

## Maunga Iti – Wellness Services

### Forest Water Therapy

Our Forest Water Therapy is a unique blend of the Japanese practice of Shinrin Yoku, immersing oneself in the forest and the Kneipp therapy, submerging feet, legs and arms into pristine running fresh water.



Taking in the serene beauty of our native forest while walking bare feet in our crystal clear pebbly bottom stream is equally as relaxing as it is invigorating.

Experience the pure essence of life on this skillfully guided walk.

Time: allow for approximately 1.5 hrs, including a guided meditation or quiet time by the stream

Value: \$150.00 per person

We will supply a pair of Nordic walking poles per person.

You will need to bring a pair of shorts .

For the ultimate Maunga Iti experience you can combine your Forest Water Therapy with our:

- ❖ A relaxing massage (photo, link and book),
- ❖ Or book the entire Wellness Package (link and book) from \$250.00

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