



# Wellness

TREATMENT MENU

BOOKINGS ESSENTIAL



## Wellness at Wharekauhau

Wharekauhau is a place shaped by elemental forces where the Pacific meets black sand, where forest rises from the coastline, and where the energy of the whenua invites stillness, healing and calm.

Our wellness philosophy is guided by hauora, a Māori understanding of holistic wellbeing that recognises the deep connection between body, mind, spirit, and community. It embraces four interconnected dimensions:

Taha Tinana – *Physical wellbeing*

Taha Hinengaro – *Mental and emotional wellbeing*

Taha Whānau – *Social connection and belonging*

Taha Wairua – *Spiritual wellbeing*

Each ritual at Wharekauhau Wellness honours these principles, weaving natural botanical therapies, the wisdom of Te Ao Māori, and the serene beauty of Wharekauhau's landscape into experiences designed to restore balance and nurture a deep sense of wellbeing.

## Our Botanical Approach

We draw upon two complementary skincare lineages, both born in Aotearoa and crafted by the same formulator.

Āe Botanicals is grounded in plant-powered simplicity. Vegan, multi-use and intentionally gentle, the range honours mauri ora, nurturing the natural life-force of the skin and responding to its changing needs with clarity and care.

Science & Magic Spa Botanicals embraces the deep wisdom of rongoā Māori, celebrating the healing strength of mānuka honey, kawakawa, mineral-rich clays and wild native botanicals.

These formulations embody a commitment to both science and tradition.

Together, these two ranges allow each treatment to be tailored, intuitive and responsive, shaped by the client, the therapist and the rhythm of the land.

## Body Rituals & Massages

### Mineral Honey Ritual – Whakanoa me te Hōnī

Begin with a detoxifying exfoliation using South Island mineral salts and glacial clay to smooth and re-energise the skin. You are then wrapped in a warm mānuka honey and kawakawa mask to deeply hydrate and soothe. A restorative full-body massage completes the ritual, leaving you grounded, relaxed, and renewed.

120 min \$555

### Gentle Honey Renewal – Mānuka Mārie

A gentle jojoba-bead exfoliation smooths and softens the skin without irritation. The body is then enveloped in a warm mānuka honey and kawakawa mask for deep hydration and healing. A flowing botanical massage follows, easing tension and leaving the skin nourished and luminous.

120 min \$555

### Honey Glow Polish – Kōpura Hōnī

A warm mānuka honey and sugar-cane polish smooths, brightens, and rejuvenates the skin, melting into the body for deep nourishment and a radiant glow. The ritual concludes with a full-body aromatherapeutic massage to restore ease, circulation, and lasting luminosity.

120 min \$555

### Relaxing Full Body Massage

60 min \$265

90 min \$305

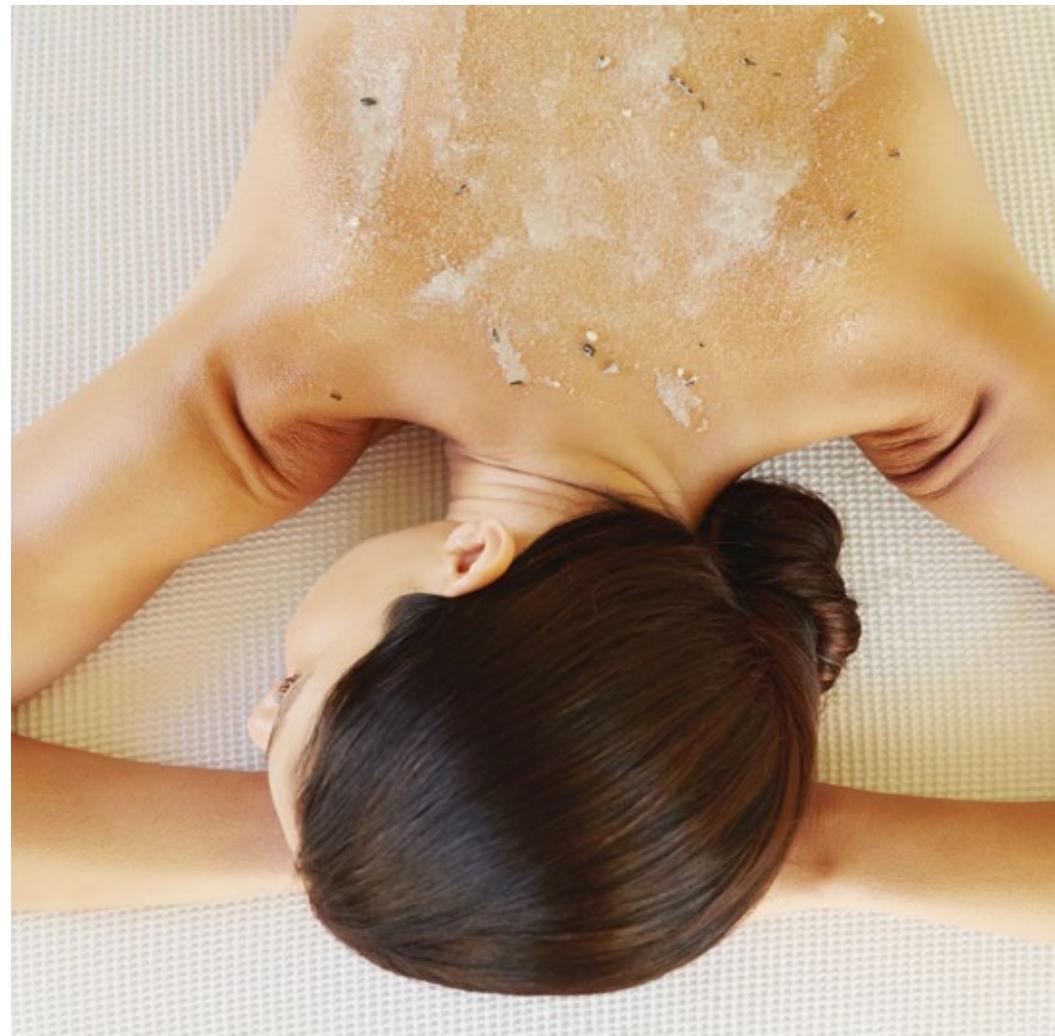
### Deep Tissue Full Body Massage

60 min \$370

90 min \$430

### Hot Stones

60 min \$365





## Face Treatments

### Fire & Ice Radiance Ritual – Ngā Ahi, Ngā Huka

60 min    \$345

Experience a transformative thermal facial combining volcanic warmth, pounamu heat therapy, ancient minerals and glacial cryotherapy to restore radiance and firmness. After a gentle cleanse, a warm mānuka honey and kawakawa mask softens and nourishes the skin while heated pounamu stones release tension and boost circulation. Glacial mineral infusions support renewal, followed by cooling cryo wands and a hyaluronic serum to lift, smooth and refine. The ritual ends with nutrient-rich serums, leaving the skin balanced, luminous and deeply revitalised.

### Āe Botanicals Facial Ritual (Vegan)

60 min    \$345

A restorative vegan facial using Āe Botanicals' award-winning skincare, crafted from native botanicals, seaweeds, minerals and glacial clays. This plant-powered ritual brightens, smooths and supports the skin's barrier, ideal for sensitive, stressed or travel-tired skin. A hydrating cryo infusion restores vitality and radiance, while the treatment is tailored to your skin's specific needs — whether fatigued, congested or in need of deep nourishment.

### Mānuka Honey & Warm Stone Facial – Science & Magic

60 min    \$345

A revitalising facial powered by native botanicals, vitamins B, C and E, and mineral-rich actives to detoxify, brighten and renew tired skin. A warm mānuka honey infusion melts into the complexion while heated pounamu stones soothe and deeply hydrate. The result is plump, calm, firm and naturally radiant skin.

## Hands & Feet Treatments

### Spa Manicure

A refreshing mineral salt exfoliation, hydrating shea butter and native plant deeply nourishing balm for an energizing foot massage and nourishing hand massage, finished with perfect polish.

60 min    \$230

### Spa Pedicure

A warm coconut soak, exfoliation, hydrating wrap, and relaxing lower-leg massage, finished with polish.

60 min    \$295



## Bookings

To book a treatment contact reception prior or on arrival to Wharekauhau.

Call. +64 6 307 7581

Email. [reservations@wharekauhau.co.nz](mailto:reservations@wharekauhau.co.nz)

### Bookings

Bookings are essential and are subject to availability.

### In-Cottage treatments

Additional charge of \$250 per cottage suite.

### Couple's treatments

Additional charge of \$250 per couple.

### Public Holidays

Additional charge of 15% will apply.

### Cancellation

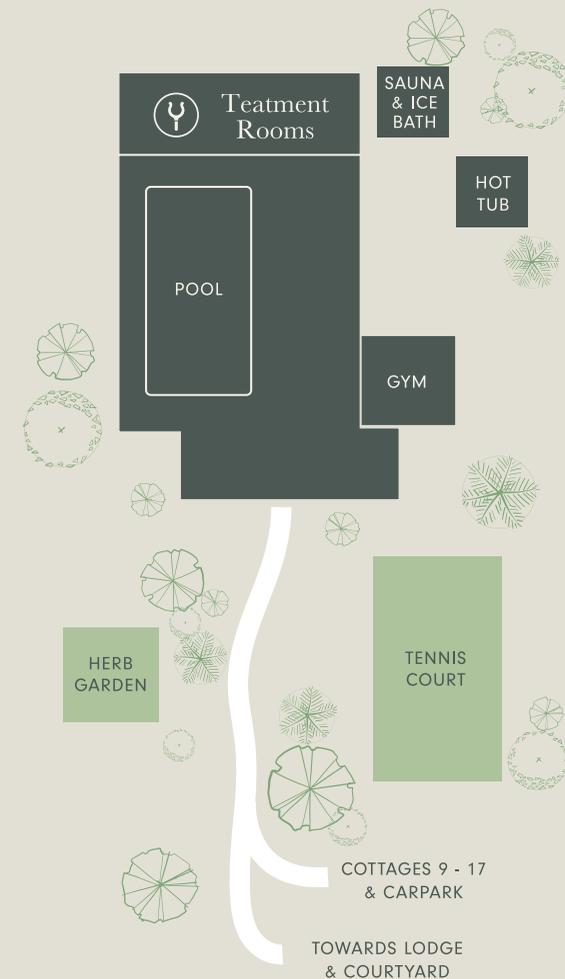
If your booking is cancelled within 12 hours a 100% fee applies.

### For your comfort

In Consideration to other guests and in order for you to receive your full service please arrive 10 minutes in advance to change into a robe and slippers. These are available in the changing area.

Our beauty therapists are fully trained to ensure the quality and Safety of your experience. If you have health considerations, please let us know so your treatment plan may be best tailored to you,

## Location





WHAREKAUHAU

EST · 1844

WHAREKAUHAU WELLNESS BARN | [WHAREKAUHAU.CO.NZ](http://WHAREKAUHAU.CO.NZ)