

**'blue  
rosa**

Vitality House is a cowork and wellness destination hub that brings work and life into balance. A unique combination of facilities and services to support your life and work and the connection with a community of like-minded people.

## Blue Rosa Spa

The Blue Rosa Spa is located within the Vitality House Wellness Lounge, with many options to escape, reset, move, or recover.

With an emphasis on mindfulness, our Spa Experience includes a variety of treatments and services that aim to improve levels of performance, creativity, connection, joy, and overall wellbeing.



# Blue Rosa Spa Menu

## In-House Massage

Unwind or break up the day by booking an appointment with our in-house masseuse. Offering a variety of massage options to suit the individual needs of the member including Remedial, Relaxation, Sound massage, and Thai Yoga massage. Our treatments utilise in-house oil blends to promote relaxation and recovery.

## Deep Tissue

60 or 90 minutes

For when we need to work deeper into tense muscles and connective tissue that may be causing you discomfort. Releasing muscle and connective tissue tension through deep slow massage techniques, trigger point therapy, muscle compression and stretches. We can concentrate on a particular area of concern or you can enjoy the benefits of a full body massage.

135 | 180

## Relaxation

60 or 90 minutes

An opportunity to completely let go, relaxing the entire body from head to toe with seamless firm or light continuous pressure. Including scalp and face massage complete with aromatherapy and optional sound. A full body oil massage will leave you with a sense of calm and ease.

135 | 180

## Sound Journey

60 or 90 minutes

Be prepared for deep relaxation, every cell within your body will be gently massaged with the harmonious vibration of the singing bowls. Lying comfortably on a massage table covered by a blanket, Peter Hess Singing Bowls are intentionally placed along the fully clothed body and gently activated to resonate sound throughout.

The session will incorporate Peter Hess singing bowls, Feng gong, Crystal Singing Bowl, Rainstick, Sansula and Koshi chimes to create a sound experience leading you to deep relaxation.

135 | 180

## Pregnancy

60 or 90 minutes

Experience a nurturing and therapeutic pregnancy massage to ease the tension throughout the whole body. Rest comfortably in a side-lying position fully supported with bolsters and pillows. Releasing tension in the muscles and joints alleviating any discomfort, resulting in relaxation and calm for both mother and baby.

135 | 180

## Table Thai Yoga Massage

60 or 90 minutes

Discover the transformative experience of Thai Yoga Massage, a dynamic and holistic approach to relaxation and rejuvenation. This unique massage technique combines gentle stretching, rhythmic palming along the body's meridian lines, and a mindful focus on breath to release stagnant energy and promote overall well-being.

Immerse yourself in the ancient healing art of Thai Yoga Massage and experience profound relaxation, restored balance, and renewed vitality.

135 | 180

# Wellbeing Services

## Hot/Cold Combination Therapy

45 minutes

Our hot and cold therapy sessions include a 30-minute Infrared Sauna, followed by pranayama breath coaching that assists you with your plunge into the cold. The ice baths are set at 5 degrees and assist with circulation, muscle recovery, immune boosting and energise the body with adrenaline, which can help promote focus and productivity in your day. These sessions are private, or booked with a friend, with our baths being filled and drained for each booking.

85 for one | 160 for two

## Hyperbaric Oxygen Therapy

55 minutes

Our hydroxy pod delivers a restorative therapy that combines the healing benefits of oxygen and hydrogen. Hydrogen is shown to benefit every organ of the body, mitigating the effects of oxidative stress and inflammation. Additional benefits: reduce stress and promote relaxation, enhance mental clarity, concentration, and memory, fast-track muscle recovery, deepen sleep cycle

85

# Acupuncture

## Acupuncture

Each session integrates manual therapies such as massage, cupping, or gua sha, followed by acupuncture, allowing plenty of time for total relaxation. A personalized treatment plan that covers dietary and lifestyle recommendations along with herbal or supplement prescription (if appropriate), will be created just for you. This session caters to a variety of issues, including those related to stress, sleep, digestive health, musculoskeletal conditions, gynecological matters, and general health concerns.

## Pregnancy Acupuncture

Acupuncture and Chinese Medicine offer support at various stages of pregnancy, addressing issues such as pregnancy-related nausea, digestive concerns, musculoskeletal pain, and preparation for labour. This session is well-suited for individuals at any phase of pregnancy, spanning from the early days to the onset of labour. For those contending with morning sickness, these weekly treatments serve as a reliable source of relief. As pregnancy nears its conclusion, weekly sessions from 35-36 weeks can aid the body in preparing for a smoother labour by stimulating specific points to assist in cervix ripening and nurturing the expectant mother.

## Fertility Acupuncture

For fertility support- a minimum of 12 weeks for preconception care is suggested and Dr Amy recommends having weekly acupuncture for at least the first month, then fortnightly acupuncture for the following two months. During this consultation, Dr Amy will conduct a thorough interview to address your health and wellbeing concerns from the perspective of Traditional Chinese Medicine. Each session integrates manual therapies such as massage, cupping, or gua sha, followed by acupuncture, allowing plenty of time for total relaxation.

## Pre/Post Embryo Transfer

Ideally- Dr Amy would recommend having weekly acupuncture appointments for 12 weeks leading up to your first transfer for pre-conception care, weekly during your IVF cycle, and within 24-48 hours of your embryo transfer.

## Labor Preparation Acupuncture

Recommended to start from 35/ 36 week until full term- Dr Amy will use a selection of acupuncture points to help prepare the mother's body for birth, to support her mental health and cervix ripening. Specific induction acupuncture points will be used from full term. Acupuncture has the potential to induce body relaxation, alleviate stress and tension, and enhance the release of positive hormones and natural pain relievers. These aspects become crucial during the labor process, as a calm and mentally prepared state can effectively communicate to the body that it is ready to welcome the new arrival.

## Cupping

For those who have a tight back, hips, neck or shoulders that need a quick release of muscular tension- this is a great way to alleviate pain and feel like you can move again. You will most likely have some marks on the area treated afterwards because Dr Amy will be trying to shift the stagnation in those areas. Marks fade usually within a few days.

# Blue Rosa Spa Packages

With luxury spa treatment rooms, private steam showers and infrared saunas; as well as a wellness lounge overlooking our zen courtyard. Blue Rosa at Vitality House is a sanctuary for enjoying a wide range of self-care services that will increase feelings of overall well-being and joy of life. Offering the highest quality in holistic and modern therapies, accompanied by a purposefully curated selection of natural medicine and products to enrich the commitment to everyday wellness.

## Wellness Experience

2 hours

Move, recharge and awaken the body and mind within the Wellness areas at Vitality House. Start your day with a nourishing Vinyasa Yoga class guided by one of our leading teachers within our Mindfulness Studio. After the class unwind within one of our sanctuary infrared saunas accompanied by chromotherapy lighting therapy, and follow with a pranayama breath guided cold plunge in one of our ice baths. To finish your experience enjoy access to our luxury end of trip facilities and enjoy tea and refreshments in the Wellness Lounge.

Available Tuesday (Vinyasa) or Wednesday (Mat Pilates).

160

## Blue Rosa Spa Journey

3.5 hours

This luxurious well-being journey within the Blue Rosa Spa at Vitality House begins with a 20 minute steam shower to clean and detoxify the skin, followed by a 90-minute remedial or relaxation massage. An express infrared sauna with an optional cold plunge to follow and refreshments served in our Wellness lounge to end your experience.

300



## Hot/Cold for two with private breathwork

1.5 hours

This session will begin with a private 30-minute breathwork class in our mindfulness studio. Our breathwork classes combine the ancient tradition of pranayama and scientific breathing techniques that support vitality. This session aims to tone the vagus nerve and switch on the parasympathetic nervous system - our rest and digest state, allowing for clarity and connection with self.

Following this, you will transition into an express 30-minute infrared sauna and guided cold plunge. The Ice Baths are set to 5 Degrees and assist with circulation, muscle recovery, and immune boosting, and energise the body with adrenaline, which can help promote focus and productivity in your day. The session ends with refreshments and herbal tea in our wellbeing lounge.

300

# Vitamin Infusions

Relax and recharge with a vitamin infusion by Drip Haus. From increased focus and energy, boosting metabolism or immunity, bringing tranquility, or rejuvenating the skin - there is an option for what you need. Along with a boost of hydration, these drips will leave you feeling refreshed and re-energised for weeks to come.

Held Monthly at Vitality House or by request for small groups.

## Limitless Drip

Vitamin C, B Complex (B1, B2, B3, B5), Zinc, Glycine, Magnesium, GABA, Serine, Taurine, Amino Acids (inc. Argine, Lysine, Ornithine, Glutamine), Methionine, Inositol, Choline, Carnitine, Methylcobalamin, 500ml of Hydration

299

## Cure Me Elixer

B Complex (B1, B2, B3, B5), Selenium, Zinc, 500ml of Hydration

219

## Tranquility Drip

Magnesium Sulphate, GABA, Serine, Taurine, 500ml of Hydration

299

### **Focus Drip**

B Complex (B1, B2, B3, B5), Glycine, Magnesium Sulphate, GABA, Taurine, Serine, Methionine, Inositol, Choline, Carnitine, Methylcobalamin, 500ml of Hydration

259

### **Super Charge Drip**

Vitamin C, B Complex (B1, B2, B3, B5), Selenium, 500ml of Hydration

219

### **Metaboliser Drip**

Methionine, Inositol, Choline, Carnitine, Methylcobalamin, B Complex (B1, B2, B3, B5), 500ml of Hydration

239

### **Glamour Drip**

Vitamin C, Glycine, Amino Acids (inc. Arginine, Lysine, Ornithine, Glutamine), 500ml of Hydration + IM Biotin

299

## Customise Your Drip

Costs for vitamins with standard 500ml hydration

1 Vitamin 179

2 Vitamin 199

3 Vitamin 219

4 Vitamin 239

5 Vitamin 259

6 Vitamin 279

7 Vitamin 299

8 Vitamin 309

9 Vitamin: 319

10 Vitamin: 329

Available Vitamins: Vitamin C, B Complex (B1, B2, B3, B5), Zinc, Selenium, Magnesium, Gaba, Taurine, Serine, Carnitine, Inositol, Methionine, Choline, Methylcobalamin, Magnesium, Glycine, Arginine, Lysine, Ornithine, Glutamine, Biotin, \*Glutathione (script needed)

# Private Classes within Mindfulness Studio

## Private Breathwork

(45 minutes)

Our breathwork classes combine the ancient tradition of pranayama and scientific breathing techniques that support vitality. In these ancient practices, there are hundreds of varieties of breathing patterns that are available to us, through this knowledge our teachers will guide you through a breath journey that promotes the flow of prana - life energy. On a physical level, breathwork utilises and strengthens the whole range of respiratory organs through exploring the lower, middle and upper parts of the breath through inhalation, retention and exhalation. Through a regular breathwork practice, we are able to stimulate the parasympathetic nervous system, countering the stimulation overload our bodies endure through our fight or flight response.

150

## Sound Bath Meditation

(45 minutes)

Facilitated with very pure, highly resonant Australian quartz crystal singing bowls. At 432Hz the nervous system will quieten, and the brain will synchronize with the sound frequency moving the body and mind to a deeper level of relaxation. As the body relaxes, the parasympathetic nervous system activates and triggers the release of serotonin, melatonin, and endorphins. As we move from our busy beta waves into alpha (relaxed consciousness), theta (meditative state) and delta waves (sleep where healing takes place), we let go and allow for a deep sense of peace.

Available for small groups, enquire for more information.





















# blue rosa

Blue Rosa by Vitality House

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