



TREATMENT MENU

*Indulge
Yourself*

BEAUTY THERAPY • SPA & SKIN CLINIC

18 - 20 George Street, Moe

Ph: 03 5127 8500

www.indulgeyourselfspa.com.au

HOUSEKEEPING

ARRIVAL TIME

To experience the complete benefits of your pampering session, we recommend you arrive ten minutes prior to your appointment, this allows time to complete a consultation form, meet your therapist and get changed.

GIFT VOUCHERS

Gift vouchers are available for all occasions and all treatments. Ask our qualified staff to help choose the perfect gift for that someone special.

As of the 1st November 2019 – Gift Vouchers will now have a three-year expiry date, this only applies to monetary vouchers (those indicating a specific amount in dollar value).

All specific treatments or special packages listed in treatment menu are a six-month expiry.

CANCELLATION AND DEPOSIT POLICY

We understand that sometimes you may need to change or reschedule your appointment, however we ask that you give the salon at least eight hours' notice for any changes. Late cancellations or NO shows may incur a 'cancellation fee' of half the cost of the total treatment value.

Deposit Fee will be required for all treatments 1 hour or more.

Credit card details, cash deposits, or gift voucher numbers can be used as deposits.

Thank you for your understanding.

DISCLAIMER

Prices subject to change without notice.

All information contained in this booklet is correct at time of printing - January 2022



WAXING

FOR HER

Eyebrows	15
Between brows	5
Upper & lower lip	13
Chin	12
Jawline	12
Nostrils	15
Underarms	17
Half arm	23
Full arm	30
Standard bikini	20
Extended bikini	37
Full bikini (Brazilian)	57
Half leg	30
3/4 Leg	40
Full leg	50

FOR HIM

Eyebrows	15
Full arms	35
Back including shoulders	45
Chest	45
Half leg	35
Full leg	40

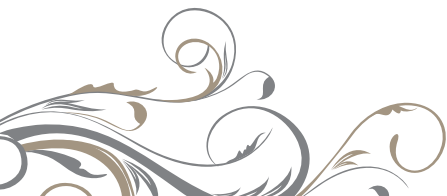
TINTING

Sick of wearing mascara, or would like to darken your eyelashes to create a fuller lash? Give eyelash tinting a try!

Eyelash tinting	19
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Eyebrow tinting is great for enhancing the colour of your eyebrows and creating a more defined look.

Eyebrow tinting	12
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MAKEUP



Using the latest looks and colours from Youngblood Mineral Cosmetics, our trained therapists can cater for weddings, debutantes, special occasions and make-up lessons...

Youngblood's loose mineral foundation has a superior formulation of 100% pure minerals that dramatically improves the look of any complexion, creating amazing coverage for your skin, and is applied in just seconds.

Special occasion makeup	60
Makeup including false eyelashes.....	80
Makeup out of salon	POA

TANNING

Tuscan Rapid Amino is quick and effective, perfect for the busy person that you are...

Step inside our spray tanning room white and come out a bronzed beauty. The hand-held spray gun is operated by a trained therapist to give you an incredible natural-looking tan. Please exfoliate the day before and on the morning of your tan for best results. It is important that you don't wear any deodorant, perfume or moisturiser before your tan, and remember to wear loose clothing. The tan needs to be left on the skin for at least 90 minutes while developing, after the 90 min you can have a brief shower after this time, over the next 8 hrs. The tan will darken by a further 30%.

TUSCAN RAPID - AMINO

Full body tan	50
Bondi Sands full body tan	40

All your Tuscan Tan homecare products also available.

FOOT TREATMENTS



Give your feet a break, experience the ultimate pampering in a relaxing Pedi Spa massage chair...

Indulge Yourself Spa Pedi - with polish application

Approx. 60 minutes 90

Callus formation and epidermal thickening can result in painful and unappealing feet. Salicylic Acid and Glycolic Acid unite in this luxurious foot and nail treatment designed to soften, exfoliate and smooth your soles and heels while caring for your nails. Your feet will be resurfaced, refreshed, callus free, hydrated and velvety smooth.

Indulge Yourself Spa Pedi - with shellac application**

Approx. 90 minutes 115

Express Plus Pedicure - with polish application

Approx. 40 minutes 50

A high-speed pedicure where feet are treated to a warm peppermint foot soak, foot massage and hot steam towel. Toenails are shaped, clipped, cuticle care and buffed and finished with your choice of nail polish application.

Shellac Express Pedicure

Approx. 50 minutes 55

A high speed pedicure where feet are treated to a warm peppermint foot soak and hot steam towel. Toe nails are shaped, clipped and buffed and finished with your choice of shellac polish application. Shellac is a specialised colour coat for your nails that goes on like gel, lasting flawlessly for up to 14 days. It requires no drying time after your pedicure and has a smooth, shiny finish that is resistant against damage, smudging and chipping so that your colour stays perfect for much longer!

**Shellac soak off 10 extra

**Soak off for gel or acrylic application 25 extra

HAND TREATMENTS

Express Plus Manicure - with polish application

Approx. 35 minutes 40

*A high-speed manicure where hands and nails are treated to a hot steam towel and your nails are shaped, clipped and cuticle care then buffed and finished with your choice of polish application. ***

Indulge Yourself Manicure - with polish application

Approx. 60 minutes 70

Your hands are treated to a peppermint hand soak and awakened by the invigoration of a hand scrub, followed by a hydrating hand mask with a stimulating hand and arm massage. Cuticle care, nail shape and buff are all included and finished with your choice of nail polish.

Shellac Express Manicure

Approx. 45 minutes 50

A manicure where hands are treated to a hot steam towel and your nails are, shaped, clipped and buffed and finished with your choice of shellac polish application.

**Shellac soak off 10 extra

Add Shellac to your manicure..... 30 extra

Soak off for gel or acrylic application..... 25 extra



FACIAL TREATMENTS

FACIAL TREATMENTS

Drift into a state of pure relaxation with one of our specialised Aspect Skincare facial treatments...

Skin Analysis

Approx. 45 minutes 60

Analysis of skin is the first step in improving one's skin. There are various skin types, not all of which are problematic, but each can be improved on by matching the correct treatment/skin care to each skin type. Our therapists specialise in skin analysis and can help you to determine what your skin type is, and how to best treat it. NB: The \$50 cost is waived if as a client you book a skin treatment or purchase ASPECT skin care on the day.

Exfoliating Cleansing Facial

Approx. 60 minutes 100

Drift away with this luxurious facial. You will receive a deep facial cleanse, facial steam and skin exfoliation using a Dry Microdermabrasion. Your skin will be left feeling brighter and more radiant. Included in this facial is a nourishing décolletage, face and hand and arm massage. This facial treatment assists cleansing decongested skin, leaving it incredibly smooth and improves the overall appearance of your skin texture.

Indulge Yourself Deluxe Facial

Approx. 90 minutes 200

Let our well trained therapists take you on a journey by pampering your skin with our Indulge Yourself Deluxe Facial. This facial will leave your skin feeling totally hydrated and includes the latest anti-aging oxygen treatment. This treatment floods your skin with Vitamins A, C and E, green tea and essential minerals to regenerate and boost the health of every skin cell. You will also experience Microdermabrasion, a soothing, non-invasive treatment that removes dry, dead skin cells from the surface of the skin using gentle exfoliation and suction. It is one of the safest skin rejuvenation treatments available today and is suitable for all ages and skin types.

Steam and Extractions

Approx. 45 minutes 85

Extractions take place after the skin has been thoroughly cleansed, exfoliated and steamed. This helps soften the congested pores and dead skin cells.



SPECIALISED PEELS & TREATMENTS

Our specialised peels and treatments are designed to improve the appearance of any skin concerns or conditions. Maximum results are reached with tailored home care products and maintenance treatments...

Specialised Chemical Peels

30 minutes 100

Specialised Facial Treatments

Our therapist can recommend specialised facials, Dermafrac, Dermaplaning (Epiblade) and facial peel courses to suit your needs.

** Microdermabrasion recommended 1-2 weeks after every peel.

Replenish Peel - 30% Lactic Acid.

A light exfoliation treatment designed to help rejuvenate and replenish the skin. Commonly known as the hydrating peel, no extra dryness is cleared. First line of defense in treating Acne skin.

Skin Brite Peel-TCA/RETINOL 0.9%.

A deep exfoliation treatment for those suffering from dark pigmentation. Improves skin brightness, refines the appearance of fine lines and wrinkles as well as decreases acne scars. Incorporating TCA with Retinol (Vit A) this peel delivers amazing results felt and is great for first timers.

Acne Peel- 30% Salicylic Acid

A highly effective treatment in treating Acne.



aspect™

SIMPLE, EFFECTIVE
COSMECEUTICAL SKINCARE.

Expertly formulated with active ingredients from science and nature to revitalise, nurture and cosmetically correct your skin, without irritation.

Talk to us about a customised
home care program today

FACIAL TREATMENTS

Laser Genesis

25-35 minutes..... From 250

Laser Genesis skin rejuvenation treats conditions commonly associated with the signs of premature aging and sun damage. These conditions include extreme redness, enlarged pores, uneven texture and fine line wrinkles. The procedure has been scientifically proven to produce new collagen. It is considered to be a highly technical, advanced procedure that promotes vibrant, visually healthy skin in men and women.*

Also offering • facial veins • leg veinsfrom \$150 per treatment

DermaFrac Treatments - Achieve Exceptional Results

Approx. 60 minutes..... 200

- Includes a hydrating eye and lip mask
- LED light treatment
- No downtime

DermaFrac is a dermal micro-needling (skin needling) machine that offers simultaneous delivery of optimal absorption of infused ingredients in a pain free, no downtime treatment that can be administered by our skin therapist's.

Dermafrac stimulates a positive natural response by the body which may increase collagen and fibroblast activity to smooth lines and wrinkles

The DermaFrac machine takes micro-needling to a whole new level.



Epiblading (includes LED, also known as Dermaplaning)

Includes Facial Peel - Approx. 90 minutes 160

Epidermal levelling is a safe and effective methodology that will improve the texture and tone of the skin, reduce fine vellus hair and improve the absorption of both treatment and at-home products.

The manual exfoliation procedure uses a straight edge scalpel at a 45-degree angle to exfoliate the epidermis. The newly designed derma edge slimline blade has been designed with an increased awareness for safety and provides enhanced exfoliation.

- No downtime
- Suitable treatment for pregnant/lactating women
- Ideal pre-event-smooth even makeup application



LED Facial Mask Treatment

Approx. 20 minutes per treatment - 48

LED light therapy is anti-wrinkle, anti-aging, acne removal, skin tightening, and is a completely pain free, non-invasive treatment for all skin types, colours and conditions.

Used by dermatologists and top beauty therapists, LED's work by emitting specific wavelengths of light that penetrate the skin at varying levels.

- Minimises Fine Lines and Wrinkles
- Treat Acne
- Reduce Redness
- Promote Healing and Minimise Scarring
- Even Skin Tone and Pigmentation
- Increase Collagen Production and Cell Renewal



MICRODERMABRASION

The newest way to ensure that you have the cleanest possible skin treatment is with Microhydrabrasion. Microhydrabrasion is a system that exfoliates the skin with diamonds but simultaneous cleans the skin too.

Per treatment 100

Microdermabrasion is the newest way to ensure that you have the cleanest skin possible.

Skin has pores and follicles that need to be regularly cleaned, and dirty, blocked skin is characterised by blackheads, congestion and blemishes.

Microdermabrasion is a system that deeply exfoliates the skin with a specialised diamond attachment but also acts as a vacuum to remove all the dry, dead cells. It cleans and decongests, and leaves your skin feeling soft, renewed, and incredibly smooth. Brilliant to use before having other facial treatments, as your skin will be far more receptive to products once all those dead skin cells have been cleaned away.

OXYGEN THERAPY

Per treatment 100

The oxygen facial has two main goals: hydration and the non-invasive treatment of fine lines and wrinkles. After analyzing and cleansing your skin the machine uses an airbrush to deliver pressurized oxygen deep into the skin, along with a concentrated serum that contains hyaluronic acid. As the airbrush makes its way over the skin in small circles, you'll feel a gentle blast of cool air.

Afterwards, skin looks noticeably plumped, smoother, and dewier, and there's no redness or sensitivity. In fact, we recommend getting the treatment just prior to a big event—even on your wedding day—and makeup can be applied immediately afterwards. Each service lasts approximately 30 minutes.

MASSAGE THERAPY

Indulge Yourself with our relaxing treatments and reach a state of renewal for your mind and body.

Anti-Stress Massage

Approx. 45 minutes 75

Approx. 60 minutes 100

This massage will focus on upper and lower back, neck and shoulders. Also included is a head massage and leave in hair treatment (optional). This massage is designed to help you achieve total relaxation, improve skin and muscle tone, increase circulation and remove toxins from the body.

Aromatherapy Full Body Massage

Approx. 60 minutes 100

This Aromatherapy treatment helps calm the body and mind with a full body relaxation massage which is designed to unwind all of life's tensions and soothe your aching muscles. Enjoy the level of relaxation that only the sense of smell and touch combined can create using DoTerra aromatherapy oils.

Hot Stone Massage

Approx. 90 minutes 155

The ultimate in relaxation massage; in one and a half hours enjoy the sensation of volcanic hot stones applied to the body to induce balance and healing, dissolving tension and stress. Relax, unwind and be transported to another dimension. Enjoy a firm and rhythmic massage which will harmonize the mind, body, and spirit.

Pre Natal Massage

Approx. 60 minutes 100

Discover the benefits of massage during pregnancy with a relaxing and therapeutic pregnancy massage. Pregnancy is a very special time in a woman's life which creates significant physiological, structural and psychological changes.



Signature SPA TREATMENTS

Our spa treatments offer you a chance to refresh and revitalise the body's largest organ - the skin! Spoil yourself or someone special with one of our luxurious treatments to pamper the mind body and spirit...

Feel free to create your own Spa Package from our variety of treatments. Allow a little extra time after your treatment to relax in our lounge area and enjoy light refreshment with our compliments.

Pure Heaven Body Treatment

Approx. 2 hours 180

Harnessing the balancing power of plant energies to normalize the pH of the skin for a visibly younger, more energetic, and deeply hydrated complexion, as well as providing a feeling of complete wellness A rich multi-vitamin mask to restore freshness and radiance.

Exhale and relax as your therapist administers a stimulating head massage with leave-in hair treatment followed by an aromatherapy full body massage using pure essential oil blends.

Treatment overview:

- Specially designed 1 hour facial
- Head massage with leave-in hair treatment
- 1 hour full body aromatherapy massage



Simply Heavenly Green Apple Exfoliation with Papaya Crème Body Mask

Approx. 3 hours 295

Delivers an aroma-sensory experience. Its fluffy lather removes impurities and toxins by gently polishing your skin. This natural sea salt scrub with green apple extract promotes the renewal of skin cells while providing anti aging benefits. Your skin emerges smooth to the touch and visibly brightened. The second part to this luxurious body treatment is the Papaya Crème Body mask, nourishing and repairing, this exquisite tropical body wrap counteracts premature aging and sun damage while you are relaxing in our Hydra Spa Water Therapy Capsule.

Your journey will also include a specialty designed facial to suit your skin type, followed with a full body Aromatherapy body massage

Treatment Overview:

- Full body exfoliation
- Full body crème mask
- Hydra Spa water therapy
- Specially designed facial
- Full body aromatherapy massage using DoTerra essential aromatherapy oils

Sea Salt Body Buff

Approx. 60 minutes 110

This fabulous Green Apple Body Buff treatment gently exfoliates dead skin cells and improves circulation, rendering your skin clean, smooth, revitalized and silky-soft. While you are relaxing in our Hydra Spa Water Therapy Capsule, your therapist will provide you with a mini facial, head massage and leave in hair treatment.

Treatment overview:

- Full body exfoliation
- Mini facial
- Head massage with leave in hair treatment
- Hydra Spa water Therapy



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Open Monday - Saturday

Closed Sunday

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