete with moisturising.

Full Body Exfoliation

45 mins: \$70 (Suitable for both men & women)

Your whole body will be exfoliated, incorporating some massage, face and feet will also be cared for. People with oilier skins require more frequent exfoliation. Removing dead skin promoting the faster skin renewal process.

- Removes dirt and build up
- Improves blood circulation
- Opens clogged pores on the skin
- Improves the overall texture of the skin complete with warm lavender towels

Express Yummies

15 mins: \$30 each

Neck and shoulder massage, scalp massage, back scratch.



Etiquette Please arrive 5 mins early prior to your pamper. Thank you for switching mobiles off prior to entering the day spa.

Gift Certificates Beautifully presented for that special loved one. Please enquire.

Bookings

Inhouse guests **Ext. 460**

Mobile 0403 675 882 or Call 6650 2460

Yes, your pampering can be **Room Charged** or cash.

All prices include GST. 10% surcharge on Sunday's & Public Holidays

Cancellation Policy 20% of the total cost of your treatment will be charged to your account. If you cancel 2 hours or less before your booked treatment. If you do not show for your booked treatment, 25% of the total cost of your treatment will be charged to your account.

Mi Time
day spa

MASSAGE & INDULGENCE

Breakfree Aanuka Beach Resort
Coffs Harbour NSW, Australia

Telephone: (02) 6650 2460

Mobile: 0403 675 882

Email: mi.timedayspa@gmail.com
www.aanuka.com.au ('Day Spa')

Mi Time
day spa

MASSAGE & INDULGENCE

Phone 6650 2460 (Ext. 460)

Mobile 0403 675 882



**Gift Vouchers Available
Group Bookings**

Revival Massage

1 hour: \$140 | 30 mins: \$75

Options: Strong, Medium or Soft Massage

Indulge yourself into a slow but firm massage to restore balance and harmony, promotes a sense of inner wellbeing, releasing muscle fatigue. We will work magic through those tight muscles including our **wonderful hot rocks** to encourage deeper harmonious relaxation.

- Relieves stress
- Deep relaxation into the muscles
- Increase the circulation
- Relieves pain
- Provides more energy

(Please discuss with your therapist your personal needs, please note one hour massages not available when busy)

Feet Pleasure

30 mins: \$55

Massaging and loosening tired feet, working pressure points to improve energy flow to the whole body. Your feet will be exfoliated, buffed and scrubbed. Wonderful stress release.

9 Months Nurture

2 hours: \$285 (Not available during first semester of pregnancy)

Beginning with a relaxing 35 minute massage (in a safe, comfortable foetal position). Included is a mini facial, an express pedicure with your choice of nail polish, then indulging into a scalp massage to release tension in forehead and scalp. Your feet will be massaged, exfoliated and treated to our deep hydrating and softening paraffin wax... leaving your feet baby soft.

Sweet Bliss

1 hour: \$150

30 minute massage to suit your personal needs, our wonderful Hot Rocks included then indulging into a scalp massage to release tension in forehead and scalp. Your feet will also be pampered. A refreshing and renewing back scrub follows, complete with a mini facial and warm lavender towels.

Escape

1.5 hours: \$185

You will escape on a sensory journey. A soothing foot massage and exfoliation. Nails will be filed, buffed, cuticles tidied, moisturised and toes polished. Incorporates a mini facial, concluding with a luxurious scalp, neck, shoulders and back massage, including Hot Rock therapy.

Fun in Mud (Marine Body Wrap)

2 hours: \$295

Fun in Mud is great therapy. Your treatment starts with a 45 minute massage to suit you, with Hot Rocks. Your skin and body will be exfoliated removing dead skin with our yummy sugar and honey body polish in preparation for the multifunction Algae clay full of trace elements and rich in minerals. You will be cocooned to infuse active ingredients while enjoying a high performance mini facial. Your feet will also be cared for, massaged and exfoliated.

Ultimate Pamper Package

3 hours: \$380

Your pampering begins with relaxing neck, shoulder and back massage, including our hot rock therapy, you will then move into a face massage using our Algologie products full of natural ingredients, exfoliation and brushing to renew your skin, toner and moisturising follows. Your body will be fully exfoliated to remove dead and dry skin. Your hands and feet will be treated to paraffin wax leaving them baby soft, including finger and toe polish Just float and relax.

Togetherness

1.5 hours each: total cost for both \$330 (separate adjoining rooms)

Enjoy this wonderful couples package with your loved one, partner, best friend or mother and daughter. A massage with your personal preference of pressure. Hot stones are harmoniously used during your massage to melt away stress and tension through the muscles, now unwind into a scalp massage that will leave your scalp tingling. Indulge into a heavenly foot massage using pressure points with exfoliation. A refreshing back scrub to remove dead skin. Complete with a mini facial using pressure point to relieve tense around the face.

Lovers Package

2 hours each: total cost for both \$430 (separate adjoining rooms)

Him and Her Package. Especially designed for you and your partner. This relaxing escape package begins with 60 minutes massage to suit your individual needs which includes our Hot Rocks therapy. Also your feet will receive tender loving care with a foot massage, Buff & Exfoliation. Complete with a Cleansing Body Scrub and Mini Facial. Your in-room Spa is prepared with a special blend of Essential Oils and floating flowers. A bottle of Sparkling Wine and a plate of fruit in season awaits you after your indulgence at Mi Time Day Spa. It may not be your honeymoon but you are on holidays, so enjoy the romance of having a very special "time-out" together.

Masculine Package

1 hour: \$145

This deeply relaxing package has a 30 min massage with hot rocks to de-stress and revitalize those hard working muscles, and a scalp massage to leave the scalp tingling. Feet will be pampered and massaged, back scrub to remove dead skin cells. Followed by a customized mens facial.

Executive Hard Working Man

1.5 hours: \$180

Relax into an hour massage to de-stress those tired muscles using hot rocks to melt away those tight muscles in the shoulders and lower back. A back scrub to remove dead skin leaving the back refreshed and clean. Your feet can relax into a heavenly foot massage with exfoliation and buff, complete with nails trimmed, followed by a customised mens facial..

Classic Facial

1 hour: \$110 (Suitable for both men & women)

ALGOLOGIE is an excellent range of top quality skin care from France. The astonishing properties of seaweed are rich in amino acids oligo-éléments and vitamins act directly on the skin nourishing and purifying improving tone and texture.

- Cleansing
- Brushing
- Optimal Peel Off Mask (a source of antioxidants)
- Exfoliation
- Masque, Toner & Moisturising complete with warm lavender towels

Mini Facial

30 mins: \$60

Applying pressure point massage on the face to release tension, the mini facial includes cleansing, exfoliation, masque, toner and moisturising complete with warm lavender towels. Products used are Algologie for sensitive skin.

Teens Pamper (13-16yrs)

1 hour: \$125

Teen girls love to be pampered and feel beautiful! Celebrate this blossoming time of your life with a massage, melting moments with the hot rocks, a mini facial, cleansing exfoliating masque tone and moisturizing... complete with pedicure and manicure because you're you.

Pamper Your Princess (12yrs & under)

1 hour: \$90

Make your little princess feel glamorous! She will experience a neck and shoulder massage, enjoy a mini facial cleanse, exfoliate, e masque, toner, and moisturizing. Plus nail polish of her own choice. Perfect opportunity for her to enjoy a special time... maybe with her best friend at the same time if available.