

Spa retreats

"Me Time" \$160.00
For two people \$300.00

Is a relaxing 1.5-2 hours just for you. Your experience starts with a full body massage, before you enjoy a balancing Facial Treatment Specifically for your skins needs and finishes off with a signature pedicure.

Decadent Body Ritual 2-2.5 Hours \$270.00
For Two People \$500.00

Begins with a Full body scrub followed by a body wrap, allowing your skin to absorb the nutrients for an hydrating and regenerating effect. You are then treated to an indulgent Scalp massage with a warm oil hair treatment. After you have been uncocooned from your body wrap you will be asked to shower and then return to a full body relaxation massage. Your skin will feel soft, supple and radiant.

Lift your spirit 2-2.5 Hours \$235.00
For Two People \$430.00

A touch of Peace and Quiet to lift anyone's spirits. Indulge your body with an 80 min body massage, with your choice of aromatherapy essential oils. Followed by a Hydrating Facial Therapy and an Indulgent scalp massage and a mask to rehydrate your skin.

Surrender 1.5-2 hours \$220.00
For two people \$400.00

An innovative new approach to bodywork that allows the therapist to determine a guest's individual optimum treatment.

Surrender begins with a brief consultation to discuss lifestyle and your needs. Your therapist then chooses the correct balancing blend and the ideal treatment to heal and address individual needs.

The surrender experience starts with a body massage of the back, neck, shoulders and legs using your customised blend of aromatherapy oils to match the body type. Warm towels are then applied from head to toe before you enjoy a balancing facial treatment specifically designed for your skins needs.

Choices of blends:

- **Vitality** (mandarin, nutmeg, lime and Italian lemon)
Tone and Natural skin vitality
- **Relax** (Lavender, Sandlewood, Patchouli, Violet and Ylang- Ylang)
Tranquil body and Mind
- **Active** (Spearmint, Clary sage and cinnamon leaf)
Absolute lightness/microcirculation
- **Svelte** (Cedarwood, juniper and lavender)
Perfect Silhouette
- **Aqua** (Geranium, Patchouli and coriander)
Natural Moisturing and renewal

Hair and make-up services are available any time



Gift Certificates

are available for all our services

SPA OPEN HOURS

Monday through Friday 9.00am - 6.00pm
 Wednesday 9.00am - 8.00pm
 Thursday 9.00am - 9.00pm
 Saturday 9.00am - 3.00pm

INSPARATIONS

day spa

69a George Street
 Launceston Tasmania 7250

Phone: 6331 7888

www.inSPArations.com.au

Please note:

You will have use of the relaxation lounge, herbal teas, towels, robes and slippers.

Time shown is elapsed time for package and includes breaks and use of the relaxation lounge.

We supply disposable underwear or you may want to bring swimming attire for wet treatments.

Please arrive 15 minutes prior to appointment time.

If you are pregnant, ask for information on appropriate treatments.

Booking well ahead is advisable.

Payment/credit card details on booking is required to secure your appointment.

We would appreciate your understanding and cooperation, if you must cancel, please do so prior to 24 hours before appointment. If appointments are not cancelled within the designated time, your account will be charged in full. Thank you.

INSPARATIONS

day spa

BEAUTY DAY SPA NAILS

Facials

DAY SPA MENU Intelligent Skincare

Rapid facial 30 mins \$50.00

This facial will give the skin a Pure Botanical **Hydrating Cleanse**. A Radiant **Exfoliation** to purify and heal and finish with a hydrating mask.

Sensitive sensation \$85.00

The best of nature with the latest skincare technology for sensitive and reactive skin. With active plant extracts, this calming and soothing facial helps improve skin appearance.

Pure T skin \$89.00

Balance for oily skin. Pure T leaves the skin with a mat, uniform and clean appearance, free of comedones. It also helps prevent imperfections forming, leaving the skin with a balance of water and oil.

Vitamin C 60 mins \$99.00

The rejuvenating power of vitamin c, an excellent natural ingredient that, combined with the most innovative technology, vitamin c exercises four essential functions of the skin: Antioxidising, regeneration, hydration, illumination and balance.

Age defiance 90 mins \$149.00

With age, your skin needs change. High performance treatments are formulated to rehydrate and revitalises skin's appearance, helps minimise the appearance of fine lines and wrinkles. Leaves skin velvety smooth.

Renew – plus Therapy 60 mins \$129.00

With the use of plant extracts that defends the skin against environmental stress and delays ageing. The results: a clearer, smoother, more luminous complexion.

Microdermabrasion therapy 60 mins \$120.00

Using small incrustrated diamonds this facial will increase circulation, refining pores, and fine lines it is the ultimate in resurfacing your skin.

Advanced light therapy treatment 60 min \$120.00

90 min \$165.00

This treatment has been specifically designed to intensify the results of light therapy, target lines with pure collagen, hyaluronic acid or give the skin an amazing boost with powerful vitamins.

Max 7 Treatments

15 mins \$30.00

30 mins \$60.00

Skin & Body

SPA BODY TREATMENTS

Chocolate body Scrub 50 mins \$99.00

Say goodbye to stress and welcome the harmony from chocolate. This treatment starts with an aromatherapy ritual to relax the mind, body and soul, followed by a massage with a decadent chocolate body scrub which is combined with pure collagen milk, leaving the skin soft and silky.

Aromatic sea Exfoliation 50 mins \$99.00

High in Algae and Dead Sea salt this stimulating defoliant remineralises and increases blood circulation and detoxification.

Self heating chocolate wrap 60 mins \$145.00

After a vigorous dry brushing exfoliation, a velvety smooth self heating chocolate mousse is applied over the entire body. The body is then cocooned for 20 mins allowing your skin to absorb the nutrients for an hydrating and regenerating effect. Enjoy a magnificent scalp massage whilst wrapped and then a refreshing application of body butter to leave your skin feeling soft, silky and radiant.

Detoxifying Mud Cocoon 80 mins \$145.00

Enjoy a deeply relaxing and healing mudpack for the entire body, blended with mandarin, nutmeg, lime and Italian lemon to revitalise the body, mind and spirit.

After dry brushing the skin, the mud is applied and you are cocooned into luxurious warmth and treated to an indulgent scalp massage.

FACIAL PEELS

Green peel \$650

Green Peel Treatment after 1st treatment \$350

The Green peel Herbal peeling treatment is a medically developed biologically based method consisting only of natural plant ingredients.

Herbal Vital Treatment \$160

This incredible treatment was specially developed for dull skin with poor circulation desperately in need of regeneration and for all skin that requires an extra surge of energy.

Jessner Chemical peel \$95

Old skin is removed leaving the skin smoother, hydrated, more radiant and healthy. Hydration is increased. Recommended for mature, sun damaged and congested skin.

INSPARATIONS



Ask us about our permanent hair reduction using the latest Technology, GSD 3000

Beauty & Massage

HANDS & FEET

Manicure	\$35.00	Classic Pedicure	\$50.00
French Manicure	\$45.00	Signature Pedicure	\$70.00
Signature Manicure	\$60.00	Toe file & paint	\$25.00
Nail File & Paint	\$20.00		

MAKE-UP

Leavers dinner	\$40.00	Bridal Trial	\$35.00
Special occasion	\$50.00	Bride	\$50.00

WAXING

½ leg	\$24.00	Chin wax	\$14.00
¾ leg	\$33.00	Sides of face	\$14.00
Full leg	\$39.00	Neck wax	\$14.00
Bikini	\$16.00	Arm wax	\$24.00
G String	\$21.00	Men's back wax	\$36.00
Brazilian	\$45.00	Mens chest wax	\$36.00
Under arm	\$16.00	Men's full leg	\$45.00
Eyebrow	\$16.00	Mens full leg & bikini	\$55.00
Lip wax	\$14.00	HF extra	\$6.00

EYELASH TINTING & EXTENSIONS

Eyesh tint	\$24.00	Eyesh tint extensions	
Eyebrow tint	\$15.00	Full set	\$100.00
		½ set	\$65.00
		Refills	\$60.00

SPRAY TANS

Mystic tanning booth	\$25.00	Half body	\$20.00
Spray tan (full body)	\$35.00		

ACRYLIC/GEL NAILS

Full set	\$72.00	Toe refills	\$50.00
Refills	\$55.00	Buff & Polish	\$27.00
Overlays	\$55.00	Repair	\$10.00
Toe overlays	\$55.00		

MASSAGE

Pure Relaxation 30 mins \$40.00

60 Mins \$70.00

A blend of Swedish and circulatory massage strokes that promote relaxation. You'll return to your hectic schedule refreshed and rejuvenated.

Deep Tissue 30 mins \$40.00

60 Mins \$70.00

A focused, individualised discipline targeting specific areas for deeper relief.

Hahana Hot stone Massage 60 min \$85.00

90 Mins \$130.00

Warm stones gently de-stress and melt away signs of tension and tightness from sore, aching muscles. The skilled hands of our Stone specialists knead and massage the body with these relaxing, yet energising rocks.

Warm Bamboo massage 60 Mins \$85.00

90 Mins \$130.00

Warm bamboo are used by our trained therapist to knead and massage for a deeper relaxation of the muscles.

Thai Massage 60 Mins \$75.00

In this ancient style massage, the practitioner uses pressure applied to the body's meridians to harmonise and balance energy flow. This treatment will stimulate the circulatory, lymphatic and hormonal systems and is also wonderfully relaxing.