

Pilates

One-to-one Pilates equipment sessions

Introductory package - 3x 55-minute sessions for \$195 prepaid

55-minute session - \$75/hour

5x 55-minute sessions - \$365 prepaid (3 month expiry)

10x 55-minute sessions - \$700 prepaid (5 month expiry)

Pre Natal Pilates

\$96 for a 6 session-pass (to be used within 10 weeks)

\$19/session casually (limited to those in the last 4 to 6 weeks of their pregnancy)

Group Mat Sessions

Usually run in an 8 week series - \$120

GROOVALICIOUS dance

\$12/session casually

multi-GROOVE passes available - \$55 for a 5 session pass or \$100 for a 10 session pass

Massage

hana Aromatherapy Massage

For easing tight shoulders & sore backs, relaxation and revival

30 minutes (back/shoulders, foot or facial) - \$50.00

1 hour - \$75.00

1 hour 30 minutes - \$100.00

hana Aromatherapy Massage including Facial Massage

1 hour 30 minutes - \$105.00

Hawaiian Lomilomi Massage

For deep relaxation, stress relief and revitalisation

40 minutes - \$63.00

1 hour - \$80.00

1 hour 30 minutes - \$105.00

Pohaku Hot Stone Massage

For total relaxation, rejuvenation and bliss

1 hour 30 minutes - \$125.00

add half a dozen hot stones to any aromatherapy or Hawaiian body massage - \$10.00

Bella Mamma Pregnancy Massage

For gentle nurturing and relief from sore backs & hips

30 minutes - \$50.00

45 minutes - \$67.00

Preconception/Fertility/Pregnancy Care

For individualised plans to improve your fertility, help make a healthy baby and support you through pregnancy

Initial appointment (both clients) (90 minutes to 2 hours) - \$145.00

Initial appointment (one client) (45 minutes to 1 hour) - \$85.00

Follow up (20 to 30 minutes) - \$55