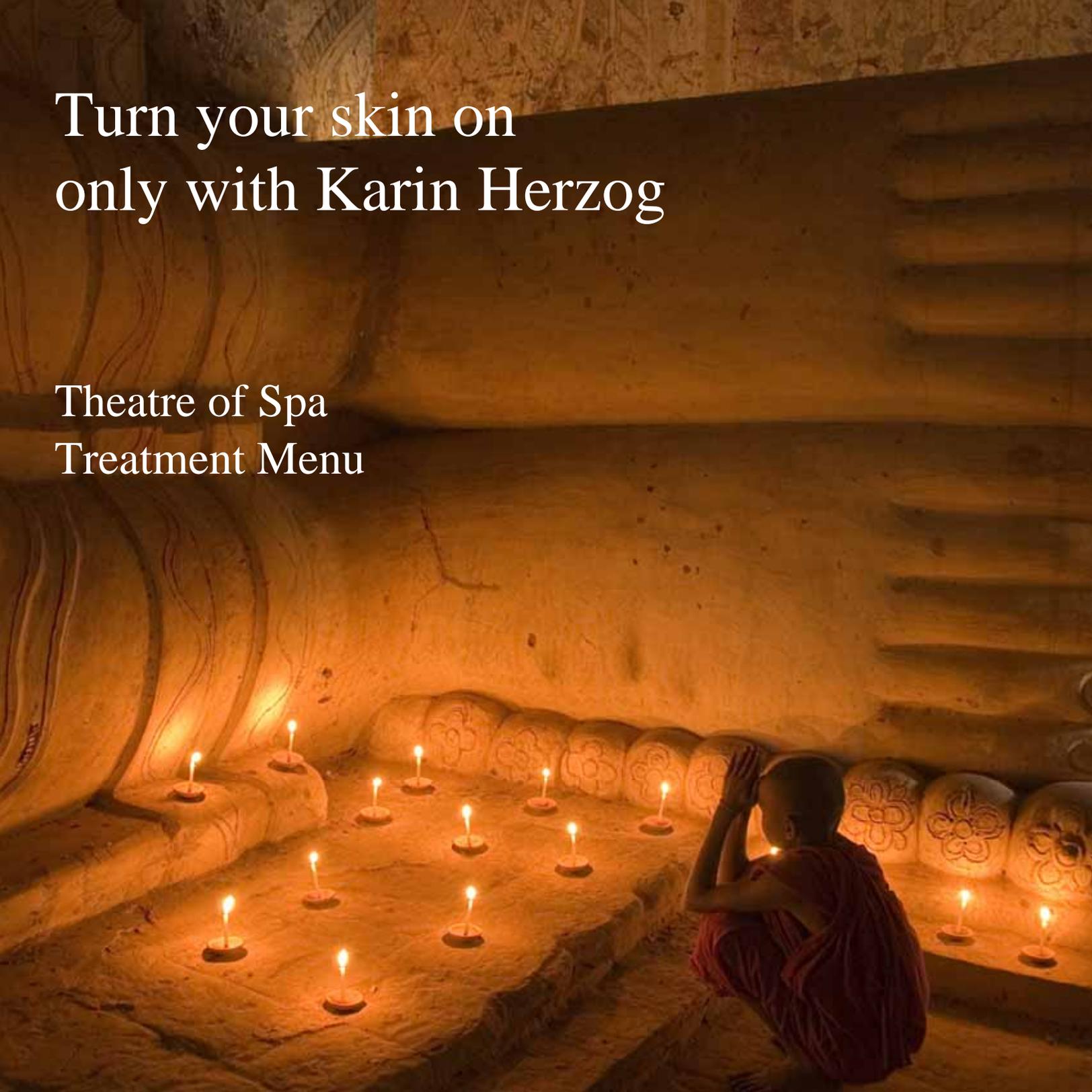


Turn your skin on
only with Karin Herzog

Theatre of Spa
Treatment Menu



the karin herzog theatre of spa

"Theatre"

The word "Theatre" represents a building where dramatic presentations are performed. It is also the name given to a medical operating room where healing and reparative therapy is performed.

Herzog Theatre of Spa fuses both these definitions and delivers unparalleled restorative and healing therapies, as well as drama to stimulate the sensual side: sight, sound, taste, smell and importantly touch.

Only our carefully selected spa partners, present Karin Herzog's Theatre of Spa:

A fusion of the most scientifically advanced, therapeutic and beautifully natural formulations, with sacred, pure and curative massage techniques chosen from the Worlds most spiritual and deeply holistic cultures.

You don't have to travel to Bali, Indonesia, Thailand or Hawaii. You can now experience real and dramatic, luxurious therapies right here, right now!

Providing the drama necessary to really stimulate all the senses:

Sight

A dramatic and visual stimulus is created with display plates, exhibiting some of the fresh natural ingredients uses in the treatment.

Touch

Every treatment is 100% machine free just skilled hands gliding over the body in what feels to the client like perpetual massage from start to finish. We have had special and unique massage domes hand crafted from consecrated / sanctified woods re-claimed from ancient church ruins which we use to massage and glide some of our exotic warm oils over the body, alternatively hot herbal Indonesian pomanders are used to provide deep heat therapy in our Balinese based treatments which provide not only a tactile stimulus but a divine uplifting aroma.

Smell

Fresh natural aromas from real fruits and natural ingredients, even the hot towels used in the treatments are infused with Natural aromas from oranges herbs / spices even pure chocolate.

Sound

We are able to provide original soundtracks for use in the treatment rooms to provoke deep breathing and a calm relaxing atmosphere.

Taste

Spa treatments are followed by a themed drink or taster after the treatment, including hot chocolate or chocolate treats to further complete the sensory experience



if it's not Karin Herzog, it's *not* Oxygen Therapy



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strong and spicy

An introduction to Balinese massage

Time: 1 hour

This treatment offers an introduction to Balinese massage and incorporates Karin Herzog's oxygen mask with a warm herbal pack to the back specially selected to help draw out toxins from the body, soften, nurture and repair.

The treatment is completed with a Balinese massage to the back and the back of the legs allowing the body to relax both the mind and body. No abdominal massage included in this treatment, which works on the back of the body solely.

spice

Balinese massage

Time: 2 hours

Balinese massage is relaxing but powerful. This treatment combines massage with a healing pack made up of various authentic Balinese spices, a wonderfully aromatic coconut scrub to exfoliate and soften the body, and Herzog's patented oxygen therapy.

This full body massage is healing for the emotions as well as the body and general well being and gives the body time to relax and de-stress. Abdominal massage is included in this massage as it helps to release negative energy and is excellent for people who are prone to bottling things up inside and can become more susceptible to digestive problems because of this stored negative energy.

A wonderful release massage; this treatment provides therapy on many levels.

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sense

Thai based massage with Indonesian herbal pomanders.

Time: 1½Hours

Hot Indonesian herbal pomanders, unique massage movements and oxygen turn this facial into something much more than a treat for the face.

Much more than just a facial, this treatment is a really cosseting and nurturing treat that touches the feet, legs, back, arms, hands and face!

A warm herbal pillow of authentic Indonesian herbs including rich and aromatic herbs is applied to the feet to ensure warmth and relaxation. Thai based massage strokes walk up the legs to help to instantly refresh and relax the lower body.

Warm Monoi De Tahiti is massaged over the back and then heated Indonesian herbal pomanders are pressed into the back tissues to relieve and sooth muscles and tension. The herbs once warmed release their healing therapeutic properties:

Tension is spirited away...and all this before the face is even touched!

Lemon grass, Galangal, Ginger, Turmeric, Pepper, Camphor and Kaffir Lime gently and softly penetrate the tissues and deliver deep muscle heat.

Immediate results show a clearer, brighter, firmer complexion, whilst also allowing you to feel relaxed and totally soothed all over.

A real and positive surge of raw energy is applied via Oxygen therapy to a cleansed and exfoliated skin. Mini herbal pomanders provide an exceptional massage of the face that has to be felt to be believed.

Not replacing the human touch, as our specialised facial and neck massage is also included, but massaging with herbal pomanders helps to tone and condition muscles deep in the facial tissues for a dramatic lifting effect.

A specific firming, toning and energising Oxygen rich mask is applied and whilst penetrating, the hands and arms are also treated to a deep massage with the herbal pomanders.

space

Face, scalp and shoulder treatment whilst remaining fully dressed.

Time: 1 hour

Forget all other Scalp massages, once have tried our authentic Tibetan head massage there is no going back! Guaranteed to transport even the most stressed and time sensitive, pre-occupied client into a deep inner – peace that is rewarding, restorative, reparative and fulfilling.

An original head, scalp and facial treatment with the client remaining fully dressed whilst lying on the treatment couch. Based on ancient Himalayan techniques practiced by ancient Tibetan monks, space, though light in touch, works on an entirely unique set of energy lines and Meridians to induce meditative relaxation.

Calming for mind, body and body the addition of Herzog's Oxygen therapy ensures an overall lift.

hawaiian spiritual therapies

Our latest addition to the Theatre of Spa treatments menu includes authentic Hawaiian therapies which incorporates both the physical and spiritual parts of healing.

These treatments transform the therapy couch into a temple to draw negative energy out of the client to be replaced with a positive healing force.

Our most spiritual technique. Specially blended oils are glided over the body in deep sweeping movements often with 2 therapists working simultaneously. During these treatments we call upon the gods of ancient Hawaiian philosophy to heal, repair and balance the client.



Fire represents passion and reflects love and emotions:
Connects to the abdomen and central body area.



Water represents energy and direction.
It links to the chest, heart and head.



Earth Represents roots and stability:
a need to be grounded.
It is linked to the feet, legs and toes



Air represents clarity and freedom.
It is linked to the arms and the hands.

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lua uhane

Hawaiian Massage Lomi Lomi

Time: 2 hours

The word Lua 'Uhane when translated literally means 'one soul'.

This treatment uses authentic Kahuna Lomi Lomi massage and is based on ancient Hawaiian healing massage movements, developed especially to rid the body of unwanted negative charged energy replacing it with a positive force. In this way the Hawaiians believed this cleansing massage would balance and purify the soul and invite harmony, peace, health and wellbeing.

The most spiritual of all of our treatments this advanced treatment begins by transforming the therapy couch into a temple. The Hawaiians during this massage call upon positive spirits to enter the client's body and symbols of each of these spirits are placed beneath the couch.

The client is asked to select a card from a pack of Hawaiian spiritual cards and this too is placed beneath the couch in the belief that this is the over riding spirit the client needs to call upon to experience harmony.

The treatment incorporates an aspect of each of the natural elements; earth, wind, fire and water, and specially selected exotic Hawaiian oils that key into the card selected from the pack are used to massage the body.

A very different massage that uses long, deep, sweeping movements to induce a feeling of euphoria.

kolu uhane

Hawaiian Massage Lomi Lomi

4 hands & 2 therapists

Time: 1 hour 45 minutes

The Hawaiian word Kolu 'Uhane when translated literally mean 'three souls'.

The perfect description for this treatment where authentic lomi lomi massage and spiritual therapy are performed as in a Lua 'Uhane treatment but with two therapists working together and in synchronisation on the body.

The ultimate in indulgent pampering but with a real spiritual healing theme.

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