



# Wellsprings Day Spa Treatment Menu

**ON-LINE BOOKINGS AVAILABLE**

[www.wellspringsdayspa.com.au](http://www.wellspringsdayspa.com.au)

03 5831 4606

### **Appointment Policy**

We recommend you book appointments in advance to secure your preferred date, time and therapist/hair stylist

### **Credit Card Details To Secure Bookings**

Credit card details are required to secure all bookings & all new guests are subjected to a \$5 pre-authorisation validation to your card for proof of legitimacy. This amount will be immediately refunded once the verification of funds is approved. Please let us know if you would like your card details removed from our system after each appointment keeping in mind you will be required to re-provide these each visit. If you are uncomfortable with this policy, we offer on-line funds transfers where you will be required to deposit 50% of the service cost up to 48 hours prior to your appointment or alternately we can process a 50% deposit payment with your card over the phone so your card details will not be stored. In-store deposit payments are also accepted.

### **Cancellation Policy**

We understand that sometimes you need to change your schedule. Guests who wish to change or cancel an appointment are kindly requested to provide 24 hours notice or a 50% cancellation fee will be charged to your credit card or deducted from your gift certificate. Due to Sunday closure, we require 48 hours notice for Monday cancellations.

### **Compulsory Booking Confirmations**

Wellsprings Day Spa reserves the right to cancel a non-confirmed appointment. We request that you provide two reliable contact details allowing us more options to remind you of your appointment.

If our reception staff must constantly call to leave messages and send additional texts to attempt confirmation of your booking, the additional cost of the calls/ text charges may apply.

### **Parking**

Two hour free parking spaces are available at the front of Wellsprings on both sides of the street & around by the Medical Clinic.

We also have a limited number of underground car park spaces available to guests.

This is a shared carpark so please look for the Wellsprings signs and park in the allocated spaces behind our staff vehicles.

### **Childcare Arrangements**

Please respect the quiet and privacy needs of other guests by turning off your mobile phone and by making child-care arrangements for any appointments.

### **Your Treatment Needs**

For your maximum safety and comfort, please let us know if you are under the care of a doctor or other alternative practitioner. In particular, please inform us if you are pregnant or have any allergies or health conditions so we can adapt the treatments to your needs. All Aveda treatments are suitable for men and women and are customised. As your needs vary from visit to visit, your treatments may differ.

- Treatment time is approximate and includes consultation and professional advice
- Although every attempt is taken, Wellsprings Day Spa accepts no responsibility for your personal belongings within the premises.
- All prices are inclusive of gst & effective from 1st May 2017. We reserve the right to make price changes at any time.



### **HOURS OF OPERATION**

Monday 9.30am - 5.30pm

Tuesday 9.30am - 5.30pm

Wednesday 9.30am - 8.00pm

Thursday 9.30am - 8.00pm

Friday 9.30am - 7.00pm

Saturday 9.00am - 5.00pm

**Telephone: (03) 5831 4606**

**168 Welsford Street, Shepparton, Victoria 3630**

**Email: [relax@wellspringsdayspa.com.au](mailto:relax@wellspringsdayspa.com.au)**

Follow us: Wellsprings Day Spa



#wellspringsdayspa each visit to go into the draw to win one of our monthly prizes

**Book your appointments online 24/7**

**[www.wellspringsdayspa.com.au](http://www.wellspringsdayspa.com.au)**

# spa memberships

## Wellsprings Experience Club Membership

12 month treatment membership	\$1300 (value \$1500)
6 month treatment membership	\$650 (value \$750)

Your choice of any customized hour treatment per month from the list below:

- Tulasara Facial
- Any 60 Minute Massage
- Aroma Body Wrap
- Body Exfoliation
- Rosemary Mint Body Wrap
- Body Polish With Body Bronzing
- Essential Back Treatment
- Pure Spa Pedicure
- Pure Spa Manicure
- Pramasana Scalp Treatment With Blow Dry
- Blow Dry Styling Lesson
- Makeup Application

# packages

## Pure Escape

1 hour and 30 minutes - \$195

- Welcoming Herbal Tea
- Calming Foot Soak
- Foot Exfoliation Treat
- Neck, Back & Shoulder Massage
- Tulasara Facial
- Finishing Touch Lip Shine
- \$20 Product Credit

## Soul Revival

1 hour and 45 minutes - \$250

- Welcoming Herbal Tea
- Calming Foot Soak
- Foot Exfoliation Treat
- Fusion Hot Stone Massage
- Tulasara Facial
- Revitalizing Eye Treatment
- Finishing Touch Lip Shine
- \$20 Product Credit

## Botanical Therapy

2 hours 15 minutes - \$260

- Tulasara Facial
- Hand Relief Salt Scrub, Nail File, Polish & Massage
- Botanical Hair Treatment & Blow Dry
- \$20 Product Credit

## Stress-Fix Sanctuary

2 hours - \$285

- Foot Soak & Exfoliation
- Lavender & Clary Sage Body Scrub
- Stress Fix Body Massage
- Scalp Massage
- \$20 Product Credit

## Enchanted Journey

2 hours - \$300

- Foot Soak & Exfoliation
- Steam Room
- Fusion Hot Stone Body Massage
- Indian Scalp Massage
- Paraffin Hand Treatment
- \$20 Product Credit

*\*All packages with hair services are approximate times only dependant on each guests hair length*

Gift Certificates are available online. Simply pay for and print your own Customised Gift Certificate anytime.

[www.wellspringsdayspa.com.au](http://www.wellspringsdayspa.com.au)

## Heaven Scent

2 hours and 15 minutes - \$330

- Foot Soak & Exfoliation
- Steam Elixir Body Treatment
- Aroma Relax Body Massage
- Pressure Point Foot Massage
- \$20 Product Credit

## Journey to Well-Being

4 hours - \$470

- Welcoming Tea
- Exfoliating Foot Treat
- Body Exfoliation
- Aroma Relax Massage
- Tulasara Facial
- Pure Spa Manicure or Pure Spa Pedicure
- Herbal Tea and Snack
- \$20 Product Credit

## Royalty Spa Package

6 hours - \$695

- Welcoming Tea
- Exfoliation Foot Soak & Scrub
- Relaxation Spa Soak
- Stress-Fix Body Massage
- Tulasara Facial
- Pure Spa Manicure
- Pure Spa Pedicure
- Hair Treatment & Blow Dry
- Healthy Lunch & Refreshments
- \$20 Product Credit

## Pre-Baby Bliss - Pregnancy Package

2 hours 15 minutes - \$275

- Calming Foot Soak
- Foot Exfoliation Treat
- Relaxation Pregnancy Massage
- Pedicure and Polish Application
- Paraffin Hand Treatment
- Herbal Tea & Snack
- \$20 Product Credit

# specialty packages

## Wellsprings Group Tapas Treat

1 hour - \$150

Designed for Groups of 3 or more guests only. Not available for an individual booking.

- Foot Soak & Exfoliation
- 15 min Back Massage
- 15 min Scalp Massage
- 15 min Skin Cleanse Refresher
- 15 min Hand Massage
- \$20 Product Credit

## Rescue Release

2 hours - \$245

Designed for guests in recovery from stress related illnesses, chemotherapy, major surgery, or people going through life altering events. This package has been designed to help calm the nervous system and allows people who have difficulty relaxing to feel soothed and focused.

- Foot Soak & Exfoliation
- Chakra Balancing Massage
- Wash & Blow Dry Service OR Paraffin Hand Treatment
- \$20 Product Credit

## Learn to be your own Style Queen

\$230

With a two hour workshop with one of our Make-up Artists and Hair Stylists who will teach you how to enhance your features through make-up and how to get the best out of your hair style so that you can style it like the pro's.

## Event Styling

- Hair up
- Make-up Application
- Full Body Bronzing Spray Tan
- Nail File & Shellac Hands or Feet

\*Tiered prices apply for Hair length & Intricacy of Hair Style.

Standard Package -

Short to Shoulder length hair - entire package price - \$280

Shoulder Length to Long hair - entire package price - \$290

Long hair to Extra long hair - entire package price - \$300

\*Short term Lash applications are an additional cost-  
please state at the time of booking if you would like these.





# face

## Dual Exfoliation Treatment

75 minutes- \$175

This Dual Exfoliation Treatment is Aveda's latest advancement in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms the skin through the process of dual exfoliation. The treatment results in improved skin texture, clarity and radiance; smoothed appearance of fine lines and wrinkles; and refined pores, revealing fresher, younger-looking skin. You will see immediate, visible results within one treatment. Experience the rejuvenating power of plants and minerals to help your skin to look and feel its best.

## Dual Exfoliation 4 Week Skin Challenge

commences at the start of every month - \$580

One x 75 minute treatment every week for a month.  
(valued at \$700)

Imagine what your friends & family will say when you emerge from a 4 week skin booster at Wellsprings that gives you clinically proven results as described above. Sign up today for your place.

Please note- there is a limited number of these packages sold per month.

## Perfecting Plant Peel

30 minutes - \$95

*An intensive deep exfoliation*

Harnessing unique botanical ingredients to give you an intensive deep exfoliation – an alternative to harsh glycolic peels that can make the skin red and light sensitive. Aveda's Perfecting Plant Peel will provide the skin with 40% exfoliation – equivalent results to that of a 30% glycolic peel, leaving your skin incredibly smooth, soft and supple with improved skin clarity.

## Outer Peace™ Blemish Relief Treatment

30 minutes - \$95 / 60 minutes - \$145 / 90 minutes - \$165

*It's time to come out*

A total solution – personalised for your skin that treats not only blemish symptoms, but its causes – so skin stays clear. Includes consultation; professional exfoliation; pore extractions and redness reduction; stress-relief techniques; diet and other individualised tips for a blemish-free lifestyle.

## Botanical Resurfacing

30 minutes - \$95 / 60 minutes - \$145 / 90 minutes - \$165

*An innovative alternative to microdermabrasion for glowing results*

Botanical Skin Resurfacing with our hands-on approach and the power of tourmaline – smooths your skin's texture. Reduce the appearance of fine lines, and diminish pore size while significantly increasing radiance. This facial gives you the glowing results comparable to salon microdermabrasion with less irritation and inflammation.

## AVEDA Tulasara Facial Treatments

30 minutes - \$89 / 60 minutes - \$139 / 90 minutes - \$160

Dry, oily, aging, uneven, sensitive, acne and eye concerns can all be addressed with a customised Tulasara facial treatment. All treatments begin with a thorough consultation by your skin therapist to determine the best combination of products, personalised Aveda aromas and techniques that will bring your skin towards balance and reveal its natural beauty.

Facial treatments are recommended on a regular basis to achieve and maintain optimal results. Your therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations.

## Aveda's Vitamin C Complex Facial

60 minutes - \$145 / 90 minutes - \$165

Aveda's newest treatment will leave your skin with an instant glow and clarity.

Vitamin C is a multifunction wonder nutrient designed to even the skin tone, reduce discolouration and assists in breaking down pigmentation.

Along with boosting collagen production, it smooths the appearance of fine lines and wrinkles whilst infusing anti-oxidant protection to the skin.



# massage

## Professional Stress- Fix Body Massage

30 minutes - \$90 / 60 minutes \$139 / 90 minutes \$170 / 120 minutes \$200

A focused treatment that uses Swedish massage techniques along with some deep tissue techniques to reduce muscular tension and increase circulation in high stress areas of the body-shoulders, neck, face, upper back & forearms- along with a specific foot reflexology treatment. Stress can really take its toll on your physical, emotional and spiritual health. At Wellsprings, we turn to Ayurveda, a 5000 year-old healing tradition from India, and western science to find 21st century technology, for solutions to the stress we experience everyday.

## Chakra Energy Balancing Massage

60 minutes - \$139 / 90 minutes \$170 / 120 minutes \$200

### *Balance your senses*

The concept of Chakras comes from Ayurveda, the ancient healing art of India. These 7 energy centres are located along the spine and can be thought of as personal growth centres that connect your sub conscious with your physical body. The Chakra Balancing Massage seeks to create harmony in the Chakra System using a variety of massage techniques – Deep Tissue, Chakra Foot Reflexology and Chakra Energy work.

## Tibetan Herbal Poultice Massage

60 minutes \$139 / 90 minutes \$170 / 120 minutes \$200

This is Wellsprings signature massage inspired from the Himalayas & has been crafted by Wellspring's founder Kylie to honour the Ayurvedic philosophies of our brand & to help cater for each individual's needs.

The massage is a fusion of Thai, Reflexology, Aromatherapy, Deep Tissue, Tibetan & Swedish Massage techniques applied to create a massage with powerful therapeutic effects specific to your requirements. Blended essential oils, hot herbal poultices & stones can be experienced in the 90 & 120 minute treatments & the 60 minute treatment is the same minus the stones.

## Fusion Hot Stone Massage

30 minutes \$90 / 60 minutes \$139 / 90 minutes \$170 / 120 minutes \$200

### *Absolute relaxation to warm the soul*

Experience the aromatic power of plant pure-fumes fused with the sensation of smooth warm stones. Hot stones comfort, de-stress and melt muscle tension, leaving your body in a more free state.



## Soy Fusion Candle Massage

60 minutes \$139 / 90 minutes \$170 / 120 minutes \$200

This unique relaxation massage/body treatment uses soy bean wax, jojoba oil, shea butter, apricot kernel oil, sunflower oil, evening primrose oil, vitamin E and a specific blend of essential oils. We have four luxurious blends that will relax you whilst leaving your skin with the nourishing benefits of a spa body treatment.

## Elemental Earth Massage

1 hours and 45 minutes - \$199

- Foot Soak & Exfoliation
- Combination of Aroma Relax & Fusion Stone
- Pressure Point Scalp & Face Massage
- Invigorating Back Polish
- Foot Massage

## Pregnancy Massage

30 minutes \$90 / 60 minutes \$139 / 90 minutes \$170

Our specialised pregnancy massage table allows you to relax on your stomach. This carefully designed bed has a hollow & support mattress allowing you to rest easy. This is a gentle relaxation massage that will ease aches & pains whilst relieving stress & pressure. Tangerine oil is a pregnancy approved oil & is highly recommended for the prevention and repair of stretch marks, often associated with pregnancy.

*Important:* any massage therapy in the 1st trimester must be avoided but it is recommended as a relaxation treatment in the 2nd & 3rd trimesters.

## Deep Tissue Massage

30 minutes \$90 / 60 minutes \$139 / 90 minutes \$170

A full body massage experience recommended for those really tense, sore, knotted regions. Using deep muscle techniques, the therapist will work within your pleasure/pain threshold to release and relax chronic tension.

## Aroma Relax Massage

30 minutes \$85 / 60 minutes \$110 / 90 minutes \$155 / 120 minutes \$185

*Personalised for you*

Reduce tension, restore your well-being and coax tired and aching muscles back into condition with the power of touch. Ideal to use as part of your health maintenance program. Our therapists incorporate a variety of massage and energy balancing techniques and pressure, to provide you with a customised massage. Experience your Elemental Natures and favourite Aveda aromas – calming blends to ease stress, anxiety and insomnia, uplifting blends for low energy and stimulating blends to improve circulation and to detoxify.

## Ayurvedic Indian Head Massage

30 minutes - \$85

A powerful, calming & relaxing massage of the head, neck, shoulders & upper back.

This treatment is ideal if you carry stress in any of these areas.

You will experience an improved quality of sleep, your hair & scalp health will be nourished & feel healthier as well as helping manage recurrent headaches & migraines.

## Ayurvedic Shirodhara Treatment

90 minutes - \$170

Luke warm herbal Oil is poured in a gentle even stream onto the third eye (forehead region) to pacify & revitalise the mind & body whilst the scalp is stimulated through massage techniques.

Not only is the shirodhara rejuvenating, it improves memory, is anti-ageing, aids in neurological disorders, helps balance blood pressure & helps normalise sleep patterns.

The treatment concludes with a customised hair treatment, wash & blow dry.





# body treatments

## Body Exfoliation

45 minutes - \$99

*Deluxe skin conditioning*

Aqua Salt Glow or Walnut Body Polish. A customised refinement of the entire body that will leave your skin cleansed, polished and softened. A hydrating formula customised with your chosen aroma will smooth and condition the skin.

## Essential Back Treatment

45 minutes - \$99

*Facial for the back*

The hard-to-reach area of your back is tended to during this deep-cleansing masque and massage. Shoulders, neck and back are purified and refined to ensure well cared for skin all over.

## Aroma Body Wrap

45 Minutes - \$115

Supremely soft and moisturised skin can be yours, as your whole body is exfoliated, drenched in hot aromatic oil, and cocooned in a comforting herbal-infused warm wrap. This deeply luxurious and balancing therapy reduces stress, detoxifies the body and leaves your skin and body nourished. Book as a monthly maintenance or as a seasonal or special occasion treatment.

## Rosemary Mint Body Wrap

60 minutes - \$115

*De-stress and awaken your senses*

Renew both body and mind with this stimulating wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses and stimulate circulation, while a scalp and foot massage balances the whole body. Ideal for fluid retention or muscular aches and pains.

## Manipura Detox Wrap

60 minutes - \$150

This unique body experience is performed in our steam rasul & comprises of a full body scrub, and aromatic treatment oil body mask that aids in a total body cleansing detoxification.

Another Indian inspired treatment, Manipura means beautiful, shining jewel in Sanskrit & refers to the solar plexus (naval chakra) which is the centre of our fire & sun energy that helps ignite our health & vitality. Our body sweats, our toxins are excreted & our skin is shed revealing our vibrant, awakened bodies, our own outer shining jewel.

## Nourishing Body Wrap

75 minutes - \$155

So Beautifying, So Nourishing. Experience a warming, detoxifying, seaweed body wrap treatment featuring your choice of Aveda's Beautifying, Shampure or Stress-Fix body care products. Treatment includes a dry exfoliation, seaweed masque, scalp and face massage, and foot reflexology treatment.

# supreme body treatments

## Himalayan Heat Ritual

2 hours - \$195

A holistic ritual consisting of a full body salt scrub in our Steam Rasul followed with the Tibetan Herbal massage to balance the 5 elements & restore a harmonious flow of energy and vitality within. A blend of essential oils combines beautifully with the Tibetan techniques of cupping, kneading & deep pressured hot herb poultices.

## Steam "Rasul" Body Detox

Single session - \$40 / 10 sessions - \$300

Our Rasul is the perfect way to help your body eliminate built up toxins & fluid.

The Rasul helps to open up airways which improves your breathing and alleviates congestion. The wet heat from the steam room thins and opens the mucous membranes in the body, which helps to relieve pressure. This is highly beneficial for those that suffer from asthma and bronchitis, as it helps with sinus relief. The steam room also increases metabolism and can aid with weight loss. The steam room causes you to sweat, which means that your body is losing water. As water makes up a large part of your body weight, the emission of the sweat will aid in weight loss. The sweat also helps to remove toxins and cleanses the body.

Benefits for Your Skin -In terms of reaping the benefits for your skin, the rasul will help open your pores and increase blood and lymphatic circulation, which will effectively aid in softening your skin. The steam also helps to clear out any impurities from the skin which is especially good for those who have problematic skin.

The Rasul is a perfect addition to any massage or great on its own & can be customised with an array of inhalation oils to help with sinus ailments.

Add a DIY Body Elixir to your Rasul session for an additional \$75.00 per session.

A DIY Body Elixir- is a DIY body treatment that you apply in the privacy of the rasul room. Shampoo & exfoliate your body with Aveda body wash & sea salts before applying a warmed body clay mask to your body to further aid in detoxification.





# supreme body treatments

## Wellsprings Premier Signature Treatment The Elixir of Life™ - Steam Room Treatment

75 minutes - \$185

*Face and body renewal.*

Evolving with the seasons, this treatment begins with an aromatic sensory journey.

An elixir of hair, face and body cleansing rituals rejuvenates the skin while a masque aids detoxification within the Rasul Steam Room.

The Rasul's shower cools the body in preparation for a nourishing moisture application.

Purifying Stone movements combined with an "Elixir of Life" misting of the body restores the overall health and wellbeing of the Mind, Body and Soul...

## Body Elixir

75 Minutes - \$185

Wash the tension from your body with this unique Aveda signature treatment combining exfoliation, massage and hydrotherapy. Skin is smoothed and polished with an exfoliating aromatic oil and Dead Sea salt glow. Muscle tension is eased with hydro-massage as a cascade from overhead showers stimulates the body's chakra points, understood in eastern traditions as the seven primary centres of energy. Nurture along with a hot oil massage and a stress-relieving scalp massage. The body is deeply cleansed, infused with moisture, the mind grounded and peaceful.

# botanical tanning

## Self Tan Body Bronzing

Full Body - \$50 / Upper Body - \$35 / Legs - \$35

A beautiful tan without burning or peeling. Within hours, you'll be sporting the safest tan in town.

Special requirement: Please wear loose clothing to avoid disturbing the tan's development.

## Body Polish with Body Bronzing

Full Body - \$110

Refinement of the entire body that will leave your skin cleansed, polished and softened. The perfect preparation for a great tan.



A silhouette of a woman in a yoga pose, standing on a rock with one leg raised and arms extended upwards, set against a warm sunset background.

renew your sense of  
well-being with the  
nurturing touch of  
Wellsprings Spa  
therapists

## treatment enhancement

Enhance your experience with these specialised treatments, a great addition to any face or body treatment.

**\* Treatment Enhancements can only be combined with any Body, Massage or Facial treatment, not as individual services.**

### Stress-Relieving Scalp Massage

15 minutes - \$35

A combination of pressure points and brush strokes will stimulate blood flow to improve the health of your scalp, relieving tension in the universal stress points of the body.

### Steam Rasul

30 minutes - \$40

Become enveloped in aromatic steam to release impurities and detoxify your body. The warmth of the steam will relax muscles, encourage circulation and improve skin function.

### Blow Dry

45 minutes - from \$45

Add a Blow Dry onto the end of any Massage, Facial or Body Treatment Service to re-freshen your hair after a relaxing visit.

### Hand & Cuticle Treatment

15 minutes - \$35

Bring life back to dry worn hands with an invigorating exfoliation and brightening mask aimed at revitalising & nourishing sun spots, general dryness and cuticles.

### Relaxation Spa Soak

30 minutes / Single \$50 - Couple \$90

Additional to your facial, massage or body wrap. Enjoy the many benefits of the Aqua Salt soak, Caribbean soak or Aromatherapy soak in our tub.

### Revitalising Eye Treatment

15 minutes - \$39

Smooth and firm the delicate eye area. Nourish and protect tired eyes, diminish fine lines, puffiness and dark circles with soothing, hydrating plant-derived ingredients, pressure point techniques and cooling eye pack.

### Foot Massage

30 minutes - \$55

Soothe tired aching feet & lower leg muscles with a combination of relaxation & pressure point massage.



## hands & feet

### Shellac & Gel Nails

Nail File and Shellac Application	\$75
Manicure or Pedicure and Colour Shellac Application	\$100
Manicure or Pedicure and French Shellac Application	\$110

#### Gel Overlays

Clear - \$80	Colour - \$95	French - \$100
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#### Gel Refills

Clear - \$70	Colour - \$85	French - \$95
French Tips - \$130	Colour Tips - \$110	

*Please note that additional soak off costs apply- please notify reception when booking your service if you require a soak off.*

### Express Manicure

30 minutes - \$68 / with polish \$80

A basic manicure including filing, cuticle work, buffing, moisturising & polish application of Nail Strengthener. Colour polish is an extra option.

### Pure Spa Manicure

60 minutes - \$100 includes colour polish

A luxurious hand & nail treatment including a gentle hand exfoliation, followed by an aromatherapy massage & warm paraffin wax treatment – everything that the basic manicure offers and more.

### Express Pedicure

30 minutes - \$80 / with polish \$85

A basic pedicure including filing, cuticle work, buffing, moisturising & polish application of Nail Strengthener. Colour polish is an extra option.

### Pure Spa Pedicure

60 minutes - \$100 includes colour polish

A luxurious foot & nail treatment including a gentle exfoliation followed by filing, cuticle work, buffing and a foot & leg massage. A warm envelopment of paraffin treatment wax & a polish application to finish.

### Paraffin Wax Treatments

30 minutes - hand \$65 / 30 minutes - feet \$65

A unique wax bath designed for the hands & feet to be enveloped by a gentle warm wax that infuses moisture deep into the tissue.

The hands or feet are exfoliated and massaged with an intense moisture cream. They are then dipped into the bath & wrapped. This treatment aids very dry & weather beaten hands or feet.

### Other available services:

30 minutes - Nail File & Polish	\$50
French Polish Application	extra \$20

*Special requirement: We recommend that you wear open toe shoes to avoid smudging of your polish.*

# waxing

Arm	
½ Arm	\$38
¾ Arm	\$40
Full Arm	\$42
Underarm	\$22

Chest & Back	
Full Back	\$60
Navel	\$20
Stomach/Chest	\$60

Bikini	
Bikini	\$28
Bikini Brief	\$50
Brazilian	\$65
Brazilian Maintenance (must be booked for 4 weeks)	\$55

Face	
Chin	\$20
Eyebrow	\$20
Eyebrow & Lip	\$30
Eyebrow Re-shape	\$30
Eyebrow/Lip/Chin	\$40
Face	\$45
Lip	\$20
Sides	\$20

Brow Artistry	
Consultation/ Shape & Style / Brow Tint finishing with High Light & Shading techniques.	\$75

Leg	
½ Leg	\$38
Upper Leg	\$48
Upper Leg & Bikini	\$65
½ Leg/Bikini/U-Arm/Brow & Lip	\$70
½ leg/Brazilian/U-Arm/Brow & Lip	\$100
½ Leg & Bikini	\$55
½ Leg & Brief Bikini	\$70
½ Leg/Bikini & U-Arm	\$65
½ Leg & U-Arm	\$55
½ Leg & Brazilian	\$85
¾ Leg	\$48
Full Leg	\$58
Full Leg/Bikini/U-Arm/Brow & Lip	\$90
Full Leg & Bikini	\$70
Full Leg & Brief Bikini	\$85
Full Leg/Bikini & U-Arm	\$85
Full Leg & Brazilian	\$98
Full Leg & U-Arm	\$65
Full Leg/Brazilian/U-Arm/Brow & Lip	\$135

# tinting services

Eyelash Tint	\$25
Eyebrow Tint	\$20
Eyelash & Brow Tint	\$40
Brow Wax & Brow Tint	\$35
Eyelash Tint, Eyebrow Tint & Brow Wax	\$55

# make-up

## Full Make-up Application

A colour prescription for your skin tone and face shape – includes a consultation and full make-up application.

Make up artist	60 minutes - \$80
Make-Up Trials	60 minutes - \$80
	45 minutes - \$70

False Lashes are available with a Make-up application service only and are an additional cost

## Individual Make-up Lesson

60 minutes - \$135

Your very own interactive make-up lesson with a Wellsprings make-up specialist – includes face charts detailing colour and application techniques.







# mens services

## Facials

### Tulasara Facial

30 minutes	\$89
60 minutes	\$139
90 minutes	\$160

## Massage / Treatment

### Aroma Relax Massage

30 minutes	\$85
60 minutes	\$110
90 minutes	\$155
120 minutes	\$185

### Chakra™ Balancing Massage

60 minutes	\$139
90 minutes	\$170
120 minutes	\$200

### Fusion Hot Stone Massage

30 minutes	\$90
60 minutes	\$139
90 minutes	\$170
120 minutes	\$200

### Body Exfoliation

45 minutes	\$99
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### Essential Back Treatment

45 minutes	\$99
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### Rosemary Mint Body Wrap

60 minutes	\$115
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## Package

### Secret Mens Business

105 minutes - \$290

- Calming Foot Soak
- Invigorating Foot Exfoliation
- Fusion Hot Stone Massage
- Essential Back Treat
- Men's Purifying Facial Treatment
- Herbal Tea
- \$20 Product Credit

### Express Manicure

30 minutes - \$68

### Express Pedicure

30 minutes - \$80

### Foot Massage

30 minutes - \$55

# hair lounge

## Why Aveda Colour is Your Healthy Choice

Aveda’s permanent hair colour takes customisation to a new level, offering truly personalised colour to match your individual needs & personality. Our fade resist formulas are up to 96% naturally derived\* and infuse hair with an incredible condition & shine for essentially damage free results. Plus they’re created with an environmental and social conscience that you can feel good about.

Our colours are truly individual allowing us to be creative from an unlimited palette of primary & secondary colour hues making your head our canvas using Aveda’s plant based formulas instead of harmful petrochemicals.

Please call us for a price approximate over the phone or come in for a complimentary consultation and approximate quote. Our prices start from;

So you leave Wellsprings looking and feeling fantastic all colour services must be accompanied with a Blow dry.

## Professional in-salon treatments

Colour Conserve	\$30
Dry Remedy	\$30
Damage Remedy	\$30
Invati Hair Thickening Treatment	from \$40

## Pramasana Scalp Treatment with Blow Dry

from \$115

It’s like a lux facial for your scalp – and a treat for your hair. Inspired by ancient Indian Ayurvedic wisdom, the treatment cleanses, stimulates and balances your scalp, while leaving hair soft and with natural shine. Your scalp is simply an extension of your facial skin and just like your face, your scalp needs cleansing, balancing & protection. A clean, healthy scalp positions your hair for great beauty.

## Cutting

*Includes seated chair massage, shampoo & blow dry*

Female	from \$65
Female student (12-18 yrs)	from \$50
Male	from \$35
Male student (12-18 yrs)	from \$30
Female Re-shape Cut	from \$70

## Colour

*(excludes cut & blow wave)*

*\* Prices are for short hair to mid-length only, longer hair is extra.*

Permanent (full head)	from \$85
Semi (full head)	from \$85
Hair line & part	from \$60
Colour Rebalance	from \$40
Re-touch tint	from \$65

## Foils

½ Head	from \$80
¾ Head	from \$110
Full Head	from \$135
Foil Scatter	from \$50
Balyage or Free Hand Colour Paint	from \$160
Colour Correction	P.O.A.

## Aveda Colour Glossing Treatment

add to your colour service from \$50.00

Add tone, depth & shine with an Aveda after colour glossing treatment. This 99% naturally derived formula gives amazing shine & leaves your hair looking and feeling incredible! A lavender aroma provides a soothing experience while your hair is being conditioned. The Glossing Treatment can be done the same day as your cut or colour service and lasts along with the duration of your colour.

## Beauty services while your colour is processing

Book additional services such as Pedicures, Manicures, Waxing or Tinting services whilst your hair colour is processing.

## Men’s Grey Blending Express Colour Service

from \$30

Introducing Aveda’s new Men’s 5-Minute Natural Grey Blending, a professional service that quickly and discreetly blends away grey – delivering natural looking results that last up to 4 weeks from hair cut to haircut.

Our Grey Blending is a 95% naturally derived formula and is infused with a plant oil blend including certified organic sunflower, castor, and jojoba to help keep hair looking healthy and is designed for our colourists to blend away grey right at the shampoo bowl in a quick 5 minute processing time. Customized for every shade of grey, the system includes 5 pre-blended shades, ranging from light natural to dark ash which provide male guests natural looking, low maintenance grey blending specific to the look that they are after.

## Styling

Blow Dry Short	from \$45
Blow Dry Shoulder Length	from \$55
Blow Dry Below Shoulder	from \$65
Blow Dry Long	from \$70
Blow Dry Extra Long	from \$75
GHD's with Blow Dry	from \$60
Curling Iron with Blow Dry	from \$60

A Blow Dry after any Massage, Facial or Body Treatment is entitled to a 20 % discount.

## Relax, Revive Renew Blow Dry

from \$85

Includes blow dry style, treatment, scalp massage and glass of vino or herbal tea

## A Handy Blow Dry

from \$130

Includes blow dry style, treatment, scalp massage, express manicure with Polish and a glass of vino or herbal tea.

## Date Night Blow Dry

from \$195

Includes blow dry style, treatment, scalp massage, express manicure with polish, full make up, nibbles platter and a glass of vino or herbal tea.

## Blow Dry Styling Lesson

\$100

If you love the way your new re-style cut looks and love how great our stylists bring out elements in your hair such as bounce, smoothness, volume, shine or curl enhancement then why not book a personalised one on one styling session to learn the tips and tricks on how to style your hair in-between salon visits.

## Event Styling

Bridal, Debutante & Event Hair Up	from \$80
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## Event Trials

45 Minute Trial	from \$70
60 Minute Trial	from \$80

- Tiered prices apply for Hair length, thickness & Intricacy of Hair Style.
- Extra hair trial time charged at \$15 per every additional 15 minutes

Not Happy with your service? Please tell us straight away so we can ensure you leave feeling absolutely perfect. Let us know within 7 days so we can adjust within your needs, beyond this you will be subject to extra charges



**Don't Keep Us  
To Yourself!**  
*Share us with your friends.*

Recommend us to your friends and for their first colour service, we will give them **\$25 off\*** & you will also get a **\$20 product credit straight** to your Guest Profile.

*Be sure to let you friends know to mention your name as the referral.*

*\*Above special offer is not gift voucher redeemable.*



# What people are saying.....

## Dual Exfoliation Peel

"After the 4 week skin challenge, I was amazed! I experienced a real change in the texture of my skin with no down time afterwards like I had previously with chemical peels. I will be returning now monthly for my now favourite skin treatment...." - *Rebecca from Kialla*

## Perfecting Plant Peel

"My skin instantly glowed after the Plant Peel. My sister pays a fortune for glycolic chemical peels in the city and was instantly taken aback by the results the Plant Peel had on my complexion. I now have regular treatments and love my smooth glowing skin... btw... my sister now attends an Aveda salon in Melbourne for the same treatment..." - *Jill from Benalla*

## Aveda Highlights

I was extremely happy with how the stylist cut and coloured my hair! I have already recommended her to some girlfriends! She did an amazing job - thanks so much. I will definitely be back to see her again! - *Angela from Shepparton*

## Aveda Hair

"Absolutely wrapped in the Aveda hair colour, not only over time has my hair gotten healthier but my colours last really well. I feel important and going to the hair salon is no longer just a maintenance visit but a place where I really relax. I am in love with the welcome massage I get every visit to help me unwind and just adore the T2 herbal teas on offer too." - *Sue from Murchison*

## Debutante Hair & Make-up

"Thank you to the wonderful girls at Wellsprings for such a beautiful job on my hair and make-up for my deb. I got so many compliments. The girls really took the time to listen to what I wanted. I will be back for more special events, the next being my Year 12 graduation. See you then..." - *Bella from Shepparton*

## My Wedding Week

"Well what can I say, you girls nailed it from start to finish and I felt like a princess all week long. From the start of the week for my waxing, to my hair highlights & glossing treatment to my body scrub & spray tan, shellac nails and pedicured feet and then to the wedding day where my bridesmaids and family members were treated with such care and professionalism.

Our hair & our make-up was absolute perfection and lasted right through to the end of our reception. Thank you Wellsprings for employing such talented, lovely caring therapists & stylists, everyone really helped make our day. I will be recommending you to all of my friends & family." - *Anna from Nagambie*

## Wellsprings Membership

"I was lucky enough to receive the 12 month membership from my husband for my birthday and can I say this has been the best gift ever!!!! Every month I get to choose a 1hr treatment and I cannot wait for it. I look forward to it. It has taught me just how important "Me" time is and how regular treatments aid your own self-preservation. I feel like my health is better, my skin now glows, I have more pride in my appearance and enjoy an over-all sense of health & wellbeing. My next birthday is approaching & I am dropping plenty of hints to my hubby as I would absolutely love this gift again & if not.... Well I might just invest in one for myself as I now know how it feels to have the cup full by not running around putting myself last. Thank you Kylie & Team." - *Mary from Kyabram*







**AVEDA**

the art and science of pure flower and plant essences



# Wellsprings Day Spa Hair Lounge Services

[www.wellspringsdayspa.com.au](http://www.wellspringsdayspa.com.au)

03 5831 4606