

Spa Etiquette

At The Spa, we will provide a calming and relaxing environment where you can escape even if it's only for 30 minutes.

To ensure that all guests enjoy the tranquility, we ask that you endeavor to keep the noise to a minimum. Out of respect to all clients please use a lowered voice and turn off mobile phones and electronic devices prior to entering.

Arrival

We encourage you to arrive 10 minutes prior to your Appointment to ensure you have time to unwind and complete your consultation form. Please understand if you arrive late, your treatment time may need to be reduced accordingly.

Health Considerations

Some Spa treatments may not be recommended with certain health conditions. It is therefore always recommended that you advise our staff of any health concerns when booking your treatment. You will also be asked to complete a confidential consultation form and your Therapist will discuss any concerns with you.

If you are pregnant please advise us at the time of booking so we can recommend the most suitable treatments for you. If you are in your first trimester of pregnancy, we may not be able to do your requested treatment.

Spa Website

The Spa releases seasonal promotions and newsletters online. You can subscribe to our email newsletter or download a copy at our website: www.thespa.com.au

Follow the link from our website to like our Facebook page for updates on The Spa.

Prices effective November 2015 and are subject to change.



The Spa

Treatment Menu

Relax and prepare to unwind...

Gisborne

3/31 Brantome St Gisborne 3437
03 5428 8800

Monday and Tuesday 9.30am – 6.00pm
Wednesday & Thursday 9.00am - 7.30pm
Friday 9.00am - 8.00pm
Saturday 9.00am - 4.00pm

www.thespa.com.au



Spa Packages & Body Treatments

The Cleopatra Package **\$229**
Decadent and indulgent...

This package begins with an invigorating exfoliation before your body is cocooned in a luxurious milk & honey body wrap. Drift into a state of bliss with an indulgent Aroma massage and our Spa Mini Facial.

Spa Signature **\$175**
Classic pampering...

Relax and unwind with a full body massage, a soothing scalp and hand massage, a Spa Mini Facial and your choice of an Express Manicure or Express Pedicure.

The Spa Milk and Honey Wrap **\$139**
Nourishing and hydrating...

This treatment is a must for essential rehydration for any time of the year. Cocoon your body with this rich and nourishing body wrap and relax with a gentle massage of our hydrating body milk.

Spa Express **\$99**
Relax and refresh...

Escape with a classic Relaxation Massage and a refreshing Spa Mini Facial.

Body Glow **\$95**
Invigorate and Refresh...

A refreshing full body exfoliation with our Lemon Myrtle Salt scrub and enjoy a gentle massage with our aromatic oil.



Microdermabrasion

Microdermabrasion will deeply exfoliate and polish the skin to stimulate new cell growth.

Our Micro treatments include Sonophoresis, an ultrasonic technology to infuse active ingredients into the deeper layers of the skin.

Microdermabrasion (inc. Sono) **\$135**

Medi-Facials and Peels

Ultraceuticals is one of Australia's leading cosmeceutical brands; its products and treatments are formulated to address major skin concerns; ageing, pigmentation and acne. Ultraceuticals believes in a simple range of products that deliver immediate and discernible results - clear, firm, glowing, beautiful skin.

Please refer to the specialised Ultraceuticals Treatment Menu.

Spa Facials

Intraceuticals Rejuvenate **\$125**
See instant results with this hydrating treatment used by Hollywood's elite to smooth fine lines & wrinkles.

Oxygen Detox **\$95**
A relaxing facial to detoxify and oxygenate your skin.

Spa Mini Facial **\$65**
Designed for people who have limited time.

Complement your Facial with...

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|---------------------|------|
| Steam & Extractions | \$20 |
| Eye Treatment | \$20 |

Spa Massages

Relaxation Massage
Feel the stresses of life ease as you relax and unwind with this classic Relaxation Massage.
30mins for \$45 | 45mins for \$65 | 60mins for \$80

Aroma Massage
Relax and enjoy this classic Relaxation Massage with an indulgent aromatic balm.
30mins for \$55 | 45mins for \$75 | 60mins for \$90

Deep Tissue Massage
A specialised massage designed to relieve tension deep inside the muscles.
30mins for \$55 | 45mins for \$75 | 60mins for \$90

Pregnancy Massage
A gentle, soothing massage to nurture & relax the mother to be.
30mins for \$55 | 45mins for \$75 | 60mins for \$90



Manicures & Pedicures

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| Express Manicure | \$49 |
| Spa Manicure | \$59 |
| Express Pedicure | \$52 |
| Spa Pedicure | \$72 |
| Nail, Paint & Shape | \$25 |

Complement your Manicure or Pedicure with

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| Cuccio Gel Polish Finish | \$15 |
| French Paint | \$10 |
| Foot Mask | \$10 |
| Hydrating Paraffin Treatment | \$25 |

Intense Pulse Light (IPL)

IPL offers a gentle non-invasive treatment for many skin conditions, such as age or sun spots, pigmentation, capillaries and blemishes.

IPL also offers non-invasive treatment for unwanted hair. It is perfect for treating bikini, underarm and facial hair.

Book a free consultation to discuss your needs.

Body Waxing

The Spa uses a premium wax that is suitable for sensitive skin.

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| Eyebrow Reshape | \$20 | 3/4 Leg | \$35 |
| Eyebrow | \$17 | Full Leg | \$47 |
| Lip, Chin or sides of face | \$12 | Lip, chin, sides of face | \$29 |
| Half Arm | \$25 | Eyebrow, lip & chin | \$35 |
| Full Arm | \$30 | Men's Waxing | |
| Underarm | \$18 | Back and Chest | \$59 |
| Bikini Standard | \$25 | Back and Shoulders | \$49 |
| Bikini Extended | \$30 | Stomach | \$25 |
| Bikini G string | \$39 | Full Leg | \$60 |
| Brazilian | \$50 | Full Arm | \$40 |
| Half leg (inc knee) | \$27 | Chest | \$30 |
| Upper Leg (inc knee) | \$30 | | |

Other Services

Eyelash Extensions **\$130**
Refills from \$55.

Teeth Whitening **\$295**
Brighten your teeth and smile in one hour.

Special Occasion Makeup **\$75**
The Spa has experienced make-up artists.
30min Consultation \$45

Tinting

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|---------------------|------|
| Eyebrow tint | \$15 |
| Eyelash tint | \$25 |
| Eyelash and eyebrow | \$35 |

Spray Tan
Formulated to give you a healthy looking glow.
Full Body for \$42 | Half Body for \$30