



RELAX REFRESH

Thai Massage Yoga

Our famous gift vouchers suit all occasions, choose from any of our massages and we will perform it to perfection. Put your feet up on arrival and enjoy a cup of our famous tea. Raking the sand on the table top Zen Garden will have you relaxing already.



Lay down in one of our spacious and clean, single or double rooms with soothing soft spa music and the smell of essential oils. We are known for our top of the range quality massages and come highly



We care to listen to you about your aches and pains and perform our massages accordingly to bring you the most relief, that's how we make a difference. We are a professional family relaxation centre located in the Norwest Business Park.



You will leave us feeling, relaxed, refreshed and cared for.

10 years of dedicated massage



Open 7 days: Mon 11am – 8:30pm | Tue – Sun 10am – 8:30pm

G09 Versatile

29 – 31 Lexington Drive, entry Meridian Place
(Next to Gloria Jeans & Frangos)

Norwest Business Park, Bella Vista 2153

Tel: (02) 8882 9915 Mobile: 0425 353 025

www.lespear.com.au

Visit our other Massage Centre

Nj45 Remedial Thai Massage

Shop 12A/40 Panmure Street, Rouse Hill, NSW 2155

Tel: (02) 8625 1699 Mobile: 0425 353 025



Traditional Thai Massage

Uses strong finger tips to apply deep pressure. Hands and palms are used during this traditional massage including bending and stretching in yoga postures. We suggest a 1½ hour session for a complete Thai massage experience.

½ hour \$35 - 1 hour \$65 - 1 ½ hour \$95

Thai Aroma Oil (relaxing aromatherapy) includes hot stone

A pampering massage, for the feeling you would like to experience: Meditation, Patience, Clarity, Intention and Respect. This massage is deeply relaxing, using long, slow movements and strokes to help quiet your mind and bring harmony to body, mind and spirit. Soothing and relaxing.

½ hour \$50 - 1 hour \$90 - 1 ½ hour \$135

Thai Oil - Warm (deep tissue) includes hot stone

Choose medium or firm. Both medium and firm massaging will relax and soothe your whole body in preparation for other demanding activities. Perfect for releasing tension. A deep relaxing massage.

½ hour \$55 - 1 hour \$95 - 1 ½ hour \$150

Thai Foot & Leg Massage (reflexology)

Massage techniques combines acupressure, lower legs stretching, massage from the feet up and including the knees, reflexology aided by massage cream and oil. This is relaxing.

½ hour \$35 - 1 hour \$65 - 1 ½ hour \$95

Head, Back & Shoulders

A therapeutic massage which helps to alleviate the built up stress and blocked energy that we all tend to hold in these areas. This anti-stress massage will leave you feeling calm, refreshed and tension free.

½ hr \$35 - 1hr \$65 - 1 ½ hr \$95 - Traditional

½ hr \$55 - 1hr \$95 - 1 ½ hr \$150 - Deep Tissue

Packages

2 hour package from \$120 - \$150 - \$180

3 hour royal package \$245

LesPear Thai Massage Yoga

Encourages a healthy lifestyle through correct nutrition, exercise and relaxation. Enquire about our recommended supplements and the amazing Burdock Tea at our massage centres.