

CUSTOMISED FACIALS

DELUXE FACIAL - 1 HR

EXPRESS FACIAL - 30 MINS

Body and Being facial treatments utilise Australian-made, botanically based, natural skincare - **Uspa**

and **Miessence**. Each facial includes cleansing, exfoliation, serums and clay-based masques. Our Deluxe Facial includes an aromatic massage of shoulders, neck, face, hands or feet. Uniquely prescribed for your skin condition or choose from options of:

- **DEEP CLEANSING** - Purify problem and sluggish skin
- **REJUVENATING** - Revitalise mature and stressed skin
- **SKIN RESCUE** - Calm redness and soothe sensitivities
- **HYDRATION PLUS** - Thirst quenching for dry, tight skin
- **NEW RADIANCE** - For dull, scarred or sun-damaged skin



FOUNTAIN OF YOUTH - FACIAL TREATMENT

Our most luxurious facial, customised to reveal your youthful radiance and revitalise your skin. Utilising **Om Veda** products, rich anti-oxidant serums, elixirs and our unique herbal and floral masque to regenerate and protect against the aging process. Features our eye contour treatment for complete eye revival and an aromatic massage of neck, shoulders, décolletage and face. **1.25 HRS**

STRESS RESCUE - FACIAL TREATMENT

Devised for modern day stressed-out beings, this soothing combination of facial and body treatment encourages the effective release of tension. Featuring application of warm stones and acupressure to key points on the body and a massage to décolletage, shoulders, neck and face with our unique de-stress aroma blend. Specialised treatment to calm and rehydrate skin and relieve stress.

1.25 HRS



MASSAGE THERAPIES

SWEDISH/RELAXATION MASSAGE

Focuses on improving general well-being and promoting relaxation of the mind and body. Incorporates basic gliding, kneading and stroking techniques with the use of oils. It has a calming effect and can be helpful in reducing pain, joint stiffness, and improving stress levels.



AROMATHERAPY MASSAGE

Specially blended essential oils enhance the healing effects of this deeply relaxing and soothing therapy. It addresses specific health problems, reduces stress and encourages general well-being.

REMEDIAL & THERAPEUTIC MASSAGE

Oil-based massage which may help with conditions such as back and neck pain, headaches, arthritis, cramps, stress, fatigue and many other complaints. Relaxing and healing, combining a variety of techniques and pressure to suit individual preferences.

DEEP TISSUE AND SPORTS THERAPY

Designed to reach the deep sections of thick muscles, specifically the individual muscle fibres. Using strong targeted muscle compression, pressure points and isolating muscle groups to address specific conditions and release muscle spasms.

SPECIALISED BODYWORK

WARM STONE MASSAGE

The direct warmth from water-heated basalt stones relaxes muscles, promoting sensations of comfort and relaxation. Warm stones expand blood vessels, which enhances detoxification and allows relaxation of the nervous system, creating a sedative effect. Stone placement, massage with stones and the hands transforms, enhances healing and creates deep relaxation.



LYMPHATIC DRAINAGE THERAPY

Detoxification and stimulation for congested lymphatics, sluggish circulation, fluid retention and fatigue states. Raises energy levels with pulsing, unique drumming and rocking techniques and includes some remedial back massage. **1.5 HRS**

KA HUNA STYLE BODYWORK

Ka Huna massage uses both the forearms and hands, in long flowing strokes with continual rhythm and fluidity. The flowing style combined with the breath, encourages body, mind and spirit to heal, relax and feel energised. **1.5 HRS**

REFLEXOLOGY

All the organs and systems of the body are stimulated by pressure on reflex points of the feet. This mobilises the self-healing energy, revitalises the health of the whole body, and can address specific health problems. **1 HR**

FACIAL PACKAGES

PURE RECOVERY

A Deluxe customised Facial with a de-stressing Ayurvedic hair and scalp treatment. **1.5 HRS**



REJUVENATING FACIAL

A 30 minute relaxation back massage followed by a Deluxe customised Facial to restore and revitalise body and soul. **1.5 HRS**

REVITALISING FACIAL

Deluxe customised Facial with an aromatic foot bath, exfoliation, masque and luxurious foot massage. **1.5 HRS**

SKIN SOLUTIONS

Individualised naturopathic treatments to address skin conditions and imbalance. May be combined with a customised Facial.

CONSULTATION ~ 1 HR • WITH FACIAL ~ 2 HRS

CUSTOM TREATMENTS

Combine any of our treatments for a unique pampering package.

A full range of natural beauty treatments available including:

- **WAXING** • **TINTING** • **MANICURES** • **PEDICURES**

WRAPS & PACKAGES

Body Bliss Mud THERAPY

This luxurious treatment includes dry skin exfoliation, mud application, warm wrapping, shower and moisturising treatment. The rejuvenating mud masque is enriched with replenishing oils that cleanse, hydrate, soften and nourish your skin.

1 HR OR 2HRS incl. MASSAGE & MINI FACIAL



Body Polish

Top to toe pampering with our herbal scrub to exfoliate dead skin cells. New skin is revitalised with a full moisturising treatment. 1 HR

HOT STONE HEAVEN

A blissful treat which includes a deeply relaxing hot stone massage to warm the body and ease muscle tension, followed by a luxurious warm stone facial - soothing & grounding... 2 HRS

DEEP SERENITY

This two hour massage and Deluxe customised Facial combination will leave your body relaxed, your mind calm and your skin rejuvenated. 2 HRS

Body AND BEING EXPERIENCE

A luxurious package to help you leave all your stresses behind. A soothing foot bath and exfoliation, then a deeply relaxing aromatherapy massage, a Deluxe customised Facial and hand treatment. 2.5 HRS



THE ULTIMATE TREAT

Start with a full body exfoliation and a detoxifying mud wrap. Then indulge in a relaxing massage and moisturisation. Float away with a Deluxe customised Facial and a scalp massage. This blissful treat will make your skin silky smooth. 3 HRS

PAMPER PLUS

A full body, herbal scrub exfoliation followed by a soothing and relaxing massage*, then a Deluxe customised Facial, finishing with your choice of a manicure, a pedicure... or both. 3.5 OR 4.25 HRS

HEAVEN & EARTH

AYURVEDIC SCALP TREATMENT

A relaxing and nourishing treatment for the hair and scalp. Includes head massage, pressure points, application of Ayurvedic oil and hot towel wrap. 30 mins

HEAD & TOES TREATMENT

A deeply relaxing combination of an Ayurvedic scalp treatment with a deluxe foot treatment. Feels like pure bliss. 1.25 HRS



HAND & FOOT TREATMENT

A delicious aromatherapy pampering for the hands and feet. Start with an aromatic soak, exfoliation, mud masque and a relaxing massage.

HANDS ~ 30 MINS • FEET ~ 45 MINS • HANDS & FEET ~ 1 HR

TOTAL HEAVEN

Be transported to heaven with this divine hand and foot rejuvenation combined with a Ayurvedic scalp treatment. 1.5 HRS

Couples Spa EXPERIENCE

A shared experience for couples and close friends... enjoy a relaxing massage and facial combination plus reviving foot treatment in our couples room. 2 HRS



Gift Vouchers - MAKE THE GIFT OF MASSAGE, A FACIAL OR ONE OF OUR LUXURIOUS PAMPER PACKAGES TO SOMEONE SPECIAL.



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Open 7 days - by appointment

(02) 4784 3498

bodyandbeing.com.au

A cancellation fee is payable if less than 24hrs notice is given for changes, cancelled and 'no-show' sessions (group bookings - 48hrs). Surcharge applies for credit card payments.

Massage • Beauty • Healing



Body &
BEING



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