

# Wellsprings

DAY SPA





## WELLSPRINGS DAY SPA

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  Wellsprings Day Spa

**Bookings & Gift Vouchers Available Online**

**Serenity Moments are an exclusive collection of experiences designed to help you stop, help you relax, be still and calm your entire being.**

## **2 Hour Moments**

**Moment of Stillness** **\$359**  
Steam Hammam | Aroma Relax Massage | Restore Facial |  
\$25 Gift Card

**Moment of Calm** **\$369**  
Steam Hammam | De-Stress Massage | Nurture & Nourish Body Cocoon |  
\$25 Gift Card

**Moment of Harmony** **\$399**  
Steam Hammam with DIY Body Salt Glow | Back, Neck, Shoulder & Face  
Massage | Age Defy Facial | Cooling Jade Stone Roller Eye Treatment |  
\$25 Gift Card

## **3 Hour Moments**

**Moment of Reflection** **\$449**  
Aroma Relax Massage | Power of Two Facial | Luxe Spa Pedicure |  
\$25 Gift Card

**Moment of Replenishment** **\$525**  
Body Salt Glow | Warm Fusion Massage including Scalp | Illuminating  
Facial | Hair Hydration Infusion, Wash & Blow Dry | \$25 Gift Card

## **Pre-Natal Moments**

**Moment of Nurture** **140 mins | \$389**  
Pregnancy Massage | Smooth Facial | Luxe Spa Pedicure | \$25 Gift Card

Customised Half Day & Full Day Spa Moments available on request - POA.

+ Grazing Plate from \$35  
Add onto any one of our Moments of Serenity Bookings

*Our Moments Collection includes a \$25 Gift Card that can be used towards your next treatment or on Home Care or Gifted to a Friend – Valid 1 month from your treatment date*

## Moments Membership

6 Month Membership | \$795

Embarking on a 6 month wellness journey with Wellsprings is sure to improve many facets of your life with the number one priority being you. Making time to regularly re-balance the body & mind not only benefits yourself, but those around you. When we stop, something beautiful occurs, your energy cup is re-filled, your tolerance is balanced, your personal connections are replenished and your overall approach to life is re-awakened. You smile more, your intentions are refocused and your mind becomes more clear.

Choose any one of the below treatments to relax, revive & renew on a monthly basis. You can alternate treatments or just select your favourite each month.

30 Minute Illuminate Facial & Lash Tint

50 Minute Restore Facial

50 Minute De-Stress Massage

50 Minute Hammam & Body Salt Glow

50 Minute Body Vitality Treatment

60 Minute Luxe Spa Pedicure

60 Minute Luxe Spa Manicure

Botanical Hair Treatment, Wash & Blow Dry

## Our Spa Love Society by Wellsprings

Monthly Subscription | \$99

Join our Spa Love Society to receive a beautiful box of surprise delights delivered to you monthly that will include a variety of items such as treatment vouchers, health, wellness, hair & beauty products, a wellness newsletter & healthy delights.

Sign up in-store with monthly or weekly direct debits.



# Awakening Skin Treatments

A nourishing collection of plant-based exfoliations and rapid facial therapies designed to refresh the skin. Perfect to hydrate, purify and smooth the skin, leaving you with a youthful radiance.

## Purify

30 min | \$89

Energise your skin with a botanical antioxidant infusion that incorporates powerful plant enzymes by Aveda to deeply cleanse and smooth the skin, leaving you with a beautiful natural glow.

## Refine

30 min | \$105

Our gentle Aveda plant powered thermal peel provides an effective exfoliation that delivers instant results to your complexion. Perfect for all skin types, this treatment will smooth fine lines and retexturize the skin without any redness or irritation, leaving you with a glowing radiance.

## Smooth

30 min | \$110

Harnessing powerful natural Aveda resurfacing ingredients infused with high performance anti-ageing concentrates, this hydrating facial delight will nourish the skin and restore a natural youthful radiance.

## Illuminate

30 min | \$115

Brighten your skin with this effective combination of Thalgo's Absolute Radiance Concentrate and deeply hydrating Ultra Radiance Mask to revitalise a dull complexion. Your skin will be energised with an indulgent facial massage, leaving you with an even skin tone and a luminous natural glow.

## Restore

50 min | \$145

Nourish your skin with Aveda's therapeutic natural botanicals targeting concerns such as ageing, uneven skin tone, congestion and redness. The perfect treatment to feed your skin exactly what it needs to restore balance and reveal your natural radiance.

## Hydrate

50 min | \$160

Surrender your stress and deeply nourish your skin with Thalgo's lavish and effective source facial infusion. A gentle exfoliation will smooth and renew the skin before we rehydrate with a luxurious face and neck massage. This facial delight will improve skin texture and leave you feeling vibrant and renewed.



# Nourish Skin Treatments

A collection of replenishing facial therapies designed to relax, nourish and repair. Combining powerful natural ingredients with cosmeceutical science these treatments deliver intense results to the skin.

## Antioxidant Infusion

50 min | \$160

80 min | \$195

Aveda's Vitamin C is one of the most impressive antioxidants on the planet and offers immense support to the structure of the skin. Our signature facial infusion delivers a potent dose of this multi-functional wonder nutrient to even skin tone, reduce discoloration and assist in breaking down pigmentation.

The ultimate facial treat to stimulate collagen production, smooth fine lines and wrinkles whilst providing strength and protection to the skin for natural clarity and a glowing luminosity.

## Age Defy

50 min | \$170

Reverse the visible signs of ageing with this powerful infusion of collagen to stimulate cell renewal and decrease the appearance of fine lines and wrinkles. Relax into the hands of our expert therapist as they take you on an indulgent Thalgo journey, helping you to age well. Your skin will be left deeply nourished and visibly firmer.

## Intense Radiance

50 min | \$185

Hailed as the holy grail of hydration, Thalgo's hyaluronic acid is the ultimate secret weapon when it comes to managing the ageing process. Relax and experience the magic unfold as we immerse your skin in this wonder essence, using our signature lifting massage to firm the skin and deliver nutrients to the deepest layers of the skin for an intense smoothing and plumping effect. Perfect before any event, this facial visibly reduces fine lines, firms and lifts the skin and leaves you with a dazzling natural radiance.

## Power of Two

70 min | \$210

This Aveda dual exfoliation is a powerful non-invasive, skin renewal treatment that naturally transforms the texture of the skin by immersing it in the rejuvenating power of plants to heal, protect and strengthen. Delivering instant, visible results you will experience improved clarity, refined pores and a smoothing effect on fine lines and wrinkles, revealing a fresher, younger looking complexion.

## Sculpt & Define

70 min | \$249

A holistic approach to anti-ageing & loved by celebrities worldwide. Our Sculpt & Define Facial is a complete skin workout that incorporates Gua Sha Stones, rich antioxidants and ancient Ayurvedic remedies to lift and brighten the skin whilst refining lines & wrinkles.

Included is a nourishing hand treatment.

## Firm & Lift

70 min | \$249

Immerse into this dynamic anti-aging Thalgo facial that is designed to dramatically impact the skin, toning, firming and lifting in all the right places. Evening out fine lines and wrinkles will help you look 5 years younger and re-energise your skin with a vibrant, youthful glow.

# Renew Skin Treatments

A collection of transformational skin therapies and powerful peels combined with cutting-edge technology, individually tailored to make an intense and corrective impact on your skin by Alpha- H.

## Skin Revive 30 min | \$130

Ideal entry level peel for all skin types, this powerful yet gentle peel combines all the goodness of glycolic acid, hyaluronic acid and natural botanicals to firm, lift and reinvigorate a tired, dull skin.

## Skin Bright

30 min | \$145

A full spectrum exfoliation and deep line peeling treatment enriched with powerhouse peptides, this lightening peel targets resistant skin conditions such as scarring, acne and hyperpigmentation, leaving you with a smooth luminous complexion.

## Skin Correct

30 min | \$150

Breathe life back into a fatigued skin with this ultimate corrective peel that is customised to your specific skin type and needs. Delivering a compelling combination of Liquid Laser and prescriptive CHA this incredible treatment will rejuvenate and hydrate your skin like never before. For best results, take in a series of 3 treatments to revise, repair and renew the skin.

# Skin Renew (Needling)

## Intro Offer

\$259

## Single Treatment

\$285

## Add LED

\$299

Skin needling is one of the best age management treatments available on the market today as it is powerful in reducing fine lines and wrinkles. Using collagen induction therapy to stimulate cell regeneration and increase your natural collagen production, the results are highly visible and long lasting. Best used to reduce the appearance of fine lines and wrinkles, smooth and tighten skin, brighten a dull complexion and perfect to reduce scarring. Delivers rapid results, is minimally invasive with next to no downtime – the perfect skin tonic!

*\* We choose to use Dermanen 4 and Dermalux LED for their superior quality, enhanced comfort and intense results*

# LED Light Therapy

## Rejuvenating LED (Single Session)

\$85

## Rejuvenating LED (with any Skin Treatment)

\$60

## Rejuvenating LED - 5 Session Pass

\$250

# Replenish Massages

A collection of relaxing massage and replenishing body therapies to nurture, heal and restore a tired, stressed body while soothing and calming a busy mind.

## Aroma Relax

50 min | \$115

80 min | \$165

Immerse yourself in this nurturing full body aromatic relaxation massage designed to melt your stress away. Our caring therapists will use long rhythmical massage strokes to release muscle tension and calm a busy mind allowing you a total body rejuvenation.

## De-Stress

50 min | \$140

| 80 min | \$210

Surrender your stress with this full body tension-relieving massage, specifically targeting all the areas where tension builds the most – the neck, shoulders, jaw and back. Rhythmical strokes combined with deep muscle kneading will see your knots unravel, your circulation increase, and the stress magically disappear from your body. Perfect to balance both the body and the mind.

## Therapeutic Restore

50 min | \$149

| 80 min | \$210

Restore body balance with this corrective therapeutic massage designed to penetrate deep into the muscle to release stress and strain. Our expert therapists will tailor this treatment to suit your needs by focusing on specific areas of muscle tension leaving your body realigned and your mind deeply relaxed.

## Pregnancy Revive

50 min | \$149

| 80 min | \$220

Nourish your body with this nurturing full-body pregnancy massage specifically customised to release muscle-tension in the back, legs and ankles. Completely safe for pregnant and breast-feeding mothers this is the perfect treatment to care for your body and revive your energy. Our specialised pregnancy safe massage bed allows for total body comfort while you relax and revive tired muscles.

## Soothing Stones

70 min | \$179

Relax with the soothing warmth of healing warm stones as they are placed on energy points within the body to reach deep into the belly of the muscle and melt away stress and tension. This detoxifying ancient ritual is designed to have a sedative effect, relieving chronic pain while promoting a deep relaxation of both body and mind.

## Energy Renew

80 min | \$210

Balance your body and replenish your energy with this ancient healing chakra therapy, designed to create harmony and peace within your body through the process of realignment. Combining multiple techniques this full body therapy will leave you centred, relaxed and rejuvenated.

## Warm Fusion

50 min | \$149

| 80 min | \$210

This unique combination therapy blends relaxing massage techniques with the nurturing warmth of nourishing soybean wax, giving you the ultimate tranquility escape. Hydrating the skin with warm shea butter, evening primrose oil and aromatic essences, allow yourself to calm your mind, drift away and enjoy a moment of stillness to reflect and replenish.

# Restore Body Treatments

## Body Salt Glow

40 min | \$135

Invigorate your skin with this beautiful sensory aroma exfoliation designed to cleanse and refine your entire body. A deep nourishing body conditioner locks in hydration for a smooth glowing body radiance. This treatment is perfect before a spray tan, preparing the skin for a longer lasting, more even tan.

## Body Vitality

50 min | \$149

Awaken your body with this energising vitality elixir, infused with essences of rosemary and peppermint. A complete body balance therapy including a nurturing body wrap, scalp and foot massage, it is perfect to relieve stress and tiredness from muscles and realign your entire being to bring a sense of calm and stillness.

## Nurture & Nourish

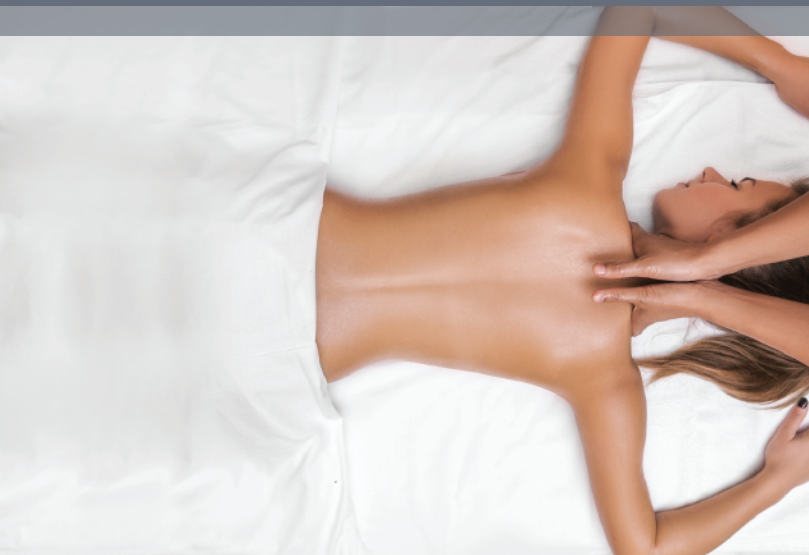
60 min | \$175

Nourish yourself with this warm seaweed body cocoon and restore a healthy balance to your whole being, both inside and out. A dry exfoliation will smooth before our signature seaweed masque infuses nutrients into the deep layers of the skin, drawing out toxins and impurities. Relax with a beautiful scalp and facial massage before completing with our foot reflexology treatment.

## Ultimate Body Elixir

70 min | \$250

Immerse into a blissful sensory journey with this ultimate full body elixir. |Infuse warmth into your body while relaxing in our beautiful Rasul Steam room and feel the tension physically lift from your body. Whilst immersed, enjoy our rejuvenating cleansing rituals for the face, hair and body under a cooling shower while purifying stones awakens your body and restores balance.





# Infra Red Sauna Therapy

Start your effortless wellness journey today. We can help you choose a customised program to treat detoxification, weight loss, anti-ageing skin rejuvenation, cardio fitness, pain relief or to simply boost your cortisol levels to uplift your mood & general wellbeing.

## Weight Loss Program

Studies have shown that infrared sauna's were able to help lower weight and waist circumference in just a three-month period.

## Anti-Ageing Program

Can improve the skin's appearance after just 12 weeks of sauna skin therapy using near-infrared technology from a reduction in wrinkles and crow's feet, as well as improved overall skin tone, including softness, smoothness, elasticity, clarity and firmness.

## Cardio Fitness

To achieve heightened cardio fitness, a blend of near, mid and far infrared starts at a high intensity to increase heart rate and cardiac output then lowers to sustain heart rate circulation to promote healthy blood pressure.

## Pain Relief

Benefits to the increased range of motion include joint mobility, less friction in the joints, enabling of joint function to diminish stiffness and joint relaxation.

## Stress Management & Relaxation

It's a relaxing and effortless way to reduce stress. Scientific evidence shows that infrared sauna therapy helps the body maintain healthy levels of cortisol.

30 - 45 min	\$40
30 - 45 min with a friend	\$55
5 Session 30 - 45 min Sauna Pass	\$175
10 Session 30 - 45 min Sauna Pass	\$300
Linen & Shower Fee	\$10



# Relieving Hands & Feet

## Luxe Hand Relief

40 min | \$95

A lunch break manicure including filing, cuticle work, nourishing hand moisturiser & polish application.

## Luxe Spa Manicure

60 min | \$115

A luxurious hand & nail treatment including a gentle exfoliation, a relieving massage & warm paraffin moisture infusion plus filing, cuticle work, nail buffing & polish application.

## Luxe LED Age Defy Manicure

60 min | \$149

Designed to treat the overall appearance of the hands to even out the skin's appearance with an infra-red skin rejuvenation LED light stim treatment, a glycolic hand mask and treatment cream plus filing, cuticle work, nail buffing & polish application.

## Luxe Foot Relief

40 min | \$95

An express pedicure including filing, cuticle work, nourishing foot moisturiser & polish application.

## Luxe Spa Pedicure

60 min | \$115

A luxurious foot & nail treatment including an invigorating salt scrub exfoliation, a relieving massage & warm paraffin moisture infusion plus filing, cuticle work, nail buffing & polish application.

## Soothing Soles Pedicure

60 min | \$149

Experience divine pampering pleasure combining our exclusive Luxe Spa Pedicure with a soul enriching warm stone foot massage and nourishing paraffin infusion to rejuvenate soul to sole. Soak, salt scrub, massage, clip, file, paraffin, buff and polish.

## Paraffin Hand or Foot Treatment

30 min | \$89

A luxurious oil rich paraffin mask & massage treatment combining an exfoliating salt glow scrub to revitalise tired hands or feet.

# Shellac Services

Shellac Luxe Foot or Hand Relief \$115

File & Shellac \$75

Soak Off \$20 - \$30



## Event Hair & Make-up Services

*Trials are available and begin from 45 Minutes*

Hair Styling (prices dependent on hair length & complexity of style) from \$85

Make-Up Application (false lashes are additional) from \$90

Make-up One on One Masterclass 60 min | \$150

## Aveda Hair Salon Services

We offer a full salon service experience including expert & creative colouring techniques, female & male cutting services, beautiful botanical hair treatments, blow dries & event styling.

Hair prices are variable depending on hair length, hair density, hair condition & service complexity.

See our website for details and estimates.

## Waxing | Tinting | Lash Lifts

We offer waxing, tinting & lash lift services including great bundle offers- see our website for options.

## Spray Tanning

Enjoy a sun kissed glow whatever the weather with our Spray Aus tanning service. During your visit our therapist will help select a customized tan shade suited to your skin type and event.

Full Body

\$65

Upper Body or Legs only

\$40

## Booking & Cancellation Policy

*All Bookings from 50 min are required to secure the appointment time with either a \$50 deposit or a gift voucher number.*

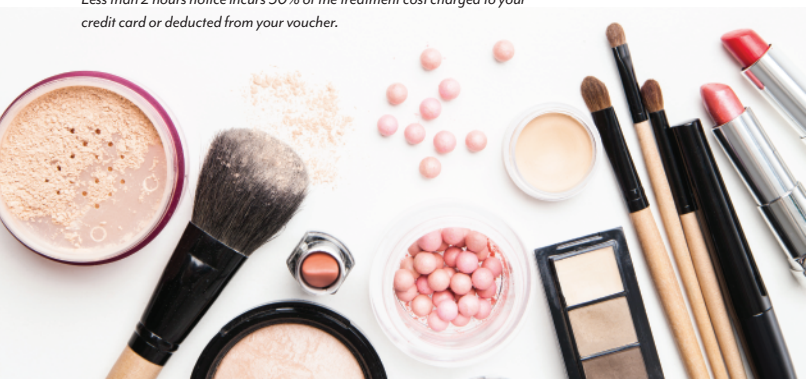
*We understand that sometimes you wish to change your appointment.*

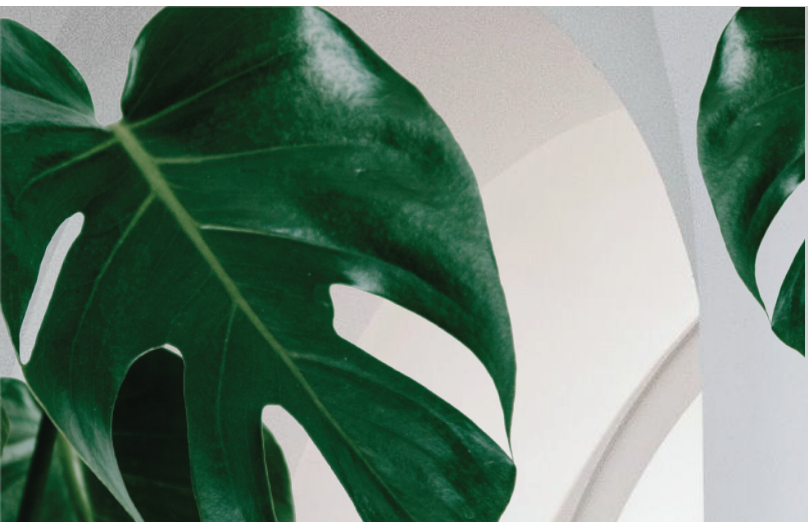
*We kindly request that you provide at least 24 hours notice.*

*Cancellation Fees - No show guests incur full treatment cost charged to your credit card or voucher.*

*Less than 24 hours notice incurs a \$30 per hour charged to your credit card or deducted from your voucher to cover employee time.*



*Less than 2 hours notice incurs 50% of the treatment cost charged to your credit card or deducted from your voucher.*





# Wellsprings

DAY SPA

+ Wellsprings Day Spa  
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Monday	9:30 am - 5:30 pm
Tuesday	9:30 am - 5:30 pm
Wednesday	9:30 am - 8:00 pm
Thursday	9:30 am - 8:00 pm
Friday	9:30 am - 7:00 pm
Saturday	9:00 am - 5:00 pm
Sunday	Closed

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