

YOUR DAY AT THE SPA

Enjoy a relaxing getaway when you can't get away. Visit with us for a few hours and we'll make you feel like you've been hiding-out for a week.

A Day Beyond \$480

4 - 4.5 Hours (Including Lunch)

For two \$900

Inspiration signature Facial, Natural Mud body masque, sea salt body scrub, Swiss Shower, prestige pedicure, 1 hour relaxation massage and spa lunch and a complementary glass of champagne.

The Spa Experience \$390

3.5 - 4 Hours

For Two \$755

Cleopatra milk bath, Pure Relaxation massage, Inspiration signature facial, prestige pedicure, prestige manicure, relax with a fruit platter and a mock tail.

Hahana Bliss \$195

For Two \$375

Hahana pedicure and hot stone massage, relax with a fruit platter and a mock tail.

Ultimate Replenishment \$260

2 - 2.5 hours

For two \$500

Natural mud masque, body scrub and Inspiration Signature facial, finish with the relaxing Swiss shower finish off with a fruit platter and mock tail.

Escape \$160

1.5 - 2 hours

For two \$300

Blue Berry wine bath 30 min massage, 30 min facial, relax with a fruit platter and a mock tail.

Spoiled Beautiful \$140

For two \$260

Signature pedicure and manicure, relax with fruit platter and mock tail.



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 - 4.00pm

INSPIRATIONS

day spa

1/76 Mersey main road
Spreyton Tasmania 7310

Phone 03 64 27 25 41

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.

INSPIRATIONS

day spa

BEAUTY HAIR NAILS

FACIALS

Skin Renewal Treatment \$50
Series of six treatments \$250
 Deep cleanse treatment regulates oil flow, tightens pores, hydrates, smoother and firmer skin.

Skin Rejuvenation \$75
 Boost fresh cell production, hydrates, wrinkles and lines smoother and firmer skin.

Express Facial \$50
 This facial is very effective in a very short time. Leaves your skin clean and refreshed, and wonderfully moisturized.

Sensitive sensation \$85
 A truly effective treatment for even the most sensitive skins. This facial will calm, soothe and strengthen the surface of your skin. A light exfoliation is followed by a highly active concentrate. Specialised masks and moisturisers are used to fade away skin irritations.

Vitamin C Facial \$99
 Enjoy this new treatment using vitamin c, it deeply hydrates, moisturise and stimulates all of the skins functions. Increases blood circulation and cell regeneration at the same time.

High Q Moisturising Facial \$99
 Designed for skin types in need of intensive moisture and to re-energise sluggish skins, this soothing facial incorporates a unique bio-cellular mask to replenish and revitalise the skin.

Acne Treatment \$120
Series of six treatments \$600
 Turn Problem skin into PURE skin! With the GSD 3000 kills The P Acne (Propionibacterium acnes) contains porphyrin molecules. The pulsed yellow light penetrates deep into the skin and activates porphyrin to produce oxygen which has an antibacterial effect and destroys the acne.

Youth Light \$120
Series of six treatments \$600
 This treatment is the first line defence against wrinkles! Using LED technology this treatment will energise your collagen cells and give you a more youthful complexion. Wrinkles and fine lines diminished!

Microdermabrasion Facial \$120
Series of six treatments \$600
 This treatment can stimulate the production of your skin's natural collagen and elastin creating a smoother appearance. Maximum benefits are recognized after a series of sessions.

Skin Rejuvenation \$210
 The ultimate in anti aging using state of the art equipment, the light spectrum activates fibroblast cells encouraging new collagen and elastic fibres, smoothing skin and returning elasticity to the skin.

BACK TREATMENT

AHA Back Treatment \$40
 Deep cleansing will help banish acne and blackheads from your back.

SKIN & BODY

SPA BODY TREATMENTS

Relax & Float \$95
For two \$175

Enjoy our selection of fine Tasmanian Spa Wines you can choose from Red Bath, Ginseng Bath, Golden wine bath, Herbal Soak, Blueberry Wine Bath, and one for the men Gentleman's Ale Bath, Finally Dr Spiller vitamin skin function oil is massaged in to your skin.

Aroma Salt Glow \$95
For two \$175

A deep invigorating and oxygenating skin exfoliation combined Marine salts and Dr Spiller's exclusive Hydro Marine Complex. Oxygenation of the skin is further enhanced by the massage with Oxygen Vital Body Lotion.

Detox Capsule & Body Polish \$99

The skin is purified using marine salts rich in minerals. The chromo therapy and steam capsule assists in the relaxation and re-balance of the systems of the body, Awake to a refreshing Swiss shower & an application of a special blend of body moisturizers.

Hydro fusion Cocoon \$99

For Tight Muscles, joints and tendons, this treatment combines infrared heat and steam. Which enhances cleansing and detoxification. It also increases oxygen supply to the blood and tissues, resulting in improving skin nutrition and rejuvenation. This treatment includes a mini facial.

Milk Body Wrap \$140
For two \$260

A luxurious body mask treatment using milk. Enriched milk proteins have hydrating qualities to rejuvenate tired skin. The body is prepared, and blood circulation improved with an exfoliating body scrub delivered before the body mask. This treatment includes a mini facial and a Swiss Shower.

Hydro Marine Body Wrap \$140
For two \$260

Sea crystals with a fresh marine fragrance exfoliate and purify the skin. Algae Mud is used extensively in Thalassotherapy Centres in Europe as a restorative therapy, for a remineralizing and toning treatment. This treatment includes a mini facial & a Swiss Shower.

Cellulite Body Slimming Treatment \$120

A luxurious treatment to encourage lymphatic drainage, purification and detoxification. The exclusive Body Slimming Complex Ampoule helps stimulates the cells metabolism.

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 & 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.

BEAUTY & MASSAGE

HANDS & FEET

Classic Manicure	\$30	Classic Pedicure	\$35
French Manicure	\$45	Signature Pedicure	\$60
Signature Manicure	\$60		
Full set Gel/Acrylics	\$68	Pedicure Gels	\$68
Glitter nails	\$70	Gel overlay	\$68
Refills	\$48	French back fill	\$55
Broken Nail	\$10	Nail art	from \$5
Re-polishes	\$15		

MAKE-UP

Special Occasion	\$55	Trial/Student	\$35
Bride	\$55	Bridesmaids	\$45

WAXING

1/2 leg wax	\$20	lip Wax	\$10
3/4 leg wax	\$25	Chin Wax	\$10
Full leg wax	\$34	Face wax	\$18
1/2 leg & Bikini	\$30	Eyebrow Shape	\$12
3/4 leg & bikini	\$35	Bikini	\$15
Full leg & bikini	\$44	G-string	\$20
Under-Arms	\$12	Brazilian	\$35
		1st Brazilian	\$55

MEN'S WAXING

Back Wax	\$28	Leg wax	\$37
Chest	\$28	Arm	\$25

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

TINTING & PERMING

Eyebrow Tint	\$12	Eyelash Tint	\$18
Eyelash Perm	\$45	Eyelash Perm & tint	\$55

SPRAY TANNING

Full Body	\$40	Half Body	\$20
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MASSAGE

Pure relaxation \$65 (60 min)
 \$35 (30 min)

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

Deep Tissue \$65 (60 min)
 \$35 (30 min)

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

Thai Massage \$70 (60 min)

In this Ancient style massage, the practitioner uses pressure Applied to the body's meridians to harmonize and balance energy Flow. This treatment will stimulate the circulatory, lymphatic and Hormonal systems and is also wonderfully relaxing.

Hahana Hot Stone Massage \$80 (60 min)
 \$120 (90 min)

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 energizing rocks.