

HALE

spa

TREATMENT MENU

+61 2 6273 3101
10-14 MACQUARIE STREET,
BARTON ACT 2600 AUSTRALIA

Hale Spa

CELEBRATE YOUR SPECIAL OCCASIONS WITH PAMPERING AT HALE SPA. WE WILL WORK WITH YOU TO CREATE A UNIQUE TREATMENT EXPERIENCE, WHERE EVERY DESIRE WILL BE CATERED FOR.

From the moment you arrive, you will be cared for by our highly trained and qualified therapists in one of our nine treatment rooms. Take advantage of our wet room facilities, which include an infrared sauna, steam room and cave pool, and finish with a glass of Champagne or herbal tea in our dedicated lounge.

With state of the art washroom amenities and lockers, we make it easy to spend the rest of your day, care free, around the Realm Precinct at one of the award-winning restaurants or the nearby hotels.

Perfect for brides-to-be, hens and bucks parties, birthdays, anniversaries, new and expecting mums, or just spending the day catching up with friends – whatever the occasion we will work with you to make your time with us one to remember.

Clear your schedule and surrender yourself to Hale Spa.

MASSAGE

Signature Massage

This full body relaxation massage will de-stress you from head to toe. Our signature treatment starts with a heavenly warm towel foot compress infused with essential oils, followed by a gentle rhythmic massage using Swedish techniques of long gliding, kneading and friction strokes to the muscles to restore balance.

60 MINUTES **\$120⁰⁰**

90 MINUTES **\$160⁰⁰**

Deep Tissue Massage

Ideal for those with overworked and stiff bodies from daily life or from working out. Our deep tissue massage will target every muscle group with firm pressured manipulations and strokes, that will help aid the removal of toxins and chronic muscular tension.

60 MINUTES **\$135⁰⁰**

Pregnancy Massage

Beneficial for expectant mothers in their second and third trimesters, our pregnancy massage will relieve aches and pains and increase relaxation – perfect for mums-to-be.

60 MINUTES **\$135⁰⁰**

Aromatic Stone Therapy

A full body massage using a sensual blend of oriental spices infused with warm Balinese stones and oil. Harmonic movements and heat will help balance the body's energy.

60 MINUTES **\$135⁰⁰**

90 MINUTES **\$175⁰⁰**

ANTI-AGING FACIALS

Caviar + Pearl High Performance Anti-Aging Facial

This anti-aging treatment replenishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts. A luxurious thermal clay mask will improve elasticity, increase oxygenation of cells and the suppleness of skin. Counteract the imprint of time and reflect a youthful complexion as it dramatically reduces facial expression lines and wrinkles.

75 MINUTES

\$200⁰⁰

Stem Cells Phyto-Elite Intense De-Aging Facial

Infused with the first ever blend of Argan and Comfrey Stem Cells, this treatment includes a mask and cream with supercharged de-agers like Collagen, Retinol, Elastin and other key actives to start working immediately. Visibly reducing lines and wrinkle depth, it delivers a smoother skin surface, and long-term protection of the skin's naturally repairing stem cells. This intensive mask is scientifically crafted for optimum benefits and is powered by a ground-breaking X2 plant stem cell formula as well as key repairing actives like Shea Butter and Aloe.

75 MINUTES

\$180⁰⁰

Tri Power Facial

A deeply hydrating, tri-phase skin treatment to medicate skin in three ways: it relaxes harsh wrinkles with Escutox, a natural alternative to Botox; it communicates with skin cells with Marine and Caviar Polypeptides to self-repair and rejuvenate; and it firms and brightens with natural organic extracts of Sorghum and Diacetyl Boldine, a cutting-edge combination of anti-aging and brightening ingredients.

60 MINUTES

\$160⁰⁰

FACIALS

Clarifying Skin Treatment

A powerful clarifying technique for oily, problematic skin or mature-onset acne. This treatment works in three phases: by exfoliating, deep cleansing and clarifying with anti-bacterial actives. Plant extracts are used to regulate oil flow, freshen the skin and assist in healing.

Facial **\$130⁰⁰**
60 MINUTES

Back Facial **\$110⁰⁰**
45 MINUTES

Sensitive Skin Professional Treatment

Based on spa thermal water renowned for its de-sensitising effects, this ultra-calming treatment has been formulated especially for delicate skins. The gentle and soothing textures allow sensitive skin to recover its balance and comfort.

60 MINUTES **\$130⁰⁰**

Advanced Hydration Facial

Ideal for all skin types, this advanced hydration facial features multi-level hyaluronic acid delivery to boost the skin's moisture retention capabilities. Using a special six-phase protocol and the latest generation of ultra-hydrating active ingredients that provide antioxidant defense against environmental assault, your skin will appear youthfully plump and hydrated.

60 MINUTES **\$150⁰⁰**

Seasonal Facial

With innovative formulas attuned to the seasonal needs of the skin, this facial will protect and strengthen the skin with the addition of vitamins and minerals.

45 MINUTES **\$115⁰⁰**

Signature Facial

Inhale and exhale into a deep sense of calm while our therapists employ signature facial techniques to normalise and restore the pH of the skin. Our signature facial is personalised to your individual skin needs with thorough cleansing, toning and exfoliating followed by a rich multi-vitamin mask to restore freshness and radiance. A hand rejuvenation treatment, neck and décolletage massage leaves you feeling radiant.

60 MINUTES

\$130⁰⁰

Teen Spa Facial

Using gentle fruit enzymes, hydrating and calming ingredients, we normalise and balance a teen skin to maintain overall health to help prevent breakouts and keep the barrier intact to keep a young skin strong while getting through the teen years.

60 MINUTES

\$130⁰⁰

Glysalac Pro Peel

This peel combines glycolic and salicylic acids to refine the texture of the skin, bring instant radiance, smooth and reveal a brighter and more even complexion. Offering exceptional results on sun damaged and prematurely aged skin, this peel may assist in unclogging and smoothing oil-congested skin to refine the texture of open pores and prevent break-outs. *Not recommended for sensitive skin.

30 MINUTES

\$75⁰⁰

Lactic Acid Pro Peel

A multi-action peel that combines Lactic acid and supporting plant extracts to resurface the skin, boost cell renewal, diminish fine lines and wrinkles, and stimulate natural collagen production for a more toned and youthful appearance. This 30-minute skin peel is non-irritating with no down time or noticeable flaking of the skin.

30 MINUTES

\$75⁰⁰

BODY TREATMENTS

Signature Body Glow

Our signature salt-mousse glow will remove dead skin cells and impurities. As water is added to the salt-mousse, the skin is polished as the aromatic scrub pleasantly foams and rehabilitates the skin.

45 MINUTES

\$95⁰⁰

Sensory Escape Wrap

Drenched with papaya and pineapple, this tropical wrap is enriched with crème fraîche natural butter, calcium, magnesium, saccharides, vitamin A and pomegranate extract. Blended with ingredients such as collagen and elastin polypeptides, this formula glides smoothly over the skin. Experience a glorious sensory escape as you are enveloped by the scent of vanilla and enticing tropical fruits. The skin is left deeply nourished and rejuvenated.

60 MINUTES

\$130⁰⁰

Brightening Body Wrap

Combining the tropical extracts of mango and passionfruit, this wrap counteracts aging, evens skin tone and delivers invigorating and toning benefits. As the creamy formulation is applied all over your body, you are transported to a tropical oasis where your senses are gently awakened and phenomenal visible results are obtained.

60 MINUTES

\$140⁰⁰

Spray Tan

Say hello to a natural, sun-kissed glow with an instant hint of bronze! The express tanning solution lets you select how dark you want to go by choosing when you shower. An advanced, fast acting mist, with intelligent shade complex for a natural streak-free tan.

Perfect for special occasions and when you're rushed for time.

FULL BODY

\$40⁰⁰

HANDS + FEET

Signature Manicure

Our signature manicure will leave your hands and nails feeling nourished and revitalised. Ease away stress and strain as we care for, shape, buff and restore cuticle health. Fingers, hands and arms are then hydrated to restore vitality and to finish, your nails are polished with your choice of colour.

45 MINUTES

\$90⁰⁰

Gentlemen's Manicure

Restore the condition of your hands and nails with our gentlemen's manicure treatment. Your nails will be shaped, buffed and cuticles trimmed before succumbing to a decadent and hydrating hand massage.

30 MINUTES

\$80⁰⁰

Signature Pedicure

Our exquisite signature pedicure treatment will completely restore picture-perfect nails. We begin by shaping, buffing and restoring cuticle health, then feet and calves are gently massaged into a state of total relaxation. To finish, your nails are polished with your choice of colour.

60 MINUTES

\$100⁰⁰

Gentlemen's Pedicure

Tired and aching feet are brought back to life with this luxurious pedicure treatment. Your feet will be soaked in our aromatic footbaths and gently exfoliated. Dry skin will be removed, nails shaped, buffed and cuticles removed to restore nail health.

45 MINUTES

\$90⁰⁰

Paraffin

(add on to any Manicure or Pedicure Treatment)

A deep heat therapy using liquefied paraffin wax to give your hands a rich hydration and circulation boost.

15 MINUTES

\$20⁰⁰

French Polish*

(add on to any Manicure or Pedicure Treatment)

This classic polish technique has been perfected by our therapists.

15 MINUTES

\$20⁰⁰

Gel Polish*

(add on to any Manicure or Pedicure Treatment)

Gel polish gives you weeks of incomparable shine and wear.

15 MINUTES

\$20⁰⁰

Gel Polish Removal*

Specialised removal process of gel polish.

15 MINUTES

\$20⁰⁰

* please specify if you require this technique when booking as additional time is required.

BEAUTY TREATMENTS

Waxing

Eyebrow	\$25 ⁰⁰
Lip.....	\$20 ⁰⁰
Chin	\$25 ⁰⁰
Full face	\$60 ⁰⁰
Half leg.....	\$55 ⁰⁰
Full leg.....	\$75 ⁰⁰
Underarm.....	\$30 ⁰⁰
Half arm	\$35 ⁰⁰
Full arm	\$45 ⁰⁰
Bikini.....	\$50 ⁰⁰
G-String.....	\$55 ⁰⁰
Brazilian	\$65 ⁰⁰

Gentlemen's Specific Waxing

Back and shoulders	\$65 ⁰⁰
Chest	\$50 ⁰⁰
Half leg.....	\$65 ⁰⁰
Full leg.....	\$85 ⁰⁰

Tinting

Eyelash.....	\$30 ⁰⁰
Eyebrow	\$25 ⁰⁰
Eyelash and Eyebrow.....	\$50 ⁰⁰

Make Up Application

A full makeup look from lips to lashes.

60 MINUTES

\$80⁰⁰

SPECIALISED PACKAGES

Build your own ritual

Indulge in your own tailor-made spa experience. Our Ritual options allow you to choose from our exclusive offerings with all packages complemented by a glass of Champagne, selection of teas and light refreshments.

DURATION IS 60 MINUTES PER TREATMENT

TWO RITUALS 120 MINUTES	\$250⁰⁰
THREE RITUALS 180 MINUTES	\$380⁰⁰
FOUR RITUALS 240 MINUTES	\$510⁰⁰

Facial

Organic Signature Facial

Body

Sensory Escape Body Wrap

Massage

Signature Massage

Hands and feet

Signature pedicure with paraffin treatment

or

Signature manicure with paraffin treatment

SPA ETIQUETTE

Gift certificates

Our gift certificates are perfect for any occasion. Choose from any treatment and package or simply nominate the value of the certificate, allowing the recipient to choose their ideal service sequence. Beautifully presented, our certificates are valid for six months.

Bookings and cancellations

Please contact the spa on 02 6273 3101 to make an appointment. Booking in advance is recommended to secure your preferred treatment time. A credit card number, gift certificate number or room number is required at the time of booking. Should you need to cancel or change your booking, we require a minimum of six hours notice prior to your scheduled treatment, otherwise the full price will be charged or the gift certificate will be deemed as void.

24 hours cancellation notice is required for all spa packages and group bookings.

We kindly ask that you arrive 15 minutes prior to the start of your appointment to allow time to complete a brief health history form and to get changed in preparation for your treatment. Should you arrive late, every effort will be made to accommodate you, however as a courtesy to all of our clients, your treatment will be completed at the scheduled time and full treatment pricing will still apply.

Opening hours

MONDAY: 8.30AM – 6.00PM

TUESDAY: 8.30AM – 6.00PM

WEDNESDAY: 8.30AM – 8.00PM

THURSDAY: 8.30AM – 8.00PM

FRIDAY: 8.30AM – 6.00PM

SATURDAY: 8.30AM – 3.00PM

Facilities and attire

An individual locker is assigned to you prior to your treatment starting. We recommend you leave any valuables at home as the spa cannot be held responsible for any lost or misplaced personal items. Disposable underwear, robes and towels are provided.

There are designated male and female sauna and steam rooms, while the pool is open for all and swimwear is required at all times. No children under the age of 16 are permitted.

Health considerations

For your safety, we ask all guests to complete a confidential 'Health History Form' prior to the start of your treatments. This form is compulsory for all guests and will only be required on your first visit. Some treatments may not be suitable depending on particular conditions, so please discuss any health issues with your therapist.

If you are pregnant, trying to get pregnant or suffer from high or low blood pressure, please inform the receptionist when making your booking as some treatments may not be suitable.

Pricing

Prices and treatments are subject to change without notice. We accept cash, EFTPOS and all major credit cards.

Refund or exchanges

Please choose carefully as we do not provide refunds or exchanges if you change your mind.

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