

Thank you!



Thank you so much for choosing Jade Room for your treatment today

After your massage, you need to take care of yourself - we want that relaxed high to last as long as possible

Here are a few after-care recommendations: 

- Drink plenty of water
- Take a bath (perhaps try one of our beautiful Moonlight & Magic bath salts with magnesium sulphate (epsom salts) which is a natural muscle relaxant)
- Do any stretches we've shown you
- Let us know how you're feeling tomorrow
- **If you enjoyed your experience, we would really appreciate a review on Google or Facebook. While you're there, don't forget to like our page to keep updated with services, retreats and upcoming workshops x**



While you're visiting our slice of paradise, here are my recommendations:

Where to eat:

Hands down THE best breakfast in town is at [Holidays Café](#) in the caravan park at Main Beach. Heidi absolutely exceeds any expectation you could have, and the view is just postcard perfect x

Lunches are wonderful at [Café Discovery](#) with Leisa – beside the pharmacy in the Foodworks complex. They also stock the full range of local and organic [Tielka](#) tea

For dinner, you will find the best fish and chips in town at the [Rusty Pelican](#) (located at the Marina). My friends Kristel and Sharrid have seriously nailed it with the quality of their food, generous portion sizes and the most stunning sunsets over the water

For a more 'formal' dinner, or for drinks and live music on a Sunday, my friend Gracie at [Drift and Wood](#) will take great care of you. Located in the bottom of the gorgeous Sandcastles Resort – make sure you say 'hi' from me 😊 If you're planning to visit again, mention Jade Room to [Sandcastles](#) for a discounted accommodation rate too

Don't miss out on a visit to [1770 Gelato Co](#) while you're here. Sensational flavours and Taz and Wes are just amazing friends as well - make sure you mention that we sent you

Clothing and Shopping

The best clothing in Agnes – for men, women and kids is at [Agnes Water Beach Boutique](#). Say 'hi' to my friend Jackie

Walks and Trails

Walk the Discovery Trail – starts at the end of the Museum car park (30 mins)

Butterfly Walk (December – February) – starts to the right of the Captain Cook stone cairn at 1770

Springs Beach to Red Rock (will take a couple of hours)

Paperbark Walk – just opposite Springs/Chinaman's Beach – only about 400m walk, but absolutely stunning

Other cool stuff to do:

Go pedal kayak fishing with [Kayak Fish 1770](#) or hire a kayak through [1770 Liquid Adventures](#) and explore paradise at your leisure. Book a stunning beach picnic with my beautiful friend Mel at [Coastal Rush Pop Up Picnics](#). For other ideas, visit the [Visitor Information Centre](#) 7 days a week



Jade Room - Mind, Body and Soul
MASSAGE • RETREATS • COUNSELLING

AGNES WATER • BUNDABERG