

Hot & Cold Stone Massage

LaStone Therapy 90 min \$80

A holistic treatment that goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and wellbeing, creating a positive approach to body-mind-spirit philosophy.

Heated basalt and chilled marble stones are placed on the body whilst smaller stones are used to massage the muscles.

Benefits of LaStone Therapy include:

The heated stones bring oxygenated blood to the area of application, increasing lymph flow and metabolism.

The cold stones push away unwanted congestion, inflammation and blockages. In this way, the use of alternating temperatures brings about healing, balance and rejuvenation.

It also aids in the balancing of physical, mental, emotional and spiritual energies. The use of heated and cooled stones also allows the therapist to work the tissues at a deeper level than is possible in other traditional massage therapies that only utilise the hands.

LaStone therapy is also a very good detoxification program and an excellent immunity system booster.

LaStone therapy is a very good relaxant for the mind. The alternate application of hot and cold stones causes alternately sedative and energizing responses.

Make up Available

Products include Mac, Atelier & Kett

Hands and Feet

Spa Salt Massage Manicure \$40

Includes soak, file, cuticle treatment, salt exfoliation and a soothing hand massage that will leave hands feeling deeply nourished. Polish of your choice.

Spa Salt Massage Pedicure \$50

Have your feet soaked, lower legs and feet exfoliated with a blend of sea salt and essential oils and massaged with your choice of massage oil, nails shaped and finishing with a polish of your choice.

Gift Vouchers
available

Private Beauty Studio

New separate premises with own entry adjoining residence

Services by appointment Only

Monday to Friday : 9:00am - 9:00pm

Saturday : 9:00am – 3:00pm

Sunday : closed

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Beauty Services



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Facials

Nat. Natural Skin & Body Essentials Corrective treatment range

It is designed to treat the “whole you” . Aromatherapy is the key in this range with selected ingredients including 100% essential oils, the very essence of living plants. The active properties of essential oils can be absorbed deeply into the dermis, to work within the body to relax, to invigorate and to rejuvenate.

Replenish Wrinkle Defence Facial 1 hour \$70

Intense treatment incorporating enzyme peel, replenish mask, oil rich serum and massage. Encourage healthy cellular metabolism, strengthens skin elasticity and assists in smoothing expression lines and fine wrinkles and to leave the skin looking and feeling radiant and youthful

Rebalance Facial 1 hour \$70 (oily skin prone)

Deep cleansing and balancing treatment for oily combination skin. This anti-inflammatory and antibacterial deep cleansing treatment will leave the skin looking radiant, clearer and balanced.

Restore Facial 1 hour \$70 (fragile, reactive and sensitive skin type)

A soothing treatment to assist in calming redness, to help strengthen capillary walls whilst infusing nourishment into the skin. Leaves the skin cool, fresh and richly hydrated. Rose essential oil is used to soothe and balance the skin and to tone down redness. It also has a nurturing and soothing effect on menopausal skin.



Facials (cont.)

Rejuvenate Facial 1 hour \$70

A deeply nourishing treatment for skin that feels dry. Infuses natural antioxidants from plant essences to boost dry skin while firming and improving the elasticity of the skin. Rejuvenates cells, restores radiance and deeply hydrates the skin.

De Stress Treatment 45 min \$60

A classic aromatherapy facial to relax tense muscles and assists in increasing blood flow and oxygen to the cells of the skin. Smoothes expression lines, fine lines and wrinkles. This treatment focuses on massage and relaxation of the facial muscles.



Body Treatments

Herbal Ball Body Treatment 1 hour \$70

Inspire by traditional thai remedies this treatment rejuvenates and relaxes by applying heated herbal ball onto and around the muscle tissue to warm and ease the areas of tension. Contains 15 exotic herbs and spices to relax your mind, body and soul . Following by a massage using Nat herbal relaxation massage oil containing pure essential oils of lemongrass and ginger. Leaves you feeling completely restored.

Aromatherapy Massage 40 min \$45

Renew your body and mind with this stimulating massage that targets tension areas around the back, neck and shoulders.



Body Treatments (cont.)

Inner Peace Spa Treatment 2 hours \$90

Sea Salt and a blend of oils to exfoliate and soften dry skin, deeply relax muscles and ease feeling of stress and tension. Enjoy a full body massage using pure essential oils followed by a mineral clay, a blend of jojoba, almond oil, aloe vera, peppermint and sweet fennel essential oils and vitamins. Complete your treatment with a massage of body butter to moisturise your body. Includes a free pick me up facial.

Salt Massage Spa Treatment 1 hour \$70

Incorporating a full body salt scrub, a revitalizing full body mask and body treatment creams, oils and serums for relaxation, revitalization and rejuvenation. The ingredients are active, the range is exquisite, the treatment holistic.



Hair Removal

Full Leg	\$40
Half Leg	\$20
Half Leg + Bikini	\$30
Full Leg + Bikini	\$48
Full Leg + Underarm	\$45
Lip or Chin	\$8
Eyebrow	\$12
Standard Bikini	\$18
Underarm	\$12
Lip and Chin	\$14



Eye Contour Treatment

Eyelash Tint	\$14
Eyebrow Tint	\$10
Lash & Brow Tint	\$22
Brow Shape & Lash Tint	\$20