THE MARKET / A PRICE SNAPSHOT

Massage Cost in Christchurch

Published massage prices from Christchurch venues, deal-site prices, extras, the ACC and gift voucher rules, and 4,752 Google reviews on 15 profiles. Checked on 16 November 2026.

ONE HOUR, FULL PRICE
$75 to $149

Bamboo Spa $75 weekday; Wai Thai and Thai Smile $95; Hands On Clinic $100; Phimon $120, Elite Thai $129, a Riccarton studio $149 (full prices on deal sites). [1] [2] [3] [4] [5]

ONE HOUR, DEAL SITE
$62.90 to $89

Lowest prices seen on Bookme and Air New Zealand for Christchurch venues; limited slots. [5]

EXTRAS
$5 to $25

Hard pressure or cupping $10; weekend +$5; public holiday +$15 or 15%; hot stones +$10 to +$25. [1] [3] [4]

What the data shows

Thai and Filipino studios charge $75 to $95 an hour, clinics about $100. Deal-site listings show full prices of $120 to $149 next to deal prices up to $60 lower. No venue says whether prices include GST. [1] [2] [3] [4] [5]

4,752 Google reviews: 1,893 in the last 12 months, 1,291 of those answered. Only 90 have three stars or fewer, 9 of them about price. Four venues added 1,288 reviews in 2026. [12]

Method. We read venue websites, Fresha booking pages, Bookme and Air New Zealand deal pages and Google's AI Overview, and every Google review on 15 Christchurch profiles. No venue was asked for a quote. [12]

01 / PRICES

Massage prices by venue and length

Published prices, Christchurch, 16 November 2026.

Venue	30 min	60 min	90 min	Source
Bamboo Spa	–	$75 weekday, $80 weekend, $90 holiday	–	Fresha [1]
Thai Smile, Fendalton	$50	$95 ($115 sports)	$140; 2 h $185	Website [2]
Hands On Clinic	$70	$100	$150	Price list [3]
Wai Thai	–	$95; $120 hot stones	–	Fresha [1]
Sawasdee, Hornby	–	$85	–	Fresha [1]
ZG Massage Therapy	–	$80	–	Fresha [1]
O-Studio	–	$85 for 50 min; 3 for $225	–	Website [4]
BodyWell, Burnside	$60	$105 (55 min)	–	Fresha [1]
Phimon, Manchester St	–	$120 full	$180 full	Deal sites [5]
Elite Thai, Riccarton	–	$129 full	–	Bookme [5]

Full prices on deal sites are what the venue lists before the deal. Bamboo Spa shows other lengths only as ranges.

02 / DEALS AND EXTRAS

Deals, extras and surcharges

Lowest deal prices seen and what costs more.

Venue	Full price	Lowest deal seen
Elite Thai, 60 min	$129	$69
Riccarton studio, 60 min	$149	$89
Fans Massage Spa, Northlands, 60 min	$125	$65.90
Phimon, 60 min	$120	$72
Phimon, 90 min	$180	$123
Serene Massage Studio, 60 min	$105	$69.90
Beauty Worx Day Spa, 60 min	$130	$89
Thai Smile, 60 min	$95	$72.90

Extra or surcharge	Price	Source
Hard pressure or cupping (Bamboo Spa)	$10	[1]
Weekend hour (Bamboo Spa)	+$5	[1]
Public holiday (Bamboo Spa / Thai Smile)	+$15 / +15%	[1] [2]
Hot stones (Thai Smile / Wai Thai)	+$10 / +$25	[1] [2]
Late cancellation (Hands On Clinic)	up to the full fee	[3]

Check the minutes. A reviewer paid $150 for an hour that ran 50 minutes. Some venues sell 50 or 55-minute sessions as their hour.

03 / RULES

ACC, insurance and vouchers

What changes the cost or the risk.

Point	Detail	Src
ACC	No ACC accreditation for massage therapists; ACC can fund massage case by case on a claim	[6] [7]
Health insurance	Some clinics take Southern Cross claims or give receipts (Hands On, ZG Massage Therapy)	[1] [3]
Gift vouchers	Sold from 16 March 2026: redeemable for at least 3 years, expiry shown prominently	[8]
Registration	No law requires massage therapists to be registered; Massage New Zealand membership is voluntary	[6]
GST	No venue states whether prices include GST	[1] [2] [3]

04 / REVIEWS AND WHERE TO BOOK

4,752 reviews

Every Google review on 15 Christchurch massage profiles, 16 November 2026.

Three places to book first

Rated 4.8+, 150+ reviews, 70%+ of last year's answered, price published; ranked by new reviews.

Venue	Phone	Rating, reviews	New (answered)
1. Phimon Massage, Manchester St	027 528 8844	5.0, 260	260 (238)
2. Bamboo Spa Papanui	027 220 2495	4.9, 298	56 (43)
3. Elite Thai Massage Clinic	022 471 1009	4.8, 206	50 (46)

SEO4 Price Score

Eight checks, 0 to 2 points: prices, lengths, extras, terms, rating, new reviews, replies, minutes stated.

Venue	Score	Venue	Score
Thai Smile Thai Massage	11/16	Bamboo Spa Central	8/16
Bamboo Spa Papanui	11/16	Wai Thai Riccarton	7/16
Elite Thai Massage Clinic	11/16	Tram Thai Massage	6/16
Phimon Massage	10/16	Body Central Massage Therapy	3/16

None of these venues are SEO4 clients. A public snapshot from 16 November 2026, written in good faith; the score says nothing about massage quality. [12]

05 / HOW TO BOOK AT A FAIR PRICE

Minutes, pressure, terms

Massage prices compare only when the minutes and the extras match.

Message template
Hi, I'd like a [relaxation / deep tissue / Thai] massage for [60] minutes on [day]. How many minutes are on the table, is firm pressure extra, and is there a weekend or holiday rate? What is your cancellation policy? Can you give me a receipt for my insurer?

Five questions: minutes on the table? Pressure or hot stones extra? Weekend or holiday rate? Cancellation fee? Voucher terms and expiry?

Compare your own booking with the free calculator in the full article: **seo4.co.nz/blog/massage-cost-christchurch**. Venues that want a clearer price page can contact SEO4 at seo4.co.nz/pricing-contact.

Sources

[01] Fresha · massage Christchurch
[02] Thai Smile Thai Massage
[03] Hands On Clinic · price list
[04] O-Studio · massage
[05] Bookme · Christchurch massage deals
[06] Massage New Zealand · membership FAQ
[07] ACC · OIA response on massage (FYI)
[08] Commerce Commission · gift card expiry guide
[09] Air New Zealand · Phimon Thai massage deal
[10] GrabOne · Christchurch spa and massage
[11] Fair Trading (Gift Card Expiry) Amendment Act 2024
[12] SEO4 · full article and calculator