

# BLISS

day spa & reflexology

## ABOUT US

Welcome to Bliss Day Spa & Reflexology, where you can put your feet up and experience a blissful escape from the city... and total relaxation of your body, mind and soul.

Combining aspects of the world's oldest cultures with the latest in wellness philosophy, we embrace the ancient art of Chinese Reflexology to encourage full-body wellness, and to help release your body's natural energy flow. We also offer a choice between deep tissue or relaxation massage treatments to help you achieve overall well-being... and to make you feel relaxed, rejuvenated and re-energised.

So put your feet up, and experience a massage therapy and reflexology treatment like no other in Auckland.

## A SPECIAL GIFT FOR A SPECIAL SOMEONE

Treat someone special in your life to the Gift of Bliss - a massage gift voucher for a luxurious Bliss treatment that is valid for 18 months from the date of purchase. Choose from a physical gift voucher or an e-voucher, and customise a special message for that special someone.

Use your Airpoints Dollars for a Bliss gift voucher or indulge in an exclusive Bliss Airpoints Ultimate Hot Stone Massage with two trained therapists.

🕒 1 hour 30 min 💰 438

- 5 min welcome foot spa + 85 min oil Swedish massage & pressure point body massage.

Book online via the Airpoints Store: [airpointstore.co.nz](http://airpointstore.co.nz)

📶 Wifi available.

## MY BLISS MEMBERSHIP

Becoming a My Bliss member allows you to experience a luxurious and blissful massage therapy treatment in Auckland, and enjoy 15% or 25% OFF our standard treatment prices every time. Simply choose from a Gold or Silver My Bliss membership option, and start experiencing Bliss at discounted prices.

	Original	Prepay \$800 25% off	Prepay \$450 15% off
<b>Body Massage</b>			
45 min	\$129	\$97	\$110
1 hour	\$149	\$112	\$127
1 hour 30 min	\$189	\$142	\$161
<b>Balinese Massage</b>			
1 hour	\$159	\$119	\$135
1 hour 30 min	\$199	\$149	\$169
<b>Chinese Foot Reflexology</b>			
45 min	\$119	\$89	\$101
1 hour	\$139	\$104	\$118
1 hour 30 min	\$179	\$134	\$152
<b>Hot Stone Massage</b>			
1 hour	\$169	\$127	\$144
1 hour 30 min	\$219	\$164	\$186
<b>Supreme Treatment</b>			
2 hours	\$239	\$179	\$203
2 hours 30 min	\$259	\$194	\$220
<b>Tailor-time</b>			
1 hour 30 min	\$198	\$149	\$168
<b>Bliss Express</b>			
30 min	\$89	\$67	\$76

### Terms and conditions

We welcome all methods of electronic payment. To avoid a merchant handling fee of 1.8% for credit card and paywave payments, please pay by cash or EFTPOS. myBliss membership packages can be redeemed for gift vouchers, or shared with family or friends. Please make your decision carefully as we have a no refund policy. Bliss day spa & reflexology reserves the right to change the structure and price of any products or promotions without prior notice. All gift vouchers are valid for 18 months from the date of purchase\* \$10 redemption fees applies after 18 months of expiry date. Membership & gift vouchers can not be combined.

## OUR TREATMENTS

Choose from our range of luxurious and indulgent massage therapy treatments that include Chinese reflexology foot massage, deep-tissue massage, full-body massage, couples massage, pregnancy massage, combination massage treatments, hot stone massage and Chinese cupping.

### Chinese Foot Reflexology

<b>Mini Foot Reflexology</b>	⌚ 45 min	💰 119
<b>Bliss Reflexology</b>	⌚ 1 hour	💰 139
<b>Royal Reflexology</b>	⌚ 1 hour 30 min	💰 179
<b>Couples Reflexology</b>	⌚ 1 hour	💰 278

- 10, 15 or 20 min foot spa with neck, back & arm massage.
- 35, 45 or 70 min Chinese foot reflexology & lower leg massage.

**Express Chinese Foot Reflexology** ⌚ 30 min 💰 89

### Body Massage

<b>Mini Body Massage</b>	⌚ 45 min	💰 129
<b>Entire Full Body Massage</b>	⌚ 1 hour	💰 149
<b>Deluxe Full Body Massage</b>	⌚ 1 hour 30 min	💰 189
<b>Couples Body Massage</b>	⌚ 1 hour	💰 298

- 5 min welcome foot spa.
- 40, 55 or 85 min deep tissue or relaxation massage.\*

\*Almond oil applied on request. Essential oil applied with extra \$5.

<b>Balinese Wellbeing Body Massage</b>	⌚ 1 hour	💰 159
<b>Balinese Splendor Body Massage</b>	⌚ 1 hour 30 min	💰 199
<b>Couples Balinese Massage</b>	⌚ 1 hour	💰 318

- 5 min welcome foot spa.
- 55 or 85 min Balinese deep relaxation massage.\*

\*Essential oil and heat pack applied.

<b>Express Body Massage</b>	⌚ 30 min	💰 89
<b>Express Hand/Head/Face massage</b>	⌚ 30 min	💰 89

### Hot Stone Massage

<b>Rebalance</b>	⌚ 1 hour	💰 169
<b>Rejuvenate</b>	⌚ 1 hour 30 min	💰 219

- 5 min welcome foot spa.
- 55 or 85 min deep relaxation body massage.\*

\*Warm black silica stones applied to muscles.

### Combination Treatments

**Bliss Reinvigorate** ⌚ 1 hour 30 min 💰 198

- 10 min welcome foot spa, neck, back and arm massage + 35 min Chinese foot reflexology and lower leg massage.
- 45 min deep tissue or relaxation massage.\*

**Bliss Super Detox** ⌚ 1 hour 30 min 💰 198

- 15 min welcome foot spa, neck, back and arm massage + 45 min Chinese foot reflexology and lower leg massage.
- 30 min deep tissue or relaxation massage.\*

**Bliss Luxury** ⌚ 1 hour 30 min 💰 198

- 5 min welcome foot spa, neck, back and arm massage + 25 min Chinese foot reflexology and lower leg massage.
- 60 min deep tissue or relaxation massage.\*

**Supreme Bliss** ⌚ 2 hours 💰 239

- 15 min foot spa, neck, back and arm massage + 45 min Chinese foot reflexology and lower leg massage.
- 60 min deep tissue or relaxation massage.\*

**Supreme Deluxe** ⌚ 2 hours 30 min 💰 259

- 15 min foot spa, neck, back and arm massage + 45 min Chinese foot reflexology and lower leg massage.
- 90 min deep tissue or relaxation massage.\*

**Supreme Royal** ⌚ 2 hours 30 min 💰 259

- 20 min welcome foot spa, neck, back and arm massage + 70 min Chinese foot reflexology and lower leg massage.
- 60 min deep tissue or relaxation massage.\*

\*Oil applied on request.

### Chinese Cupping

**Express Chinese Cupping** ⌚ 30 min 💰 89



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Open 9:30 am - 19:20 pm (last booking). Closed on public holidays.

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