

SKIN, BODY & WELLNESS

element
HAUS OF AVEDA

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REACH YOUR SKIN GOALS

SKIN NEEDLING

ADVANCED SKIN SERVICES

This advanced skin perfecting treatment delivers high performance results with minimal downtime. Recommended for:

Pigmentation
Pimples & Blackheads
Large pores
Uneven skin
Ageing, Lines & wrinkles
Rosacea
Stretch Marks
Scarring

TOTAL FACE REJUVENATION

Face, Eyes, Lips, Neck & Décolletage + Scalp
\$499

For those serious about their skin results and looking for an alternative invasive treatments - either as prevention, or as treatment for existing skin challenges. This treatment will have you complexion looking remarkable!

Face, \$299

Refine your complexion and take your skin results to a new level. This treatment focuses on your face only.

Body, 30 mins – From \$299

Skin needling is not just for the face! Stretch marks, even skin tone, blackheads and acne can all be treated on the body.

Additional time is charged at \$199 per 30 mins within same treatment.

Skin needling also known as collagen induction therapy, triggers a response that causes the releases of growth factors within the skin, resulting in collagen formation and cell regeneration. Allow 12 - 24 hours of downtime post treatment. We strongly recommend you do not do anything post treatment to reduce inflammation - this includes LED or infrared treatments. This natural healing response from the body is essential in the delivery of results.

Express Fix, 15 mins \$55

Best results happen when you see us more often! These treatments are designed to give you results without the fuss. Perfect if your time poor or as part of a treatment program plan.

AVEDA SKIN BAR

Ayurvedic Skin Treatments with proven clinical results.

Perfecting Plant Peel

30 mins \$100 60 mins \$150 90mins \$200

Advancing the science of chemical peels, this facial treatment re-balances the skin, smooths lines and wrinkles, evens skin tone, refines pores and restores radiance. Safe on acne skin conditions. Experience exfoliation and radiance benefits of a 30% glycolic peel without redness and irritation.

Botanical Skin Resurfacing

30 mins \$100 60 mins \$150 90 mins \$200

Go beyond microdermabrasion and energize your skin with a professional facial treatment that helps smooth skin and increases your skin's radiance - all with significantly less redness and irritation than microdermabrasion.

VITAMIN C Infusion

60 mins \$150

The power of vitamin C is unquestionable, it's a multifunction wonder nutrient that transforms the skin - evening skin tone, reducing discolouration, boosting skin's natural collagen production and providing anti-oxidant protection.

AVEDA Skin Transformation

60 mins \$160 90 mins \$200

Aveda's unique dual exfoliation, a non invasive skin renewing treatment that transforms and rejuvenates the skin. This treatment delivers visible results in improved skin texture, clarity and radiance and a smoother appearance of fine lines and wrinkles; revealing a fresher younger looking skin.

AVEDA Skin Balancing Facials

30 mins \$100 60 mins \$140 90 mins \$200

Dry, dull, oily, aging, uneven, sensitive and acne can all be addressed with a customised Aveda facial treatment. All treatments begin with a consultation by your skin therapist to determine the best combination of products, personalised AVEDA aromas and techniques that will bring your skin towards balance and reveal its natural beauty.

60 and 90 minute Aveda Facial Treatments give you a full facial experience. The perfect fusion of results and relaxation.



BODY & WELLNESS

INFRARED SAUNA

Infrared Detox Sauna penetrates deeply into skin tissue, muscles and joints, increasing circulation and speeding up oxygen flow through the body to help the body to repair and to ease aching muscles. It is the perfect way to help your body eliminate toxins. A sauna treatment is a perfect addition to any massage or great on its own.

Single session \$45 10 sessions \$300

BODY MASSAGE

30 mins \$95 60 mins \$135
90 mins \$190 120 mins \$260

Stress, muscle tension and lack of energy can all be addressed with a customised massage treatment. After a thorough consultation, your therapist will provide you with the best combination of products, personalised AVEDA aromas, and massage techniques - which include Swedish, relaxation, deep tissue, remedial, reflexology, acupuncture, chakra techniques, subtle energy work, pregnancy massage or hot stones.

NETI-SINUS CLEARING

45 mins \$120

Steam inhalations combined with lymphatic drainage techniques will clear the mind as well as the sinuses.

AVEDA BODY TREATMENTS

Ayurvedic body treatments designed to give you smoother, softer skin texture, body detoxification and hydrated skin.

Body treatments are facials for the body, tailored to you through consultation, to provide you the best result. Body treatments leave feeling balanced from head to toe.

ESSENTIAL BACK TREATMENT

45 mins \$120

Problem skin on your back? This back facial is the answer to clear skin. Leaving you confident to wear any outfit.

WARMING AROMA BODY WRAP

60 mins \$160

If dry skin is your focus, this warming aromatic oil body infusion will have you feeling relaxed and your skin soft in no time!

AWAKENING ROSEMARY MINT BODY WRAP

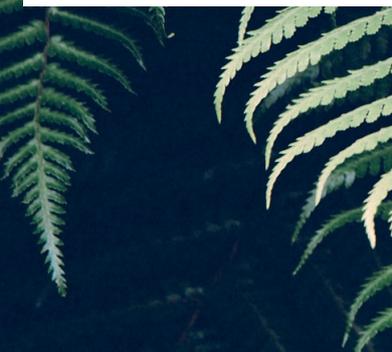
60 mins \$160

If you're more in need of a detox, relief of muscle aches and fluid retention, this invigorating treatment will energise your senses.

WARM OIL & SEA SALT EXFOLIATION

60 mins \$160

Aromatic warm oil and dead sea salts smooth dry skin and energise your mind and body.





PACKAGES

TIME OUT - 60mins \$165
Dry Body Brushing, Aveda Aroma Massage & Express Facial

MENS RECHARGE - 60 mins \$190
Aroma Body Massage & Skin Balancing Facial

RELAX ME - 90 mins \$220
Warming Aroma Body Wrap, Scalp Massage & Express Facial

PREGNANCY BLISS - 90 mins \$230
Pregnancy Massage & Skin Balancing Facial

EVENT READY - 2hrs \$250
Express Facial, Eyelash Tint, Blow Dry & Special Occasion Make Up Application

RERESH ME - 90 mins \$260
Awakening Body Wrap, Scalp Massage & Aveda Aroma Massage

THE ULTIMATE - 2hrs \$282
Aveda Aroma Massage & Aveda Skin Balancing Facial

DETOXIFY - 2hrs \$350
Infrared Sauna, Dry Body Brushing, Neti Sinus Clearing, Aroma Body Massage & Skin Express Facial

THE STAYCATION - 3hrs \$400
Aveda Aroma Massage, Skin Balancing Facial, Pedicure and Pramasana Hair & Scalp Therapy

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GIFT VOUCHERS AVAILABLE

BEAUTY SERVICES

WAXING, MAKE UP & TINTING

Brow Tint \$20
Lash Tint \$30

Henna Brows & Shape \$75

Special Occasion Make Up \$95
Make Up Lesson \$120

WAXING

Our waxing services are delivered with the highest care, using only the best wax technology, AVEDA body care and waxing techniques to ensure you are provided with the best result, highest level of comfort and reduced skin recovery time.

Brows \$25 Arms \$45 Bikini \$40
Brazilian \$70 Full Leg \$65 Lip \$20
Half Leg \$40 Back \$65 Chest \$65
Upper Half Leg \$55 Underarms \$25

HANDS & FEET

Individually designed treatments suitable for both men and women. Address dry, ageing, rough cuticles and nail health. Your therapist will consult with you to tailor each treatment to your needs.

Manicure
30 mins \$55 45 mins \$90 60 mins \$110

Pedicure
30 mins \$55 45 mins \$90 60 mins \$110

SPA ETIQUETTE

24 hr notice is required to cancel or alter a booking to avoid a 50% cancellation fee. Less than 2 hrs notice will incur a 100% cancellation fee. Please make childcare arrangements for children under the age of 12. Treatment time is approximate, it includes consultation and professional advice. Our tiered pricing structure reflects the educational and experience level of our team. Element Lifestyle reserves the right to increase prices at anytime. Please inform us if you are pregnant, have any allergies or are under the care of a medical doctor or alternative practitioner. please respect the privacy and quiet of other guests - please also keep your phone on silent. Although every attempt is taken, Element Lifestyle accepts no responsibility for your personal belongings within the premises. CCTV is recording, by entering our premises you are consenting to being filmed in the public spaces. Please arrive at least 5 mins prior to your appointment time in preparation for your experience. Prices effective 01.10.2021. Element does not offer refunds or exchanges for change of mind or incorrect purchases of products or gift vouchers.