

# Day Spa

@ McCracken Country Club

By WorkFlow MASSAGE



**WorkFlow**MASSAGE   
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](http://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](mailto:mccracken@countryclubs.com.au)

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## Services Menu & Price List

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### 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.

#### Manicures

##### **Express Manicure**

Your hands will feel renewed after a good soak, relaxing massage & nail tidy with this express manicure.

30 mins \$ 35.00

##### **Full Manicure**

A complete treatment for hands in need of nurturing. Includes a nourishing soak, exfoliation, relaxing hand massage, nail tidy & nail paint, with your choice of polish colour.

60 mins \$ 70.00

French Polish - Additional \$ 10.00

#### Pedicures

##### **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

#### Facials

##### **Express Facial**

Cleanse, exfoliate and nourish your skin with this express facial which promotes clear, clean and well hydrated skin.

30 mins \$ 50.00

#### Facials - Treatments with Algologie

##### **Comfort Mask**

Calms the skin and has a soothing effect on broken capillaries and irritated skin – highly recommended for sensitive skin.

60 mins \$ 75.00

##### **Rubber Mask**

For hydrating, softening and soothing mature skin.

90 mins \$ 90.00

##### **Algae Bouillie Mask**

Instantly revitalises the skin, providing a more youthful looking glow. The perfect pick-me-up for that special occasion.

60 mins \$ 80.00

#### Facials - Treatments with Bio Active Care, by Mineral Care

##### **Facial Peeling**

Peels away dead skin cells and impurities. Your skin will feel revitalised and refreshed. Not recommended for sensitive skin.

60 mins \$ 85.00

##### **Nourishing Beauty Mask**

Revitalise tired skin. Visibly improve your complexion with a reduced appearance of lines and wrinkles. Refines skin texture, deeply hydrates, nourishes and smoothes.

90 mins \$ 95.00

#### 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

#### 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

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#### Mudwraps - Treatments with Algologie \*\*All wraps incorporate Body brushing

##### **Cold Clay Body Mud**

Revitalise and detoxify your body.

90 mins \$120.00

##### **Heated Clay Body Mud**

Excellent for soothing sore limbs and muscles.

90 mins \$120.00

##### **Focus Body Wrap**

Firming, remineralising wrap to aid with slimming and cellulite issues.

90 mins \$150.00

##### **Dead Sea Mud Wrap**

Used for thousands of years as both a beautifier and healer, this 100% mineral-rich wrap will deeply purify, detoxify and draw out impurities and toxins in your body.

90 mins \$120.00

##### **Salt Glows**

Invigorating body exfoliation – removes dead skin and leaves your skin feeling divinely silky smooth.

60 mins \$110.00

#### Massage

##### **Personal Massage**

Treatment designed by the individual for your personal needs. You determine the pressure and body areas worked on – relaxing to invigorating.

30 mins \$ 45.00

60 mins \$ 80.00

90 mins \$115.00

##### **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

##### **Indian Head Massage**

Incorporate this amazing 20-minute treatment into your personal massage. Either incorporate it as part of a 60-minute session, or add on, to form a 90-minute total session.

60 mins \$ 85.00

90 mins \$120.00

#### **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

**Ultimate Package:** Combine **3 or more treatments** of your choice to suit your personal needs and receive a **10% discount** off the total price

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**The following services are available on Thursdays between 8am – 7pm & Fridays between 5pm – 9pm**

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### **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
- Wedding Pamper Packages - Bride, Mother of the Bride, Bridesmaids
- Corporate Packages – add a massage to your conference agenda

**\*\*Please Note:** Should you need to cancel a pre-booked appointment, 24-hours notice is appreciated.  
Should you cancel within 2-hours of your scheduled appointment time, a 50% cancellation penalty will apply.  
For no-shows or missed appointments, the full amount (100%) of your treatment will still be charged.