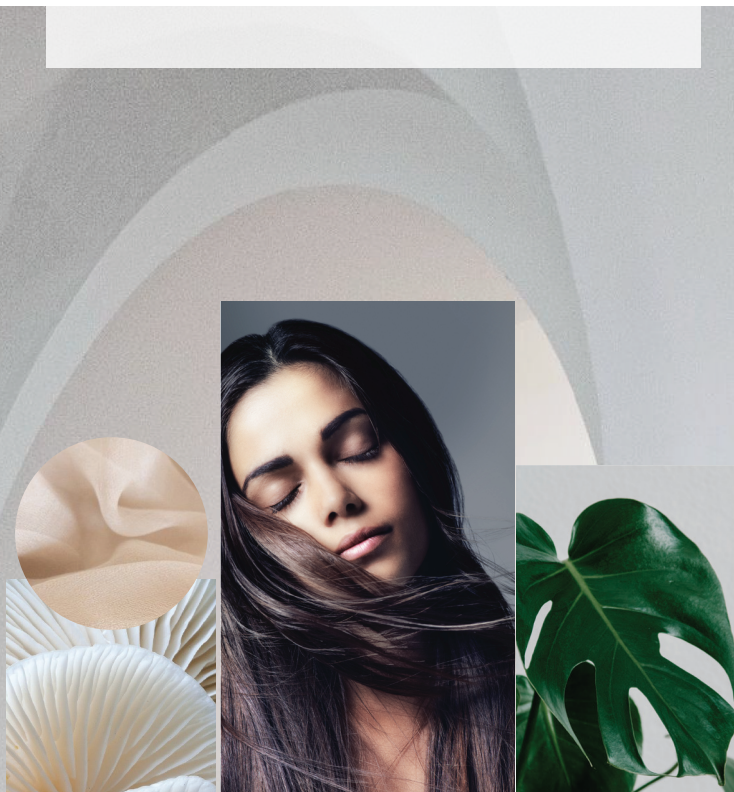


Wellsprings

DAY SPA





W E L L S P R I N G S D A Y S P A

168 Welsford St, Shepparton, Victoria 3630

03 5831 4606 | relax@wellspringsdayspa.com.au

www.wellspringsdayspa.com.au

+ 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

Steam Hammam | Aroma Relax Massage | Restore Facial

\$25 Gift Card

Moment of Calm

Steam Hammam | De-Stress Back Massage |
Beautifying Body Cocoon

\$25 Gift Card

Moment of Harmony

Infrared Sauna | Back, Neck, Shoulder & Face Massage |
Age Defiant Facial | Cooling Jade Stone Roller Eye Treatment

\$25 Gift Card





3 Hour Moments

Moment of Reflection

Aroma Relax Massage | Power of Two Facial |
Luxe Spa Pedicure

\$25 Gift Card

4 Hour Moments

Moment of Self Renewal

Aromatic Sea Salt Glow | Steam Room |
Soothing Stones Massage including Scalp |
Antioxidant Facial | Luxe Hand Relief

\$25 Gift Card

Pre-Natal Moments

Moment of Nurture

2.5 hours

Pregnancy Massage | Scalp Massage | Purify Facial |
Luxe Spa Pedicure

\$25 Gift Card

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

+ Grazing Plate from \$40

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.

Awakening Vegan Facials

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

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

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.

Restore

30 min | 50 min

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.





Kühl It Therapy

30 min | 50min

Inspired by the skin care trend of cryotherapy (cold therapy), Aveda's new Kühl It Facial Therapy Treatment feature's cooling techniques although our version is not sub-zero! The products contain caffeine to rejuvenate, soothe and calm the skin. Stress mimics global warming in our own bodies, leaving our skin looking, blotchy, uneven and tired. Even with minimal time for self-care, we'll help you look revived and refreshed as if you have just had 8 hours of sleep.

Antioxidant Infusion

50 min | 70 min

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.

Power of Two

70 min

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.

Gua Sha Skin Firm and Lift

70 min

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.

Medi Spa Facials

(suitable for all skin types and does not require skin priming)

Picture Perfect Facial

30 min

Can't find a filter to perk up your complexion? Get a refreshing facial that revitalizes the complexion in 30 minutes or less. It's a perfect pick-me-up before an event or to pair with a trigger-happy selfie finger. This treatment leaves the skin hydrated and smooth, creates a warm, even skin tone and preps skin for flawless makeup application.

Lets Get Even

50min

Minimize the appearance of age spots and uneven skin tone with an illuminating treatment that also helps smooth rough skin texture. This treatment gently exfoliates to reveal a more even toned skin, unclogs pores to help promote clear, balanced skin and protects against age-accelerating environmental stressors.

Age Defiant

50 min

Reduce the visible signs of aging including fine lines and wrinkles with intelligent exfoliation and peptides. Help swing the hands of time in the right direction for smoother and more radiant skin. This treatment helps rejuvenate the skin to reduce the look of wrinkles, restores the appearance of radiance and suppleness and nurtures the skin with powerful antioxidants.

Hydration

50 min

Relieve dry skin types with a hydrating facial that helps restore moisture and vitality to the skin. This treatment softens skin, boosts hydration, improves the appearance of firmness, supports a more youthful appearance and increases your natural moisturizing factor.

Medi Spa Peels *(requires skin priming)

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.

Skin Revive *

30 min

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

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

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.

Blueberry Smoothie

30 min

This is the ultimate “Pick Me Up” Peel, part Lactic acid exfoliant, part manual scrub designed to soften rough, uneven skin for a dramatically smoother complexion. You will love how balanced, brightened and firm your skin will look.

Pomegranate Peel

30 min

Simply a must for your pre-event glow. The powerful antioxidants and the fruit enzymes of the Pomegranate Peel will leave your skin bright and glowing allowing you to step out with a renewed radiance.

Timeless Peel *

30 min

This wonder treatment helps to rejuvenate the look of ageing and sun damaged skin with a Lactic Acid and Retinol combination which smooths the appearance of fine lines and wrinkles improving your overall appearance. (*Please note this peel requires two weeks skin preparation of vitamin cosmeceuticals at home).

Essential Peptide Peel *

50 min

This gentle metabolic treatment offers exfoliation with Lactic Acid and Retinol to help reduce the signs of ageing skin and to help unveil a radiant and supple looking complexion. With the addition of Raspberry Oil, your skin is left nourished and protected.

Medi Spa Services

Skin Renew [Needling]

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 Dermapen 4 and Dermalux LED for their superior quality, enhanced comfort and intense results

LED Light Therapy

A treatment that rejuvenates and resolves for naturally radiant, clearer skin.

Multi Award winning Dermalux® LED Phototherapy is the leading, non-invasive treatment that harnesses the power of light for visibly radiant, rejuvenated and refined skin.

Voted 'Treatment of the Year' for 5 consecutive years, Dermalux combines clinically proven wavelengths of light with the latest generation LED technology to deliver safe and effective results for a wide range of skin conditions without discomfort or downtime.

After just one treatment, Dermalux instantly energises skin cells to revitalise a dull and tired complexion. A course of treatments offers long lasting results, stimulating the skin's natural rejuvenation and repair processes to promote healthy looking skin, accelerate cell renewal and resolve a range of skin concerns.

Great skin doesn't happen by chance. Discover the benefits of Dermalux and how this treatment can transform your skin.

Microdermabrasion

Using a Diamond tip microdermabrasion and vacuum suction this advanced skin treatment gently removes the top layer of dead skin cells improving texture and evening out skin tone. It's the perfect treatment to have every 2 weeks to maintain skin health and a great skin pick me up however if you have specific concerns it's brilliant to clear breakouts & congestion, rejuvenates aging skin by stimulating collagen production to minimise fine lines and brightens a dull complexion targeting sun damage and dry skin.

Dermafrac

DERMAFRAC™ is an innovative 3 in 1 rejuvenating advanced cosmetic device that offers microdermabrasion, micro-needling with simultaneous infusion of high-grade performance serums. The treatment also includes a Peptide Rejuvenating Mask & LED light therapy for optimum skin results.

This pain-free treatment punctures the skin with very small stainless-steel tips, these tips enter the skin to a depth that is ideal for producing positive natural responses that improve the appearance of the skin. The outcome includes increased hydration, tightening and firming, skin clearing of concerns with acne, enlarged pores and scarring, evening of skin tone and increased luminosity, providing amazing benefits for every skin type. No downtime, no discomfort, relaxing, and results focused – the ultimate in skin rejuvenation. It is recommended to have Dermafrac as a series of 3-6 treatments depending on skin concerns and desired outcome.

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 | 80 min

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 | 80 min

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 | 80 min

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 | 80 min

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

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

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

80 min

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

Shampure Walnut Body Refinement 60 min

Exfoliates, conditions and hydrates. The soft walnut granules are ideal for sensitive skin. A gentle rhythmic body exfoliation combined with a neck, back & shoulder stone massage will leave you feeling relaxed and grounded. A hydration body misting completes the treatment leaving you with glowing skin.

Aromatic Dead Sea Salt Glow 60 min

This treatment begins with 10 minutes of detoxifying the body in our steam room before we invigorate your body with dead sea salts that are enhanced with aromatic plant essences. After showering, the body is infused with a rehydrating moisture infusion. Included is a foot massage.

Rosemary Mint Cellulite & Lymphatic Body Treatment 70 min

Enjoy an invigorating exfoliation with dry body brushing and a lymphatic drainage massage finishing with a hydrating body lotion & relaxing scalp massage.

Beautifying Body Cocoon 80 min

Start unwinding in our steam room before we perform a total body exfoliation followed by a warm, nourishing clay masque to hydrate skin at its deepest level. While cocooned enjoy a stress-relieving face and scalp massage finishing with a hydrating body lotion layered by a body spritz to leave you feeling alive & uplifted.

Add Ons:

20 minutes:

Scalp Massage

Face, Neck & Decolletage Massage

Dry Body Brushing

Steam Room

30 minutes:

Infrared Sauna

Foot Massage

Neck, Back, Shoulder Massage

Infra Red Sauna Therapy and Steam Room

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.

Choose from:

**Weight Loss, Anti-Ageing, Cardio Fitness,
Pain Relief, Stress Management & Relaxation**



Relieving Hands & Feet

Luxe Hand Relief

40 min

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

Luxe Spa Manicure

60 min

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 Foot Relief

40 min

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

Luxe Spa Pedicure

60 min

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

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

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
File & Shellac
Soak Off



Event Hair & Make-up Services

Trials are available and begin from 45 min.

Hair Styling. Prices dependent on hair length & complexity of style.

Make-Up Application.

False lashes are additional.

Make-up One on One Masterclass 60 min

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 | Brow Lamination

We offer waxing, tinting, lash lift & brow lamination 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.

Booking & Cancellation Policy

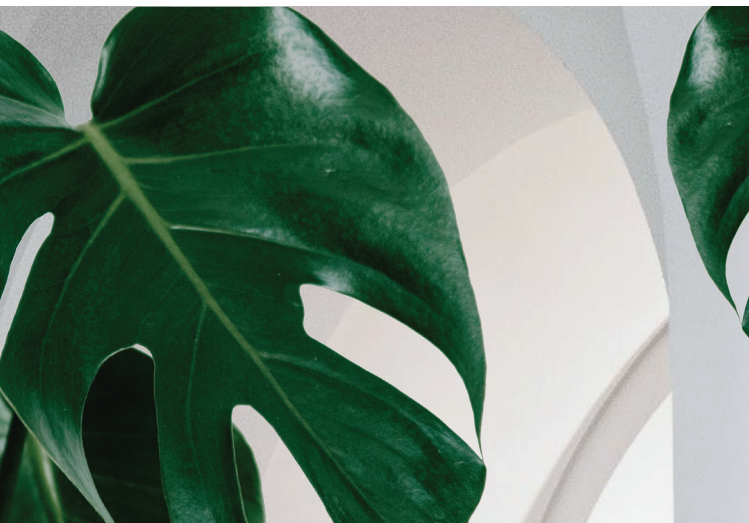
All Bookings are required to secure the appointment time with either a deposit or a gift voucher number. Online bookings require a 50% deposit.

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

f + @ Wellsprings Day Spa
#Wellsprings Day Spa

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 - 6:00 pm
Saturday	9:00 am - 4:30 pm
Sunday	Closed

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