

# WAXING



## Waxing options

Half Leg \$30	Upper Lip \$20
Full Leg \$50	Upper Lip & Chin \$35
Arm \$30	Bikini Line \$25
Under Arm \$20	Brazilian \$70
Eyebrow \$15	Men's Chest \$40
(Eyebrow Tint \$20)	Men's Chest & Stomach \$55
(Eyelash Tint \$15)	Men's Back \$45

# MANICURE



## Mini Manicure

30 mins \$30

Let us make your nails beautiful again with cuticle care, shaping and a polish of your choice.



## The Bodhi Spa Manicure

60 mins \$60

Your nails and hands will be pampered in an all encompassing treatment that will leave your hands exfoliated and soft and your nails beautifully painted in the colour of your choice. Your treatment is then completed by a relaxing neck, shoulder, and head massage.

# PEDICURE



## Mini Pedicure

30 mins \$35

Don't forget your toe nails! We will look after your cuticles, shape and then polish.



## The Bodhi Pedicure

60 mins \$65

Your feet will thank you for this treatment! The indulgent foot soak in natural preparations is a must for tired feet. You will then be treated to cuticle and nail care, with a polish of your choice.

# FACIAL TREATMENTS



## Mini Facial

40 mins \$50

A treatment for when saving time and looking radiant are equally important. You will be amazed at what can be achieved in 40 mins.



## Refresh Facial

50 mins \$60

An intensive treatment refreshes the skin and gives improved texture, rejuvenates, hydrates and nourishes the skin whilst helping to eliminate toxins.



## NEW—The Bodhi Sonic Cleanse Facial

60 mins \$99

The latest sonic technology is used to cleanse the face and neck area. This form of cleansing gives unparalleled results which then leaves the skin ready for the herbal face mask followed by the toner and moisturiser. You will feel and see the difference!



## The Bodhi Deluxe Facial

90 mins \$129

Choose between the Seaweed facial mask treatment (ideal for oily skin / blackheads) or the Natural Collagen Extracts mask (great for normal or dry skin).

Revive your skin and regain youthfulness with either of these unique facial treatments using only natural products. Either way your skin will have a healthy, smooth looking complexion after a delightful 90 mins of pampering.



# THE BODHI TREE

—THAI MASSAGE & BEAUTY THERAPY—



- Traditional Thai Massage
- Hot Stone Massage
- Aromatherapy Massage
- Sports Massage
- Foot Reflexology
- Facial Treatments
- Body Treatments
- Manicure
- Pedicure

85 Great South Rd. Epsom

Open 7 days a week

(Parking available at the rear of the building)

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[www.massagethai.co.nz](http://www.massagethai.co.nz)

# THE BODHI TREE

If there is one thing you should really treat yourself to, it is a traditional Thai massage. Take some time out to relax and take care of your mind and body. The art of Thai massage is associated with helping the body regain and ensure on-going good health. Its curative powers have been proven since ancient times.

Our therapists are fully trained in Thailand and have many years of experience in the art of traditional Thai massage therapies. We also offer hot stone massages, aromatherapy massages, deep tissue sports massages, foot reflexology massages, neck, shoulder, back and head massages. A really authentic Thai massage will give you an experience that will combine the mind, body, soul, and spirit, allowing you to totally de-stress.

How about treating yourself to a body scrub option? This will not only exfoliate your skin but will leave it rehydrated, nourished and beautifully smooth. This treatment also includes an aromatherapy oil massage which will leave you feeling calm and relaxed and ready to take on the world. And, while you are at it, why don't you treat yourself to an expert manicure and pedicure in the peace and quiet of a massage salon, rather than in a busy shop in the local mall, with everyone peering in at you! Just imagine lying back in a warm and relaxing environment, having your nails attended to by professionals.

You should also take advantage of their waxing services while you are here – you will come out feeling totally rejuvenated!



# MASSAGE



## Traditional Thai Massage

60 mins \$68  
90 mins \$95  
120 mins \$125

It combines elements of yoga, shiatsu and acupressure, working with the energy pathways of the body and the therapy points that are located along these lines. Thai Massage facilitates a sense of unity, wholeness, and balance. It creates a dynamic physical experience that integrates the body, mind, emotions and spirit.

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## The Bodhi Style Massage

60 mins \$78  
90 mins \$116  
120 mins \$140

Unique massage for The Bodhi Tree customers. A deep tissue massage followed up with the use of the warm Thai Herbal Ball which is particularly good for elevating sore and tired muscles. You are then treated to a full herbal oil massage.

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## Aromatherapy Massage

60 mins \$80  
90 mins \$119  
120 mins \$144

This type of massage soothes your body and encourages a peaceful mind. It focuses on the energy lines and acupressure points to stimulate the body's self healing and will leave you feeling renewed and invigorated. This is a gentle therapeutic massage relaxes while soothing the mind body and soul.

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## Deep Tissue Sports Massage

60 mins \$90  
90 mins \$129  
120 mins \$149

The Sports Therapy massage is an oil based massage that works on your deep tissue to help relieve tensions in muscles and connective tissues. The Bodhi Tree Therapists will work on your deep tissue muscle and will seek out any problem areas ensuring that they release the tension found in tired muscles and knots.

# MASSAGE



## Hot Stone Massage

90 mins \$139  
120 mins \$159

Hot stone massage is a specialty massage where the therapist uses smooth heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

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## Foot Reflexology Massage

60 mins \$68

Your chance to sit down and soak your feet! We will then use a specially prepared foot scrub followed by a pressure focused foot massage. Quite delightful!

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## Back, Head, Neck and Shoulder

30 mins \$40

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## Head Neck & Shoulder

20 mins \$30

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## Skull Massage

20 mins \$25

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## The Bodhi Herbal Body Scrub

120 mins \$159

Smooth, silky skin doesn't just have to be a dream!

A full body scrub with Thai herbs will leave your skin rehydrated and nourished. This is then finished off with an aromatherapy oil massage.

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## The Bodhi Salt Spa Scrub

90 mins \$139

The salt scrub is a revitalizing and energizing scrub that will exfoliate and soften your whole body. Mineral-rich salt will not only nourish and promote healing on the skin but reduce rough, dry skin, uncovering a baby soft texture like you've never felt before.