

Tranquil Therapy

Holistic Therapy and Massage with Diane Belz



Diane welcomes you to a place of peace and tranquility. A place where you will find relief from stress and pain with Massage and Body therapies, Bach Flowers, Aromatherapy, Facials, and Reiki.

A firm flowing style of massage is used, combining Swedish massage, acupressure, reflexology and energy work. Diane has trained in the De Moussegraffe Method of Healing, Swedish Massage, Sports Massage, Sacred Stone, Indian Head massage, Reiki, Kinesiology, and Aromatherapy Massage, Facials and spa treatments.

Massage:

THERAPEUTIC MASSAGE

A relaxing, healing massage designed to reduce pain and tension, realign the body, unblock energy channels and balance the body and mind.

30 MINS: \$35 | 45 MINS: \$50
60 MINS: \$65 | 80 MINS: \$80

HOTSTONE HEAVEN

A warming comforting massage using heated stones to massage away the troubles and tensions of a busy life. This is a deeply relaxing experience which incorporates balancing chakra stones to restore energy and equilibrium.

75 MINS: \$110

PREGNANCY MASSAGE

A nurturing massage tailored to suit the needs of different trimesters of pregnancy. Special positioning and pillows are used.

60 MINS: \$65

Sensory Experiences:

HALF DAY SPA

Revitalise body and soul with a day spa experience. Slip into a warm robe and begin with a foot soak and scrub before luxuriating in the hot spa. Then return to the massage room for a full body massage and Deluxe Facial. A foot tidy, massage and reflexology complete the ritual. You then enjoy a freshly prepared, healthy lunch or afternoon tea with refreshing juice or herbal tea or coffee.

a) HALF DAY SPA - 180 MINS (timing can vary depending on how long you spend in spa and eating etc): \$230

b) TANDEM DAYSPA OPTION: Make time to reconnect with a friend and enjoy all of the above side by side: \$450

DAY SPA ADD-ONS

a) HOTSTONES: The heavenly sensation of heated stones; penetrate deep into the back releasing all tension. ADD \$30

b) TOENAIL PAINT: Cuticle care and a colour of your choice to leave your feet looking as good as they feel. ADD \$15

c) THERMAL MUD BACK MASK: Application of thermal mud from Rotorua to cleanse and smooth revealing a beautiful back. ADD \$30.

DELUXE TEASE BOTANIX FACIAL

An intensive facial using Tease Botanix product range including AHA treatment, steam, personalised mask and serum to nourish and hydrate

60 MINS: \$80

FRAGRANT FACIAL

An aromatherapy facial with cleansing, exfoliation, acupressure, massage and essential oil compresses to balance and nourish your skin. 45 MINS: \$65

BLISS PAMPER PACKAGE

Foot spa and scrub, full massage plus Deluxe Tease Botanix Facial. 125 MINS: \$150

FEET TREAT

Mini pedicure to soothe the soles of your feet \$35
A mini pedicure with toenail paint \$50

Mind & Body Balance:

BACH FLOWERS

Bach Flower remedies work on an energy level, working with your vibrations to balance a negative emotion or feeling. \$15

REIKI TREATMENT

A deeply relaxing and healing therapy received whilst resting fully clothed on the massage table. The therapist places the hands on or above the body to transfer energy to balance the energetic system using Reiki.

30 MINS : \$30 | 60 MINS: \$60

HOLISTIC HEAD MASSAGE

Based on the Indian Head Massage you will receive a comprehensive scalp massage with acupressure points, facial massage and neck, arms and hands. You also choose whether to have oil applied to the hair.

45 MINS: \$50

REFLEXOLOGY FOOT MASSAGE

Foot spa followed by reflexology which incorporates stimulation of reflex points in the feet to bring balance to the body.

35 MINS: \$40

Gift Vouchers Available

Tranquil Therapy gift vouchers are a great way to treat a special someone, whether it's for a Birthday, Mother's Day, special occasion, or just to say "Thanks!".

Great range of products

We stock Tease Botanix skincare products and also have a range of Essential oils and Massage oils available.

*Make time for yourself!
Relax, re-energise*

Request an appointment today.
Home visits by request- surcharge for travel time.
Tandem appointments can be made if booked well in advance.



About Tranquil Therapy

Diane initially began Tranquil Therapy in 2000 after training in therapeutic massage. She had previously been trained as a registered nurse and worked in aged care and rehabilitation.

She has practiced massage in various settings, clinics, gym and beauty spa gaining a broad skill base of dealing with the young and fit, the older adult, sporting youth and pampering with spa therapies.

With a strong interest in natural health and the mind body connection she continues to attend workshops in massage techniques and other healing modalities as well as meditation and natural health.

She receives great satisfaction from assisting her clients to fully relax in her hands, as well as taking home with them knowledge of stress and tension relief techniques to incorporate into their lifestyle. She is also happy to tailor treatments to suit individual needs.

When you have an appointment at Tranquil Therapy, it really is ALL ABOUT YOU!

Tranquil Therapy

*Holistic Therapy
and Massage
with Diane Belz*



Tranquil Therapy

Call Diane to book now

07 576 8166 or 021 273 0411

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Hours are 8am til 8pm by appointment

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