

Hydrating Facial

60 minutes \$159

You will see dynamic results with this intensive treatment that combines the use of skin specific cleansers, cellular activating exfoliators, hydrating masks, treatment elixirs and moisture therapies.

The treatment uses targeted pressure point therapy and specialised facial massage techniques to rebalance your energy from within to ensure the optimum skin care results. Discover the wonderful feeling of well being that comes with a specialized skin programme specifically designed by a trained Spa Therapist.

Mini Facial

30 minutes \$89

Thorough cleanse, exfoliation, pressure point and stone facial massage, face mask with scalp massage, finishing with hydrating skincare to leave you feeling refreshed and glowing.

GUA SHA Facial

45 minutes \$119

Thorough cleanse, exfoliation, pressure point and Gua Sha facial massage to reduce inflammation and stimulate blood flow. Face mask with scalp massage, finishing with hydrating skincare to leave you feeling refreshed and glowing.

Collagen Regeneration Facial

90 minutes \$239

Restore the look of volume in the skin, giving the face and neck a firmer, smoother look.

Enriched with collagen boosters, this facial delivers much-needed nutrients to the skin. advanced LED therapy will be conducted on areas of major concern. The skin will look energized and glowing after treatment.

Moonlight Eye Spa

90 minutes \$239

Refresh the delicate skin around your eyes, reduce dark circles, and brighten swollen and puffy eyes. The treatment uses targeted pressure point therapy and specialised facial massage techniques to rebalance your energy from within to ensure the optimum skin care results.

Hand / Foot Therapy

30 minutes \$89

Basic nail care, finishing with your choice of polish. Recommended as a touch up between your regular manicure/pedicure routine.

Indulge in treatments that are
therapeutic and restorative for your
total well being.

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THE HERITAGE GOLF AND
COUNTRY CLUB

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open 10am - 5pm
TUES-SAT



www.heritagedayspa.com.au

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HERITAGE DAY SPA



The Signature

120 minutes \$299

Foot Bath · Reflexology · Back Exfoliation · Aromatherapy
Body Massage · Hot Stone · Mini Facial · Scalp Massage

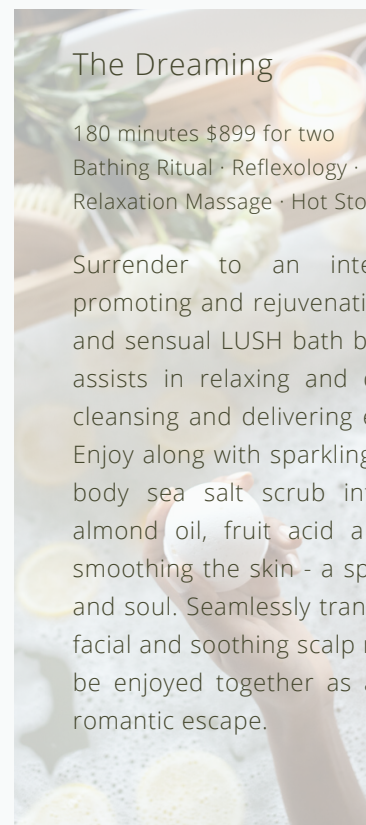
Embracing ancient Asian healing techniques and DōTERRA essential oils, the Signature is the ultimate indulgence. Your ritual begins with a foot bath with sea salt to revive sore joints or muscles whilst you enjoy seasonal fruits and refreshing tea. Moderate pressure will be applied at zones of your feet to unblock the relevant channels for restoring better organ function and health. A back exfoliation and full body massage with essential oils then ignites the sense and gently relieve the tension. Mini facial uses targeted pressure point therapy to rebalance your energy from within, then soothing scalp massage completes the exceptional journey.

The Energy Rejuvenation

90 minutes \$259

Foot Bath · Reflexology · Back Exfoliation · Aromatherapy
Body Massage · Hot Stone

Your ritual begins with a foot bath with sea salt to revive sore joints or muscles whilst you enjoy seasonal fruits and refreshing tea. Moderate pressure will be applied at zones of your feet to unblock the relevant channels for restoring better organ function and health. A full body massage with essential oils then ignites the sense and gently relieve the tension followed by a soothing scalp massage completing the exceptional journey.



The Dreaming

180 minutes \$899 for two

Bathing Ritual · Reflexology · Full Body Exfoliation · Aromatherapy
Relaxation Massage · Hot Stone · Mini Facial · Scalp Massage

Surrender to an intense multivitamin, wellness promoting and rejuvenating bath blend of essential oils and sensual LUSH bath bomb. Drift away in a bath that assists in relaxing and detoxifying by simultaneously cleansing and delivering essential nutrients to the skin. Enjoy along with sparkling wine and seasonal fruits. Full body sea salt scrub infused with jojoba oil, sweet almond oil, fruit acid and exclusive marine extracts smoothing the skin - a splendid journey for mind, body and soul. Seamlessly transition to a relaxation massage, facial and soothing scalp massage. A lovely treatment to be enjoyed together as a special occasion or as your romantic escape.

The Glowing

90 minutes \$259

Back Exfoliation · Aromatherapy Body Massage · Hot Stone ·
Mini Facial · Scalp Massage

A full body massage with essential oils ignites the sense and gently relieve the tension followed by a soothing scalp massage, then Mini facial uses targeted pressure point therapy to rebalance your energy from within.

Relax & Restore

30 minutes \$79

60 minutes \$139

90 minutes \$199

Light to medium pressure is applied to this rhythmic body massage works to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oils is used to address your individual need to rejuvenate, reharmonise or detoxify. Excellent maintenance therapy against the stress of the modern world.

Sport/ Deep Tissue Massage

30 minutes \$89

60 minutes \$169

Concentrate on the problem areas using elbows, knees and feet. It will improve your circulation, flexibility, ease muscle aches and tension and create relaxation.

Reflexology - Rescue your tired and puffy feet

60 minutes \$139

Here we offer a warm powder foot bath combined with a soothing scalp massage, performed at the same time. This will give you total relaxation from head to toe. Then, our foot massage will take all of your stress and melt them away.

Head Massage

30 minutes \$79

Ease the tension from head, neck and shoulder, reliviate the symptoms of headache, reduce stress, and promote feelings of relaxation.

Hot Soothing Stone

30 minutes \$89

60 minutes \$159

90 minutes \$219

Incorporating heated volcanic stones to soothe away tension. This massage warms, relaxes and soothes tired, stressed muscles and emotions.

Remedial Massage

60 minutes \$179

90 minutes \$239

Deep and rejuvenating, perfect for tired, tense and sore muscles. Your personalized massage will be performed by a qualified Remedial Therapist, targeted at specific areas of tension, stress or discomfort. Pressure varies from light touch through to firm, deep-tissue massage, usually with a combination of both used throughout the treatment.

Cupping/herbal mud mask/ Guasha/ Medical Cream available as an optional add-on. [skin discolouration will occur after Cupping and can last up to 7-14 days]

