

Relax and unwind

On-campus massage
therapy services

ara.ac.nz

Ara is a Business Division of Te Pūkenga –
New Zealand Institute of Skills and Technology.



All services are performed under the supervision of a qualified professional. As this is a training clinic, only a limited range of services are available.

Relaxation Massage

One hour | \$40

Enjoy a full body massage to improve circulation, relieve minor tension and promote overall relaxation.

Semester 2 clinic dates

Tuesday 11 June

11.20am, 11.30am, 1.20pm and 1.30pm

Thursday 13 June

1.15pm, 1.25pm, 3.15pm and 3.25pm

Hot Stone Massage

One hour | \$40

Relax as we ease tense, tired muscles by applying smooth, flat, heated stones to the body during this 60 minute relaxation massage treatment.

Semester 2 clinic dates

Tuesday 4 and 11 June

11.20am, 11.30am, 1.20pm and 1.30pm

Thursday 6 and 13 June

1.15pm, 1.25pm, 3.15pm and 3.25pm

Ara Discounts

Enjoy a relaxation or hot stone massage for less!

Ara students - \$20

Ara staff - \$25

(please bring Ara ID for discount)



Contact us today for an appointment.

Email: massageappointments@ara.ac.nz

Payment by EFTPOS only – no PayWave available.

The massage clinic is now situated on the top floor of the N Block at 130 Madras Street - Room N604/605.



Please give 24 hours notice if you wish to cancel your appointment. Failure to do so may incur a cancellation fee of 50% of your original appointment. This fee will need to be paid before any future appointment.

Please note: For health and safety reasons and the comfort of yourself and others, children under 16 years old (including babies) are not permitted within Ara clinics.

0800 24 24 76

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