

# CHANGES MEDI-SPA

For the ultimate in style and sophistication,  
Wairarapa's most desirable day spa  
is the brainchild of nurse, Katie Winstanley.

Nurse and owner, Katie Winstanley, always dreamed of creating a spa haven, where her guests could escape the pressures of everyday life. A qualified nurse for over 20 years, she had noticed that stress and illness went hand in hand. After purchasing a grand manor house on the Lansdowne hill overlooking Masterton, she and her husband, Paul, set about creating a luxurious retreat away from the busy town centre. Katie believes because women don't take enough time out for themselves, then when they do get given a spa voucher – shouldn't it be the most incredible and luxurious experience? You won't find the words quick, cheap, expressed on the menu for this very reason.

CHANGES has grown into a multi award winning spa and accommodation venue. It now boasts 11 spacious bespoke therapy rooms, a powder room, on-site spa pool, and a couple's suite.

Guests enjoy relaxing, after treatments, in the softest of robes in a well-appointed lounge, warmed by a fire and being offered refreshments. There is even a cocktail lounge for overnight guests, who come from around the country to enjoy!

Katie's main passion is eyebrows, "As a nurse it never sat well with me removing hair with hot wax, especially after working in a burns unit for years! It was just not acceptable to see scalds and damage to this delicate area. After a lot of research, courses and overseas trips, Katie developed her own brand of brows using threading, based on science and nature. They are called 'New Definition Brows.' CHANGES has celebrities and customers travel to come and visit the legendary 'brow bar' and the team of passionate highly skilled 'brow angels.' Of course, Katie's vision could not have happened if it weren't for the team of incredible women around her. Many who have been with her for years. All eight therapists have been handpicked because of their attention to detail, cheerful nature, nurturing and caring personalities. Investing in training is key to Katie, who believes knowledge and experience is what her discerning guests expect. "Our happy team is what makes CHANGES customers keep coming back. From the cheery welcome from Emma at front of house, to the behind the scenes work of our wonderful housekeeper, Teresa, who keeps everything immaculate. The therapists aim to make guests look their absolute best. All treatments are professionally researched and carefully selected for their proven results. CHANGES only invests in the best products. Internationally acclaimed Dermalogica, for the best in facials (Platinum award salon), or Pure Fiji products (Platinum award salon) in the Island Room. Or try the designer massaging chairs for a relaxing pedicure, using The Gel bottle.

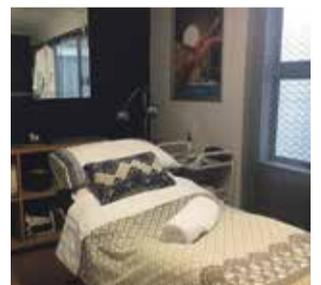
The medi-spa wing has the best in science led treatments that restore your complexion to glowing health. They also have IPL, anti-aging peels, dermaplaning and are a gold provider of dermapen. They also have an injectables clinic every six weeks with Lift Aesthetics.

If you are reading this thinking it's got to be expensive! You may be pleasantly surprised. If you have not been to CHANGES before, jump online, and apply for a \$20 discount 'first visit voucher', so you can see for yourself, what everyone is talking about. (Terms & Conditions apply).



**Nurse Katie Winstanley**  
**Owner of CHANGES.**

Photo by Esther Bunning.



Stacey & Paige



Anna-Lisa



Emma



Sara



Sammie & Jaz

