

TREATMENT

Menu

A quiet space to slow down, reset, and feel restored.

Every treatment at Zaazen is a moment of presence
created to meet you exactly where you are.

Give the Gift of *Wellness*



Choose from our recovery, spa, and group classes or bring them together into a seamless, curated experience.

Available as a beautifully packaged gift card box or a digital gift card

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WELLNESS

SPA TREATMENTS

A collection of restorative body rituals designed to release, realign, and renew.

Advanced Lymphatic Sculpt

Face + Body | 90 minutes | with sculpting tools
Body | 70 minutes | with sculpting tools

A deeply refined sculpting ritual that combines lymphatic activation with targeted contouring techniques to visibly lift, tone, and define both face & body.

- Stimulates lymphatic flow
- Reduces fluid retention
- Enhances natural contours

Finished with eucalyptus-infused steam

Active Lymphatic Sculpt

Face + Body | 90 minutes

A dynamic, sculpting massage that combines stretches & resistance band movements with hands-on lymphatic drainage and sculpting tools - flexing and engaging your muscles as they're worked to bring out better tone and definition.

- Active movement for better muscle definition
- Sculpting tools that work on muscles that are flexed and engaged
- Ideal before an event or for overall definition

Finished with eucalyptus-infused steam

Lymphatic Drainage Ritual

Body | 60 minutes
Face + Body | 90 minutes

A gentle, detoxifying massage designed to support the body's natural cleansing process while restoring a sense of lightness and balance.

- Eases inflammation
- Supports detoxification
- Ideal post-travel or fatigue

Finished with eucalyptus-infused steam

Lymphatic Abdominal Massage

45 minutes

A gentle abdominal massage using specialised lymphatic techniques to encourage natural drainage, reduce fluid retention, and support a lighter, more sculpted abdomen.

- Stimulates lymphatic flow
- Helps ease bloating
- Encourages healthy digestive function

Finished with eucalyptus-infused steam

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SPA TREATMENTS

A collection of restorative body rituals designed to release, realign, and renew.

Body Polish Ritual

Body | 120 minutes

A complete body renewal ritual combining full-body exfoliation, a de-tan body pack and lymphatic drainage massage to smooth, refresh and revitalise the skin.

- Removes dead skin cells
- Helps reduce tan and uneven skin tone
- Stimulates lymphatic flow and reduces fluid retention

Finished with eucalyptus-infused steam

The Magnesium Reset Ritual

Body | 60 + 20 minutes | 90 + 20 minutes

Our signature hands-on lymphatic drainage massage, followed by a full-body magnesium salt scrub. A restorative body ritual that combines the benefits of lymphatic drainage with the skin-smoothing, exfoliating and muscle-relaxing properties of magnesium.

- Magnesium helps ease muscle tension, soothe the body and promote relaxation.
- Gently exfoliates dead skin cells, leaving skin smoother and softer.
- Supports lymphatic circulation and helps reduce fluid retention, puffiness and heaviness.

Optional Upgrade: Lymphatic sculpting tools available on request.

Finished with eucalyptus-infused steam

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Deep Tissue Massage

Body | 60 & 90 minutes

A targeted, restorative treatment that works into deeper layers of muscle to release built-up tension and improve mobility.

- Relieves chronic tension
- Improves flexibility
- Restores ease of movement

Finished with eucalyptus-infused steam

Swedish Massage

Body | 60 & 90 minutes

A calming full-body massage using long, flowing strokes to encourage circulation and deep relaxation.

- Promotes relaxation
- Improves circulation
- Calms the nervous system

Finished with eucalyptus-infused steam

Synchrony Massage (Four Hands)

Body | 60 & 90 minutes

Two therapists work in seamless harmony to create a deeply immersive experience that restores balance and amplifies relaxation.

- Full-body sensory immersion
- Enhances circulation
- Deeply calming and restorative

Finished with eucalyptus-infused steam

The Refine & Detox Ritual

Massage + Body Scrub | 60 minutes
Massage + Body Scrub | 75 minutes
Massage + Body Scrub | 105 minutes

A relaxing exfoliation and massage that combines gentle detox with deep hydration to reveal radiant, renewed skin.

- Smooths and polishes the skin
- Enhances blood flow
- Leaves skin soft, glowing, and nourished

Finished with eucalyptus-infused steam

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PRE & POST NATAL SPA TREATMENTS

A collection of nurturing pre- and postnatal rituals designed to support, restore, and gently recover.

Prenatal Massage

Body | 60 & 90 minutes

A nurturing, tailored massage designed for expectant mothers, using gentle techniques to ease discomfort while ensuring complete comfort and support throughout.

- Relieves muscle tension
- Reduces swelling and heaviness
- Promotes deep relaxation

Performed on a specially designed pregnancy-safe bed

Labour Induction Massage

Body | 60 minutes

A specialised massage designed to gently support the body as it prepares for labour, using focused techniques to encourage relaxation and balance.

- Encourages deep relaxation
- Improves circulation
- Supports physical readiness

Prenatal Lymphatic Drainage Massage

Body | 60 minutes
Face + Body | 90 minutes

A gentle, detoxifying massage designed to support the body's natural cleansing process and ease common discomforts during pregnancy

- Helps reduce fluid retention
- Supports detoxification
- Promotes lighter and balanced feeling

Postnatal Massage

Body | 60 & 90 minutes

A restorative massage designed to support new mothers through recovery, gently easing fatigue, soreness, and tension.

- Relieves postnatal fatigue
- Eases muscle soreness and tension
- Promotes relaxation and recovery

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COUPLE SPA TREATMENTS

A spa ritual for two, designed to slow down, unwind, and share a little time together.

Zen Duo Ritual

Body | 60 minutes
Body & Face | 90 minutes

A restorative massage ritual for two, combining your choice of Swedish, deep tissue, or lymphatic drainage techniques to ease tension, restore the body, and leave you feeling deeply relaxed. The experience concludes with a soothing eucalyptus-infused steam.

- Releases built-up tension
- Supports circulation and relaxation
- Leaves the body feeling lighter and restored

Finished with eucalyptus-infused steam

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WELLNESS

FACIALS

A curated collection of skin rituals designed
to restore clarity, hydration, and natural glow.

Lymphatic Sculpt & Hydrate Ritual

60 minutes |

A deeply hydrating, sculpting facial designed to restore glow while redefining the natural contours of your face.

Gentle steam prepares the skin for optimal absorption before layered infusions of moisture-rich serums work beneath the surface. Slow, sculpting massage techniques using a variety of facial tools lift, tone, reduce puffiness, and promote healthy lymphatic flow, leaving the skin refreshed and radiant.

- Deep hydration and skin plumping
- Lymphatic drainage and depuffing
- Leaves skin smooth, lifted, and radiant

Deep Exfoliation Ritual

60 minutes |

A deep-cleansing facial designed to purify congested skin, exfoliate, and restore a smoother, more balanced complexion.

Combining exfoliation, targeted extraction, lymphatic massage, and oxygen therapy, this treatment effectively does a deep clean while maintaining the skin's natural hydration. A hyaluronic sheet mask replenishes moisture, leaving the skin feeling fresh, clear, and comfortably balanced.

- Deeply cleanses and efoliates
- Removes dead skin & congestion
- Leaves skin smooth, balanced, and refreshed

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Glow On-the-Go - Oxygen Facial

45 minutes |

An instant infusion of vitality for skin that needs radiance in a hurry.

Gentle steam prepares the skin before targeted oxygen therapy delivers a surge of pure oxygen and active serums beneath the surface, awakening dull, dehydrated skin and restoring a fresh, healthy glow.

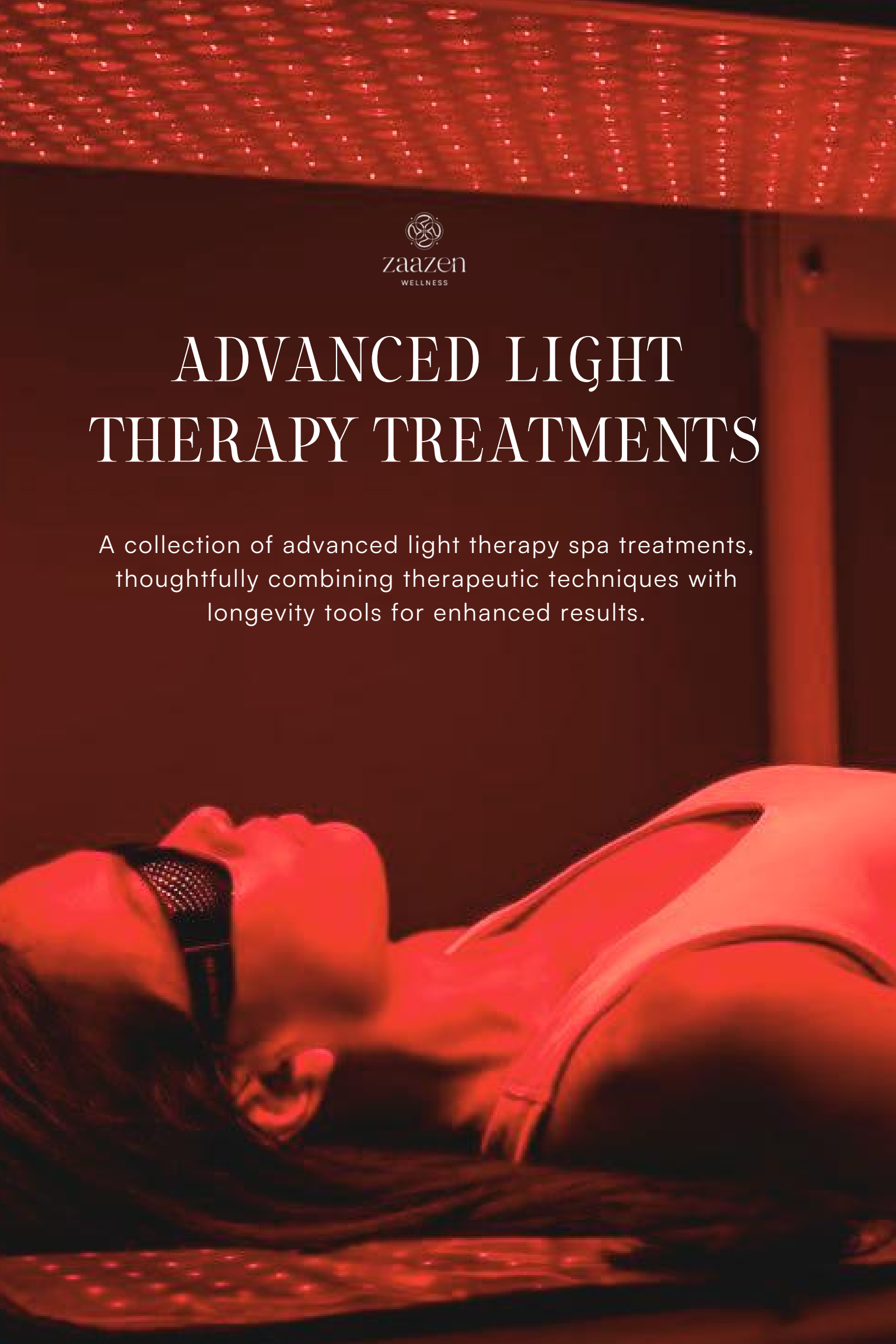
- Instantly boosts radiance
- Deeply hydrates and plumps the skin
- Ideal before events or travel

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ADVANCED LIGHT THERAPY TREATMENTS

A collection of advanced light therapy spa treatments, thoughtfully combining therapeutic techniques with longevity tools for enhanced results.



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RED LIGHT ENHANCED MASSAGE TREATMENTS

Red Light Lymphatic Sculpt Treatment

Face + Body | 20 mins red light + 90 mins treatment | with sculpting tools
Body | 20 mins red light + 70 mins treatment | with sculpting tools

A deeply refined sculpting ritual where advanced lymphatic massage is performed after a deeply restorative session of red light therapy to enhance lymphatic flow, ensuring skin-rejuvenating benefits. The lymphatic drain is accelerated using specialised tools focusing on debloating, depuffing & sculpting of both body & face

- Stimulates lymphatic flow
- Reduces fluid retention
- Enhances natural contours
- Supports collagen production and skin renewal

Finished with eucalyptus-infused steam

Red Light Relaxation Massage

Choice of Swedish/Deep Tissue

Body | 20 mins red light + 60 mins massage
Body+ Face | 20 mins red light + 90 mins massage

Blending the regenerative benefits of Red Light Therapy with a therapeutic massage that releases muscular tension, restores balance, and leaves you feeling deeply relaxed, renewed, and recharged.

- Supports cellular repair and recovery
- Eases muscular tension and stress
- Promotes deep relaxation and overall well-being

Finished with eucalyptus-infused steam

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RED LIGHT ENHANCED MASSAGE TREATMENTS

Red Light Active Sculpt Treatment

Face + Body | 20 mins red light + 90 mins treatment | with sculpting tools
Body | 20 mins red light + 70 mins treatment | with sculpting tools

A dynamic sculpting ritual where active lymphatic sculpt massage is performed after a deeply restorative session of red light therapy to enhance lymphatic flow, ensuring skin-rejuvenating benefits. The lymphatic drain is accelerated with deep stretches & use of specialised tools focusing on debloating, depuffing & sculpting of both body & face

- Active movement for better muscle definition
- Sculpting tools that work on muscles that are flexed and engaged
- Ideal before an event or for overall definition
- Supports collagen production and skin renewal

Finished with eucalyptus-infused steam

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LIGHT ENHANCED FACE RITUALS

Red Light Lymphatic Sculpt Facial

Lift • Depuff • Restore • Illuminate

60 minutes |

A restorative facial that pairs targeted Red Light Therapy with expert lymphatic sculpting techniques leaving you visibly lifted & hydrated.

By supporting the skin's natural renewal process and encouraging healthy lymphatic circulation, this treatment helps reduce puffiness, improve elasticity, and restore lasting luminosity with naturally defined contours.

- Lifts & Depuffs the face
- Collagen Support
- Lasting Hydration

Red Light Skin Revival Facial

Refine • Repair • Restore • Renew

60 minutes |

A results-driven facial that combines immersive Red Light Therapy with advanced skin-refining techniques to restore clarity, improve texture, and support long-term skin health.

Deep cleansing and gentle exfoliation prepare the skin for optimal renewal, while Red Light Therapy encourages collagen production and cellular repair from within. Thoughtfully selected restorative techniques work in harmony to refine pores, calm visible redness, and replenish hydration, leaving you with a skin that feels smoother & clearer

- Collagen Renewal
- Pore Refinement
- Calms & Restores

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LIGHT ENHANCED FACE RITUALS

Blue Balance Facial

Clarify • Calm • Balance • Restore

60 minutes |

A clarifying facial that combines soothing Blue Light Therapy with barrier-supportive skincare to calm active breakouts, reduce congestion, and restore balance to blemish-prone skin.

Designed to purify without compromising hydration, this treatment helps target acne-causing bacteria while soothing inflammation and strengthening the skin's natural barrier.

- Targets Acne-Causing Bacteria
- Calms Redness & Inflammation
- Strengthens the Skin Barrier

Red Light Glow on the Glow Facial

Glow • Hydrate • Renew • Illuminate

45 minutes |

A radiance-boosting facial designed to instantly revive dull, tired skin with the restorative benefits of Red Light Therapy and intensive hydration.

Supporting the skin's natural renewal process while replenishing essential moisture, this treatment leaves your complexion looking brighter, smoother, and refreshed - the perfect choice for a quick hydration boost & instant skin glow.

- Instant Radiance
- Collagen Support
- Deep Hydration

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RECOVERY THERAPIES

Restorative experiences designed to support recovery, improve circulation, and reset the body.

Far Infrared Sauna

30 minutes

A gentle, deep-penetrating heat therapy that supports detoxification while promoting relaxation and improved circulation.

Cold Plunge

15 minutes

A refreshing cold immersion designed to reduce inflammation, boost circulation, and sharpen mental clarity.

Contrast Therapy

40 minutes

Alternating heat and cold exposure using infrared sauna and cold plunge to stimulate circulation and accelerate recovery.

Red Light Therapy | Express

20 minutes

Step into an immersive full-body Red Light Therapy experience designed to support cellular repair, skin vitality, and overall recovery.

Red Light Therapy | Reposé

30 minutes

An immersive fully reclined Red Light Therapy session. Designed to support cellular repair, skin health, and overall recovery, including post-surgery recovery.

Nordic Contrast Therapy

60 minutes

A Scandinavian-inspired sequence combining sauna heat, cold immersion, and steam to create a powerful full-body reset.

Oxy Flow Therapy

20 minutes

An oxygen therapy session delivered directly to the nasal passages. Designed to support oxygen delivery, aid recovery, and promote physical revitalisation.

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IV Infusions

Personalized IV therapies delivering hydration and essential nutrients directly where your body needs them most.

Liquid Gold - Skin Health

Glutathione | Vit C |alpha- lipoic acid

- Supports collagen production for healthier, firmer-looking skin
- Helps fight free radicals and early signs of ageing
- Revitalises and restores overall skin health
- Leaves the complexion visibly radiant and glowing

The MVP - Immunity Booster

Glutathione | Zinc Chloride | Selenium| B complex | Magnesium

- Supports immune strength and resilience
- Aids recovery during or after illness
- Prepares the body for periods of high stress or activity
- Provides an overall boost to energy and wellbeing

Myers Cocktail+ - Mixology Miracle

Vitamin C | Magnesium | Calcium | B vitamins

- Helps combat fatigue and low energy levels
- Supports recovery from physical and mental stress
- Provides a sustained boost in energy and vitality
- Leaves you feeling refreshed, recharged, and ready for the day

Get Set Go - Energy/Fitness

Amino Acids | Vitamin C | Magnesium | Calcium | B vitamins | Zinc | Glutathione

- Replenishes electrolytes, amino acids, and essential vitamins
- Helps reduce muscle fatigue and support recovery
- Boosts energy and overall performance
- Aids muscle repair before and after workouts

Detox - Post Party IV

Mineral Blend |Zinc Chloride | Ascorbic Acid | B complex

- Rehydrates with fluids, electrolytes, and essential vitamins
- Helps reduce headaches and ease nausea
- Restores energy and overall balance
- Designed for fast recovery and relief within the hour

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PHYSIOTHERAPY

Personalised physiotherapy care starts with a detailed evaluation, allowing our trained therapist to design the right treatment approach for you.

Areas of Expertise

Women's Health and Wellbeing

- Prenatal Physio support
- Post Partum strengthening
- Diastasis Recti rehab
- Endometriosis Management
- PCOS hormonal balancing movements

Movement, Pain & Recovery

- Cupping Therapy
- Pain Management (Assessment & Treatment)
- Injury rehab
- Taping
- Dry-Needling
- Geriatric Health & Support
- Assisted Deep Stretch & Mobility excercises

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HAIR GROWTH TREATMENTS

Targeted scalp treatments designed to nourish hair follicles, support healthy hair growth and improve overall scalp health.

QR 678 Neo Scalp Injections

A **non-surgical** hair restoration treatment that uses growth factors and essential proteins & peptides to support hair follicle activity and encourage regrowth.

Delivered through scalp mesotherapy, it helps address :

- Hair Thinning
- Excessive Hair Fall
- Pattern Hair Loss

Suitable for both men & women.

Price Available on request

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MEMBERSHIP PLANS

Awaken

Validity: 3 months

Inclusions:

- All spa & recovery service services at a discounted price of 15% off
- One 60 min Swedish massage, 1 private aerial yoga/pilates/hatha yoga session 1 red light therapy, 1 Far Infrared Sauna,1 Cold Plunge & Two 60 min facials.

Align

Validity: 6 months

Inclusions:

- Any spa & recovery service at a discounted price of 25% off
- Three 60 min Swedish massage, 3 private aerial yoga/pilates/hatha yoga session 4 red light therapy, 4 Far Infrared Sauna,4 Cold Plunge & Four 60 min facials.

Ascend

Validity: 12 months

Inclusions:

- Any spa & recovery service at a discounted price of 40% off
- Four 60 min Swedish massages, 4 private aerial yoga/pilates/hatha yoga session 6 red light therapy, 6 Far Infrared Sauna, 4 Cold Plunge & Four 60 min facials.

*T&C apply *Taxes as applicable