

# body rituals

## **Holistic Body Polish**

**85 mins**

**\$185.00**

We find out which elemental life phase you are in:

Earth – Fire – Water – Air

Placing your native Australian wildflower remedy under the tongue to relax and balance internally. Sweep away all signs of dryness and rough skin, with a massage mix of mineral sea salts and warmed elemental aromatherapy oil. A lavish saturation of creamy body milk full of healing wildflower essences, Thyme, Hawthorne and Aloe nourishes and hydrates your body. Instantly refines skin texture, leaving your body silky smooth, glowing and re-energised.

Afterwards sit back and relax whilst sipping your herbal tea infusion.

## **Ear Candling**

**55 mins**

**\$150.00**

The ear candling ceremony brings relaxation, a deep sense of security and a feeling of happiness. Whilst you are relaxing we will massage your cares away with a soothing shoulder and neck massage. Ear candling will help relieve built up ear wax, sinus and congestion, headaches, migraines, colds and flu whilst improving hearing. To complete your experience we massage the reflex points on the feet leaving you to feel refreshed.

## **Indian Extravagance**

**55mins**

**\$135.00**

A treatment based on Ayurvedic techniques focusing on the upper back, shoulders, neck, scalp and face, finishing with an indulgent massage of the reflex points on the feet. It helps to reduce stress, fatigue, increase mental clarity and to aid the condition and health of the hair.

## **Reiki - "universal life energy"**

**60mins**

**\$120.00**

Reiki is a form of therapy that uses simple hands-on, no-touch, and visualization techniques, with the goal of improving the flow of life energy in a person. Reiki helps to alleviate problems of energy flow on the physical, emotional, and spiritual level. Reiki touch therapy is used in much the same way to achieve similar effects that traditional massage is used to relieve stress and pain, and to improve the symptoms of various health conditions.

# body rituals

## **Signature Detoxing Spa Wrap**

**95 mins**

**\$200.00**

Promotes tissue repair, assists with removal of toxins, helps alleviate cellulite and promotes an improved immune system. The detoxing clay blended with aromatherapy oils is applied with specialised techniques to stimulate the detoxification process. Whilst you are cocooned we relieve tension from the scalp with a relaxing massage, this is followed by a complete body moisturise combined with detoxifying essential oils.

## **Mineral Mud Healing Wrap**

**95 mins**

**\$200.00**

A holistic body experience that starts with the therapeutic goodness of wildflower essences, aromatic sea salts and elemental aromatherapy oils, blended to cleanse the skin free of impurities. Let earth's natural minerals eliminate toxins, tone your skin and remineralise your whole body system, while your senses are indulged in a heavenly scalp massage. The holistic experience is completed with a lavish saturation of body essence massaged into the skin.

## **Reflexology**

**60mins**

**\$120.00**

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury and illness.

By means of this touching therapy, any part of the body that is the source of pain, illness, or potential debility can be strengthened through the application of pressure at the respective foot or hand location

# body rituals

|                               |               |                 |
|-------------------------------|---------------|-----------------|
| <b>Marble Bath Treatments</b> | <b>80mins</b> | <b>\$195.00</b> |
| <b>Couples treat</b>          | <b>80mins</b> | <b>\$390.00</b> |

At Body & Soul Spa Retreat you can indulge in a luxurious marble bath treatment which will help to soak all your worries away using carefully selected essential oils to suit your every need.

Let yourself unwind from the tips of your toes to the top of your head whilst enjoying a Relaxation Body Massage which includes a Blissful Scalp Massage and Glowing Eye Treatment before you let your body unwind whilst sipping your herbal tea in a Hand Craved Marble Bath filled with fresh scents.

## **Soothe Bath Treatment**

Relax and unwind in fresh scents of lavender, petitgrain, sweet orange, clary sage and Roman Chamomile. Harmonising and Calming, this treatment promotes Compassion and Healing as it Soothes and Calms your Mind, Body, Soul and Skin.

## **Active Bath Treatment**

Let your muscles relax in a Muscle Melting Bath filled with peppermint, cajeput, wintergreen, ginger and clove. Warming and Invigorating this treatment helps promote confidence, courage and helps with the relief of headaches, arthritis, muscular aches and pains.

## **Enliven Bath Treatment**

Take a deep breath and enjoy an Enlivening Bath filled with the refreshing and purifying aromas of pine, eucalyptus, peppermint, lemon, tea tree, lavender and ginger. Cleansing and Invigorating this treatment helps with muscular aches, pains, enlivens the spirit, promotes wellbeing and allows you to breathe easy.

|   |               |                |
|---|---------------|----------------|
| <b>Spa Bath Time</b><br><b>(as a add on to any treatment)</b> | <b>25mins</b> | <b>\$80.00</b> |
|---|---------------|----------------|

Simply bliss! Enhance any treatment and enjoy the benefits of some time out. Mind, body and soul will benefit from your choice of aromatherapy blends.

# body massage

## **Holistic Body Massage**

**55 mins**

**\$125.00**

We find out which elemental life phase you are in:

Earth – Fire – Water – Air

We place your native Australian wildflower remedy under the tongue to relax and balance internally. Then let our therapist totally unwind you with a nurturing massage of your body with personalised elemental oils that are energised with crystals making it easy to let go and release all stress and tension of modern day living. Afterwards sit back and relax whilst sipping your herbal tea infusion.

## **Deep Tissue Massage**

**55mins**

**\$120.00**

The aim of a deep tissue massage is to release chronic patterns of tension in the body through slow strokes and deep pressure on the contracted areas.

## **Swedish Massage**

**55mins**

**\$120.00**

Increases oxygen flow in the blood and releases toxins from the muscles. It is designed to relieve stiffness and soreness in the underlying muscles. Improves blood circulation and helps relieve tension and stress.

## **Aromatherapy Massage**

**55mins**

**\$120.00**

Incorporating a relaxing massage with individually selected essential oils, this massage reduces stress, both physically and mentally.

## **Lymphatic Drainage Massage**

**55mins**

**\$120.00**

A gentle massage that stimulates the immune system, improves circulation and helps the body function more effectively. Helps to alleviate chronic swelling following injury or surgery, fluid retention, hormonal imbalances, chronic fatigue, migraines, acne and anxiety.

# body massage

## **Remedial Massage**

**55mins**

**\$120.00**

When muscles and tendons become damaged or impaired, knotted and tense or immobile, Remedial Massage provides a healing treatment that can be gentle or strong, deep or shallow. Remedial massage holistically treats the whole body and traces the discomfort as far as possible back to the original cause, healing both the cause of the disorder as well as the symptoms.

Specialised techniques are used with passive stretching to locate and repair damage and to support and speed up the body's own repair mechanisms.

Key benefits of Remedial Massage include: the stimulation to the blood supply allowing toxins in the muscles to be removed; the calming of the peripheral nervous system to ease pain and discomfort; and the toning and relaxing of muscles to improve joint mobility. An improvement to the health of the cells, the repairing of tissues, and the easing of stiffness and tension can also be experienced.

## **Hot Stone Massage**

**85mins**

**\$199.00**

The use of thermal stones and the benefits of heat have been used with ancient rituals and healing as far back as 1500BC. The results are a truly luxurious massage experience for those that want to be pampered but also fabulous for those who prefer a deep tissue massage.

# facial therapy

We find out which elemental life phase you are in:

Earth – Fire – Water – Air

Then place your native Australian wildflower remedy under the tongue to relax and balance internally.

Afterwards sit back and relax whilst sipping your herbal tea infusion.

## **Collagen Infusion**

**60mins**

**\$180.00**

One of the most effective anti-ageing facial treatments, infusing pure collagen onto the skin for a luxurious and replenishing boost. We massage the hands, feet and scalp whilst the collagen fleece infuses into the skin. Ideal for skins with sun-damage, sensitivity, dermatitis, psoriasis and eczema. Helping to reduce fine lines, capillaries, refine pores and soothe irritations. Leaving the skin revived, totally hydrated and wrinkle free.

## **Oxygen Facial**

**60mins**

**\$199.00**

A revolutionary skincare system providing the skin with 180 million nutrient particles a second of pure oxygen gas, vitamins A, C, E and essential minerals, leaving the skin radiant. This cascade of micronized nutrients revitalises every skin cell pore by pore, banishing fine lines, wrinkles and dehydration. The result is an instant fresh rejuvenated skin, glowing with good health that looks younger and younger with every treatment - a natural facelift!

Great before a big day to make your skin look and feel radiant.

# indio facials

## Specialised cosmeceutical salon only treatments

All professional indio treatments are carried out only by qualified aestheticians.

### Indio face lift facial

**For all skin types**

**60mins**

**\$170.00**

Combining active fruit extracts and anti-oxidants, with unique cocktail blend of fruit acids rapidly improves skin tone, texture and micro-circulation as well as calms, soothes and hydrates.

A great anti-ageing treatment with amazing results!

### Indio clear facial

**For oily/problematic**

**60mins**

**\$160.00**

Using effective soothing and rebalancing botanical ingredients, to combat problem skin and breakouts, without over-drying or stripping the skin. You will be amazed at the results.

### Indio anti-rose facial

**For red sensitive, couperous skin**

**60mins**

**\$160.00**

Enriched with encapsulated Vitamins F & H and scientifically balanced with active plant extracts. This calming and soothing facial is ideal for sensitive skin and helps soothe, strengthen and reduce the appearance of redness and broken capillaries.

### Indio hydrator facial

**Great hydration booster for dry skin**

**60mins**

**\$160.00**

A rich facial using a combination of nourishing plant extracts to assist with the improvement of lipid content and skin hydration, while also promoting elasticity and suppleness in the skin.

# payot facials

We invite you to experience a Payot Indulgence Ritual

*Close your eyes and enjoy the pleasure of receiving, taking time out, feeling in harmony with yourself and being totally serene:*

## RITUALS OF EXCELLENCE - 90 min

The products used are exclusively professional.

### **HYDRA EXPERIENCE**

**\$205.00**

*The perfect hydrating treatment care that treats dehydration and fine lines*

The results are spectacular with the skin instantly nourished & moisturised. Fine lines are hydrated and smoothed with the complexion brightened. Your face will glow.

### **AOX PERFECT EXPERIENCE**

**\$210.00**

*The exclusive treatment for a totally regenerated skin*

The ultimate anti-ageing treatment care that treats wrinkles, skin slacking, lack of comfort and loss of radiance using specific pressure point & massage movements. The AOX Experience leaves the skin nourished, full of vitality with a brightened and even complexion.

### **THE ENERGISING RITUAL**

**\$205.00**

*The Ultimate Experience to restore vitality, energy and luminosity for stressed and tired skins*

With a cocktail of energising ingredients combined with a personalised facial treatment to optimise reduction of skin fatigue, for a clear complexion. It re-boosts the skin tissue and increases vitality & radiance of the face.

## **WRINKLE CORRECTING RITUAL**

**\$210.00**

*Reduces ageing effect on the skin, smoothes wrinkles*

This dynamic smoothing facial treats the structural causes of cutaneous ageing and wrinkles appearing due to expression movements of the face. The micro abrasion exfoliation eliminates dead cells, and stimulates cellular activity, leaving the smoothed lines & toned skin.

## **ABSOLUTE LIFT RITUAL**

**\$210.00**

*Fights the signs of ageing by restructuring, re-contouring and re-firming the features*

The Absolute Skin Ritual remodels & redefines the contours of the face while firming the skin. Also stimulates microcirculation whilst reinforcing the skins supporting fibres. The complexion is renewed, leaving the skin radiant and luminous.

# specialised facial therapy

## **MicroDermabrasion**

**40mins**

**\$150.00**

Helps to repair skin by gently removing the top layers of damaged skin. Results include reduced fine lines, improvement from sun damage, reduced pore size and improved tone and texture. It is a non-invasive technique that uses gentle mechanical abrasion using crystals or diamond head.

***Add on \$15 for décolletage***

## **Indio Paramedical Micro-Peel**

**60mins**

**\$480.00**

The indio deep micro-peel has been formulated to exfoliate and rejuvenate the skin at a professional only level. It activates the skin's own repair mechanism by provoking an active, chain reaction which eventually causes facial epidermis to peel off within 3-6 days following treatment. By doing this, the treatment induces an accelerated skin renewal that will reveal a livelier, smoother and more radiant underlying skin. It will pull mature/ageing skin out of its "stagnant" condition and actively revive it. Highly Active!

- Excellent for mature skin with fine lines and wrinkles
- Sun damaged skin
- Oily impure skin with enlarged pores
- Post acne
- Dull tired skin that lacks vitality
- Uneven skin tone

NOTE: This peel is not in itself a lightening treatment for hyper-pigmentation, although active exfoliating - when combined with dependable follow up UV protection may enhance a more even skin tone.

# skin rejuvenation & acne treatments

Skin rejuvenation is a non-invasive skin procedure utilising an intense pulse light machine (IPL). IPL is not a laser but a broad wavelength light that is pulsed onto the skin and can treat multiple conditions simultaneously. IPL treats a wide variety of skin conditions including broken veins, capillaries, redness of the skin (Rosacea), age spots, pigmentation and freckles. In addition to treating these conditions, the heat energy stimulates new collagen production beneath the skins surface, which will prevent premature ageing and fine lines and wrinkles. The skin will appear luminous, brighter and smoother.

|                          |          |
|--------------------------|----------|
| Face                     | \$230.00 |
| Face & Neck              | \$250.00 |
| Neck & Décolletage       | \$230.00 |
| Face, Neck & Décolletage | \$350.00 |
| Décolletage              | \$250.00 |
| Forehead                 | \$90.00  |
| Hands                    | \$100.00 |
| ½ Arm & Hands            | \$240.00 |
| Full Arm                 | \$320.00 |

**Young You** **\$380.00**

We combine our Echo2 Oxygen Therapy with IPL Skin Rejuvenation to give a facelift effect – the results are just amazing!

The Oxygen Facial is a luxuriously soothing process wherein cool streams of oxygen and serum are sprayed gently onto your face and when combined with IPL, within seconds of the application you see a visible plumping of the skin around the eyes, mouth and forehead. Watch the years literally melt away without pain or discomfort. This is simply the crowning jewel of the new beauty regime showing instant results.

# hair reduction – IPL

Intense Pulse Light (IPL) is a method of permanently reducing hair from the body, using the specially constructed flash lamp and focusing optics. The focused broad spectrum light is applied to the skin surface using a hand held wand, the intense pulse light travels down the hair shaft to strike at the bulb or root of the hair. The bulb and most of the hair shaft is instantly vaporised.

## Prices starting from:

|                               |          |
|-------------------------------|----------|
| Middle Eyebrow                | \$45.00  |
| Upper-Lip                     | \$55.00  |
| Chin                          | \$75.00  |
| Full Face                     | \$155.00 |
| Underarms                     | \$85.00  |
| Tummy Line                    | \$75.00  |
| Bikini                        | \$95.00  |
| Brazilian                     | \$155.00 |
| Upper Legs (excluding bikini) | \$385.00 |
| Lower Legs                    | \$385.00 |
| Full Legs (excluding bikini)  | \$700.00 |
| Full Back                     | \$455.00 |

# hands & feet

We find out which elemental life phase you are in:

Earth – Fire – Water – Air

Then place your native Australian wildflower remedy under the tongue to relax and balance internally.

|                        |               |                 |
|------------------------|---------------|-----------------|
| <b>Deluxe Manicure</b> | <b>60mins</b> | <b>\$110.00</b> |
|                        | <b>90mins</b> | <b>\$155.00</b> |

Nails are firstly shaped to perfection and cuticles are treated. Hands and arms are then given a pampering exfoliation and massage with a nourishing hand cream. Polish of your choice is included to add the finishing touch whilst you enjoy your herbal tea infusion.

|                        |               |                 |
|------------------------|---------------|-----------------|
| <b>Deluxe Pedicure</b> | <b>60mins</b> | <b>\$110.00</b> |
|                        | <b>90mins</b> | <b>\$155.00</b> |

Your feet are immersed in your own personal oil blend foot soak, we then exfoliate your feet and legs to the knee, and finish off with a soothing massage. We remove any dry skin from your feet, nails are shaped and cuticles groomed. Lay back and enjoy your herbal tea whilst your nails are painted with your choice of colour.

**(Add on \$20.00 for French Polish or Just Gel Polish)**

**(90min treatments include mask)**

## eyes

|                              |              |                |
|------------------------------|--------------|----------------|
| <b>Indio eye c treatment</b> | <b>30min</b> | <b>\$60.00</b> |
|------------------------------|--------------|----------------|

**A perfect lunchtime treatment for tired, puffy and dehydrated eyes.**

A super enriched, hydrating and soothing eye brightening treatment packed full of effective anti-oxidants, to fight free radical damage and re-energise the delicate eye tissue. **Add on only.**

# spa journeys

## **Retreat Recovery**

**\$240.00**

Renew, re-balance and unwind with our Soothing Relaxation Massage followed by a Retreat Signature Facial tailored to suit your skins needs, to revitalize and balance the skin. Then why not take time out to enjoy one of our elemental herbal teas designed to bring the body and soul back into balance or a glass of purified water.

## **Anti-Ageing Stress Buster**

**\$285.00**

Unwind and regenerate whilst you enjoy a 30 minute Relaxation Massage followed by an Oxygen Therapy Facial, this is a revolutionary skin care system using pure oxygen gas, with vitamins A, C & E, plus 87 different minerals, enzymes and amino acids, misted over the face and décolletage allowing nutrients to penetrate the skin down to the dermal layers increasing cellular nutrition which stimulates collagen and elastin production keeping you looking younger. This facial is great for mature, dry, dehydrated, acne and sensitive skins. Finishing with a relaxing scalp and foot massage.

## **Youthful You**

**\$290.00**

Completely relieve stress and tension whilst you enjoy an Aromatic Body Polish using a blend of selected essential oils and Dead Sea Mineral Salts to sweep away dead skin cells revealing a brighter and re-energised skin tone, includes a Goddess Youth Infusion Facial using pure Collagen and Myoxinol (extracted from the Hibiscus Flower) which is also known as Nature's Own Botox, leaving your skin hydrated and looking younger. Awaken to reveal the Goddess in you then relax in our tranquil environment sipping herbal tea.

# spa journeys

## **Retreat Escape**

**\$390.00**

Relax and unwind whilst you experience a Relaxation Body Polish followed by a Retreat Signature Facial to deeply relax every muscle in the body and bring your skin into balance leaving behind a brighter and refined skin tone. You will then have your choice of either a Just Gel Manicure or Pedicure which includes nails shaped to perfection, cuticle grooming, exfoliation, soothing massage and nails painted with your choice of colour. Whilst sipping your herbal tea overlooking the tropical gardens or natural bushland.

## **Indulgence Ritual**

**\$580.00**

Boost and re-energise your whole persona with our Body Balancing Ritual using an aromatic blend of essential oils combined with Dead Sea Mineral Salts to sweep away dead skin cells. Massaging the Balancing Clay to hydrate and nourish. While you are cocooned in our Body Balancing Wrap relax and unwind with a Hydrating or Deep Cleansing Facial (suited to your Skin type). Enjoy an elemental herbal tea whilst you have either a Just Gel Manicure or Pedicure. To complete the new you we will nourish your hair with a Define Scalp and Hair Treatment which includes a specialised Shampoo and Blow Dry.

Finish off your Indulgence Ritual with one of our lunch time treats at Sirromet Winery.

# make up

**Special Occasion or Mothers**

**\$90.00**

**Bridal Make up**

**\$110.00**

**Flower Girls Free**

Make up is an instant pick me up that allows people to have fun, be playful and look beautiful. Everyone is unique and has something that no one else does. We enjoy enhancing those features, showing you how beautiful you really are without dominating or masking your natural beauty. Our professional make-up artists are highly trained, both using and recommending Youngblood Natural Mineral Make up, so you look flawless whilst creating the look you've always dreamed of.

***To secure your booking:*** for weddings a \$100 non-refundable deposit is payable. The deposit must be paid within two weeks of booking your wedding and is subtracted from final balance.