

# HALE

spa

## TREATMENT MENU

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+61 2 6188 3299  
10-14 MACQUARIE STREET,  
BARTON ACT 2600 AUSTRALIA

# Hale Spa

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 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, carefree, around the Realm Precinct at one of the award-winning restaurants or nearby hotels.

Perfect for brides-to-be, hen's and buck's 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. Rhythmic Swedish massage techniques will be used to calm and restore balance.

30 minutes	<b>\$75<sup>00</sup></b>
60 minutes	<b>\$130<sup>00</sup></b>
90 minutes	<b>\$180<sup>00</sup></b>

## DEEP TISSUE MASSAGE

Ideal for bodies overworked and stiff from daily life or working out. This massage will target every muscle group with firm-pressured manipulations and strokes to aid removal of toxins and muscular tension.

60 minutes	<b>\$145<sup>00</sup></b>
90 minutes	<b>\$195<sup>00</sup></b>

## REMEDIAL MASSAGE

A technique to help treat muscle and joint injuries associated with pain management and injury rehabilitation. The therapist will apply specific techniques relating to your concerns and recommend a recovery plan.

60 minutes	<b>\$160<sup>00</sup></b>
Initial consult + 90 minute massage	<b>\$195<sup>00</sup></b>

## PREGNANCY MASSAGE

Beneficial for expectant mothers. Our pregnancy massage will relieve aches, pains and increase relaxation.

60 minutes	<b>\$145<sup>00</sup></b>
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## HOT STONE THERAPY

A full-body massage using warm Balinese stones and a sensual blend of oils. Harmonic movements and heat will help balance the body's energy.

90 minutes	<b>\$185<sup>00</sup></b>
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## AROMATIC + NOURISHING MASSAGE CREAM

Add this delightfully aromatic vitamin-enriched and nourishing massage cream to any massage to replenish skin, relieve dryness and prevent stretch marks for pregnant women.

Add-on	<b>\$39<sup>00</sup></b>
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## 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

**\$210<sup>00</sup>**

### STEM CELLS INTENSE DE-AGING FACIAL

This anti-aging treatment is supercharged with collagen, retinol and elastin to visibly reduce lines and wrinkle depth instantly. This groundbreaking repairing and regenerative action of two different plant Stem Cells will have an accumulative effect when supported with the Stem Cells home treatment plan.

60 minutes

**\$190<sup>00</sup>**

### TRI POWER FACIAL

This triple action facial deeply hydrates and relaxes harsh wrinkles with plant-derived anti-wrinkle solution. The mask firms and brightens with organic extracts of sorghum and dactyl boldine. Other actives such as marine and caviar polypeptides self-repair and rejuvenate.

60 minutes

**\$170<sup>00</sup>**

### LUMINOUS C & SEA FACIAL

Utilising stabilised vitamin C and freeze-dried seaweed, this high-performance facial includes a rubber mask to improve elasticity, reduce fine lines and brighten sun damage or pigmentation. The ultimate treatment for a luminous bridal glow.

75 minutes

**\$185<sup>00</sup>**

### LUMAFIRM LIFT + GLOW

Redefining radiance and facial contouring, this remarkable facial is exclusively formulated with the latest in freeze-dried technology to deliver instant results and cumulative skin care benefits. Performance driven, the treatment features the best anti-aging ingredients rendering skin firmer, tighter, lighter and visibly brighter. Ideal for any skin type showing signs of aging and pigmentation.

60 minutes

**\$190<sup>00</sup>**

## MENS SKINFIT FACIAL

A proven advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox™ replenish skin while counteracting aging aggressors. Visibly resurfacing, this mask promotes healthy, youthful skin.

60 minutes

**\$180<sup>00</sup>**

## High Performance Facials

### OXY VITAL SENSITIVE SKIN TREATMENT

This healing and desensitising treatment dramatically defuses redness and removes heat in the skin in one treatment, leaving your skin cool, soothed and refreshed.

60 minutes

**\$165<sup>00</sup>**

### RS2 ROSACEA CALMING FACIAL

The only professional spa treatment to target the problems associated with microcirculation, such as broken capillaries, persistent redness and congestion. The thermal mask component is like a gym workout for your skin—actively strengthening the capillary walls and repairing and soothing your skin. A home-care routine of RS2 line is strongly recommended for optimum results.

60 minutes

**\$175<sup>00</sup>**

### HYDRATING ANTI-FREE RADICAL FACIAL

Perfect for thirsty, dry skin that needs hydrating and nourishing. This high-performance treatment uses a rich ampoule packed with vitamins A & E to deeply repair and protect against free radical damage. The thermal mask heats and then cools to lock in all the goodness and leaves your skin hydrated and plump.

75 minutes

**\$175<sup>00</sup>**

### PLANTOMER FACIAL

Visibly enhancing your skin's texture and maximising hydration, this effective lift-off mask combines the replenishing benefits of seaweed with revitalizing Propolis, a natural healing and desensitising substance. Soothing, nourishing, and calming, it renders skin undeniably radiant. Excellent for a reactive or sensitive skin type, this treatment aids in reducing breakouts. It hydrates, heals, calms and reduces redness.

60 minutes

**\$165<sup>00</sup>**

## TEEN SPA FACIAL

Using gentle fruit enzymes, hydrating and calming ingredients, we normalise and balance teen skin to maintain overall health. This facial helps to prevent breakouts and maintain the barrier to keep young skin strong throughout the teen years.

**45 minutes** **\$120<sup>00</sup>**

## MICRO-RETINOL FACIAL

A potent resurfacing peel using powerful Micro-Retinol to recapture smoother, firmer, brighter, softer, younger-looking skin.

**60 minutes** **\$190<sup>00</sup>**

## HYDRABRASION

A powerful combination of hydrabrasion and dermabrasion to deeply exfoliate, vacuum and clean the skin.

**30 minutes** **\$130<sup>00</sup>**

**Add to facial treatment 20 minutes** **\$80<sup>00</sup>**

## ADVANCED TREATMENT PEELS

Our therapist will ensure the right peel for your skin. Each treatment begins with a thorough skin assessment.

**60 minutes** **From \$165<sup>00</sup>**

## Omnilux™

Omnilux is scientifically proven light therapy that targets aging at a cellular level. With specific Omnilux light therapy combinations we can improve acne, deep wrinkles, enlarged pores, firmness of the skin, hydration, radiance and overall aging.

**30 minutes** **\$115<sup>00</sup>**

**Add to facial treatment 20 minutes** **\$80<sup>00</sup>**

**10 Pack** **\$950<sup>00</sup>**

## NOURISHING SCALP TREATMENT

This nourishing hair and scalp treatment will leave your hair silky-soft and smelling divine as vitamin-enriched oil is dripped through your hair and massaged into your scalp under the warmth of steam.

Note: your hair will require washing post treatment.

**Add-on** **\$35<sup>00</sup>**

## Traditional Facials

### 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 your skin. Our signature facial is personalised to your individual skin needs and includes cleansing, exfoliation, a relaxing face, neck and décolletage massage and a mask. Continue to relax while your scalp, hands and arms are massaged. Treatment creams are then applied to finish off.

60 minutes	<b>\$140<sup>00</sup></b>
90 minutes	<b>\$180<sup>00</sup></b>

### CLARIFYING SKIN FACIAL

A powerful clarifying technique for oily, congested and problematic skin. Using high-performance enzymes to relieve deep congestion, special lymphatic drainage massage techniques, and the purifying benefits of charcoal, this treatment will leave your skin clearer and smoother. Best coupled with Omnilux Blue for ultimate results.

60 minutes	<b>\$150<sup>00</sup></b>
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### EXPRESS RADIANCE FACIAL

A beauty flash for those short of time but still after visible results. Perfect for a quick boost of only the essentials.

45 minutes	<b>\$120<sup>00</sup></b>
Add Omnilux™ treatment	<b>\$80<sup>00</sup></b>

## Add Ons

Omnilux™	<b>\$80<sup>00</sup></b>
15min back massage	<b>\$40<sup>00</sup></b>
15min foot massage	<b>\$40<sup>00</sup></b>
Collagen Eye Treatment	<b>\$40<sup>00</sup></b>
Eye Lash Tint	<b>\$30<sup>00</sup></b>
Eye Brow Tint	<b>\$25<sup>00</sup></b>
Nourishing & De-stress Scalp Treatment	<b>\$35<sup>00</sup></b>
Aromatic & Nourishing Massage Cream	<b>\$39<sup>00</sup></b>
30min peel	<b>\$95<sup>00</sup></b>

## Body Treatments

### SIGNATURE BODY GLOW

Beginning your ultimate revitalising dual treatment is Pevonia's ever-popular silky body scrub, a clear favourite for many reasons. Exfoliating beads ever-so-efficiently remove all those dry skin cells, leaving your body soft and smooth and ready for the second component of your treatment—luscious Preserve Body Moisturiser.

45 minutes

\$95<sup>00</sup>

### DE-AGING 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 enticing scent of vanilla and tropical fruits. The skin is left deeply nourished and rejuvenated. Do not shave or wax 48 hours prior to treatment.

60 minutes

\$140<sup>00</sup>

### SEAWEED DETOX BODY WRAP

Designed to detoxify and improve circulation, this treatment begins with a sea-salt exfoliation. This smoothing micronised algae wrap improves skin tone on problem areas and remineralises the body.

Note: do not shave or wax 48 hours prior to this treatment.

60 minutes

\$150<sup>00</sup>

### DE-STRESS AROMATHERAPY COCOON WRAP

Let your mind drift away as your body is thoroughly exfoliated and left as smooth as silk. Allow your body to be a canvas for your therapist to lavish with a rich, creamy blend of signature aromatherapy oils while you are enveloped into a cocoon of relaxed bliss.

60 minutes

\$140<sup>00</sup>

Add onto massage

\$110<sup>00</sup>



## ANTI-CELLULITE TREATMENT

Slim and tone your body with a cutting-edge cellulite treatment. This stimulating treatment assists your body's ability to break down fat, increase metabolism and eliminate water retention. Pure 100% Micronised Green Coffee, naturally rich in chlorogenic acid, polysaccharids, proteins and essential oils, smoothes and enhances your skin's overall texture, visibly reducing spongy, dimply, cellulitic areas. Recommended weekly for six weeks.

60 minutes

**\$140<sup>00</sup>**

## STEM CELLS WRAP

The ultimate in body treatments. The Pevonia's Stem Cells Wrap treats cellulite, age spots, sun damage, unevenness, roughness and more. Renew and de-age your body with a unique blend of argan and comfrey stem cells to contour and refine. Ready your body for intense repair for a more youthful, smoother you.

Note: this treatment creates the sensation of intense heat. Do not shave or wax 48 hours prior to this treatment.

75 minutes

**\$180<sup>00</sup>**

## Hands + Feet

### SIGNATURE MANICURE

Our Signature Manicure will leave your hands and nails feeling nourished and revitalised. Ease away stress and strain as we shape and buff nails, and restore cuticle health. Fingers, hands and arms are exfoliated, a nourishing mask is then applied to enhance hydration and restore vitality. Your nails are polished with your choice of colour.

60 minutes

**\$90<sup>00</sup>**

### EXPRESS MANICURE

30 minutes

**\$60<sup>00</sup>**

## SIGNATURE PEDICURE

Our exquisite Signature Pedicure treatment will completely restore picture-perfect nails. We begin by shaping and buffing your nails and restoring cuticle health. Your feet are then gently buffed with Hale's exclusive European electric drill, and feet and calves are thoroughly exfoliated and then massaged into a state of total relaxation. To finish, a nourishing mask is applied to enhance hydration and restore vitality. Your nails are polished with your choice of colour.

75 minutes

**\$100<sup>00</sup>**

## EXPRESS PEDICURE

45 minutes

**\$80<sup>00</sup>**

## GEL POLISH

Gel polish is a longer-lasting, super-shiny cured polish that can be added to any manicure or pedicure treatment.

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

15 minutes

**\$30<sup>00</sup>**

## GEL POLISH REMOVAL

Specialised removal process of gel polish.

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

15 minutes

**\$20<sup>00</sup>**

## 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 refined before being treated to a decadent and hydrating hand massage.

30 minutes

**\$60<sup>00</sup>**

## 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 refined to restore nail health.

45 minutes

**\$80<sup>00</sup>**

## Specialised Packages

### BUILD YOUR OWN RITUAL

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

Two Rituals 120 minutes	<b>\$250<sup>00</sup></b>
Three Rituals 180 minutes	<b>\$380<sup>00</sup></b>
Four Rituals 240 minutes	<b>\$510<sup>00</sup></b>

### FACIAL

Organic Signature Facial

### BODY

Aroma Cocoon Body Wrap

### MASSAGE

Signature Massage

### HANDS AND FEET

Signature Pedicure

or

Signature Manicure

Free gel polish with Manicure or Pedicure

*\* please advise if you choose this option at time of booking for us to allow extra time.*

### COUPLES PACKAGE

Indulge your senses together in our couples room starting with a bath filled with a blend of divinely scented moisturisers and aromatherapy oils. Melt your cares away with a 45-minute massage, while your mind continues to drift and unwind as we pamper your skin with the Express Radiance Facial. Melt into the lounges after your treatment in the client lounge with complimentary sparkling and chocolates.

120 minutes	<b>\$480<sup>00</sup></b>
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# Spa Etiquette

## GIFT VOUCHERS

Our gift vouchers are perfect for any occasion. Choose from any treatment and package or simply nominate the value of the gift voucher, allowing the recipient to choose their ideal service sequence. Beautifully presented, our gift vouchers 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 voucher 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 voucher 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 your appointment to allow time to complete a brief health history form and change 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.

To complete your experience at Hale Spa, all treatments 60 minutes and over are accompanied by access to the Hale wet areas including the cave-like plunge pool, infrared sauna, and steam room. Clients are welcome to use these facilities prior to, or after, qualifying treatments – subject to spa opening hours. Swimwear required.

## OPENING HOURS

Monday: Retail only 8.30am – 7.00pm

Tuesday: 8.30am – 7.00pm

Wednesday: 8.30am – 8.00pm

Thursday: 8.30am – 8.00pm

Friday: 8.30am – 6.00pm

Saturday: 8.30am – 4.00pm

Sunday: Closed

## FACILITIES AND ATTIRE

An individual locker is assigned to you prior to the commencement of your treatment. 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.

## SURCHARGE

20% surcharge for Public Holidays.



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pevonia™