

# 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

<b>Eyebrows</b> .....	20	<b>Half arm</b> .....	23
<b>Between brows</b> .....	5	<b>Full arm</b> .....	33
<b>Upper &amp; lower lip</b> .....	15	<b>Standard bikini</b> .....	25
<b>Chin</b> .....	15	<b>Extended bikini</b> .....	40
<b>Jawline</b> .....	12	<b>Full bikini (Brazilian)</b> .....	60
<b>Nostrils</b> .....	15	<b>Half leg</b> .....	35
<b>Underarms</b> .....	18	<b>3/4 Leg</b> .....	40
		<b>Full leg</b> .....	55

## FOR HIM

<b>Eyebrows</b> .....	20	<b>Stomach</b> .....	35
<b>Full arms</b> .....	40	<b>Chest including stomach</b> .....	60
<b>Back including shoulders</b> .....	50	<b>Half leg</b> .....	40
		<b>Full leg</b> .....	60

## TINTING

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

<b>Eyelash Tinting</b> .....	20
<b>Eyebrow Tinting</b> .....	15
<b>Hybrid Brow Tint</b> .....	15

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..

<b>Lash Lift &amp; Lash Tint</b> .....	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

<b>Lip and chin combo</b> .....	45
<b>Upper lip/lower lip</b> .....	30
<b>Sides face</b> .....	40
<b>Chin</b> .....	30
<b>Full face (lip, chin, and sides)</b> ....	100
<b>Neck - front and back</b> .....	40
<b>Cheeks</b> .....	30

## MENS LASER

<b>Male half chest (upper)</b> .....	100
<b>Male shoulders</b> .....	60
<b>Male full back</b> .....	200
<b>Male full leg</b> .....	300
<b>Male half leg</b> .....	170

## UPPER BODY

<b>Underarms</b> .....	35
<b>Abdomen line (female)</b> .....	20
<b>Hands and fingers</b> .....	30

## LOWER BODY

<b>Bikini (standard)</b> .....	45
<b>Bikini (extended)</b> .....	80
<b>Brazilian bikini (full) including bottom</b> .....	100

Spot treatment also available.

## 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.

**Makeup including false eyelashes** ..... 100

**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.

### Deluxe "Foot Facial" Pedicure

with Polish Application.....100

with Shellac Application .....120

Indulge your feet with our Deluxe "Foot Facial" Pedicure, beginning with a warm Pedi spa soak to relax and rejuvenate. Experience the invigoration of our refreshing foot scrub, followed by meticulous nail care and a deeply hydrating foot mask. Enjoy a soothing leg massage with warm steam and hot stones to release tight calf muscles. Our luxurious keratin socks and stimulating foot and lower leg massage provide the ultimate pampering. We call this our "Facial for Your Feet" deluxe treatment. Finish with your choice of nail polish or shellac colours for perfectly polished toes.

Shellac Express Pedicure ..... 60

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!

### 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** ..... 70

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 Clean Facial** ..... 130

Approx. 60 minutes

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

## **Exfoliating Cleansing Facial** ..... 180

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** ..... 130

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.

## **Personalised Facial Treatments** ..... POA

*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 ..... 50

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 ..... 299

Approx. 75 minutes

Facial Cleanse

Hot Towel

Laser Genesis treatment with Micro or Bade

Serum

LED Treatment

Jade rollers/ SPF

## Package 3 ..... 375

Approx. 105 minutes

Facial Cleanse

Hot Towel

Demafrac /with serum/ Micro or Blade

Laser Genesis Treatment

LED Treatment

Jade rollers/ SPF



# Q-SWITCH

*Q-Switch Photo Rejuvenation is a skin treatment that uses a laser to treat skin conditions and remove effects of sun damage, rosacea, and skin texture.*

Q-Switch laser-pack 1 works on the pigment in a similar way to tattoo removal using a nanosecond pulse to shatter the underlying pigment in the skin. This creates a photo-acoustic response in the skin.

**Pigment Spot Treatment** ..... 80

Approx. 25 minutes

**Photo Rejuvenation - Chest** ..... 180

Approx. 55 minutes

**Photo Rejuvenation - Half Back** ..... 250

Approx. 55 minutes

**Photo Rejuvenation - Half Arms** ..... 85

Approx. 30 minutes

**Photo Rejuvenation - Full Arms** ..... 140

Approx. 55 minutes

**Photo Rejuvenation - Hands** ..... 70

Approx. 25 minutes

**Package 1: Q-Switch Only** ..... 250

Approx. 45 minutes

This treatment includes facial cleanse, enzyme Q-Switch 1064 / SPF moisturiser & hydrating serum.

**Package 2: Q-Switch Exfoliation & LED** ..... 299

Approx. 70 minutes

Included in this treatment is an exfoliation & deep cleanse, Q-Switch 1064 , and your choice of epiblading, chemical peel or microdermabrasion.

To finish your treatment off you will have an LED light treatment. This reduces fine lines and wrinkles, reduces the appearance of pigmentation and redness, and promotes healthier, younger-looking skin.

**Package 3: Q-Switch & Genesis Spot Treatment** ..... 385

Approx. 90 minutes

Genesis dual toning is a new method of non-ablative skin rejuvenation, often used to treat sun damage and hyperpigmentation.

This treatment utilizes two different wavelengths of Q-Switch Laser, which work on pigment similarly to tattoo removal, using a nanosecond pulse to shatter the underlying pigment in the skin. This creates a photo-acoustic response.

Treatment includes facial cleanse, enzyme, Q-Switch & laser genesis, LED, SPF & hydrating serum and your choice of epiblading / chemical peel or microdermabrasion.





# MICRODERMABRASION

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

**Microdermabrasion** ..... 100

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

**Oxygen Facial** ..... 100

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.

**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.



**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.

**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

**Thai Combination Hot Stone Massage** ..... 155

Approx. 90 minutes

Warm stones are placed at points on the back and in the palms of the hands. The heat of the warm stones relaxes the muscles, which allows the therapist to apply deeper pressure if desired. The warmth of the stones improves circulation and calms the nervous system.

**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.

**Head Massage with Hair Treatment** ..... 60

Includes neck, shoulders & décolletage.

# 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.

## **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

## **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

## **Fiji Glow Body Ritual ..... 200**

Approx. 1.5 hours

Fiji Glow Body Ritual Indulge in the ultimate 90 minute relaxation experience with our full body Pure Fiji scrub and massage, complete with soothing hot rocks for deep relaxation.

Sugar cane, harvested from the sun-drenched plantations of Fiji blends with tropical nut oils and vitamins A, B, C, & E to nourish your skin.

Feel the warmth as coconut milk, macadamia, and coconut oils are massaged into your body, followed by pure cane sugar exfoliation to gently remove dead cells. Hot rocks melt away tension, leaving your skin glowing, revitalized, and deeply moisturized.

## **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.



### **Premium Japanese Head Spa Treatment** ..... 249

Approx. 1.5 hours

Indulge in the ultimate Japanese Head Spa experience, a 90-minute treatment designed to deeply relax, rejuvenate, and nourish your scalp, hair, and skin.

Your journey begins with a deep-cleansing shampoo to remove impurities and refresh the scalp. A nourishing scalp massage follows, stimulating circulation, promoting hair health, and relieving tension.

Next, enjoy a hydrating hair mask with steam therapy, restoring moisture and enhancing shine for silky, healthy strands. To complete your experience, a Relaxation Facial will leave your skin glowing, while a soothing décolletage, neck, and arm massage melts away stress and promotes total relaxation.

The ultimate fusion of scalp, hair, and facial rejuvenation.

### **Deluxe Japanese Head Spa Treatment** ..... 179

Approx. 1 hour

Refresh and restore with our Deluxe Japanese Head Spa, a one-hour treatment designed to revitalize your scalp, nourish your hair, and melt away stress.

- Neck, shoulder, and head massage – to relieve tension and promote circulation
- Décolletage, arm, and hand massage – for deep relaxation
- Scalp-cleansing shampoo & nourishing hair mask – to detoxify the scalp and replenish moisture

Drift into a state of pure bliss while your scalp and hair receive the care they deserve.

*Japanese Head Spa Double / Couples Sessions also available.*

*Please call the salon to make an appointment.*



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**Ph: 03 5127 8500**

[www.indulgeyourselfspa.com.au](http://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.