

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

Give the gift of pure relaxation with a Bliss massage gift voucher, perfect for someone special in your life. Choose between a beautifully packaged physical voucher or a convenient e-voucher, both valid for 12 months from the date of purchase. Personalize your gift with a heartfelt message to make it truly memorable.

AIRPOINT DOLLARS

Use your Airpoints Dollars to purchase a Bliss gift voucher and treat yourself to exclusive treatments available only through the Airpoints Store.

BUY ONLINE AT: airpointstore.co.nz



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 \$1150 25% off	Prepay \$580 15% off
Body Massage			
45 min	\$129	\$97	\$110
1 hour	\$149	\$112	\$127
1 hour 30 min	\$189	\$142	\$161
Balinese Massage			
1 hour	\$159	\$119	\$135
1 hour 30 min	\$199	\$149	\$169
Chinese Foot Reflexology			
45 min	\$119	\$89	\$101
1 hour	\$139	\$104	\$118
1 hour 30 min	\$179	\$134	\$152
Hot Stone Massage			
1 hour	\$169	\$127	\$144
1 hour 30 min	\$219	\$164	\$186
Supreme Treatment			
2 hours	\$239	\$179	\$203
2 hours 30 min	\$259	\$194	\$220
Tailor-time			
1 hour 30 min	\$198	\$149	\$168
Bliss Express			
30 min	\$89	\$67	\$76
Add-on			
15 min	\$45	\$29	\$38

Terms and conditions

We accept all forms of electronic payment. To avoid a 1.8% merchant handling fee for credit card and Paywave payments, we recommend paying by cash or EFTPOS. myBliss membership packages can be redeemed for gift vouchers or shared with family and friends. Please make your selections carefully, as we have a no-refund policy. Bliss Day Spa & Reflexology reserves the right to change the structure and pricing of any products or promotions without prior notice. Membership credits have no expiry date. Please note that myBliss membership packages cannot be purchased with coupons or gift vouchers.

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

Mini Foot Reflexology	⌚ 45 min	💰 119
Bliss Reflexology	⌚ 1 hour	💰 139
Royal Reflexology	⌚ 1 hour 30 min	💰 179
Couples Reflexology	⌚ 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
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Body Massage

Mini Body Massage	⌚ 45 min	💰 129
Entire Full Body Massage	⌚ 1 hour	💰 149
Deluxe Full Body Massage	⌚ 1 hour 30 min	💰 189
Couples Body Massage	⌚ 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.

Balinese Wellbeing Body Massage	⌚ 1 hour	💰 159
Balinese Splendor Body Massage	⌚ 1 hour 30 min	💰 199
Couples Balinese Massage	⌚ 1 hour	💰 318

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

*Essential oil and heat pack applied.

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

Hot Stone Massage

Rebalance	⌚ 1 hour	💰 169
Rejuvenate	⌚ 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
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- 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
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- 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
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- 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
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- 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
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- 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
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- 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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Add-on Treatment

Foot Sugar Scrub	⌚ 15 min	💰 45
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Open 9:30 am - 19:20 pm (last booking). Closed on public holidays.

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