

calm

Sanctum

harmony



Mind Body & Skin



MISSION STATEMENT

“To provide the best possible one on one care in an environment that is safe while caring for you in a professional manner. I apply my skills with integrity, knowledge, intuition & passion, so that you the receiver leave feeling calm, balanced and re-energized. I will fully respect your wishes with the utmost understanding. CALM.A.. Therapies prides itself on the un-surpassed level of care, treatment, skills & service provided.”

you deserve 100%.

CALM.A.. Therapies is a holistic clinic for both men and women

proud stockists of..

giovanni[®]
ORGANIC HAIR CARE

believe in the best

take time to breathe.... relax... live in joy!

SKIN HEALTH FACIALS

JANESCE

Normal, functioning, healthy skin is our ultimate aim. Janesce can help you achieve this through a philosophy that extends to the whole person. Products are selected especially for your skins needs on the day. Please state how much time you would like invested in your skin.

40 mins	55.00 (teenage only)
50 mins	70.00
75 mins	95.00 (full 20 mins msge)
90 mins	115.00 (includes arms & feet)

Six weekly maintenance re-book 85.00

Sensory experience: A two- hour ritual incorporating the five senses & the four elemental forces of life for the feet, legs, arms, face, shoulders & head.

A highly recommended experience exclusive to the Janesce philosophy.

120 mins	180.00
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Elements of Nature experience: Combining the elements of Earth, Air, Fire & Water to treat the face & body together. Janesce brings total beauty to a new level as the skin is nurtured and strengthened. A totally beautiful treatment using the rejuvenate or de-stress body vital range. Your senses are stimulated with subtle aromatics to calm the brain while your skin is nourished. Treatment includes hydro-vapor aroma steam, hot stone application, electric cocoon wrap blanket.

2 hrs 45 minutes.	235.00
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(treatment not recommended for expectant mothers or claustrophobic people)

Naturopathic & Lifestyle Programmes

Are available. These incorporate herbal supplementation and guidelines set out by your skin therapist and the Janesce naturopath. They embrace the whole philosophy of Janesce. A journey to better health and great looking skin. 100% commitment required!

30mins consult	42.50
follow ups	25.00





BODY VITAL

JANESCE health wraps

Specific to Janesce, these experiences provide a therapeutic effect to support the skin & cells of the body. Skin feels alive!

Rejuvenate	2 hours	130.00
De-stress	1 ½ hours	110.00
Detox-ication	1 ½ hours	110.00 (recommended for cellulite)

CALM.A..Thai Body Sensation!

A signature treatment with fusion! Celtic salts, lemongrass, tangerine, ginger & sandalwood are warmed with 100% unrefined carrier oils for this full body exfoliation/massage. Hot compresses and meridian massage invigorate and revive! Massage techniques promote stimulation, flow, circulatory & lymph drainage, muscle relaxation, toxin elimination & ol-factory response, you will leave with a lingering warm exotic scent. (Only fine un-refined salt is used. Not recommended for sensitive skins)

1 hr 20 mins 90 .00

All body treatments have disposable under garments supplied.

beauty exists outside the realm of touch.

If you *search*, you will never find it;

as *beauty* is all around *you* and will only be *SEEN*

when the *eye* becomes a servant of the *heart*

Fiori

NURTURE - HANDS AND FEET

CALM.A.. Revival Foot Spa 1 ½ hours 85.00

Full natural pedicure that includes spa soak, cuticle work, shape, exfoliation, mask/hot wrap, reflexology & hot stone application between the toes for pure pleasure. Choose the polish to reflect your personality.

(Formaldehyde & Toluene free)

CALM.A.. Nurture Spa 1 ½ hours 80.00

Full natural manicure incorporating nail care, exfoliation, infusion antioxidant oil, hand mask & hot wrap, massage & polish of choice. Choose from soft French pearls to gorgeous reds.

(Formaldehyde & Toluene free)

Triple Delight Experience Allow 3 hours 185.00

Combine these two treatments together as a special occasion experience and feel completely pampered. Also receive a 15 minute makeover of beautiful Jane Iredale Minerals: hydration spritz, foundation, mascara, blush, a sweep of shadow & refreshments served afterwards to allow polish to dry.

Party Time Treat 30 - 50 minutes

Natural nail maintenance with exfoliation, antioxidant cuticle oil, buffed nail finish & clear protective glaze.

Feet	45.00
Colour polish	50.00 add 15 minutes
Hands	40.00
Colour polish	45.00 add 15 minutes
French polish	(add on extra time)



TRADITIONAL SWEDISH MASSAGE

Soft & Deep Tissue Relaxation

(Clinical based with consults)

Swedish relax

Warming, flowing & stimulating for mild pain, tension & stress release.

1 hr Full body or Centralized	70.00
Regular concessions up to 14 days	63.00
50 minute full back, neck & shoulders	60.00
40 minute harmony ,unwind, vitalize or uplift (aromatic)	50.00
30 minute therapeutic facial, neck and shoulders	55.00
30 minute "Mum to be"	55.00
30 minute gentle baby massage lesson available	

Swedish Deep Tissue

Centralized 1 hr 20 mins 85.00

Full body 1 hr 45 mins 100.00

(requires input from client for comfort reasons)

Hawaiian Dream Lomi Lomi

Based on traditional forearm massage, this is a very relaxing experience which generates warmth quickly in the muscles creating an ironing effect over a wider area.

1 hr (full body) 70.00

Include hot stone application placement

1 hr 20 mins 95.00



THERMO THERAPY

basalt stone hot & cold

Hawaiian sourced 100% basalt stones are formed through lava eruption into water on the island of Maui. Over thousands of years the natural rolling and tumbling together in water creates a beautiful smooth surface. Density mineralized with an inorganic composition, the stones can be heated or cooled.

Traditional Hawaiian 1 hr 20 mins 125.00

Using the full set of 54 stones, this layout includes full placement and massage.
(Full layout can also include chakra balancing)

Sport style “Start me up”

Upper body	50 mins	60.00
Lower body	50 mins	60.00
Full back of body	60 mins	80.00
Full back and front	80 mins	100.00

Facial 40 mins 50.00

Combine the pleasures of botanicals with warm stones for this combination facial/massage. Includes neck and shoulders.

(The use of hot and cold combinations are for toning, tissue repair & reduction of inflammation. This strengthens circulatory flow, & sensory receptor stimulation, along with toxin removal & overall wellness and rejuvenation)





COMBINATIONS FOR WELL BEING

CALM.A..Heart

1 hr 75.00

Combination of Swedish & Indian Head massage of the head, face, shoulders and neck while relaxing with the vibrational energy of rose quartz or jade. Reflexology to finish for grounding & balancing the body.

CALM.A..Spirit

3 hrs 280.00

Three-hour experience incorporating massage, reiki, facial, reflexology, herbal steam, crystal placement, sound therapy, energy cleansing, Tibetan cymbals & self care affirmation. Renew the spirit!

CALM.A..Emotions

4hrs 45mins 338.00

A unique experience lasting 4 hours 45 minutes with a full pedicure & leg massage. A shiatsu based facial with honey mask & upper body massage is next, including stomach and bust (optional). A Swedish back massage follows & finally a full manicure. Relax afterwards in the lounge with a healthy snack & refreshing herbal tea of your choice. You will leave feeling energized!

Highly recommended! *Note a deposit of ½ the full amount is required for this treatment at Reservation. Direct payment available

“Lets hear it for the Boys”

2 hours 180.00

A totally male experience with no Fluffy bits!

Addressing the upper body first with a back massage, followed by a 50 minute facial, upper body front massage. Including arms & hands, Indian-style head massage, with a foot massage to complete the experience.

Saving Face for Him

50 minutes 60.00

Addressing the facial skin for maintenance is necessary while shaving. This helps prevent razor burn, sensitivity & ingrown hairs. Skin is soaked for hydration and softening of the hair. A natural non-perfumed cleansing gel is applied with a shaving brush for effective exfoliation. Skin is balanced and treated with hydro-oxygen vapour therapy while a healing mask is applied. Cooling, soothing & nourishing lotion to finish. **No more damaged skin, Men!**

Add on a 20 minute back massage 85.00

Shoulders up Shiatsu 40 minutes 50.00

Following the lymphatic pathways this very gentle massage facilitates energy flow & Lymphatic drainage of the face, neck & chest.

Add lash/brow tint & Shape or wax. 90.00

Visionary pick-me-up Allow 30 mins 40.00

Our eyes are the windows to the soul. Take away the strain of everyday pressure with this experience of eyeball massage, reiki, & basalt stone placement. Includes socket stimulation and eyebright compresses. You will be amazed at the change in brightness of the eyes!

Please come with no make-up on the face or eyes.

Treatment add-on to a facial 28.00

Soul to Sole Reflexology

Working the musculo-skeletal systems of the body through the feet.

This clinical based experience will allow you to really relax fully while restoring stimulation to the nerve endings & energy flow to the meridian pathways.

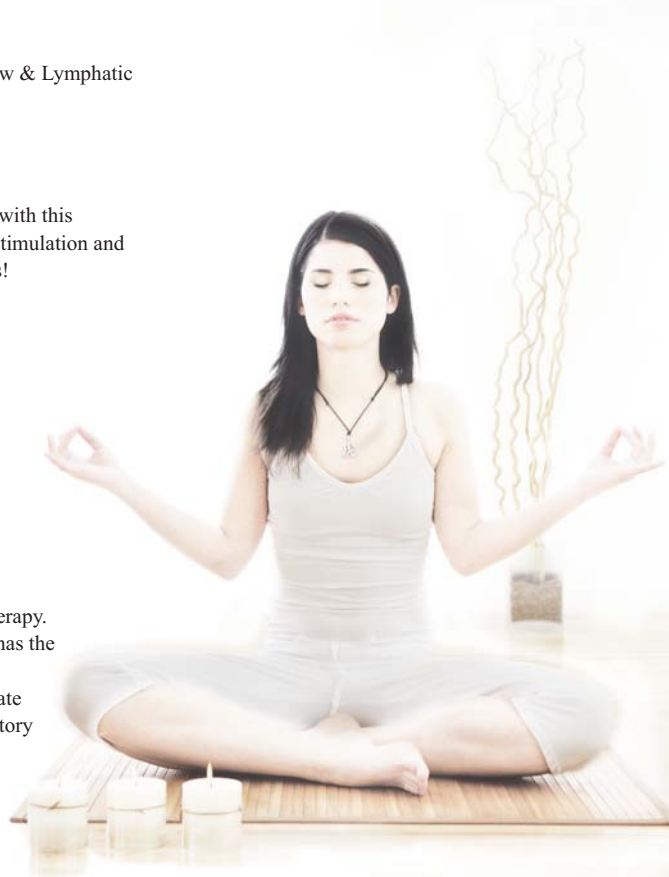
Allow 1 hr 60.00

Weekly treatment 50.00

'Heavens Door' Crystal Massage

W You will be taken to this realm where heaven exists with this form of touch therapy. Traditionally performed in India with the body wrapped in silk. This experience has the same euphoric feeling combining mink fibre wrap and crystal/hand combination massage. There is no body hand contact at all, just pure heavenly touch to stimulate skin receptors of the nervous system, activate the lymphatic, immune and respiratory systems. A **truely** heavenly experience.

30mins or 50mins available 40.00 - 50.00



healing

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ALTERNATIVES

Reiki natural healing - Usui System

It is with the direct channeling & “Hands On” placement over various organs that this non-physical energy work, allows the receiver to relax freely, through body.& mind . This brings clarity & focus into alignment, so as to alleviate pain, fatigue & stress. Oxygen up-take is increased as breathing becomes deeper while energy & well being is restored.

Reiki is non-judgmental, non-religious nor does it discriminate.

All ages can experience this natural healing & it is particularly helpful in times of stress, grief, emotional loss, post & pre-surgery for any given condition. The reiki energy is utilized by the receivers own inner body of energy taking it wherever it needs it the most.

Supporting Breast Cancer survivors through “Relay for Life”

Sessions 1 hr	60.00
¾ hr	50.00
½ hr	35.00
Regular weekly (full session)	54.00
3 x weekly sessions	162.00 (full session)
6 week programme	240.00 (50 minute session)
10 minute treatment add-on	10.00

We are not human beings going through

a temporary spiritual experience...

We are spiritual beings going through

a temporary human experience!

COMPATIBLES

Eyes & Brows

Soulful eyes lash tint 28.00

Divine trio lash, brow tint with shape 53.00

Both treatments also include: compresses, shiatsu pressure point massage & hydration gel.

Treatment add-ons

Brow 12.00

Brow tint 10.00

Lashes 22.00

Beautiful Brows

Tint & Shape (tweezer) 32 -35.00

Tint & wax 30.00

Tint only 17.00

Shape (tweezers) 17- 25.00

Reconstruction shape (tweezers) 28.00

All brow work includes compresses, shiatsu pressure point massage & brow gel.

the *eyes* are the windows
to your *soul*





ALTERNATIVES

Hair Removal Women

Caron wax treatments provide effective removal with 100% hygiene. Strip and cartridge used. Non-alcohol preparations minimize inflammation, while post recovery eliminates trauma & redness.

Lower Body

Bikini (panty)	20.00	(extended)	22-28.00
½ leg (upper or lower)	35.00		
¾ leg	48.00		
Full leg	58.00		
Full leg with panty	70.00		
Full leg with extended	75-81.00		

Upper Body

U/arm	22.00		
½ arm	35.00		
Full arm	45.00		

Combo's

U/arm, ½ leg, bikini	75.00	(extended)	77-82.00
U/arm, Full leg, panty	95.00	(extended)	100.00

Facial

Upper lip or chin	18.00		
Together	25.00		
Together with brows	38.50		
Brow wax	20.00		

Most hair removal is accompanied with massage.

Bikini waxing has disposable panties supplied.

CALM.A.. OCCASIONS HAIR & MAKE-UP

A mobile service to anywhere in the Wairarapa so that you can relax & remain stress free!
Consultations recommended but not necessary. Travel is charged at 53 cents a km.

Hair

Up-do detailed	70 - 90.00
Up-do (no set)	55 - 70.00
½ up-do with setting	50 - 65.00
½ up-do (no set)	45 - 55.00
Short tong/set	45.00
Med tong/set	55.00
Long tong/set	60.00
B/Wave short	40.00
B/Wave med/long	50.00
Straightening	from 15.00
Combination styling	from 60.00 per hr
Wedding trial Hair	from 60.00 per hr 120.00 2 hr
Hair and Make-up trial	105 - 120.00 2 hr

Make-up

Make-up consults	35.00 ½ hr
Trial make-up	60.00 per hr
On the day	from 50 - 85.00
Glamour/evening	80.00
School prom/ball	from 45.00
Correction/scars/tattoos	
Birthmarks/laser re-surfacing	85 - 100.00

Pretty Girl - package

- 3x Janesce facials with consult
- 1x Lash/brow tint and grooming
- 1x full pedicure
- 1x limited addition mini manicure with optional French polish
- 1x make-up consult & application on the day.

Bride receives complimentary Lipstick for the day.

*50% of overall cost to be paid when booking
(Package starts 3 months before the big day)*

520.00

Personalized packages can be designed especially for you.
These can also include Voucher gifts for bridesmaids, groom & mothers.

Enquires welcome.



ETHICS

I ask that you give yourself plenty of time for your treatment by arriving **10 minutes early**, this will ensure that we can start your treatment on time. Please advise me at least **24 hours if a cancellation is required**. This then gives me the opportunity to offer that time to someone else. There may be a **50% fee charged** if this request is not honored.

Personal hygiene is paramount at Calma Therapies. Where needed, I provide disposable garments, face cushions and gloves. I ask that your personal hygiene be taken into consideration also. For **clinical hygiene**, I use only professional organic preparations that are certified safe and effective.

New Age Music is provided to enhance the **ambient atmosphere**. It is played in the back ground above **body height** so you feel the essence of sound rather than hearing the sounds in one particular direction. This helps in the relaxation techniques in the experiences offered at Calma.

Massage therapy is completely professional and you are covered at all times. Only the area of the body being worked on is exposed. Odourless tea light candles provide a soft glow and are covered for safety. The burning of **essential oils** is not a practice at Calma. These can be over bearing for some people who have sensitive ol-factory systems. The organically based essence of Janesce, massage mediums and treatment products, provide enough subtle stimulation.

An **electric bed** provides ease of access for those people in wheelchairs or mobility supports.

Cell phones can interrupt energy flow; therefore I ask that you **turn off your phone before entering the clinic**. Thank you. Please know that **alternative therapy** is provided to **enhance your own healing abilities**. It is therefore beneficial for aiding the body while under general conventional therapy. **It should not replace** any conventional or medical needs set out by a professional medical practitioner.

Your rights are clearly displayed in the clinic along with the code of ethics for practice set out by MNZ.

Payments accepted

Cash, Cheque, Eftpos & direct credit or Internet banking. Account details given on request only.

Vouchers can be purchased via e-mail or phone enquiry through internet banking and can be posted anywhere in New Zealand. *Please Note: Prices are subject to change without notice.*

THERAPIST QUALIFICATIONS



Jo Bentley

Skin Health & Body Therapist
Reiki Practitioner

WSBT Dip, - Beautician 2003

"Most outstanding student" 2003 Wellington School of Beauty Therapy.

CIBTAC Dip.(UK) Applied Aesthetics London BABTEC - 2003 (International Qualification)

NZCM New Zealand College of Massage National Certificate in Relaxation Massage

Musculo-Skeletal Reflexology. 2004

Registered Practitioner (CMT) (MNZ) Massage New Zealand. 2007

Pregnancy & Infant Massage

Massage & Sports Therapy

Practitioner of Natural Healing (Usui Reiki) level 1,2,3,3art, 4th degree

NZQA Ladies Hairdressing Nat.Cert.

NZRC first aid certificate.

Australasian School of Herbal Studies Basic Herbalism,Bodycare & Nutrition Certificate

Janesce trained Skin Health Therapist .- Janesce NZ Tauranga.

Jane Iredale mineral make-up consultant and artist.



Clinic Hours & Days

Tues 9.30am - 4.00pm

Wed 9.30am - 8.00pm

Fri 9.30am - 5.00pm

Sat 9.30am - 4.00pm

Reservations Necessary

Clinic open by appointment only

Address

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11A Cotter Street Greytown

WAIRARAPA

NEW ZEALAND

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relax
Breathe

live in joy