

USparkle Therapy Centre

Set in the beautiful Aphrodite, a lovingly restored 1920's villa, USparkle Therapy Centre offers a range of alternative health treatments for your well being. Treatments are offered to both guests of Aphrodite as well as Christchurch residents & travelling visitors.

Set in a central location in Christchurch, Aphrodite offers a private restful experience to enjoy.

Are you planning a night out? Going to a school formal? Attending a wedding? Or perhaps you would just like to sit back & relax in the guest lounge? Whatever your need, just ask & we can cater for you.



Exclusive Club Membership

Become an exclusive member of Aphrodite Boutique Accommodation & USparkle Therapy Centre & receive monthly discounts on a range of services including; therapies & health treatments, accommodation, venue hire, jewellery, Supper/Lunchtime Club, priority bookings for Pamper Nights/Wine Club & Events plus much more...

Become a member today for only \$299 per annum. Limited exclusive membership.

Day Club Hours: Monday to Friday 10.00am - 4.00pm.

For more information see www.theaphrodite.co.nz/exclusive-day-club-membership.php

Refer someone to USparkle Therapy Centre & get \$20 off your next treatment*

Referral <i>1</i>	Referral <i>2</i>	Referral <i>3</i>
\$20 off your next treatment	\$20 off your next treatment	\$20 off your next treatment
Referral <i>4</i>	Referral <i>5</i>	Referral <i>6</i>
\$20 off your next treatment	\$20 off your next treatment	\$20 off your next treatment

*Referral has to book & have a treatment.

Gift Vouchers

A great gift idea. Pamper your partner, friend, staff, colleague or family member to the ultimate gift in luxury & relaxation.

Phone or visit our website today, to secure a Gift Voucher.

www.theaphrodite.co.nz/usparkle-therapy.php



Contact us...

Phone +64 3 355 7786
Mobile +64 21 382 197

usparkle@theaphrodite.co.nz

284 Papanui Road, Merivale,
Christchurch, New Zealand

www.usparkletherapy.co.nz



USparkle
Therapy Centre
reveal the sparkle in you...

Natural Health & Well Being Therapy



www.usparkletherapy.co.nz

Health & Well Being Therapies

All therapies are preceded with a 30 minute consultation, assessment & medical history check. \$30

Galvanic Skin Rejuvenation \$99/hour

The Galvanic Spa addresses the 4 areas of ageing discolouration, fine lines & wrinkles, texture & pores size. The benefits of the Galvanic treatments are huge & include face, body & hair. Treatments work to quicken the natural cell renewal process of the skin, leaving your skin feeling vibrant, radiant & healthy.

Benefits of Galvanic include:

- Treatment of acne/blemishes/pigmentation
- Smooths fine lines/wrinkles, refines pore size
- Deeply hydrates the skin lifts/firms your skin
- Treats cellulite

Other benefits of Galvanic

- Hair rejuvenation for men & women
- Pain management

Clinical Aromatherapy \$99/hour

Clinical Aromatherapy is the controlled use of essential oils & other aromatic compounds for specific outcomes that are measurable. Clinical Aromatherapy has many health benefits & general well being, including:

- Reducing stress, stress-related ailments & aids relaxation
- Invigorating the body/help with energy levels
- Promotes skin health/aids sleep

Arogya Ayurvedic Health \$99/hour

Over 5,000 years old, Ayurveda is the ancient medical tradition of India. Ayurveda treats the mind, body & spirit through herbal remedies & practices such as yoga & exercise, as well as other methods, i.e. astrology & dietary therapy.

Your USparkle Therapist can provide you the first step to your health, with regards to exercise, diet, recommended herbal & other therapies for living a healthy Ayurvedic Lifestyle.

Exercise Therapy \$99/hour

Our therapist will work one on one to help you achieve your body size, weight & form. We can help you reach your goal, change your life from today and make the call.

- Exercise prescription, confidentiality assured.



Hand & Foot Therapy

\$99/hour

Hand & foot scrub therapy for health & well being. The condition of your skin on legs, arms, hands & feet are very important to your general health. Your USparkle Therapist will massage & relax you while rejuvenating treatments will make you feel like you are walking on air. Most of us suffer with dried crocodile skin, this is the perfect remedy.

Don't forget girls this treatment is a must for the bride to be. A fortnightly session will have you looking your best.



Hypnotherapy

\$99/hour

Hypnosis is the art of concentration, relaxation & connecting with the unconscious mind. In contacting your unconscious mind we can tap into your well of knowledge to change old habits. Hypnotherapy is widely used today with phobias, fears & addictions, such as giving up smoking & weight loss.

Hypnotherapy is also used for Peak Performance Therapy assisting you to be the best you can be. Great for sports people, performers or anyone who wants to succeed in any walk of life.

Hypnotherapy is proven to achieve life-changing results. Restore unity & harmony with yourself.



Quantum Reflex Analysis

\$99/hour

Quantum Reflex Analysis is a system of proven, safe & time-tested natural therapies using herbs & vitamins to evoke the body's own innate healing powers.

Including treatments for:

- Allergies
- Anti-Ageing
- Bladder Control
- Bone Health/Joint Issues
- Blood Sugar (high/low)
- Detoxification (including heavy metals)
- Kidneys/Liver/Lungs
- Lymphatic System
- Sleep Disorders
- Hair Analysis
- Heart/Circulation



Indian Head Massage

\$99/hour

An Indian Head Massage is a hands-on approach to relaxing & recharging you after a stressful day.

Indian Head Massage works with the back, neck, shoulders & face, working out all areas of tightness, aches & muscle strain.

Rejuvenate your body & relax your mind.



Sacred Ceremony

\$99/hour

Celebrate life changes & see the greater plan for you in a Sacred Ceremony through ritual & understanding.

Sacred Ceremony is ideal for couples entering marriage together.



IPL Treatment (Intense Pulsed Light)

POA

Your USparkle Therapist is a RN & NZNO Member. Quick & easy, this non invasive treatment could be done during a lunch break.

- Reduction of body hair for men & women
- Helps with rosacea, freckles & age marks
- Red thread veins, facial lines & wrinkles.
- Skin rejuvenation & vascular treatment

Clinic Hours 10.00am - 4.00pm, Monday to Friday
or outside of these hours by appointment

Pamper Packages

Corporate Pamper Packages - A great gift idea for your staff, colleagues & friends the ultimate in luxury & relaxation.

We also offer a range of pamper packages designed for 2-4 friends & small groups to make you feel relaxed, revitalised & rejuvenated.

www.theaphrodite.co.nz/pamper-packages-christchurch-nz.php

6 Month Bridal Makeover Program

USparkle Therapy Center offers a one-stop-shop for your exercise, nutrition, body & mind health, diet & skin health.

Getting married is not just how you look, it's also how you feel. This is where our counselling, hypnotherapy & many other health therapies can assist.

Contact us to make your appointment today!

www.theaphrodite.co.nz/wedding-pamper-package.php



Massage

\$99/hour

Massages range from 60 to 120 minutes.

- Aromatherapy Massage
- Therapeutic / Swedish Massage
- Deep Tissue Massage
- Indian Head Massage
- Relaxation Massage
- Bronzing Massage



Ultrasound

\$99/hour

Ultrasound works very well with areas of muscle spasm and tension, aches, sprains, tendon and ligament problems. It speeds up the healing processes of the body; frozen shoulder, sciatica, back and neck problems. This is a great therapy to get you up and going again.



Eyelash Extensions (Semi Permanent)

\$180/hour

Top ups - Dependent on time required \$65 - \$99

Nouveau Semi Permanent Eyelash Extensions featured on the hit UK TV show "10 Years Younger" & "Extreme Makeover".

Longer, thicker, luscious, natural looking, sexy lashes for confidence. Forget mascara - a healthier option. Perfect for all occasions.

Eyebrow shaping & eyelash tinting also available.



Waxing

\$99/hour

Brazilian and other waxing treatments available.



Facials

\$99/hour

Various available from deep cleanse to relaxation; including a deluxe neck & facial spa treatment, anti-aging facial. We use the most luxurious products to improve the health and radiance of your skin. Treatments from 60 - 90 minutes.



Reflexology

\$99/hour

Reflexology is a alternative therapy, which works on the feet to help heal the whole person not just the prevailing symptoms. It encourages the body to work naturally to restore its own healthy balance. Reflexology has been shown to be effective for many conditions, some are listed below:

- Hormonal Imbalances
- Stress-related conditions
- Migraine
- Sleep disorders
- Sports injuries - old & new

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or outside of these hours by appointment



Natural Health & Well Being Day Spa

CORPORATES • WEDDINGS • COMMUNITY

Set in the beautiful, private, restful Aphrodite, a lovingly restored 1920's Merivale Villa. USparkle Therapy Centre offers a range of treatments for guests of Aphrodite, Christchurch residents, Corporate clients and Wedding groups.

Great for Team Building, Pamper Night, Wine Tasting, Company Meeting, Hens Night, Girls Pamper Night, Bridal Make Up.

Just pick up the phone to discuss your needs.



Aphrodite WEDDING PLANNER

We can help, so you can relax and enjoy the experience!

Everything from your 6 month exercise, health & beauty regime, to event planning, accommodation, photography, flowers, caterers & more.

View - www.theaphrodite.co.nz • Consultations by appointment!



reveal the sparkle in you...

03 355 7786 • 021 382 197

usparkle@theaphrodite.co.nz

284 Papanui Road, Merivale, Christchurch