

Exotic Winter Treatments on the Menu

'Exclusively for women, award winning Mizu® Retreats & Spa Care Pl on Olivers' Hill, specializes in providing unique day spa experiences for individuals and small groups looking for a private get away.



No visit is complete without experiencing a unique Mizu® treatment in the NeoQi Harmony Cocoon, such as the Exotic Citrus Compress Massage and Full Body Steam, ideal for warming up the whole body and releasing tight muscles.

The cocoon methods of treatments are inspired by ancient energy treatments that eliminate muscular and vascular tension and release vital energies. Free energy flow makes you feel vibrant, mentally and physically. These treatments address not only beauty, but most importantly, your overall well being and achieve complete body relaxation.



A steam sauna or infrared cocoon session can also be enjoyed after any spa treatment to obtain maximum benefits from your treatments. Consecutive treatments throughout the Winter months provide the extra benefits of, keeping skin extra hydrated, eliminating toxins, soothing body of aches and pains from tired or cold muscles.

**A half hour session costs \$45.
Customers who book and pay for
3 sessions will receive the fourth free.
(Offer valid throughout June-August 07,
Mon-Fri only, 9am-5pm, bookings essential).**

Available to day visitors: private yoga sessions, reiki, flower essence therapy, ear candling, to assist with women's overall well being. A light lunch can be provided for small group bookings.

Free call 1800 68 22 18 for day bookings or further details. Open 7 days. Gift vouchers available.



facials and eye treatments
body wraps and treatments
aromatherapy massage
reiki healing
makeup artistry
manicures spa pedicures
eyelash extensions
paraffin treatments
lash perm / tint
cosmetic tattooing
IPL hair removal and skin rejuvenation
electrolysis/diathermy
airbrush tanning
waxing

WINTER SPECIALS

TUESDAY & WEDNESDAY ONLY

Full Eyelash Extension \$119 (normally \$150)
Cats Eyes \$59 (normally \$69)
1/2Hr Express Facials \$39 (normally \$50)
Back, Neck & Shoulder Massage \$29 (normally \$40)

TUESDAY TO SATURDAY

COMPLIMENTARY HALF HR MASSAGE (Valued @ \$40)
With a Regenerative Collagen High Performance Facial or Thermo Modelage Intensive Infusion Facial

COMPLIMENTARY 1/2HR EXPRESS FACIAL (Valued @ \$50)
With any 1hr Body Wrap Treatment

**5/216 MAIN STREET MORNINGTON
tel. 5975 7019**



The First Exclusive Spa Retreat for Women

Re-ignite your inner spirit, relax and unwind at our boutique, award winning 'women's only' retreat on Olivers' Hill. Just 45mins drive from Melbourne CBD.



Day Treatments Now Available

massage • body treatments • facials • vichy • yoga • pedispa • steam • manispa • infrared sauna
pregnancy massage and spa treatments • brides and maids welcome • gift vouchers available



free call: 1800 68 22 18 | day treatments available 7 days 9am-5pm bookings essential | www.mizu-retreat-spa.com

