

## PACKAGES

Customised packages available. Combine any of our treatments to form a package of your choice. The options are endless! If you would like some help customising a package we are here to help you choose something to suit.

### **MASSAGE, FACIAL & FEET TREAT** 90min \$190/2hrs \$255

Unwind with a back, head and neck massage and customised express facial. Completed with the feet treat, relaxing in the lounge with tea. Extend to 2hr to include a full body massage.

### **RETREAT** 2hrs \$260

Feel the need to escape the rat race? Treat yourself to a Facial, Full body massage and the Aromatic hot towel treatment. Retreat for a while and completely unwind.

### **RENEWAL** 2hrs \$260

Recharge your body, calm your mind and renew your skin. For the ultimate in pampering indulge in the Hot oil wrap or Coco cream wrap, Facial and Massage.

### **RECHARGE** 2hrs \$265

For completely nourished skin indulge in the Bamboo body polish, Dead Sea mud wrap and Massage.

### **ESCAPE** 2.5hrs \$305

2.5hrs of bliss! This treatment combines the Facial, Hot towel treatment, Hot oil wrap or Coco cream wrap and Full body massage.

### **SOLE REVIVAL** 2.5hrs \$280

Combining the 90min Facial and Massage + Pedicure. Put the spring back into your step.

### **ULTIMATE INDULGENCE** 3hrs \$380

Definitely the royal treatment. This head to toe pampering includes your choice of Wrap + Full Body Massage + Deluxe Facial + Feet Treat. This treatment has it all!

### **COUPLES SALT SPA RELAX PACKAGE** 2.5hrs 2 people \$620

The perfect combination for an afternoon of relaxation! Start with a Salt Spa Soak for 2 people for 30mins, followed by the 90min facial and massage, finished with the 30min feet treat. Sit back and relax with tea, fruit and chocolate platter and unwind in the stunning lounge.

## Relaxation Lounge Function Room

A beautiful place to have your hens party or get ready for your wedding. Perfect for small meetings or conferences. Combine a work event or meeting with massage and lunch. Celebrate special occasions and get together with friends and family.

### Day Pamper Packages

Enjoy the privacy of our relaxation lounge, complete with log fire, private garden and outdoor deck. A little bit of decadence in the Dandenongs! Combine treatments with lunch, morning/afternoon tea. This is your chance to completely unwind.

#### DAY PAMPER CHOICES

'Anyone for Tea' - 90min treatment + morning or afternoon tea = \$220

'Relax Me' - 2hr package + lunch = \$310

'Decadence' - 3hr package + lunch = \$430

### Group Bookings

**Group bookings have exclusive use of the stunning lounge with complimentary tea facilities.**

Combine Massage, Beauty and Body Treatments.

Lunch/morning or afternoon tea can be catered for. Choose from a divine range of platters; sweets platter, antipasto platter, fruit and chocolate plate and cheese plates.



#### GROUP PACKAGE OFFER

CHOOSE FROM		
30min Massage	30min Facial	30min Pedicure
30min Manicure	30min Feet Treat	

#### SPECIAL

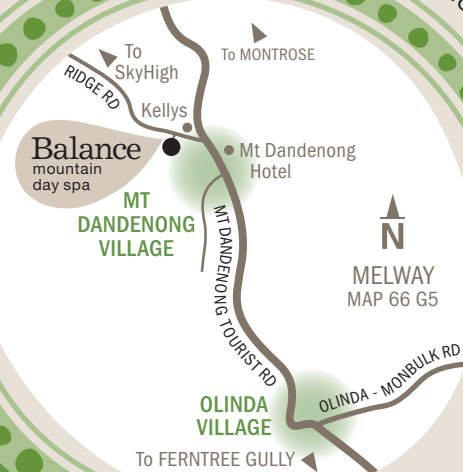
Choose 1 treatment + fruit & chocolate plate + selection of teas and relax in the lounge \$85pp (min 4 people)

Choose 2 treatments + fruit & chocolate plate + selection of teas and relax in the lounge \$150pp (min 2 people)

Choose 3 treatments + fruit & chocolate plate + selection of teas and relax in the lounge \$220pp (min 2 people)

Tailored packages also available or choose from the treatment menu.

Discover the most wonderful place to unwind...



## Balance mountain day spa

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Prices effective December 2020 and are subject to change

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# Balance

mountain day spa

Day Spa and Mobile Service



Relax in the beautiful surrounds and tranquility of the Day Spa or unwind with our Mobile Service.

All treatments are tailored to suit. We have a wonderful team of qualified therapists and can cater for single, couple or group bookings.

• Indicates available as a mobile treatment

## MASSAGE THERAPY

• **REMEDIAL MASSAGE** 60min \$125/90min \$170

Individualised massage, incorporates specialised techniques that are ideal for treating specific muscular problems and injuries. (Cupping also available)

• **RELAXATION MASSAGE** 60min \$120/90min \$165

Increases circulation and assists in relieving tension and stress in the body. A perfect treatment for the work weary.

• **AROMATHERAPY MASSAGE** 60min \$120/90min \$165

Massage using natural plant oils, these trigger responses from the brain that can induce relaxation, increase energy, reduce stress and restore overall balance.

• **PREGNANCY MASSAGE** 60min \$120/90min \$165

A wonderful treatment for the mother to be, can aid in the reduction of swelling, soothes the nervous system and aids in relaxation. Massage isn't recommended in the first trimester.

• **AROMATIC HOT TOWEL TREATMENT** 60min \$130/90min \$170

Unwind as you receive a back, neck and head massage combined with infused hot towels to soothe and release tension. Includes an essential oil treat for the hands and feet.

• **HOT STONE MASSAGE** 90min \$190/2hrs \$255

This divine treatment uses Hahana hot stone techniques and organic coconut oil. A series of placement and massage stones are used for a full body treatment that will leave your muscles soothed and your mind completely relaxed. Truly a treatment to be experienced!

• **COUPLES MASSAGE** 60min \$240/90min \$330

For 2 - Enjoy a massage each at the same time, be sure to book in advance, as two therapists will be required.

**All of our treatments can be enjoyed as a couples treatment.**

• **STRESS BUSTER** 30min \$75

Concentrating on the areas that need it most. Hot towels included.

## FACIALS

Our facials are tailored to your skin type:

HYDRAMAX - customised for dry and devitalised skin  
 REGENERATIVE PURE C - ideal for restoring prematurely aging skin  
 PURIFYING - cleanse and detoxify congested or imbalanced skin  
 REFINING FRUIT ACID - for all skin types with sluggish skin and build up  
 DESENSITISING - to calm and balance stressed skin conditions

• **DELUXE FACIAL** 60min \$125

Using traditional facial techniques, botanical products and soothing hot towels. This classic skin treatment is enhanced by a luxurious massage for face and head, neck, shoulders, arms and hands.....the perfect skin treat.

• **MENS FACIAL** 60min \$125

A deeply relaxing treatment to calm and revitalise the skin. Using a Dead Sea mineral mask to renew and a green tea extract to soothe. This treatment is complemented with a stress relieving massage to release tension in the scalp, neck, shoulders, arms and face.

• **FACIAL & MASSAGE** 90min \$180/2hr \$245

Combining the DELUXE FACIAL/MENS FACIAL and a full body massage, this treatment will leave you relaxed from top to toe.

• **MASSAGE, FACIAL & FEET TREAT** 90min \$190/2hr \$255

Unwind with a back, head and neck massage and customised express facial. Completed with the feet treat, relaxing in the lounge with tea. Extend to 2hr to include a full body massage.

• **EYE CONTOUR WRAP** 15min \$40

A perfect add-on to a facial. This eye treatment uses natures botanicals to repair and sooth. A poultice is applied and with gentle pressure point massage reduces puffiness and dark circles.

## SCRUBS

• **BACK TREATMENT** 60min \$130

A facial for your back, we cleanse, exfoliate, steam the skin and apply a mask, then relax into a back, head and neck massage.

• **BAMBOO BODY POLISH** 90min \$185/2hrs \$250

Invigorating full body exfoliating treatment using ginseng, ginkgo, and bamboo beads. Followed by a hydrating body cream. This treatment effectively removes dead skin cells that dull the natural tone of the skin, increases circulation and leaves the skin soft and smooth with a healthy glow.

• **ORGANIC COFFEE BODY SCRUB** 90min \$185/2hrs \$250

Enjoy an uplifting full body scrub, which will cleanse your skin and awaken the senses. Utilising the detoxifying properties of caffeine, sea kelp and grapefruit this treatment will clear the head and relieve fatigue. Followed by a massage with dry oil for smooth and nourished skin.

## BODY WRAPS

• **DEAD SEA MUD WRAP** 90min \$185/2hrs \$250

Your body will be exfoliated to aid in the effects of the mineral rich mud which is massaged into your skin to deeply purify and detoxify. This therapeutic Dead Sea mud contains elements that stimulate cell rejuvenation. Emerge from the wrap to shower and enjoy a massage with a nourishing body cream, leaving you feeling revived and your skin silky smooth.

• **HOT OIL BODY WRAP** 90min \$180/2hrs \$245

To aid in the absorption of therapeutic plant oils, dry body brushing begins this treatment. The warm plant elixir is liberally applied with a full body massage that follows with a cocoon wrapping and a luxurious face and foot massage.

• **ORGANIC COCO CREAM WRAP** 90min \$180/2hrs \$245

Sink into a soothing cocoon of fragrance. Your skin is exfoliated by dry body brushing then massaged with a luxurious blend of warm coco cream infused with vanilla and bergamot. Wrapped in natural cloth for maximum absorption, receive an uplifting scalp and face massage with sacred Jasmine Tamanu oil. This treatment will leave you on cloud 9.

• **COFFEE & SEA KELP CONTOUR WRAP** 90min \$185/2hrs \$250

Rich in vitamins, minerals and antioxidants, coffee and sea kelp increases cellular metabolism and detoxification. Exfoliated, wrapped and nourished your skin will feel silky smooth and hydrated. Just divine!

## TREATMENTS TO ADD ON...

• **EXFOLIATION** 30min \$70

Dry body brushing stimulates the lymphatic system, detoxification process and removes dead skin cells enabling hydration.

• **FEET TREAT** 30min \$70

Awaken tired feet. Foot cleanse, exfoliation and reflexology massage.

• **EXPRESS FACIAL** 30min \$70

The quick pick me up for your skin, includes all the essentials. Cleanse, exfoliate, hot towels, mask and hydration.

• **HYDROTHERAPY BATH** 20min 1 person \$70/2 people \$100

Rediscover the ritual of bathing, sink in and soak before or after your treatment. Choose from;

- THERAPEUTIC SALT BATH - A healing soothing soak
- MANDI SUSU ROSE BATH SOAK - A hydrating milk soak that will relieve stress and nourish skin
- AROMATHERAPY BUBBLE BATH - Choose from 4 different blends to suit your mood

## HANDS & FEET

• **EXPRESS PEDICURE** 30min \$70

Foot soak, exfoliation, nail and cuticle tidy, moisturise and polish.

• **DELUXE PEDICURE** 60min \$95

Foot soak, scrub, reshape of toe nails, cuticle tidy, exfoliation, foot massage and polish.

• **EXPRESS MANICURE** 30min \$70

Reshaping of natural nails, cuticle tidy, moisturise and polish.

• **SPA MANICURE** 60min \$95

Soak, reshape of natural nails, cuticle tidy, exfoliation, massage and polish.



## WAXING & TINTING

### WAXING

#### WOMEN

Eyebrow shape \$25	Bikini \$33	Half leg + Bikini \$62
Lip or chin \$15	Buttocks \$21	Full leg + Brazilian \$105
Sideburns \$15	Half arm \$33	Full leg + G-string \$90
Nose \$15	Full arm \$41	G-string \$49
Underarms \$25	Half leg \$38	Brazilian \$60
Stomach \$15	Full leg \$50	

#### MEN

Neck \$19	Half arm \$40	Chest \$45
Nose \$15	Full arm \$50	Stomach + Chest \$70
Ears \$15	Shoulders \$30	Half back \$40
Half leg \$50	Eyebrow \$30	Full back \$60
Full leg \$60	Stomach \$35	Buttocks \$33

### TINTING

Brow tint \$19	Lash tint \$29	Brow + Lash tint \$42
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