

Dolly (13-16yrs)

1 hour\$125
Dolly's skin will be pampered and given advice on skin care (special package can be provided for her). Includes back and neck massage and express pedicure. Concludes with a scalp massage.

Little Miss Package (12yrs & under)

1 hour\$90
She will be looked after and pampered. Mini Facial, Back and Neck massage, Manicure with Nail Polish and Nail Glitter.

Hand & Feet Paraffin Pamper

1.5 hours\$135
Paraffin treatments are by far the absolute favourite, hands and feet are cleansed, exfoliated, massaged, and moisturized so the paraffin treatment can be readily absorbed into your skin nail care and shine. Feel the difference!

Men's & Women's

30 mins \$45
Head to Toe Body Exfoliation: combination of honey and sugar body polish you will have your whole body fully cleansed and exfoliated, complete with hot aromatherapy towels. Why not incorporate our popular paraffin for hands and feet.

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.

Express Yummies

15 mins.....\$30 each
Neck and shoulder massage
Scalp massage
Back scratch

Deluxe Pedicure

60 mins.....\$95
Sit back and relax as we indulge your feet with a foot massage and a moisturising exfoliation finishing off with our yummy paraffin toe nail care and polish.

Express Pedicure

30 mins.....\$45

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 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.

MiTime
day spa

Breakfree Aanuka Beach Resort
Coffs Harbour NSW, Australia

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www.aanuka.com.au ('Day Spa')

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Revival Massage

1 hour \$120 30 mins \$75
A full-body massage that warms and loosens tired sore muscles, increases flexibility, increases circulation, clears out metabolic wastes, reduces muscle tension and spasms, and at the same time calming the nervous system. Revival massage is a deeper and stronger massage, the massage therapist will work to your required pressure incorporating elbows. Restoring and leaving you with a sense of well being. (1 hour massage not available when busy)

Swedish Massage

1 hour \$110 30 mins \$65
A light, energising massage designed to balance the body and mind. A luxurious treatment, full-body massage, reduces stress and tension, tones muscles and enhances a sense of well-being, leaving you totally relaxed and feeling tranquil.

Hot Rock Therapy

Your choice of massage \$10
Our Hot Rocks are locally designed and handmade from marble. The Rocks are heated then incorporated with your choice of massage, loosening tight muscles rapidly. Heated Beach Pebbles are also used on Pressure Points.

Feet Pleasure

30 mins \$45
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
Beginning with a foot spa with dead sea salts, you will be treated to a relaxing 35 mins massage (in a safe, comfortable foetal position). Included is a mini facial, an express pedicure with your choice of nail polish. Your feet will also be treated to our popular paraffin wax, leaving your feet baby soft.

Sweet Bliss

1 hour \$145
30 minutes of massage to suit your personal needs including our Hot Rocks. Your back will be exfoliated with honey and sugar polish leaving a sense of revitalization. Complete with a facial, hot towels, and essential oils.

Escape

1.5 hours \$180
You will escape on a sensory journey, a foot bath with essential oils and dead sea salts awaits you. Your feet will be massaged, cleansed and exfoliated, includes nails painted. Incorporates a mini facial, concluding with a scalp massage, 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 Aloe Deep Pore Cleanser full of natural ingredients, exfoliation, steaming 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 \$310
Together you can enjoy a 45 minute massage of your choice with Hot Rocks. Your feet will be exfoliated, buffed and treated to a massage complete with a body scrub, using Honey and Sugar Body polish, concludes with a Facial, complete with a scalp massage.

Lovers Package

2 hours each total cost for both \$420
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.

Love Me Tender

3 hours each \$595
Enjoy a romantic treat for you and your loved one, this luxurious package has tibetan bells full massage tailored to your needs hot rocks to melt away tight muscles, full body exfoliation, hands and feet will be massaged, reflexology points are stimulated, cleansed and moisturised then dipped into paraffin wax, nail care and shine. Complete with a high performance facial. Also, chocolates and flowers provided.

Masculine Package

1 hour \$140
Beginning with 30 minutes revival massage with Hot Rocks, your back will be exfoliated, your feet massaged, buffed and cleansed, complete with hot towels. Concluded with a facial skin care treatment to revitalise the skin.

Executive Treat For Men

1.5 hours \$180
1 hour massage to suit your personal needs with Hot Rock therapy. Your body is scrubbed and exfoliated with our popular sugar and honey body polish to remove dead skin. Your feet will be massaged, exfoliated and buffed and toe nails treated. Complete with a deep pore cleansing facial, using steam and brushing, mask and toning to revitalise your skin. Concludes with a scalp massage.

Ultimate Facial

1.5 hours \$160
Your face will be gently massaged with our Aloe Deep pore cleanser, full of Natural ingredients. Multifunction combination follows: exfoliation, steaming, brushing to cleanse out pores and remove dead skin, renewing and refreshing your skin. A mask to suit your personal skin type, complete with toner and moisturising. (Please consult with our beauty therapist regarding your personal needs)

Classic Facial

1 hour \$95
Using ALGOLOGIE, Natural Beauty from the sea, the therapist will steam and cleanse your skin, exfoliation, clay mask, toning and moisturising. Beautiful.

Mini Facial

30 mins \$55
Quick effective facial cleansing, exfoliation, mask, toner and moisturising leaves your skin feeling like new.

