

## Wellness and Organic Spa

Organic Spa by Harmony Harvest



## HARMONY HILL

30min drive from CBD

Pick up for one day day spa retreat from two

**(03) 6294 8177**

[www.organicspa-retreat.com](http://www.organicspa-retreat.com)

## Wellness & Holistic Spa

Heal body, mind and spirit

We believe illness is a result of imbalance between the state of body, mind and soul. Body ache happens for a reason....pain tells us something is wrong in our body. We are experts in therapeutic therapies based on Asian philosophy, traditional chinese medicine, ayurvedic medicine, western herbalism, aromatherapy, and body work activities.

- Couple Get Away in private pavilion  
160 min P/P \$270

Two hour luxury organic body spa treatment and full body massage in private spa pavilion.

It includes body exfoliation and mud treatment with infra sauna and steam in luxury spa capsule, and full body oil massage. Then relax in our spa massage bath while enjoying the beautiful mountain views.

### One Day Retreat

\$380 pp (minimum 2 people)

- Pick up at 9:30 at your hotel or workplace
- Body work class (yoga, pilates, breathing)
- Healthy spa cuisine lunch
- Organic body spa treatment - 60min
- Therapeutic massage - 60min
- Infra sauna and herbal bath
- Return to hotel or workplace by 5:00

\$360 pp (4 people) pick up from Hobart CBD

Book Now

(03) 6294 8177 / [book@organicspa-retreat.com](mailto:book@organicspa-retreat.com)

## Therapeutic Body Massage

- Chi Energy Healing - 60min \$160

Our Chi Energy Healer can read the body's energy flows, finding any "Chi blockage" points and then working to remove these "blockages" by using Shiatsu point and osteopathic skeletal manipulation techniques.

- Aryuldavic Therapy - 60min \$160  
Abhyancam (full body massage)

Stimulate blood flow. Grate releafe for muscle tention

- Dhara (Stress releaf treatment)

Pore worm oil to forehead and massage scalp. Grate treatment for de stress

- Mama Point (point presher treatment)

Using point presher for body to rebalance body function

- Aroma Therapy Massage  
60 min \$140

Following consultation to select your signature Aroma Therapy Organic massage oil, this massage will detoxify, relax or reduce muscle aches.

- Chi Nei San (abdominal massage)  
60 min \$140

This focuses only on the abdominal area using warm detoxifying aroma therapy oil, because the center of Chi Energy is located in this area. This massage will help restore Chi energy and remove emotional stress. Especially suitable for people who find it hard to relax.

- Head Spa Treatment  
90 min \$168

Warm oil and scalp cleansing treatment is gently massaged into the scalp. This massage reduces brain tension.

\* All treatments include iinfra sauna and a massage spa bath

## Spa Retreat

We offer four types of spa retreat packages - Detox, Relax, Revive & a Weight Loss program, for 3, 5 or 10 days.

Retreat packages include airport pick up & return/ organic spa cuisine / body work classes / spa treatments / therapeutic spa treatments / accommodation.

For more information, visit our Web Page [www.organicspa-retreat.com](http://www.organicspa-retreat.com)

Where are we?

30 minutes drive from Hobart CBD at  
210 Old Bernies Road Margate Tasmania 7054

Booking is essential

Please book by telephone or Email.  
No refund if booking cancelled within 24 hours of treatment.

### HARMONY HILL

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Opening hours:10:00-6:00 7days per week

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## Organic Body Spa

### Detox Body Wrap & Exfoliation

60min \$140

Full body herbal scrub to remove toxins from your body. Then organic detox mud from Australian volcanic minerals is applied which draws out toxins from deep within the body. Excellent for reducing stress and removing tension. This treatment is delivered in a spa capsule which also provides steam and infra sauna treatments. An Ayurvedic massage is recommended with this treatment.

### Anti Aging Body Wrap & Exfoliation

60min \$140

Full body herbal scrub to deeply cleanse your skin, then organic anti-aging mud blended with iron-rich mineral and organic green botanical powder is applied to nourish your skin with many minerals and vitamins, leaving your skin feeling soft and smooth. This treatment is delivered in a spa capsule which also provides steam and infra sauna treatments. An Ayurvedic massage is recommended with this treatment.

### Body Repair Body Wrap & Exfoliation

60min \$140

Full body herbal scrub to deeply cleanse your skin, then organic marine mud blended with Tasmanian seaweed powder rich in vitamins and minerals is applied to repair skin cells. This treatment calms and relaxes the nervous system. It is delivered in a spa capsule which also provides steam and infra sauna treatments. An Ayurvedic massage is recommended with this treatment.

### Herbal Hot Stone Massage

90min \$198      120 min \$249

Tasmanian hot stones with medicinal herbs are placed on back, chest and tummy. Hot stones' natural infra rays help the medicinal herbs penetrate into the body and deeply relax the body. A full body massage using hot stones is then given. The combination of the hot stones' infra rays and medicinal herbs provide a great detoxification treatment.



## Organic Facial Spa

### Facial Lift

90min \$168

Organic facial treatment to exfoliate and deeply cleanse the skin followed by lymphatic facial massage to remove fluid retention from the facial area. After this facial, your face becomes sharper and feels very light. We use Harmony Harvest certified organic skincare products.

### Facial Anti-Aging

90min \$168

Organic facial treatment to exfoliate and deeply cleanse the skin followed by a Tasmanian marine treatment which boosts collagen cells. Then enjoy a full facial massage with rich organic facial massage oil which leaves your skin feeling soft and smooth. We use Harmony Harvest certified organic skincare products.

### Facial Rejuvenation

90min \$168

Organic facial treatment to exfoliate and deeply cleanse the skin followed by a green tea treatment to repair skin cells. Then enjoy a full aromatherapy facial massage with rich organic facial oil which stimulates blood circulation and lightens the face color. We use Harmony Harvest certified organic skincare products.

\*All facial products are fully certified organic and do not contain any chemicals. They are safe for all skin types. Our organic facial spa treatments will enhance and rejuvenate your skin!

\*Our practitioners are trained in therapeutic facial massage treatments such as lymphatic drainage, ayurvedic or shiatsu therapies.