

**Freshness Wrap for Heavy & Tired Legs** 1 hour \$85

A deeply draining & invigorating treatment for the legs & feet. Treating water retention, aching muscles & poor circulation.

**Aroma Slim Body Wrap- Beauty Concept** 1 ½ hours \$130

**Aroma Detox Body Wrap- Beauty Concept**  
Aroma Slim helps detoxify the body of accumulated toxic wastes associated with fluid retention, improves circulation and helps nourish & tone the muscles. Results are seen from the few treatment.

**Spa Detox & Firming Wrap- La Clinica** 1 ½ hours \$120

To stimulate lymphatic flow, awaken the body & assist it to tone. The wrap assists to help the skin feel firmer & toned. Ideal for cellulite & during a weight loss program.

*Inch Loss / Toning*

**Ultra Tone Lymphatic Drainage** \$45

Target bloating areas in connective tissue with a treatment designed to reduce water retention throughout & detoxifying body.

**Ultra Tone Body Contouring** \$48

Designed to tighten and tone muscles, improve and shape the figure.

**Toning Anti-Cellulite Massage** ½ hour \$60

An invigorating massage to stimulate a sluggish body. Ideal for cellulite & during a weight loss program.

**RF / Meso Lift Body Contouring** Each \$100  
area

RF/ Meso Lift is the latest technology in a nonsurgical facelift & body contouring treatment. It smoothes & tightens the skin on the face & other prone areas of the body. RF/ Meso Lift treatments are safe and the results are noticed instantly with no pain & importantly no down time. The average treatment course is typically a series of 3-5 treatments, depending on the areas being treated.

Package \$400  
of 5

*Beauty & Day Spa Packages*

**MINI PAMPER- Eyebrow Shape, Eyelash Tint, Classic Manicure & Mini Facial** \$88

**MINI ESCAPE- Mini Facial, 1 hr Body Massage, Express Manicure and Pedicure** \$150

**DAY OF BEAUTY – Classic Facial, Eyelash Tint, ½ hr Back & shoulder Massage, Classic Spa Manicure, Classic Spa Pedicure & Lunch** \$200

**GLOW & SPARKLE -Detox Facial, Body Scrubs, Body Wrap, Aroma Steam & Lunch** \$250

**ISLAND DREAM –Hydrotherapy Spa, Body Scrubs, Full Body Wrap, Aroma Steam, 1hr Body Massage, Juice & Lunch** \$290

**ESSENTIAL SPOILS – Collagen Facial, Hydrotherapy Spa, Mini Manicure, Mini Pedicure, 1hr Body Massage, Champagne & Lunch** \$240

**COMPLETE RETREAT - Body Scrubs, Full Body Wrap, 1hr Body Massage, Organic Beauty Garden Facial, Hydrotherapy Spa, Aroma Steam, Champagne & Lunch** \$380

**RETREAT FOR TWO –1hr Body Massage, Aromatherapy Facial, Aroma Steams, Spa Pedicure, Spa Manicure, Champagne & Lunch** \$450

**BRIDE PARTY RETREAT-minimum 2 people**  
Your 4 choice of below + Champagne & snack \$220  
Your 4 choice of below + Champagne, Chocolate & Lunch Set \$230  
Per person

- 1)Gel Overlay, Manicure or French Manicure
- 2)Eyebrow Wax, Eyelash Tint or Eyebrow Tint
- 3)½ hr Back & Shoulder Massage, Classic Facial or Full Body Scrub
- 4)Classic Spa Pedicure or ½ hr Foot Massage

\*\*\*\* Packages can be personalised for you \*\*\*\*

# WARAMANGA BeautySpot

Beauty & Day Spa

For The Whole Body, Mind & Soul

## Body Treatments & Day Spa Package Services Menu

**SPA ETIQUETTE**

**YOUR QUESTIONS ANSWERED...**

**Should I reserve my treatment?**

Yes, either phone or visit the salon to book a reservation at your earliest convenience so we many accommodate your schedule.

**Who can help me decide how to choose my treatments?**

Our qualified staff will help you plan the perfect spa experience, including the best order for your treatments. Spa Combinations are specially designed to offer you a selection of our most popular spa treatments.

**What should I wear?**

Wear whatever is comfortable. We will provide you with a robe and sandals.

**What if I am late for my appointment?**

If you arrive late for your appointment your treatment time may be shortened or you may have to rebook your appointment.

**What if I need to cancel my appointment?**

The spa treatments you select are reserved especially for you. We require a minimum of 6 hours notice to alleviate a 20% cancellation fee.

**What do I wear during my treatment?**

Most body treatments are undertaken without clothing. We provide disposable underwear for some treatments.

**What do I wear in the Spa?**

It's your choice to wear swimwear or not for use of steam or spa.

**What if I have special health considerations?**

Please notify our Staff whilst booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know. We recommend that alcohol not be consumed before or during your spa treatment.

**What about my comfort?**

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music... just tell us.

**Is there are a minimum age for Spa treatments?**

All spa guests must be at least 16 years of age. Salon services are available for all ages.

**What about my mobile phone?**

We suggest all mobile should be turned off when entering treatment rooms.

**Should men shave before a facial?**

Yes, we recommend that men shave a few hours before their facial.

**Parking available?**

There is ample parking available.

Birthday special, wedding groups and pregnant ladies are especially catered for at Waramanga Beauty Spot. Just call our Manager for details.

**Monday – Friday: 9am- late**  
**(After 5:30pm by an appointments only)**  
**Saturday: 8am- 1pm**  
**Sunday & Public Holidays: Closed**

**Shop 1 & 2, Waramanga Shops**  
**42 Damala Street**  
**Waramanga ACT 2611**

**For an appointment**  
**Tel: (02) 6287 4884**

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

Prices subject to change without notice  
**ABN 32 465 115 609**

## Day Spa Treatments- For your Mind & Soul

Our Day spa programs are committed to wellness and rejuvenation, helping to reduce stress through Aromatherapy oil & plant based products and extraordinary skin and body care treatments. Expert service and enticing packages designed for the individual make for a pure pampering experience guaranteed to make you glow from within.

### \*Aromatherapy Ear Candling

45minutes \$48  
We're the first salon to offer that in Canberra. Ear  
Candling is combined with pressure-point sinus  
massage & essential oils to create a treatment that is  
very relaxing. You will have a heightened sense of  
smell and taste and an ability to breathe and hear better.  
Taken with a facial \$38

### \*Thai Herbal Heat Revival Spa Treatment

We are the first salon to offer this treatment in Canberra. This is one of the popular treatments in Thailand Spa & Resorts. The Thai herbal pack is excellent used to alleviate pain or inflammation by opening the pores and bringing a medicinal heat to the muscles to induce relaxation. To soothe sore muscles and relax, combine the herb pack with essential oil and relax hand massage, to get lymphatic system going, reawakens the body's organs, and cleanses and heals

**Massage & Relaxation** ½ hour \$68  
1 hour \$98

### \*Aromatherapy Stone Therapy Treatment

The smooth heat therapy gives a relaxing massage. It helps the whole body blood circulation and can be used in Toning Body Treatment. Some of the many benefits of the Hot Stone massage are to ease sore, tight muscles, relieve stress, and alleviate tension. It is very effective to create harmony and positive energy flow, promoting a sense of balance, energy, and peace.

**Massage & Relaxation** ½ hour \$68  
45 Minutes \$78  
1 hour \$98  
1 ½ hours \$135  
**Facial** 1 ½ hours \$110  
**Pedicure/ Manicure** 1 hour \$55

### \*Oxygented Aromatherapy

It may improve the immune system. Detoxification of drugs & alcohol. Relief from migraines, headache & sinus. It helps relief of a hangover.

10minutes \$10

### \*Swedish Massage - A gently soothing massage.

### \*Pregnancy Massage - Special for pregnancy period

**\*Aromatherapy Massage -** Relaxation Massage with essential oil blends makes your body a flowery meadow, your mind a peaceful place & restore for the most tired bodies

**\*Stress Relief Massage -** A firm, deep tissue & pressure point massage with selected essential oil & herbal cream to targeting any specific problem area

30minutes \$45  
45minutes \$60  
1 hour \$68  
1 ½ hours \$99

**\*Head & Scalp Massage** 10minutes \$15

**\*Hand / Feet Massage** 12minutes \$18

### \*Aromatherapy or Herbal Steam

The steam treatments have been designed to help you relax and take time out to recharge your batteries. The steam flow can be controlled by you, and is not as hot as a sauna. Music is piped into each steam treatment. An optional extra before or after your massage - or just come in for an aromatherapy steam

10- 30minutes \$25

With any other treatments \$10 off

## \*Hydrotherapy Thermal Tub Treatment

\*Relaxing \*Anti-Stress \*Re-Fresh \*Re-Hydrate \*De-tox \*Slimming

Hydrotherapy can help eliminate cellulite, decrease water retention, free deep muscular knots & relieve tension while you are cradled in the warmth of essential oils or herbal infused in waters, which gently massage you through strategically placed jets.

**La Clinica balneotherapy** ½ hour from \$45  
**Sothys Thermal Treatments** ½ hour from \$55  
**Pure Fiji Coconut Milk Bath** ½ hour from \$55  
**With any other treatments** \$10 off

### \*Swiss Shower

The treatment provides relief from symptoms of tension, insomnia and stress. A true shower treatment is actually a full body alternating temperature hydro massage performed by the effect of the sower sprays heads. It may help & relieve chronic back pain, insomnia & vascular instability.

10-15minutes \$30

With any other treatments \$10 off

### \*Body Treatments

**French Body Polish - Sothys** 30minutes \$45

For silky smooth, great looking skin/ Defoliation with BHA & small loofah granules.

**Marine Salts Scrub- Sothys** 45minutes \$58

A deep exfoliation treatment for thickened or sun damaged skins. Marine salts & algae extracts together with grapefruit essential oils are massage across the body to remove dead skin cells.

**Anti Stress- Sothys** 1 hour \$80

Gentle body exfoliation followed by blend of exotic essential oils as a massage medium & treatment principle, designed to suit your need & preference.

**Aroma Sothys- Sothys** 1 hour \$88

The ultimate treatment for energizing and hydrating the body. Gentle exfoliation followed by a hydrating fluid gel, infused with a massage of melted Shea butter & a blend of energising or relaxing essential oils to stimulate or relax your senses.

**Rejuvenating Body Polish- La Clinica** 30minutes \$42

Deep cleansing especially for skin with much build up of dead skin cells. It effectively removes impurities & dead skin cells. It's at the same time soothing.

with other treatments \$38

### \*Wrap & Mud Treatments Some Treatments Includes detox hot wrap

**Detox Hot Blanket Wrap** 30mintues \$30

The detox hot blanket operates at a comfortable temperature & uses safe far infrared rays to penetrate the body up to 4-6cms, enabling toxins to be mobilised from fat storage and expelled from the body in sweat.

**Peel Off Firmness Wrap- Sothys** 45mintues \$45

A treatment targeted at the bust, tummy, buttocks or thighs with lost elasticity and in need of regeneration. We achieve this tonifying effect with an exfoliation designed specifically for your body type on the targeted area followed by the application of the firmness wrap.

**Detox Full Body Wrap- Sothys** 1 ½ hours \$100

A deep exfoliation with Marine Salts to remove dead skin cells & impurities, followed by the application of the Desquamers Body Mask.

**Relax Re-mineralising Mud Wrap- Sothys** 1 ½ hours \$100

A relaxing & remineralising mud wrap including an exfoliation with marine salts, followed by the application of the warm mud containing high levels of mineral elements & trace elements to revitalise & rebalance the needs of the body.

**Slimming Body Wrap- Sothys** 1 ½ hours \$130

Designed for concerned with cellulite & poor lymphatic circulation. Those starting with exfoliating powder containing algae to improve the skins texture. Followed by a wrapping powder designed to improve the dimpled appearance of the skin & improve circulation. Finishing with an aromatherapeutic slimming massage.

**Tonifying Body Wrap- Sothys** 1 ½ hours \$130

This invigorating wrap is designed for clients who are concerned about loss of elasticity & tone to their bodies. An invigorating exfoliation starts the treatment off, followed by a wrap containing algae & to finish, an aromatherapeutic tonifying massage.