

**BRUCE WHITCHER**  
0403 432 371

**AVAILABLE THURSDAY,  
FRIDAY, SATURDAY, SUNDAY  
AND MONDAY**

Bruce specializes in Raynor Method massage, Hot Stone Massage, Warm Oil Bamboo Massage and Detox and Sauna. Bruce's passion, wealth of knowledge and warm energy have formed the foundations of the Links Lady Bay Day Spa.

**ELIZABETH ELLIS**  
0401 293 200

**AVAILABLE TUESDAY,  
THURSDAY & SATURDAY BY  
APPT.**

Elizabeth has a true passion for massage & applies a very holistic and natural approach to her practice. Her modalities include; therapeutic relaxation, Deep tissue & trigger point, Aromatherapy & Pregnancy massage. With her gentle and kind nature, you will be in very nurturing hands throughout your massage treatment.

**WELCOME TO  
LADY BAY DAY SPA**

Where escaping to a relaxing country retreat is as simple as walking through the doors.

**Our day spa invites visitors to escape their daily routine and indulge in treatments that are relaxing, refreshing and revitalising. Welcoming resort guests, local residents & everyone in between.**

**We cater for individuals, couples & small groups.**

**Links Lady Bay Day Spa envelops guests in tranquillity with a complement of treatments designed to rejuvenate the body, mind and spirit.**

**Bruce Whitcher 0403 432 371**

Available by appointment Thursday, Friday, Saturday, Sunday & Monday

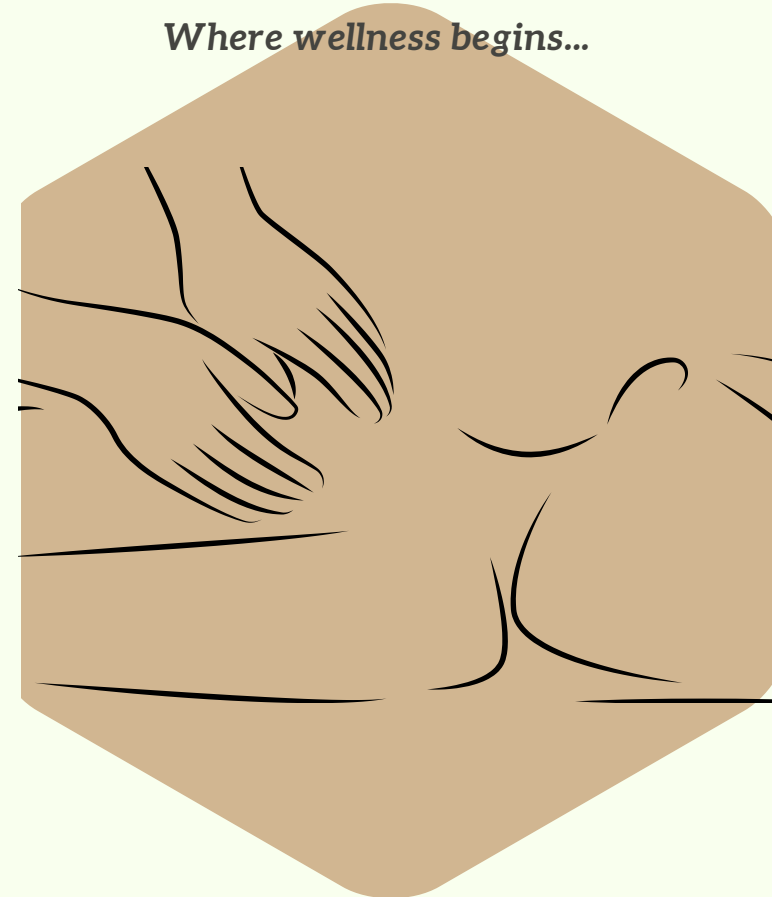
**Elizabeth Ellis 0401 293 200**

Available by appointment Tuesday, Thursday & Saturday



**LADY BAY DAY SPA**

*Where wellness begins...*



**73 St Andrew Blvd,  
Normanville SA 5204**

**[linksladybay.com.au/day-spa](http://linksladybay.com.au/day-spa)**

## MASSAGE WITH BRUCE

### FULL BODY

#### "RAYNOR METHOD"

90 minutes \$120

### RAYNOR METHOD

#### BACK & LEGS DEEP TISSUE

60 minutes \$80

#### BACK, NECK, SHOULDERS, LEG DEPOTEMENT

45 minutes \$70

#### BACK, NECK & SHOULDERS

30 minutes \$50

### HOT STONE MASSAGE

60 minutes \$90

### WARM OIL BAMBOO MASSAGE

60 minutes \$90

### DETOX SAUNA -

#### FINNISH STEAM BATH

30 minutes \$30

#### FOOT SPA & FOOT MASSAGE

30 minutes \$40

## MASSAGE WITH ELLIE

### THERAPEUTIC RELAXATION

Relaxation for the body is the ultimate in stress relief. Using a combination of Swedish and relaxation strokes helping your body to unwind, relax and heal in a healthy way.

### DEEP TISSUE & TRIGGER POINT

Deep tissue massage uses firmer pressure & increased temp with the incorporation of trigger point therapy. The deeper pressure is beneficial in releasing chronic muscle tension.

### AROMATHERAPY

Aromatherapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage.

**30 minutes \$50**

**45 minutes \$70**

**60 minutes \$80**

**90 minutes \$120**

## SPA JOURNEYS

### ROMANCE JOURNEY

- Day Spa Robes
- Aromatic Foot Soak, Scrub & Massage
- 60 Minute Massage

**1.5 Hour - \$130 p/p**

**Therapist: Bruce & Elizabeth**

### DETOX JOURNEY

- Day Spa Robe
- 30 Minute Sauna
- 60 Minute Massage

**1.5 Hour - \$110 p/p**

**Therapist: Bruce & Elizabeth**

### RENEW JOURNEY

- Day Spa Robe
- Aromatic Himalayan Body Exfoliation
- 60 Minute Massage

**1 Hr 45 min- \$170 p/p**

**Therapist: Elizabeth**