

## re:condition

### massages & hot stone therapy

Come back to your body and rediscover your senses....  
re:condition yourself.

#### re:lax

If you are feeling stressed & need to unwind then this is the massage for you. A soft, gentle massage with calming music using ylang ylang, mandarin and sandalwood oils to help soothe the tension out of your body.

#### re:energise

Are you low on energy & need a pick-me-up? This fast-paced massage moves the blood & energy around the body using peppermint and lemon myrtle oils to stimulate the body back into action.

#### re:pair

Is your body sore from old injuries or poor posture? You need specialised attention on specific parts of your body. Using mint, juniper, and lemon myrtle oils, this deep tissue sports massage will release contracted muscles and relieve the pain.

#### re:kindle

Do you feel like pampering yourself? Hot stone therapy is the application of heated basalt stones to key points on the body, creating sensations of comfort and warmth. The direct heat relaxes muscles, giving extra intensity to your massage experience.

#### freestyle

Consult with our therapist about tailor-making your massage from a range of different techniques.

#### re:align

½ hour guided mat stretch followed by the massage of your choice.

#### re:centre

½ hour guided breathing meditation followed by the massage of your choice.

All our massages are \$80 per hour.

re:align & re:centre are an added \$20.

Copthorne Hotel & Resort Bay of Islands

Tau Henare Drive, Paihia, New Zealand

T: 021 022 94 584 E: [recondition@ihug.co.nz](mailto:recondition@ihug.co.nz)

Copthorne guests may dial 0 for bookings

