

# Sacred self-care rituals

## WINDOWS TO THE SOUL

### Eyebrow Henna

Henna brows are a form of eyebrow tinting that is used to stain the skin beneath the brow hairs. The purpose of this is to cast a shadow or create an illusion of depth and fullness in the area, visually filling in any sparseness. It's a fantastic way to try this before committing to semi-permanent makeup-coloured hairs that last for up to 6 weeks, skin stain will last anywhere from 5-10 days.

Eyebrow Henna \$44

Eyebrow Henna and Shape \$53

Eyebrow Henna and Shape with Lash Tint \$62

### Eyebrow Tinting

Our eyes are the windows to our soul, and our eyebrows, the feature that frames our face, accentuate the eyes with a tint. Tint will last for up to 4-6 weeks.

Eyebrow shape \$18

Eyebrow tint \$17

Eyelash tint \$26

Eyebrow tint and shape \$26

Eyelash tint and eyebrow tint \$35

Eyelash tint and eyebrow shape \$35

Eyelash tint eyebrow tint and shape \$38

Eyelash lift with tint \$80 Coming soon

### De-Fuzz

The roll-on system is the most efficient, effective form of waxing, adding extra precision to facial waxing which can be used all over the body on all skin types.

1/2 leg \$38

3/4 leg \$48

Full leg \$53

Back \$40

Chest \$40

Arms \$28

Eyebrows \$18

Bikini \$20

Bikini with top \$28

Brazilian \$48

Underarm \$20

Facial waxing from \$15

Any underarm or bikini with leg wax is \$10

## GROUNDING GOALS

### Pedicure Treatments

In order for us to reach new Spiritual heights we also need to be grounded in the present moment. Our feet carry us a long way, they seem to keep on going even when our soul is tired, so why not give them some special nurturing and attention. Following the Slow Beauty Movement of SPARITUAL® using the sustainable, vegan beauty brand based on the rituals of self-care. We believe slowing down to return home to yourself, is the path to enlightenment.

### Mindful Pedicure 60 mins \$62

A comprehensive treatment to soothe tired feet & rebalance body energies. This ritual begins with an opening breathing movement and cleansing mist to invite more presence of your entire being, followed by a soaking experience to cleanse away any tension or stress. Signature hydrating massage relaxes, and nails are perfectly polished and finely groomed.

### Luxury Pedicure 80mins/ \$89

Mindful pedicure as above with added exfoliant to remove dead skin cells, a longer massage followed with an intensive hydrating foot mask.

## BRONZED GODDESS

### Spray Tanning Full Body 30 mins \$53

Vani-T tan is focused on natural, cruelty-free tanning products that treat the skin with nurturing ingredients while providing an impeccable golden tan. packed with natural botanical oils and plant extracts to soothe and nourish the skin while giving a deep flawless exotic tan.

## HOLISTIC FACIALS

### Skin Coaching and Dermo Nutrition

All our Facials are carried out using the organic, botanical Janesce Skincare range which is supported by a holistic philosophy of skin health and total body wellness. It offers powerful plant actives -therapy which works in harmony with your biology; working with your skin, not against it. Janesce protects, rebalances, strengthens and heals the skin's protective layer – the acid mantle – by tuning into the natural functions of the skin resulting in plump, hydrated, glowing skin.

The natural, Slow Beauty approach of Janesce is able to prevent and heal skin-disorders such as acne, rosacea, eczema, congested and hypersensitive skin.

### Botanical Boost 50 Mins \$80

A facial focusing on the essentials designed to hydrate, rejuvenate and rebalance your skin. Includes a beautiful Janesce cleanse, gentle enzyme peel, essential oil steam and facial mask. There is no facial massage in this treatment.

### Signature Skin Love 1 hour \$98

This beautiful, botanical facial treatment begins with a personal skin consultation, removal of eye make-up and a thorough double cleanse, followed by the Gentle Enzyme Peel to soften and clear away dead skin cells. We then envelop your skin in a warm mist of fragrant essential oil steam to hydrate and oxygenate your skin before doing any extraction and milia removal. This is followed with a toning facial, neck and décolletage massage using aromatic oils. An intensive mask is blended with specific herbal tinctures to address your unique skin needs. We finish with a floral mist and botanical concentrate before applying moisturiser and suncare and eye cream.

### Ultimate Nourishment 1.5 hours \$125

This beautiful, botanical facial treatment begins with a personal skin consultation, removal of eye make-up and a thorough double cleanse, followed by the Gentle Enzyme Peel to soften and clear away dead skin cells. We then envelop your skin in a warm mist of fragrant essential oil steam to hydrate and oxygenate your skin before doing any extraction and milia removal. This is followed with a toning facial, neck and décolletage massage including facial pressure points using aromatic oils. An intensive mask is blended with specific herbal tinctures to address your unique skin needs. While the mask works its magic on your skin, we treat you to a relaxing hand or foot massage for total relaxation. We finish with a floral mist and botanical concentrate before applying moisturiser and suncare and eye cream.

### Seeing Anew - Eye Contour 30 mins \$62

A decadent eye treatment to freshen the eyes, improve the appearance of fine lines, dark circles and reduce puffiness. Great on its own or add to any facial for extra pampering. Includes Cleanse, peel, drainage techniques, pressure points, mask, eye contour cream, followed by a finishing lotion.

### Gua Sha Stone 20 mins \$26 add to any facial for extra love

Gua Sha is a rose quartz facial massage tool that enhances beauty rituals by promoting the lifting and smoothing of the skin, leaving the face lifted and radiant after use, it helps to address the loss of firmness and elasticity in the skin while promoting lymphatic drainage and stimulating acupressure points.

### Clear Quartz Facial Roller 15 mins \$26 add to any facial for extra love

Clear Quartz facial roller is a beauty tool designed to help drain puffiness, unwanted toxins, Clear Quartz is known as the "Master Healer". It absorbs, stores, releases, and regulates energy, helping to cool and calm the appearance of your skin and bring a natural glow to the face.

### Skin Coaching 30 mins \$62

True skin transformation is best achieved when we work topically and internally. Janesce offers the whole package with powerful botanical skincare, supplements and skin-nutrition protocols designed to heal skin from within. Skin coaching includes advice on internal and topical products and a treatment action plan, including nutrition protocols, recipes and resources to heal the skin through diet, with the added benefit of been able to prescribe homobotanicals a hybrid of herbalism and homeopathy to work gently with skin functioning internal organs like the liver, If products are purchased no charge applies.

## DEEPER SOLUTIONS

### Treatment Solutions

#### Shine Bright like a diamond - Microdermabrasion -30mins \$71

Microdermabrasion is an advanced technique to exfoliate the skin. This treatment removes dead skin cells and increases cellular turnover leaving the skin looking more radiant and youthful. Microdermabrasion on the face and body improves the overall look, feel, texture and tone of the skin and helps products penetrate more easily. Excellent for improving the appearance of sun damage, fine lines, acne scarring, age spots, hyperpigmentation, oily skin and for promoting new skin and collagen growth. Can be added to any holistic facial for an extra treat

#### Deep Sustenance - Vitamin Infusion 30 mins \$71

Ultra Sonophoresis utilises soundwaves that have been shown to increase transdermal penetration of active ingredients up to 1,000 times. Our signature facial treatments integrate a vitamin infusion to boost penetration of potent actives deeper into the skin, providing the skin with nutrients needed for cellular repair, and helps with synthesis of collagen for anti-ageing benefits.

#### Dermaplaning 45 mins \$71

Dermaplaning is a great form of exfoliation as it removes the vellus hair (a.k.a. soft peach fuzz) as well as the very top layers of dead skin cells, which can leave your skin brighter and smoother. The treatment may soften fine lines and wrinkles and ease hyperpigmentation, or uneven skin tone. It's also used to treat deep acne scars. Can be added to any holistic facial for an extra treat.

#### Peels 30 mins \$89

This Acid Peel utilises AHAs to quickly decongest, clarify and help control oil production skin peels aim to rejuvenate skin through accelerated exfoliation which ensure optimal skin results, while it quickly refresh and restore skin's youthful appearance. This peel can be used in conjunction with other active treatments.

### Derma pen treatment 1hour depending on area from \$280

Micro needling is a very simple, painless and effective way to treat everything from wrinkles and pigmentation through to acne, scarring and stretch marks. The treatment works by gliding a small device over the skin, which delivers microscopic punctures (only a few millimetres deep) using very tiny needles. You won't really feel this, as they're moving incredibly fast. The treatment stimulates the natural healing process in the skin, resulting in fresh, new collagen and elastin, and a rejuvenated and more youthful complexion. To enhance this process, active solutions containing collagen, vitamins, antioxidants and other beneficial ingredients are applied and penetrate the deeper layers of the skin through these tiny channels to maximize your skin results. Derma pen is the original and most trusted micro needling brand. This device is safer than ever, with an anti-contamination mechanism and an increased amount of smaller, faster-moving needles than other devices, meaning less pain and more gain. Treatment is also suitable on all Fitzpatrick Skin Types and ethnicities. Other parts of the body can be treated at an added price. A consultation is required before this treatment.

### LED light therapy add on 15-30 mins \$53

LED stands for Light Emitting Diodes these light waves are a proven, non-surgical treatment to erase the appearance of fine lines, age spots, sun damage, pigmentation and improve overall skin tone and texture can, Giving an extra boost of collagen an elastin with the benefit of replenished hydration. With prolonged use the LED light helps to alleviate pain by stimulating blood flow and aiding in muscle relaxation, the light penetrates deeper than topical skincare meaning more superior results.

