



ESSENCE

— *Spa and Beauty* —

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MENU OF SERVICES

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**07 4154 4570**

BOOK ONLINE

[essencespaandbeauty.com.au](http://essencespaandbeauty.com.au)



# Welcome to the Essence Spa Experience



Maximise your results, book in with our specialists for a complementary skin or body consultation.

We recommend arriving at appointments 15 minutes prior, to ensure you can relax and unwind and fill in any relevant consultation forms.



Arriving on time ensures you to experience the total benefits of your treatment. Late arrivals will determine the length of your treatment.



Your treatment will end on time to ensure the next client is not inconvenienced.

We understand plans change however we need a minimum of 24 hours notice to fill the appointment.



Group bookings will require a 10% deposit and credit card details. Group Bookings require 72hrs notice for cancellations.



## covid-19 policy

The wellbeing of our guests is our first priority, please be mindful of Covid-19 protocols that are implemented by our government.

## payment options

We provide the service of eftpos and accept all major credit cards and also offer LatitudePay. Prices and treatments subject to change without notice.

## gift vouchers

Are available for purchase in spa or on our website for the amount of your choice. All gift vouchers are valid for 12 months from date of purchase.

## spa tips

Please keep your valuables at home. If having foot therapies please remember to wear open toe shoes.

## skincare & makeup recommendations



[guinot.com.au](http://guinot.com.au)



[issada.com](http://issada.com)



[hydropeptide.com.au](http://hydropeptide.com.au)



[asapskinproducts.com](http://asapskinproducts.com)



[omnilux.com](http://omnilux.com)



[dermaivduals.com.au](http://dermaivduals.com.au)



[beautychef.com](http://beautychef.com)



[purefiji.com](http://purefiji.com)





rejuvenate and heal



## OMNILUX LIGHT TREATMENT

Omnilux Light Treatment is a non-invasive LED light therapy that promotes facial rejuvenation, skin rejuvenation, collagen production and healing acceleration. It is also a new skin treatment that has been proven to effectively treat skin conditions like rosacea, acne and blemishes.

- *Treatment takes 30 minutes*
- *Clients experience pleasant, warm feelings due to the light energy*
- *Normal activities can be resumed immediately*
- *Can assist in faster healing from other cosmetic treatments*
- *A typical course includes 9 treatments for optimal results*

### SINGLE SESSION

\$99 | 30mins

Treatment includes skin prep and finishing creams, hand and arm massage.

### 9 SESSIONS + 4 BLUEBERRY PEELS

\$699 | Save \$400

Treatment includes skin prep and finishing creams, hand and arm massage.

### ADD TO ANY FACIAL TREATMENT \$45 |

 **OMNILUX**  
leaders in light therapy



# Guinot treatments

## ESSENCE SIGNATURE FACIAL \$139 | 60 mins

5 star treatment personalised to your skins needs.

Hydradermie is an exclusive GUINOT treatment suited to all skin types and designed to provide spectacular results in terms of youthful-looking skin. This treatment is customised to meet your skins individual needs with gentle electrotherapy to help active ingredients penetrate into the skin. Leaves the skin deep cleansed, hydrated and revitalised.

## HYDRALIFT \$149 | 60 mins

The non surgical facelift.

Hydralift uses an advanced micro-current for muscle stimulation to exert a lifting effect on the facial features and oxygenate the skin.

## AGE SUMMUM FACIAL \$149 | 50 mins

Guinot's most advanced anti-aging innovation.

Incorporating the most powerful products which are exclusive to this facial. Includes a manual dermabrasion, this treatment will hydrate, lift, deep cleanse and exfoliate, decrease fine lines, wrinkles and leave you with a radiant complexion.

**HIGHLY RECOMMENDED TO BE TAKEN AS A COURSE OF  
3 TREATMENTS OVER CONSECUTIVE WEEKS.**

## HYDRACLEAN \$80 | 30 mins

An express facial treatment.

Choose from 2 targeted treatments to deep clean and detoxify the skin for acne skin types, or to hydrate and work on collagen production. This treatment is great for teenage skins.

## LIFT SUMMUM \$149 | 50 mins

A targeted facial for areas prone to loss of firmness.

The Lift Summum is designed to firm and smooth the delicate skin of face, neck and chest, often the first areas to show signs of aging. This treatment is fast acting and removes dead skin cells, redefines the face contour and restores in just 50 minutes.

## DETOXYGENE \$139 | 50 mins

A treatment to re-oxygenate and detoxify.

Guinots Detoxygene treatment re-awakens the skin in just 50 minutes. This facial is designed to detoxify and re-oxygenate the skin to restore, radiance and balance that is often affected by lifestyle changes such as lack of sleep, stress and diet.

ADD-ON SCALP MASSAGE \$30 | 15 mins

ADD-ON OMNILUX \$45 |

EYE LOGIC TREATMENT \$45 |

Eye Logic is a contouring treatment that targets the very delicate eye area. This 3-step treatment will help drain puffiness around the eyes, decongest dark circles and smooth away crows feet and fine lines.





# asap treatments

## MICROPLUS

\$139 | 60 mins

Microplus combines Microdermabrasion with Sonophoresis to provide an effective treatment for fine lines and wrinkles, acne, blackheads and congestion, open pores and pigmentation. Microdermabrasion is a non-surgical, safe and gentle procedure that deeply exfoliates and polishes the skin to stimulate new cell growth. Sonophoresis uses ultrasonic technology that has been clinically proven to significantly increase the depth and rate that treatment products can be absorbed into the skin.

## ADD-ON ASAP PEEL

\$30 |

This non-invasive peel revitalises and rejuvenates the skin with minimal to no downtime. Improves skin brightness, softens fine lines, can improve the appearance of pigmentation and sun damage, clarify, soothe and prevent skin impurities.

## ADD-ON HAND

MICRODERMABRASION \$20 |

ADD-ON OMNILUX \$45 |

## ASAP GYM FOR THE SKIN

\$99 | 30 mins

Your therapist, is your very own 'Personal Skin Coach'. Just as we keep our bodies fit and healthy with regular exercise, lasting results are achieved with ongoing skin treatments. Requiring no preparation or downtime. Each combining a specific asap peel and a selection of serums to create a targeted treatment, that offers instant and long term visible results.

### SKIN PIGMENTATION WORKOUT

The skin pigmentation workout delivers a brighter and more even complexion. This fantastic workout includes a fast-acting peel treatment to combat pigmentation and sun damage while building collagen and boosting the hydration of the skin.

### REJUVENATION SKIN WORKOUT

The rejuvenation workout provides an instant recharge for dull skin and treats a range of skin concerns including dryness, skin congestion and break-outs. The combination of effective exfoliation methods in this workout will provide noticeable results and a refreshed, radiant complexion.

### SKIN REFINING WORKOUT

Effectively treating uneven skin tone, sun damage, fine lines and wrinkles, this gentle and non-invasive workout is a potent weapon against skin ageing. Skin will be left feeling smoother, with a soft healthy glow.

### REPLENISH SKIN WORKOUT

The replenish skin workout provides the ultimate hydrating treatment for tired, dull or dry skin. It encourages beautifully hydrated skin, the softening of fine lines and a smooth, even surface.

### CLEAR SKIN WORKOUT

Treat acne from below the surface of the skin with this super effective treatment to clarify, soothe and prevent skin impurities. Gentle exfoliation combined with optimum levels of glycolic acid will treat acne and provide a thorough cleansing regime for oily and blemish prone skin. Skin is left clearer, smoother and refreshed.

### REGENERATION SKIN WORKOUT

asap's DNA regeneration treatment workout provides an instant boost for sun damaged and ageing skin using the latest scientific technologies to assist in the repair of cellular DNA damage, minimising the effects of biological and premature ageing.

TREATMENTS INCLUDE





# smooth and glow

## IPL HAIR REMOVAL

Intense Pulsed Light (IPL) is a permanent Hair Reduction treatment. It is a safe and effective treatment that guarantees long-term smooth skin, which is an increasingly popular hair removal treatment.

Super hair removal (SHR) which is suited to larger treatment areas is a more modern, newer and safer treatment. We provide SHR for legs, arms, back and bikini.



### TREATMENT RECOMMENDATIONS

- *IPL should be re-scheduled every 4-6 weeks*
- *Avoid sun exposure for 4-6 weeks prior to treatment*
- *DO NOT apply sun tan 4 weeks prior to treatment*
- *Photosensitizing medications should be discontinued for 3 days prior to treatment*
- *IPL can not be performed whilst pregnant*
- *Please shave the area in full before arriving for treatment*

### COMPULSORY PATCH TEST

A complementary patch test is **COMPULSORY** and must be done at least 24 hours prior to your hair removal or skin rejuvenation session.

LIP	\$25
CHIN	\$25
SIDES OF FACE	\$39
BIKINI	\$39
BRAZILIAN	\$59
UNDER ARM	\$25
HALF ARM	\$49
FULL ARM	\$89
HALF LEG	\$49
FULL LEG	\$89
BACK	\$79
CHEST	\$79
TUMMY LINE	\$25

## IPL PHOTO REJUVENATION

IPL is a non invasive skin treatment to help create a healthy, glowing skin. Intensive Pulsed Light (IPL) is effective in breaking down melanin in the skin, reversing pigmentation and smoothing out skin tone.

FULL FACE	\$229
FULL FACE & NECK	\$249



smooth and glow



## SKIN NEEDLING

### WHAT DOES THE TREATMENT INVOLVE?

The process itself is nearly painless; the needles only penetrate the top layer of the skin plus the speed and depth of penetration can be adjusted by the operator based on your level of comfort, ensuring a great experience plus optimal results.

Immediately after your treatment there will be visible redness on the treatment area which can be easily covered post treatment. Most inflammation will have disappeared one day after the procedure. Whilst patients should avoid direct sunlight in the first days after a micro-needling treatment, it's possible to go back to work immediately.

### HOW OFTEN SHOULD YOU HAVE A TREATMENT?

This is a very patient specific, such that your skin type and condition will indicate your number and frequency of treatments as determined by your aesthetician/practitioner.

In general, most patients undergo 3-6 treatments at intervals of four to eight weeks. Following this, a maintenance plan will then be created to sustain your results.

### Medical micro-needling is clinically proven to:

- *Treat acne scarring, reduce the depth of scars*
- *Normalise the skin structure*
- *Minimise fine lines and wrinkles*
- *Reduce pores and improve skin texture*
- *Increase collagen formation*



FULL FACE & NECK | \$199

FACE, NECK AND DECOLLATAGE | \$299

ADD-ON OMNILUX | \$45    ADD-ON NEEDLING HANDS | \$49



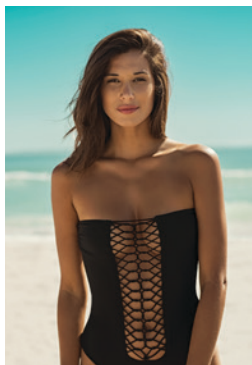
# relax and revive

## MASSAGE & BODY TREATMENT

Our relaxation massages begin with our signature rose and lavender foot ritual and dry body brushing.

HALF BODY	\$65		30 mins
FULL BODY	\$95		60 mins
COUPLES MASSAGE	\$200		60 mins
FULL BODY PREGNANCY MASSAGE	\$95		60 mins
ADD-ON HAHANA HOT STONES	\$40		Add 15 mins
PARADISE RITUAL WRAP	\$149		75 mins

Your journey begins with dry body brushing and a full body sugar scrub to gently buff away dead skin cells. Your body is then drenched in exotic coconut oil and painted in rich, hydrating body butter. Relax and drift away in a body wrap while you receive a Fijian oil scalp massage (optional).



## TECHNISPA

Slimming & Firming Treatment for the body.

This body treatment helps break down the physical signs of cellulite and eliminates toxins and fluid retention from the body. This occurs with the infusion of specific gels with a micro galvanic current and lymphatic drainage.

SINGLE SESSION	\$120		40 mins
COURSE OF 6	\$600		SAVE \$120

## TANNING

Our 'Naked Tan' Spray Tans have two options both a 20-minute and a 2 hour.

Make sure your body has been exfoliated prior to your appointment and no moisturisers, oils or deodorants are to be applied.

All shaving and waxing must be done at least 24hrs prior to your tan. Wear loose clothing. Disposables are supplied.

SPRAY TAN
\$40   10 mins

NAKED · TAN  
AUSTRALIA





# waxing, brows and tinting



## WAXING

BIKINI LINE (STANDARD)	\$25	½ ARM	\$30
G-STRING	\$35	FULL ARM	\$40
FULL BIKINI	\$55	BACK OR CHEST	\$45
STOMACH LINE	\$10	LIP OR CHIN	\$15
½ LEG	\$35	LIP & CHIN	\$25
¾ LEG	\$40	FULL FACE WAX Includes Brow Tidy	\$55
FULL LEG	\$45	SIDES OF FACE OR NECK	\$20
UNDERARM	\$20		

## BROWS & TINTING

EYEBROW TIDY	\$25
EYEBROW RE-SCULPTURE	\$35
EYELASH TINT	\$22
EYEBROW TINT	\$15
HYBRID EYEBROW TINT	\$20
Hybrid dye leaving a long lasting stain on skin and brow hairs.	
EYEBROW WAX & TINT, EYELASH TINT	\$55
LASH LIFT & TINT	\$95





# shine from top to toe

## MANICURES & PEDICURES

Using our Luxurious Pure Fiji treatment range.

REMEMBER TO BRING OPEN TOE SHOES.

### DELUXE SPA PEDICURE

The ultimate luxury for your feet. Includes a warming rose lavender foot soak, full foot and leg exfoliation, Paraffin mask, Hot Stone Massage for the legs and feet, Nail tidy and polish.

\$99 | 70 mins

### SPA PEDICURE

A warming rose lavender foot soak, dead skin removal, exfoliation, full foot and leg massage, nail tidy & polish.

\$85 | 55 mins

### SPA MANICURE

Includes rose lavender hand soak, Full hand and arm exfoliation and massage, nail tidy & polish.

\$65 | 45 mins

### SPA MANICURE & SPA PEDICURE

\$140 | 100 mins

### MINI MANICURE

File, massage and polish.

\$50 | 30 mins

### MINI PEDICURE

Hot Towel, cut, file, massage and polish.

\$55 | 30 mins

### SHELLAC

Includes nail tidy.

| \$50

### SHELLAC REMOVAL

| \$20

### SHELLAC ADD-ON

For manicure or pedicure.

| \$20

### ASAP MEDI PEDI WITH, FILE, POLISH

\$99 | 60 mins



## MAKEUP

We use and recommend Issada Cosmetics to enhance your skins appearance.

*We cater for all skin types & occasions:*  
Day Look, Evening, Formal/Bridal or Photographic. Issada prides itself on an extensive range of high pigmented, quality colour.

CALL OUT FEE | \$90  
PRICE PER THERAPIST

SPECIAL OCCASION | \$90  
BRIDE/BRIDESMAID TRIAL

MAKEUP LESSON | \$90  
PRICE REDEEMABLE OFF  
2 PRODUCTS PURCHASED  
ON THE DAY

ISSADA 'LUXELASHES' | ADD \$25  
EYELASHES & APPLICATION





## spa packages



### SPA TASTER

\$149 | 70 mins

- Welcome Lavender & Rose Foot Ritual
- Dry Body Brushing
- Back Neck & Shoulder Massage
- Essence Taster Facial
- Scalp Massage

### RADIANCE & EYES

\$139 | 75 mins

- Welcome Lavender & Rose Foot Ritual
- Eyelash Tint, Eyebrow Tint & Eyebrow Wax
- Hydraclean Facial
- Foot Massage

### ESSENCE GLOW

\$229 | 110 mins

- Welcome Lavender & Rose Foot Ritual
- Dry Body Brushing
- Warm Oil Full Body Massage
- Guinot Detoxygene Facial
- Scalp Massage

### ESSENCE ESCAPE

\$199 | 90 mins

- Welcome Lavender & Rose Foot Ritual
- Dry Body Brushing
- Half Body Hot Stone Massage
- Detoxygene Facial
- Scalp Massage

### MUM TO BE

\$229 | 120 mins

- Welcome Lavender & Rose Foot Ritual
- Dry Body Brushing
- Full Body Pregnancy Massage
- Essence Taster Facial
- Cut, File, Polish
- Eyelash Tint
- Scalp Massage



**TELEPHONE | 07 4154 4570**

BOOK ONLINE | [essencespaandbeauty.com.au](http://essencespaandbeauty.com.au)

EMAIL | [essencespaandbeauty@bigpond.com](mailto:essencespaandbeauty@bigpond.com)

**1/31 WOONGARRA STREET BUNDABERG QLD 4670**



Essence Spa & Beauty



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