

## IMPORTANT INFORMATION

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### APPOINTMENTS

We recommend you arrive 10 minutes prior to your appointment to complete the necessary forms. Please be aware if you are late, your treatment will end on time so the next client will not be left waiting. All treatments are inclusive of consultation and dressing time. Complimentary foot soak will be included in appointments 60 minutes and over.

### CANCELLATIONS

We understand that sometimes it's necessary for you to change your appointment. Please give us at least 24 hours notice on any cancellation or reschedule bookings. If cancellation is given less than 24 hours, a 50% cancellation fee will be charged. Full price will be charged in the case of no show and gift vouchers will become void.

### GIFT VOUCHERS

Gift vouchers are available on any treatments and valid for 12 months from issue date.

### VIP MEMBERSHIP CARD

VIP Membership are pre-purchased credits that are valid for 1 year. Savings are up to \$180 and can be used for any available treatment.

### GOLD CARD

Register with us, present your Gold Card, and receive special discounts on selected treatments.

*We look forward to seeing you soon!*  
THE TEAM @ CHER



**CHER**  
MASSAGE & SPA

### **CHER Massage & Spa**

📍 26 Anzac Road  
Browns Bay, Auckland  
🕒 Monday closed.  
Tues to Sun 10am - 7pm

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### **Bookings**

☎ 09 478 2969  
✉ [bookings@cherspa.co.nz](mailto:bookings@cherspa.co.nz)  
🌐 [www.cherspa.co.nz](http://www.cherspa.co.nz)

## SERVICE MENU

CHER Massage & Spa is a gentle move away from traditional Thai massage formalities, designed to combine relaxation, pampering and stress relief all in a professional urban environment.

### EXPRESS MASSAGE

Thai acupressure methods for stress and tension related ailments. Relieving pain, balancing body energy and maintaining good health. Swedish massage techniques may apply if balm/oil is used.

FACE, HEAD.....	15 MIN / \$25
HANDS, ARMS.....	15 MIN / \$25
HEAD, NECK, SHOULDERS.....	15 MIN / \$25
HEAD, NECK, SHOULDERS, BACK.....	30 MIN / \$45
BACK.....	30 MIN / \$45
LEGS, SCIATIC.....	30 MIN / \$45
BALM / OIL (ADDITIONAL).....	\$5

### DEEP TISSUE / THERAPEUTIC MASSAGE

Deep-tissue massage concentrates on the layers of muscle and fascia in the body. By using deep pressure and slow firm strokes, deep tissue massage is used to treat a variety of physical ailments and frequently used to prevent or rehabilitate sports injuries. It is important to tell the massage therapist if any soreness or pain you experience is outside your comfort range. The therapist will tailor the massage strokes to suit your conditions.

60 MIN.....	\$89
90 MIN.....	\$129
120 MIN.....	\$159

### CHER SIGNATURE MASSAGE

A combination of Thai acupressure, stretching technique and Swedish massage. Designed to ease muscle tension, leaving you relaxed and refreshed.

60 MIN.....	\$89
90 MIN.....	\$129
120 MIN.....	\$159

### RELAXING MASSAGE

Indulge yourself with Swedish relaxation massage. Light pressure strokes designed to reduce muscle tension, increase blood circulation and promote lymphatic drainage.

60 MIN.....	\$89
90 MIN.....	\$129
120 MIN.....	\$159

### ADD ONS

Customise your own massage experience with these available 'add-ons'.

AROMATHERAPY (Essential oils of your choice).....	\$5
HOT STONE.....	15 MIN / \$25
BACK SUGAR SCRUB & MASK.....	15 MIN / \$25
FOOT SPA (SCRUB & MASK).....	15 MIN / \$25

### THAI FOOT MASSAGE & SPA

Foot massage can help relieve the tension from extended periods of being on your feet, fatigue from sports and even help relieve the discomfort from travel. Reflexology is an Eastern medical science, using the body's natural energy to heal and increase longevity.

MASSAGE.....	30 MIN / \$49
MASSAGE & REFLEXOLOGY.....	60 MIN / \$89
MASSAGE & REFLEXOLOGY.....	90 MIN / \$129
FOOT SPA (ADDITIONAL).....	15 MIN / \$25

*An effortless fusion of massage, indulgence and well-being.*

CHER is a new innovation in spa experiences.

