

Day Spa

@ McCracken Country Club

By WorkFlow MASSAGE



WorkFlowMASSAGE 
HEALTH | BALANCE | PERFORMANCE

Specialising in corporate massage both in Adelaide and the Fleurieu Peninsula region, WorkFlow sets itself apart from other corporate massage companies by being able to treat all areas of the body, both in a relaxation or clinical manner, in the office, on the job, or at home.

WorkFlow is now delighted to provide services at McCracken Country Club, Victor Harbor.

www.workflowmassage.com.au

Open Daily - Bookings Essential
Phone 08 8551 0200



McCracken Country Club | McCracken Drive, Victor Harbor SA 5211

Phone: 08 8551 0200 | Email: mccracken@countryclubs.com.au

www.countryclubs.com.au

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Services Menu & Price List

The following services are available 8am – 8pm, 7 days per week.

Please Note: A minimum of 2-hours notice is required prior to your desired appointment time – please book early to avoid disappointment.

Express Pedicure

Give your tired, overworked feet a good overhaul and rejuvenate them with this express pedicure

20 mins \$ 30.00

Pedicure & Polish

Care for your feet in the best way possible, treat them to a complete make-over with a detailed pedicure, including buff & nail polish colour of your choice.

60 mins \$ 70.00

Facial

Cleanse, exfoliate and nourish your skin with our facials, promoting clear, clean and well hydrated skin.

30 mins \$ 50.00

60 mins \$ 70.00

Add an Eyelash tint

Forget mascara, with eyelash tinting you will always have dark, tantalising eyes. Incorporate an eyelash tint with your facial.

Additional \$ 15.00

Mudwrap

Let a layer of soothing mud applied to your skin, then wrapped, detoxify, cleanse and firm.

90 mins \$120.00

Waxing

We are pleased to offer the following waxing services. Unfortunately, eyebrows are not available.

Half Leg \$ 30.00 Full Leg \$ 50.00

Underarm \$ 25.00 Bikini \$ 30.00

Brazilian \$ 50.00

Hot Rock Massage

Let stones deliver concentrated heat, whilst our therapist massages you with smooth, oiled, heat stones using strokes along the muscles of the legs, arms and torso. The stones are used as tools to deliver effective tissue and muscle massage at a pressure level comfortable for you. The heat from the stones relaxes muscles and increases blood flow to the area being worked on, improving circulation and the relaxation of the mind.

60 mins \$100.00

Including a 30-minute reflexology session 90 mins \$140.00

Therapeutic Massage

Using oil, let this deep remedial massage work through the superficial layers, getting into the deep muscles causing your aches and pains.

30 mins \$ 45.00

60 mins \$ 80.00

Relaxation Massage

Relax as our therapist uses Swedish massage techniques to help reduce pain & joint stiffness and improve function and circulation.

30 mins \$ 40.00

60 mins \$ 75.00

90 mins \$110.00

120 mins \$140.00

Specialty Packages

Specialty Package 1: Combine a **Facial** with a full body **Therapeutic** or **Relaxation Massage**

120 mins \$150.00

Specialty Package 2: Combine a **Mudwrap** with a **Facial** and a **Pedicure**

150 mins \$180.00

Specialty Package 3: Combine a **Hot Rock Massage** with a **Facial**

120 mins \$160.00

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Prices valid as at January 2010; Subject to change without notice.

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The following services are available most evenings between 5pm – 8pm.

Please Note: A minimum of 2-hours notice is required prior to your desired appointment time – please book early to avoid disappointment.

Traditional Chinese Massage

The most ancient of massage techniques, the rigorous movements promote circulation and muscle relaxation, helping to realign anatomical structures, alter the inner energy state of the body and create a smooth passage way through the channels of the body.

30 mins	\$ 45.00
60 mins	\$ 80.00

Classic Thai Massage

A session involving stretching and deep massage, this form of fully clothed bodywork will leave you feeling rejuvenated, invigorated and more flexible all over.

30 mins	\$ 45.00
60 mins	\$ 80.00

Swedish Massage

Let your aches and pains ease away with this firm, but gentle massage, promoting relaxation throughout the body. Areas of more tension can be concentrated on to receive greater benefit.

30 mins	\$ 40.00
60 mins	\$ 75.00

Chinese Cupping with Gua Sha

Chinese Cupping – let the vacuum of this ancient art of healing invigorate the blood, relax your muscles, move vital energy and correct internal imbalances, encouraging the body to rejuvenate and maintain balance.

Gua Sha – Using ancient tools, this technique of ‘scraping’ to create ‘sha’ increases oxygen and stimulates blood flow resulting in the relaxation of muscle aches and pains.

30 mins	\$ 45.00
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Luxury Foot Spa & Reflexology

Combination of a soothing & relaxing foot spa and specific massaging or applying of pressure to parts of the feet. Encourages a beneficial effect on other parts of the body, helping to relieve tension, improve circulation and promote general health.

60 mins	\$ 90.00
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Reflexology

This treatment uses the practice of massaging or applying pressure to parts of the feet and sometimes the hands, ears and face. This encourages a beneficial effect on the other parts of the body and helps to relieve tension, improve circulation and promote general health.

30 mins	\$ 45.00
60 mins	\$ 80.00

Specialty Packages

Specialty Package 4: Combine a whole body **Massage** (Traditional Chinese, Thai or Swedish) with **Luxury Foot Spa & Reflexology**

120 mins	\$160.00
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Specialty Package 5: Combine a full body **Relaxation Massage** with **Reflexology**

120 mins	\$150.00
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The following services are available on Wednesday & Fridays between 5pm – 9pm & Thursdays 8am – 7pm.

Please Note: A minimum of 2-hours notice is required prior to your desired appointment time – please book early to avoid disappointment.

Human Movement Specialist – Andrew Roesler

Specialising in treating injuries – short or long term – Andrew is a trained Human Movement Specialist and also performs Swedish, Therapeutic and Relaxation Massage. When not treating at McCracken, he also practices from his rooms in North Adelaide.

Sessions with Andrew include

- History of health & injury
- Assessment
- Treatment Plan
- Advanced Musculo-Skeletal Techniques
- Muscle Energy Technique
- Jones Points
- Trigger Point Therapy
- Deep Transverse Friction
- Stretching exercises
- Deep oil massage therapy

Areas Treated

- Sciatic pain
- Chronic long-term back pain
- Frozen shoulder
- Rotator cuff injuries
- Tennis & Golfer's Elbow
- Headaches & Neckaches
- Foot pain, heel spurs
- Sporting Injuries
- Postural alignment
- Many other Musculo-Skeletal issues
– please enquire!

60 mins	\$ 80.00
120 mins	\$150.00

Enquire about our additional services:

- Couples Massage
- Tai Chi – Personalised or Group Sessions
- Wedding Pamper Packages – Bride, Mother of the Bride, Bridesmaids
- Corporate Packages – add a massage to your conference agenda

****Please Note:** A minimum of 24-hours notice is required, should you need to cancel a pre-booked appointment. Should you cancel within 24-hours of your scheduled appointment time, a 50% cancellation penalty will apply.