



The Soul of Awaken to Wellness

Kristy is a qualified remedial massage therapist specialising in pain relief and overall well-being. With expertise in treating muscular tension, chronic pain, and discomfort, she combines her training with intuitive insight to promote relaxation and support natural healing.

In addition to massage, Kristy is a trained Meditation, Sound, and Access Bars Practitioner, Aromatherapist, and Corporate Well-being Workshop Facilitator. Her holistic approach helps clients achieve lasting pain relief, vitality, and balance, guiding them toward optimal health and wellness.



Contact Information

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By Appointment Only

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Health Fund Approved



AWAKEN TO WELLNESS

with **Kristy Woods**
Holistic Remedial Therapist



Massage | Facial | Healing



Book Now

Facials

Rejuvenate Facial

\$100 • 1 Hour

Using high-quality Anesi products, enjoy a relaxing, results-driven facial that leaves your skin feeling refreshed, radiant, and nourished.

Gua Sha Facial

\$100 • 1 Hour

Invigorating facial uses a smooth jade or rose quartz stone to gently and sculpt. Perfect for reducing tension, improving skin elasticity, lymphatic drainage, sinus congestion and enhancing your complexion.

Holistic Healing

Access Bars

\$100 • 1 Hour

Unlock a new sense of ease and clarity with Access Bars, a gentle energy healing technique that involves light touch on 32 points on the head. This treatment helps release limiting beliefs, reduce stress, and promote mental clarity, relaxation, and emotional balance. Ideal for those looking to clear mental clutter and create more space for joy and peace.

Intuitive Energetic Healing

\$100 • 1 Hour

Tap into your body's natural healing power with intuitive energetic healing, a personalised treatment that combines energy work and intuitive guidance. This session helps release blockages, restore balance, and promote emotional and physical well-being. Ideal for those seeking deep relaxation, emotional clarity, and spiritual alignment.

Private Sound Healing for 1

\$100 • 1 Hour

Experience deep relaxation using the powerful vibrations of crystal bowls, this personalised session is designed to clear energetic blockages, reduce stress, and promote inner peace. Ideal for those seeking a tailored, immersive sound healing experience to restore balance and rejuvenate the mind, body, and spirit.

Massage

Remedial Massage

\$110 • 1 Hour - \$155 • 1 Hour 30 Minutes

Customised to release muscle tightness, reduce pain, and restore mobility. Using a combination of deep tissue, myofascial release cupping and dry needling to provide deep relief and improve muscle function.

Relaxation Massage

\$110 • 1 Hour - \$155 • 1 Hour 30 Minutes

Created to ease muscle tension, and clear mental stress, leaving you feeling refreshed, rejuvenated and deeply relaxed. Perfect for those seeking a peaceful escape and overall well-being.

Magnesium Massage

\$155 • 1 Hour 30 Minutes

Boost your relaxation and muscle recovery with magnesium! Replenish your body's magnesium levels while easing muscle tension and promoting deep relaxation. Ideal for muscle cramps, fatigue, or stress.

Aromatherapy Massage

\$155 • 1 Hour 30 Minutes

Combining the healing power of essential oils with soothing massage techniques to relieve stress, improve mood, and enhance overall well-being and restore balance.

Lava Shell (Next Level Hot Stone)

\$155 • 1 Hour 15 Minutes

Experience the ultimate in relaxation with our Lava Shell Massage, using heated seashells to deliver soothing warmth and deep muscle relief. The smooth, natural shells glide over the body, promoting circulation, easing tension, and enhancing relaxation. Ideal for stress relief and a luxurious massage experience.

Packages

Holistic Renewal

\$200 • 2 Hours

A perfect balance of relaxation and rejuvenation, this combined session includes an hour of massage to release tension and restore physical well-being, followed by an hour of energy healing to clear blockages, restore balance, and promote emotional clarity. Ideal for those seeking deep relaxation and a full-body, mind, and spirit reset.

Glow and Unwind Journey

\$220 • 2 Hours

Indulge in the ultimate pampering hour massage experience designed to release tension and promote relaxation. Followed by an hour facial to hydrate, rejuvenate, and restore your skin's natural glow. This luxurious combination leaves you feeling refreshed, revitalised, and completely pampered from head to toe.

Pregnancy Massage

\$155 • 1 Hour 30 Minutes

Using gentle, soothing techniques, this treatment helps alleviate common pregnancy discomforts, while promoting relaxation and overall well-being. Includes intuitive energetic healing.

Retreats and Events

Specialising in facilitating well-being workshops for corporate groups, retreats, and small businesses. These fun and informative workshops aim to enhance individual well-being.

We offer a diverse array of well-being events tailored for corporate groups, retreats, and small businesses. Our offerings include well-being workshops, crystal sound baths, and meditation sessions. Additionally, we provide retreat massages, facials, and holistic healing services.

To discuss your workshop or retreat needs, please reach out to Kristy via email.