



# Indulge Body & Soul - DAY Spa Menu



**Indulge Body & Soul**

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## INDULGE

### TIME RELAX HYDRO CAPSULE

**Indulge Body&Soul** has chosen the Time Relax Hydro Therapy Capsule for its superior results and advanced water efficiency.

**Aromatic Steam** relaxes your senses while infusing any minerals and oil.

**Vichy Shower** washes away all your cares with a gentle caress of water.

**Colour Therapy** soothes your mind.

*A wonderful way of relaxing your mind, body and soul*

**AROMATIC STEAM** 20min - (\$20 with any treatment) \$35

**Aromatic steam** creates humid heat to cleanse your skin, and relieve tired and aching muscles. Now, deeply relaxed, you are ready for one of our many body treatments, or simply enjoy your time out.

**EXFOLIATION** - Polish, and let your skin glow! 30min - \$70

Detox, Stimulate or Smooth.

**Sea salt** and essential plant oils removes your dry and flaky skin, leaving you with a healthy invigorated glow. **Cream Exfoliation** gives sensitive skin a gentle, smooth exfoliation. *Great with an Aromatic Steam*

**BODY MASK** 45min - \$90

Your therapist will help you choose a mask, which is applied to your whole body. Steam is used to infuse the minerals and oils, helping you regain harmony and balance.

**DETOX** - Will assist any weight loss programme

**Clear** away the toxins and **awaken** your mind, body & soul.

An extravagant blend of active ingredients **stimulate** your Lymphatic system, removing toxins from your body. A treatment so invigorating, it's feels like a holiday for your whole being. Recommended for cellulite, slow metabolism and poor circulation.

Complement this treatment with a Detox Body Massage which will help draw out toxins, enhancing your skin's ability to cleanse from the inside out. Your therapist can recommend a home care regime to assist your detox programme.

### TENSION RELEASE - Great after exercise

A deep acting treatment ideal for your **tired**, achy muscles and joints.

A rich formulation of essential oils and plant extracts **relieves** your tension.

This is the ideal treatment for **fatigue**, arthritis, rheumatism, or if you feel the cold.

We recommend an exfoliation before your mask to allow the products to fully penetrate your skin. *The earth's equivalent of a warm embrace from the heavens*

### HYDRATING BODY - A must after the sun

This **moisturising** mask is relaxing, rich and creamy, perfect for healing the body and soul. Super hydrating properties restore **softness** and smoothness to even the most **sensitive** of skins.

The mesmerising scent of Camellia and Rose combined with the intoxicating aroma of Coconut and Honey gently carries you to heavenly bliss. Your skin is left beautifully soft and relaxed, creating tranquillity for mind, body & soul.

## BODY

### HOT STONES

Our stones are locally gathered from beautiful Mangamanu Bay. They are charged with the energy and soul of this area. Chosen for their size, weight and smoothness, they are oiled and warmed to ensure complete comfort and true relaxation for your body and mind.

**HOT STONE TREAT** 60min - \$110

Allow yourself to be lulled into a deep state of relaxation as warm oil and hot stones glide across your body in long flowing strokes for a total muscle-melt.

**HOT STONE FACIAL** 60 min - \$115

Experience the combination of a hydrating facial with deep **relaxation** of hot stones. The warmth of stones infuses the **hydrating** facial products giving your skin a lovely soft feel and your soul the real wow factor.

**MYO-FASCIAL RELEASE** 60min - \$90

MFR focuses on your fascial system, which when restricted can reduce flexibility, cause pain and impair circulation. MFR is applied as light traction to an areas of pain.

### OUR SIGNATURE TREATMENT

**THE BODY&SOUL INDULGE** 2hr 15min - \$215

*If you want it all, this is the treat for you!*

Combine the **Hot Stone Treat** with the **Hot Stone Facial** and you have our signature treatment, The Body&Soul Indulge.

A special facial which uses the warmth of Hot Stones to infuse hydrating products into your skin. This combined with Hot Stones gliding across your body in long flowing strokes, will leave every inch of you feeling relaxed and looking rejuvenated.

A herbal tea in our relaxation room helps ease you back to reality, leaving you feeling 100% bliss. *The perfect gift for him & her*

**MASSAGE** - Enhance any massage treatment with a steam

Enjoy the proven benefits of a massage to relieve stress and ease muscle pain, while your whole body relaxes.

**RELAX MASSAGE** 30min - \$55, 45min - \$75, 60min - \$90

Reduce your stress levels with some **pampered** time out. Delicately scented oil is applied in long, gentle, soothing strokes, leaving your mind and body relaxed.

**PREGNANCY MASSAGE** - Relaxing and soothing 30min - \$55, 60min - \$90

A luxurious, therapeutic massage, which provides a nurturing touch to your pregnancy experience.

**NEURO-MUSCULAR THERAPY** 60min - \$90

A massage technique which treats acute and chronic pain. Recommended for correcting muscle dysfunction and postural imbalance.

**SPORTS MASSAGE** 30min - \$55, 45min - \$75, 60min - \$90

Get more from your training by using massage to increase blood flow reducing recovery time.

**DETOX BODY MASSAGE** 30min - \$55, 45min - \$75, 60min - \$90

An extravagant blend of active ingredients, combined with a firm massage, will assist in removing toxins, enhancing your skins ability to cleanse from the inside.

## BODY

**FACIALS** - Boost your skin & lift your spirit

**Drift** away as warm scented towels envelop your senses.

**Unwind** as the deep cleansing massage moves from your neck and shoulders up to your face.

**Uplift** your senses through the divine scent of product as they cleanse your skin.

**Look** great by finishing your treatment with a light application of make-up.

**Taste** herbal tea and chocolate as you gather yourself in our relaxation room.

### GATINEAU

This is a great non-invasive alternative to cosmetic surgery that is individually tailored to suite your skin type and condition. Our Therapist will explore your needs during the consultation, to ensure they prescribe the appropriate Gatineau Facial and home care to restore, replenish and revitalise your skin.

*Enhance any facial with an Eyelash Tint or a Gatineau eye treatment*

**THE GATINEAU EXPERIENCE** 75min - \$150

A deep cleansing massage moves from your neck and shoulders up to your face to relax your whole essence. The Gatineau premium treatment ampoule boosts, strengthens and hydrates your skin.

Gatineau premium treatment mask regains radiance, youth and vitality that assists skin which is losing its elasticity, reducing the appearance of fine lines and wrinkles. Your skin is revitalised, invigorated and refreshed, revealing your inner beauty.

**GATINEAU RECHARGE** 60min - \$100

With warm towels, a deep cleanse, and a massage your face will feel rejuvenated and your spirit recharged.

### La CLINICA

La Clinca facial products are designed to improve the appearance of your skin by using the highest quality of natural, plant derived organic ingredients.

**La CLINICA ORGANIC CALM** 30min - \$65

Escape for half an hour of sheer calming bliss, with warm facial towels and a facial massage.

### QUOI MINERAL MAKE-UP MAKEOVER

Book a one-on-one makeover, or get together with a group of friends, work colleagues and have a fun, no pressure, session. Our trained therapist will share tips from easy-care everyday make-up through to that evening seductive look.

### WEDDINGS

Sit back, relax, and enjoy the moment before your special occasion, while our therapist enhances your natural beauty with Quoi mineral make-up.

### PACKAGES

We specialise in creating packages from a 'girls night out' through to Wedding Parties, organise a group of friends for your birthday, hen's night, team building, a thank you, or any other occasion.

**THE EYES** - Refine and highlight your eyes

Eyelash tint \$30

Eyebrow tint \$20

Eyelash & Eyebrow tint \$40

Eyelash, Eyebrow tint & Tidy \$50

Eyebrow wax \$20

Gatineau Collagen Eye Treatment (with any treatment) \$10

### PERSONAL GROOMING

Full leg \$70

½ leg (knee down) \$37

Brazilian \$70 - \$45

Bikini \$35 - \$25

Underarm \$25

Please ask if the area you require is not listed.

### HANDS & FEET

Our hands and feet need some reward for all we put them through. Allow our therapist to transform your nails to being the centre of attention, while giving you valuable tips on home care.

**THE SOAK** 70min - \$120

Sip on herbal tea while your feet are totally immersed in warm scented water.

An exfoliation, mask and massage assist in restoring your feet to their youthful appearance. Your cuticles are removed, nails shaped and smoothed, and an Essie nail polish of your choice is applied.

**PEDICURE OR MANICURE EXPRESS** 45min - \$79

Your nails are shaped and smoothed and a relaxing massage is performed. The treat is then completed with an Essie nail polish of your choice.

**SHAPE 'N' SHINE** 20min - (\$20 with any treatment) \$30

A treatment in itself or a complement to any experience. Once your nails have been shaped and smoothed they will look glamorous.

*Add a polish of your choice for \$15*

**MANICURE DELUXE** 60min - \$100

Your hands are immersed in warm scented water, a mask is applied, followed by a hand massage to relax and stimulate blood flow. Then your cuticles are removed, nails shaped and smoothed. An Essie nail polish of your choice is applied leaving your hands restored to a youthful appearance.

**Home care packs are available for purchase during nail treatments.**

## SOUL

**HEALING** - The most wonderful form of relaxation 60min - \$85  
Empower yourself by clearing, aligning and balancing the energy systems uniting all levels; body, emotion, mind and spirit, empowering yourself and bringing a sense of calm.

**HYPNOTHERAPY** 75min - \$100

Hypnotherapy is a shortcut to the subconscious mind, creating a heightened sense of awareness similar to meditation.

## THE GROOM

While most of the treatments in the menu are suitable for **MEN**, Indulge Body&Soul recognise that men are unique. **This is for you...** Enjoy.

**GROOM THE FACE** - A must for men who's face is their business

**THE EXECUTIVE** 75min - \$150

Decongest and strengthen your skin with this premium Gatineau treatment. Enriched products are applied to your face to exfoliate, deeply cleanse, and intensely moisturise. An eye treatment soothes tired eyes and softens those dark rings, leaving you looking fresh. Add a Manecare to complete the executive look. \$20

**THE SOOTHE** - Great for sensitive skins 60min - \$100

Relax while warm scented towels are applied to your face. A creamy mask is then applied to hydrate, soothe and calm the skin.

**THE TIME** 30min - \$65

Time is short in a man's world, so for a quick recharge the Time Out is perfect. Hot steam towels to relax, a cleanse to purify, and a face massage for good measure.

### GROOM THE BODY

**THE BUFF** 50min - \$90

Enter the Time Capsule and enjoy a body and facial exfoliation. Aromatic steam gently infuses the oils from the body polish into your skin. A facial massage completes the experience, leaving you looking buffed.

**THE MUSCLE RECHARGE** 50min - \$95

Warm paraffin mixed with a special clay is applied to your back producing a sedative, relaxing effect on strained muscles and body tissue. Your muscles will feel recharged, and your body smooth, soft and relaxed.

