



# maia

## SPA MENU

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Colour is light and energy and we have incorporated the healing properties of the visible light spectrum into our therapies. Each of the seven colour treatments are full body massages and address your immediate massage and energy needs.

#### UPON TAKING YOUR TREATMENT

- Your therapist will meet you at your room 5 minutes prior to your scheduled appointment
- You are welcome to wear your robe from your room or change in the treatment room
- Disposable underwear is provided in the treatment room





## For a demanding day

Red provides the power from the earth and gives energy on all levels. It connects us to our physical body. Everything that is to be commenced needs the life vitality of red.

VITALITY

COURAGE

SELF CONFIDENCE



## For a boost of joy

Orange is the best emotional stimulant. It connects us to our senses and helps to remove inhibitions and makes us independent and social. Orange helps assimilate new ideas and stimulate mental enlightenment.

HAPPINESS

CONFIDENCE

RESOURCEFULNESS



## For clarity of thought

Yellow increases awareness, and stimulates interest and curiosity. Yellow energy is related to the ability to perceive and understand. The yellow energy connects us to our mental self.

WISDOM

CLARITY

SELF-ESTEEM



## For balance of self

Green cleanses and balances our energy, to give a feeling of renewal, peace and harmony. Green connects us to unconditional love and is used for balancing our whole being.

BALANCE

LOVE

SELF CONTROL



## For total rest

Blue has a pacifying effect on the nervous system and brings great relaxation. Connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech.

KNOWLEDGE

HEALTH

DECISIVENESS



## Let your imagination wander

The indigo energy connects us to our unconscious self, and gives us the experience of being part of the whole universe. Strengthens intuition, imagination, psychic powers, and increases dream activity.

INTUITION

MYSTICISM

UNDERSTANDING





## For a dash of inspiration

Violet purifies our thoughts and feelings and connects us to our spiritual self, bringing guidance, wisdom and inner strength. Enhances artistic talent and creativity.

BEAUTY

CREATIVITY

INSPIRATION