

Clinical Spa Treatments

The following treatments are provided across Clinical Spa for your benefit.

- ★ Clinical massages
- ★ Mud packs and mud baths
- ★ Paraffin wax
- ★ Rachel pools
- ★ Pyretic steam bath
- ★ Wellness for Cancer

Clinical Massages

Clinical massages provide a large number of benefits such as reducing injury time, ease burning pain from neuralgia, reduce tension headaches and sciatica symptoms, reduce numbness, weakness, stiffness and tenderness to name just a few. Massage has also been noted to reduce the psychological and physiological anxiety levels in pre and post surgical patients, chronic pain, patients withdrawing from drugs, etc. Also beneficial for everyday work, sports and life's aches and woes.

A valued part of general wellness.

We take a personalised approach to massage treatments. Our clinical therapists have extensive knowledge and can accommodate diverse needs.

All initial clinical spa treatments begin with a 15 minute consultation to allow our team to find a treatment that is best for you.

- Therapeutic
- Clinical
- Lymphatic Manual Drainage
- Sports
- Pregnancy
- Aix
- Neuromuscular
- Reflexology
- Myofascial Release

Therapies that combine the best of science and nature to help you live life to its fullest.

Pyretic Steam Bath (the 'no touch' treatment)

This is not unlike a sauna—in that it induces mild sweating, the pyretic steam both relaxes and renews energy. A super alternative to those suffering hypersensitivity or those who do not like to be touched.

The pyretic machine is a semi-enclosed horizontal cabinet. Thermal steam rises from under the cabinet into the bed chamber and opens the pores of the skin, releases tender muscles and helps calm the central nervous system.

Paraffin Wax

Wax can be used to help relieve pain and discomfort in the hands and feet. It acts like a form of heat therapy and may help increase blood flow, relax muscles and decrease joint stiffness. *Ideal for overuse and arthritis.*

Rachel Pools

Natural geothermal bathing pools. The penetrative minerals and thermal content make this a broad, beneficial resource to use.

Monthly passes are available to the public with a clinical need which would benefit from this source of therapy.

Wellness for Cancer

People undergoing cancer treatment or who are post-cancer treatment, can take advantage of our clinical treatments. You will qualify for a free 30 minute consultation.

What Does Each Treatment Do

Mud Packs

With the added bonus of both geothermal water and volcanic mud, QE's mud packs are quite a penetrative form of health relief for not only muscles and tissues, but also joint discomfort. Our packs are applied to the posterior body which you lie on for a duration of 20 minutes while cocooned in a blanket wrap (adjusted to your needs). 2x max packs per treatment.

Volcanic Mud Baths (the liquid mud pack)

With content including sodium, magnesium, silica and potassium, mud baths are a **high anti-inflammatory treatment**.

Other benefits may include:-

Drawing out impurities from the skin, relaxing sore and aching muscles, and may also improve skin conditions such as eczema and psoriasis.

CLINICAL SPA PRICES

Treatment Price \$ Locals \$

Clinical Massage

30 minute	\$79	\$71.10
1 hour	\$139	\$125.10

Paraffin Wax

Wax2 2 hands or 2 feet	\$25	\$22.50
Wax4 both hands and both feet	\$45	\$40.50

Mud Packs

1 x mud pack	\$35	\$31.50
2 x mud packs	\$50	\$45.00

Mud Bath—Single	\$79	\$71.10
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Rachel Pools Monthly Pass	\$39
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Please Note:

- Payment is required prior to treatment.
- Appointments cancelled less than 24 hours before appointment time, will incur a fee.
- Fees are at June 2023 and are subject to change.

CONTACT

Clinical Spa
QE Health
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www.qehealth.co.nz
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Hours:

Monday-Friday 8.00am – 7.30 pm
Weekends 9.00am – 5.30 pm

Note: Currently there are no spa treatments on Sundays, only the Rachel Pools

Cultural support available on request.



CLINICAL SPA

[Service Brochure]



He Whare Atawhai
A place of kindness

“Aotearoa’s centre for clinical health and wellness”