

Treat yourself to the ultimate pamper with one of our luxurious rituals. We have combined some of our most popular treatments into packages designed to pamper both your Body & Soul!

PURE BLISS 135min \$220
Purely blissful experience starts with a facial personalised to suit your skin plus a nourishing eye treatment to soothe tired eye. Then sit back and relax whilst we attend to your feet and hands. This package takes care of you from head to toe.

SPA SAMPLER 90min \$180
This relaxing treat includes a customised facial and aromatic body massage designed for those who need a regular escape or perfect for a first time pamper.

BEAUTIFUL BRIDE 180mins \$310
Deluxe Collage Facial, Lime & Ginger Salt Glow, Luxe Mani 75,45,60 3hrs

BRIDE & HENS PACKAGES
Can be specifically designed to suit your needs

HIGH SCHOOL FORMALS \$125
Our High School formal package includes a spray tan, makeup and a file & paint of the nails.

GIFT VOUCHERS
Give the gift of a Body & Soul gift voucher. Our staff will be happy to help you choose that special gift for your special someone. We can organise to post your voucher if you are unable to come into the store, just call us on 03 95895111.



SOUL RITUALS

BODY TREATMENTS

ELEMIS Body Nectar Nourishing `Wrap - Frangipani \$120
The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger \$89
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Mother-To-Be-Massage \$110
Relieve back tension, sore feet and restore wellness with this relaxing massage assisted with a full-length body pillow.

Aromatherapy Massage
30 minutes \$75
60 minutes \$115

Bliss Stone Therapy
45 minutes \$100
75 minutes \$150

Relaxation Massage
30 minutes \$59
45 minutes \$80
60 minutes \$95
75 minutes \$130

Body Brushing \$50
Dry body brushing to improve circulation, breakdown cellulite & remove dry skin cells
With Spray Tan \$90

Ear Candling \$60
A gentle, safe, relaxing and non-invasive treatment to gently draw compacted ear wax. Can aid in sinus congestion, tinnitus, headaches and general stress relief.

*Add Shellac \$20



HAND & FOOT THERAPY

Luxe Manicure \$79
Enjoy the complete experience of a relaxing hand-bath, cuticle treatment, exfoliation up to the elbow, nourishing mask and massage, file and finished beautifully finished with your favourite colour.

Luxe Pedicure \$79
Enjoy the complete experience of a relaxing foot-bath, cuticle treatment, exfoliation to the knee, heel buffing, nourishing mask and massage, file and finished beautifully finished with your favourite colour.

Basic Manicure \$50
Welcoming hot towels, shape, cuticle care and a splash of your favourite colour

Express Pedicure \$55
Welcoming hot towels, shape, cuticle care and a splash of your favourite colour

Foot Soother \$50
Sore feet? Restore your tired feet with a relaxing foot soak in fragrant waters followed with a soothing foot and calf massage.

*Add Shellac \$20

BODY THERAPY

ADVANCED PRESCRIPTIVE SKIN SOLUTIONS

L.E.D Light Therapy
This revolutionary technology is designed to stimulate and excite skin cells, energising them to produce natural collagen and elastin leaving your skin feeling youthful and healthy. Our SSLED has seven coloured lights allowing us to treat many skin conditions like acne, rosacea, sensitivity, pigmentation and just plain tired, sluggish skin. Led Therapy does not involve heat therefore is suitable for all skin conditions and will not inflame or aggravate. This treatment includes thorough cleansing and exfoliation of the skin. For optimum results a course of treatments is recommended.

L.E.D Light Therapy treatment \$80
Added to any facial \$50
L.E.D Course of 6 \$70 each (\$420)
Course of 9 \$65 each (\$585)

Polymeric Peels \$185
The latest in 'inner' peel technology working within the skin to rebuild and correct damage at the core of the problem, stimulating living cells. This modern approach to peeling has no downtime and delivers long term results after a course. Suitable for most skin types including pigmentation and acne. Recommended 1 peel every 3 weeks.

- **Bio-Lacto:** suitable all skin types including pigmentation
- **Penta Selaic:** Acne prone skin

ADVANCED NIMUE FACIAL TREATMENTS
Deluxe Collagen \$165
This luxurious treatment uses marine collagen and marine algae extract to provide deep hydration and plumping leaving you with a visible glow. Perfect before an event.

Rejuvenate \$115
An active rejuvenation treatment suitable for all skin types, using a unique complex of AHA's to smooth and leave the skin refreshed.
w Alpha Lipoic \$125
w Serum \$145
w Mask \$155

Revitalise \$95
A truly relaxing facial whilst delivering results, customised to suit your skin.

YSkinTeen Clean \$79
Specifically designed to decongest, calm & clear blemished, acne-prone skins. Using the right combination/concentration of active ingredients to correct and restore young skin.

ELEMIS

ELEMIS Pro-Collagen Age Delay \$158
Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Dynamic Resurfacing Precision Peel \$139
Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Superfood Pro-Radiance \$139
A nutritional boost rich in suprfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

*Independent Clinical Trials

ELEMIS Skin Specific \$89 or make them 60mins \$120
• **Fruit Active Glow:**
Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

• **Exotic Moisture Dew:**
Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.
• **Herbal Lavender Repair:**
Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Recommend: 1 treatment every 2 weeks

Collagen Induction Therapy (MESO)
CIT stimulates the skins regeneration process by breaking up old collagen strands in wrinkles, scars or stretch marks. The body then naturally produces new collagen resulting in smoother, tighter skin with long-term results. Ideal areas for CIT are: crow's feet and fine lines around the eyes; frown lines; upper lip creases and folds of mouth; loss of elasticity in the cheek and jaw line; acne and scarring, and stretch marks.

Recommended in a course and at three week intervals.

FACIAL THERAPY