

INDULGE YOURSELF

beauty therapy, skin & laser clinic

TREATMENT
MENU



HOUSEKEEPING

ARRIVAL TIME

To experience the complete benefits of your pampering session, we recommend you arrive ten minutes prior to your appointment, this allows time to complete a consultation form, meet your therapist and get changed.

GIFT VOUCHERS

Gift vouchers are available for all occasions and all treatments. Ask our qualified staff to help choose the perfect gift for that someone special.

Monetary vouchers valid for three years from date of issue.

Vouchers for specific treatments or special packages are valid for six months from date of issue.

ONLINE BOOKINGS

Bookings and gift voucher purchases can now be made online! 50% deposit required for all online bookings. Scan QR code below.

CANCELLATION AND DEPOSIT POLICY

We understand that sometimes you may need to change or reschedule your appointment, however we ask that you give the salon at least 24 hours' notice for any changes. Late cancellations or no shows may incur a 'cancellation fee' of half the cost of the total treatment value.

50% deposit will be required for all treatments 1 hour or more.

Credit card details, cash deposits, or gift voucher numbers can be used as deposits.

Thank you for your understanding.

DISCLAIMER

All information contained in this booklet is correct at time of printing.



Scan QR code for more information on products, services and pricing and to book an appointment online.

WAXING

FOR HER

Eyebrows	15	Full arm	30
Between brows	5	Standard bikini	20
Upper & lower lip	13	Extended bikini	37
Chin	12	Full bikini (Brazilian)	57
Jawline	12	Half leg	30
Nostrils	15	3/4 Leg	40
Underarms	17	Full leg	50
Half arm	23		

FOR HIM

Eyebrows	15	Chest	45
Full arms	35	Half leg	35
Back including shoulders	45	Full leg	40
Stomach	30		

TINTING

Sick of wearing mascara, or would like to darken your eyelashes to create a fuller lash? Give eyelash tinting a try!

Eyebrow Tinting	12
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Hybrid Brow Tint	15
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Brow dye with similar intense and long-lasting effects as Henna. It is highly pigmented, stains sparse brows and suits most skin types. It can give a dramatic or natural look without any ammonia. It's for women who are after a tint that will last longer than regular tint..

Lash Lift & Lash Tint	80
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This treatment involves two separate processes, both designed to give you beautiful, fluttery eyelashes for weeks. The lash lift mimics the effect of an eyelash curler. It makes your lashes bend upwards, leaving them looking longer, and your eyes more open and brighter.





LASER HAIR REMOVAL

THE BENEFITS OF LASER PERMANENT HAIR REDUCTION

Greater Speed

- Fast and efficient. Improved comfort
- Laser's chilled sapphire tip provides skin cooling to keep the skin cool

Safety and Efficiency

- Laser has greater versatility and contact cooling allow greater safety, fewer side effects, and higher efficiency than other systems on the market

HOW DOES LASER REMOVE HAIR?

Laser is a system that uses light to target certain chromophores in hair while leaving the surrounding skin unharmed.

Using this technology, laser is able to safely, efficiently, and permanently reduce hair growth with little or no downtime. Our clients often return to work immediately following treatments!

WHAT CAN LASER TREAT?

- Unwanted dark facial and body hair
- Flat, benign pigmented lesions (freckles, sunspots and general pigmentation)
- Facial vascular lesions (spider veins, red spots and broken capillaries)
- Diffuse redness, rosacea and red scarring
- Poikiloderma (redness, pigmentation and a spotty look to the neck and/or décolletage)
- Uneven skin colouring, sun damage.

To provide the best service possible, and offer the greatest flexibility in booking your time, a minimum 24 hours' notice is required for any cancellations.

FACE AND NECK

Lip and chin combo	60
Upper lip/lower lip	30
Sides face	40
Chin	30
Full face (lip, chin, and sides)	100
Neck - front and back	40
Cheeks	30

UPPER BODY

Underarms	30
Abdomen line (female)	20
Hands and fingers	25

LOWER BODY

Bikini (standard)	40
Bikini (extended)	80
Brazilian bikini (full) including bottom	100

Spot treatment also available.

MENS LASER

Male half chest (upper)	100
Male shoulders	60
Male full back	200
Male full leg	300
Male half leg	170



MAKEUP



Using the latest looks and colours from Youngblood Mineral Cosmetics, our trained therapists can cater for weddings, debutantes, special occasions and makeup lessons.

Youngblood's loose mineral foundation has a superior formulation of 100% pure minerals that dramatically improves the look of any complexion, creating amazing coverage for your skin, and is applied in just seconds.

Special occasion makeup	60
Makeup including false eyelashes	80
Makeup out of salon	POA

50% deposit required at time of booking.

TANNING

Tuscan Rapid Amino is quick and effective, perfect for the busy person that you are.

Step inside our spray tanning room white and come out a bronzed beauty. The hand-held spray gun is operated by a trained therapist to give you an incredible natural-looking tan. Please exfoliate the day before and on the morning of your tan for best results. It is important that you don't wear any deodorant, perfume or moisturiser before your tan, and remember to wear loose clothing. The tan needs to be left on the skin for at least 90 minutes while developing, after the 90 min you can have a brief shower after this time, over the next 8 hrs. The tan will darken by a further 30%.

TUSCAN RAPID - AMINO

Full body tan	50
Bondi Sands full body tan	50

All your Tuscan Tan homecare products also available.



FOOT TREATMENTS



Give your feet a break, experience the ultimate pampering in a relaxing Pedi Spa massage chair...

Express Plus Pedicure with Polish Application

Approx. 40 minutes 50

A high-speed pedicure where feet are treated to a warm peppermint foot soak, foot massage and hot steam towel. Toenails are shaped, clipped, cuticle care and buffed and finished with your choice of nail polish application.

Indulge Yourself Spa Pedi with Polish Application

Approx. 60 minutes 90

Callus formation and epidermal thickening can result in painful and unappealing feet. Salicylic Acid and Glycolic Acid unite in this luxurious foot and nail treatment designed to soften, exfoliate and smooth your soles and heels while caring for your nails. Your feet will be resurfaced, refreshed, callus free, hydrated and velvety smooth.

Indulge Yourself Spa Pedi with Shellac Application 115**

Approx. 90 minutes

Shellac Express Pedicure 55

Approx. 50 minutes

A high speed pedicure where feet are treated to a warm peppermint foot soak and hot steam towel. Toe nails are shaped, clipped and buffed and finished with your choice of shellac polish application. Shellac is a specialised colour coat for your nails that goes on like gel, lasting flawlessly for up to 14 days. It requires no drying time after your pedicure and has a smooth, shiny finish that is resistant against damage, smudging and chipping so that your colour stays perfect for much longer!

**Shellac soak off at additional cost 10

**Soak off for gel or acrylic application at additional cost 25

Reflexology

Approx. 60 minutes 100

Your feet will be treated to a warm foot soak and hot steam towel followed by a reflexology foot massage. This form of massage uses gentle pressure on specific points along your feet and can help ease stress as well as helping your body to function better.

HAND TREATMENTS

Express Plus Manicure with Polish Application 40

Approx. 35 minutes

A high-speed manicure where hands and nails are treated to a hot steam towel and your nails are shaped, clipped and cuticle care then buffed and finished with your choice of polish application.**

Indulge Yourself Manicure with Polish Application 70

Approx. 60 minutes

Your hands are treated to a peppermint hand soak and awakened by the invigoration of a hand scrub, followed by a hydrating hand mask with a stimulating hand and arm massage. Cuticle care, nail shape and buff are all included and finished with your choice of nail polish.

Shellac Express Manicure 50

Approx. 45 minutes

A manicure where hands are treated to a hot steam towel and your nails are, shaped, clipped and buffed and finished with your choice of shellac polish application.

Optional Extras

Add Shellac to your manicure 30

Soak off for gel or acrylic application 25



FACIAL TREATMENTS

Drift into a state of pure relaxation with one of our specialised Aspect Skincare facial treatments

Skin Analysis..... 60

Approx. 30 minutes

Analysis of skin is the first step in improving one's skin. There are various skin types, not all of which are problematic, but each can be improved on by matching the correct treatment/skin care to each skin type. Our therapists specialise in skin analysis and can help you to determine what your skin type is, and how to best treat it. NB: The cost is waived if as a client you book a skin treatment or purchase ASPECT skin care on the day.

Steam and Extractions..... 85

Approx. 30 minutes

Extractions take place after the skin has been thoroughly cleansed, exfoliated and steamed. This helps soften the congested pores and dead skin cells.

Relaxation Cleansing Facial..... 65

Approx. 30 minutes

This 30min Relaxation facial for that busy person who just wants a bit of me time. This facial includes a deep skin cleanse, Fruit enzyme scrub, facial mask, followed by a 15-minute facial & Décolletage massage, finished off with hydration serum or probiotics mask.

Teen Facial 100

Approx. 60 minutes

This facial is suited to individual needs of teenage skin concerns such as breakouts, congestion, acne and blackheads.

Exfoliating Cleansing Facial 120

Approx. 60 minutes

A facial using one of our specialised facial peels suited to your skin needs. Our specialised peel treatments are designed to improve the appearance of any skin concerns or conditions. Maximum results are reached with tailored home care products and maintenance treatments.

Exfoliating Cleansing Facial with Microdermabrasion 120

Approx. 60 minutes

Drift away with this luxurious facial. You will receive a deep facial cleanse, facial steam and skin exfoliation using the Microdermabrasion machine. Your skin will be left feeling brighter and more radiant, included in this facial is a nourishing décolletage face, hand and arm massage.

Exfoliating Cleansing Facial with Epiblading..... 150

Approx. 60 minutes

You will receive a deep facial cleanse, facial steam and skin exfoliation with an Epiblading treatment which give you the best results. Your skin will be left feeling brighter and more radiant. Included in this facial is a nourishing décolletage face, hand and arm massage.

Indulge Yourself Deluxe Facial 240

Approx. 90 minutes

Let our therapists take you on a journey by pampering your skin with our Indulge Yourself Deluxe Facial. This facial will leave your skin feeling totally hydrated and includes the latest anti-aging oxygen treatment. This treatment floods your skin with Vitamins A, C and E, green tea and essential minerals to regenerate and boost the health of every skin cell. You will also experience Microdermabrasion, a soothing, non-invasive treatment that removes dry, dead skin cells from the surface of the skin using gentle exfoliation and suction. It is one of the safest skin rejuvenation treatments available today and is suitable for all ages and skin types.

Laser Genesis 200

Approx. 45 minutes

Laser Genesis skin rejuvenation treats conditions commonly associated with the signs of premature aging and sun damage. These conditions include extreme redness, enlarged pores, uneven texture and fine line wrinkles. The procedure has been scientifically proven to produce new collagen. It is considered to be a highly technical, advanced procedure that promotes* vibrant, visually healthy skin in men and women.

DermaFrac Treatments - Achieve Exceptional Results 200

Approx. 60 minutes

- Includes a hydrating eye and lip mask
- LED light treatment
- No downtime

DermaFrac is a dermal micro-needling (skin needling) machine that offers simultaneous delivery of optimal absorption of infused ingredients in a pain free, no downtime treatment that can be administered by our skin therapist's.

Dermafrac stimulates a positive natural response by the body which may increase collagen and fibroblast activity to smooth lines and wrinkles

The DermaFrac machine takes micro-needling to a whole new level.

Our specialised peels and treatments are designed to improve the appearance of any skin concerns or conditions. Maximum results are reached with tailored home care products and maintenance treatments

SPECIALISED CHEMICAL PEELS

Replenish Peel - 30% Lactic Acid 100

A light exfoliation treatment designed to help rejuvenate and replenish the skin. Commonly known as the hydrating peel, no extra dryness is cleared. First line of defense in treating Acne skin.

Skin Brite Peel - TCA/RETINOL 0.9% 100

A deep exfoliation treatment for those suffering from dark pigmentation. Improves skin brightness, refines the appearance of fine lines and wrinkles as well as decreases acne scars. Incorporating TCA with Retinol (Vit A) this peel delivers amazing results felt and is great for first timers.

Acne Peel - 30% Salicylic Acid 100

A highly effective treatment in treating Acne.

FACIAL TREATMENTS

Epiblading 160

Includes Facial Peel - Approx. 60 minutes

Epidermal levelling is a safe and effective methodology that will improve the texture and tone of the skin, reduce fine vellus hair and improve the absorption of both treatment and at-home products.

The manual exfoliation procedure uses a straight edge scalpel at a 45-degree angle to exfoliate the epidermis. The newly designed derma edge slimline blade has been designed with an increased awareness for safety and provides enhanced exfoliation.

- No downtime
- Suitable treatment for pregnant/lactating women
- Ideal pre-event-smooth even makeup application

LED Facial Mask Treatment..... 48

Approx. 20 minutes

LED light therapy is anti-wrinkle, anti-aging, acne removal, skin tightening, and is a completely pain free, non-invasive treatment for all skin types, colours and conditions.

Used by dermatologists and top beauty therapists, LED's work by emitting specific wavelengths of light that penetrate the skin at varying levels.

- Minimises Fine Lines and Wrinkles
- Treat Acne
- Reduce Redness
- Promote Healing and Minimise Scarring
- Even Skin Tone and Pigmentation
- Increase Collagen Production and Cell Renewal



LASER GENESIS

Package 1 200

Approx. 60 minutes
Facial Cleanse
Hot Facial towel
Fruit Enzyme mask
Laser Genesis treatment ONLY
Serum
Jade rollers/ SPF

Package 2 270

Approx. 75 minutes
Facial Cleanse
Hot Towel
Laser Genesis treatment with Micro or Bade
Serum
LED Treatment
Jade rollers/ SPF

Package 3 350

Approx. 105 minutes
Facial Cleanse
Hot Towel
Demafrac /with serum/ Micro or Blade
Laser Genesis Treatment
LED Treatment
Jade rollers/ SPF

Package 4 280

Approx. 75 minutes
Facial Cleanse
Hot Towel
Fruit enzyme
Facial Peel
Laser Genesis
LED Treatment
Jade rollers/SPF

MICRODERMABRASION

Microdermabrasion ensures you have the cleanest possible skin. It is a system that exfoliates with diamonds while simultaneously cleaning the skin.

Microdermabrasion is the newest way to ensure that you have the cleanest skin possible.

Skin has pores and follicles that need to be regularly cleaned, and dirty, blocked skin is characterised by blackheads, congestion and blemishes.

Microdermabrasion is a system that deeply exfoliates the skin. It cleans and decongests, and leaves your skin feeling soft, renewed, and incredibly smooth. Brilliant to use before having other facial treatments, as your skin will be far more receptive to products once all those dead skin cells have been cleaned away.

OXYGEN THERAPY

The oxygen facial has two main goals: hydration and the non-invasive treatment of fine lines and wrinkles. After analyzing and cleansing your skin the machine uses an airbrush to deliver pressurized oxygen deep into the skin, along with a concentrated serum that contains hyaluronic acid. As the airbrush makes its way over the skin in small circles, you'll feel a gentle blast of cool air.

Afterwards, skin looks noticeably plumped, smoother, and dewier, and there's no redness or sensitivity. In fact, we recommend getting the treatment just prior to a big event—even on your wedding day—and makeup can be applied immediately afterwards. Each service lasts approximately 30 minutes.

MASSAGE THERAPY

Indulge Yourself with our relaxing treatments and reach a state of renewal for your mind and body.

Anti-Stress Massage From 75

This massage will focus on upper and lower back, neck and shoulders. Also included is a head massage and leave in hair treatment (optional). This massage is designed to help you achieve total relaxation, improve skin and muscle tone, increase circulation and remove toxins from the body.



Aromatherapy Full Body Massage 100

Approx. 60 minutes

This Aromatherapy treatment helps calm the body and mind with a full body relaxation massage which is designed to unwind all of life's tensions and soothe your aching muscles. Enjoy the level of relaxation that only the sense of smell and touch combined can create using DoTerra aromatherapy oils.

Pre Natal Massage 100

Approx. 60 minutes

Discover the benefits of massage during pregnancy with a relaxing and therapeutic pregnancy massage. Pregnancy is a very special time in a woman's life which creates significant physiological, structural and psychological changes.

Thai Deep Tissue Massage 100

Approx. 60 minutes

Thai massage many physical, mental and spiritual benefits and is excellent for feeling relaxed and refreshed.

- Improves circulation
- Helps relax muscles and relieve pain
- Improves flexibility
- Helps relieve headaches
- Promotes mental calmness

Hot Stone Massage 155

Approx. 90 minutes

The ultimate in relaxation massage; in one and a half hours enjoy the sensation of volcanic hot stones applied to the body to induce balance and healing, dissolving tension and stress. Relax, unwind and be transported to another dimension. Enjoy a firm and rhythmic massage which will harmonize the mind, body, and spirit.

PAMPER TREATMENTS

Our pamper treatments offer you a chance to refresh and revitalise the body's largest organ, the skin! Spoil yourself or someone special with these luxurious treatments to pamper the mind, body and spirit.

Feel free to create your own Pamper Package from our variety of treatments. Allow a little extra time after your treatment to relax in our lounge area and enjoy light refreshment with our compliments.

Pamper Option #1

Indulge Yourself Signature Skin & Body Package 299

Approx. 2.5 hours

Our signature skin & body package starts with a warm foot soak & hot towel, followed by an oxygen hydrating facial treatment, selected serums suited to your skin type, plus a hydrating eye mask.

You will love the way your skin looks plumped and smoother with a beautiful glow. Your next part of Pamper Option #1 is the ultimate relaxation massage using Hannah Hot Stones. Relax in our warm massage bed and leave your stresses of the day at the door. This treatment empowers a healthy state of mind and brings balance to your body.

Treatment overview:

- Warm Foot soak & hot towel
- Includes one facial with oxygen serum treatment.
- Eyedrate mask
- 1.5 hr full body Hot stone massage

Optional Extra

Our eye & lip treatment masks provide maximum hydration targeting the delicate skin in these areas

Eye mask targets fine lines, and dark circles, puffiness and stressed skin.

The lip mask softens and hydrates the lips and surrounds with actives.

Eye & lip treatments can be added to any of our treatments.

Pamper Option #2

Pure Heaven Body Treatment 200

Approx. 2 hours

Harnessing the balancing power of plant energies to normalize the pH of the skin for a visibly younger, more energetic, and deeply hydrated complexion, as well as providing a feeling of complete wellness. A rich multi-vitamin mask to restore freshness and radiance.

Exhale and relax as your therapist administers a stimulating head massage with leave-in hair treatment followed by an aromatherapy full body massage using pure essential oil blends.

Treatment overview:

- Specially designed 1 hour facial
- Eye and lip treatment
- Head massage with leave-in hair treatment
- 1 hour full body aromatherapy massage







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Ph: 03 5127 8500

www.indulgeyourselfspa.com.au



Open Monday - Saturday

Closed Sunday



Scan QR code for more information on products, services and pricing and to book an appointment online.

All information contained in this booklet
is correct at time of printing.