



Body & Beauty Retreat

Classic Treatments

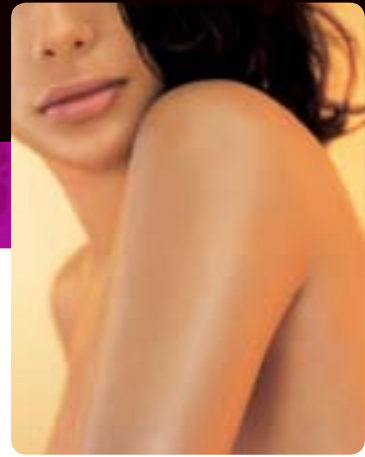
Body & Beauty Retreat

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The Cure

Spa treatments for your hands and feet

Spa Pedicure

Drift into euphoric bliss as the massage chair relaxes the body as your therapist transforms your feet into a work of art. This treatment will invigorate your feet with an aromatherapy deep soak, scrub, exfoliate, mask, feet and leg massage. Finally the cuticles and nails will be perfectly shaped, and a fresh season colour applied. This is the ultimate cure for tired feet.

Pedicure	60 min	\$70
Pedicure & Paraffin Infusion	75 min	\$85
Pedicure & Bio Sculpture Gel	120 min	\$120
Bio Sculpture Gel overlay (Finger or toe nails)	60 min	\$65
Petite Shape and Polish (Finger or toe nails)	25 min	\$30

Spa Manicure

This relaxing hand treatment combines ingredients to leave hard working hands looking youthful and radiant. Nails will be perfectly shaped and cuticles nourished to prepare a healthy base for the fresh colors.

Hand Treatment & Paraffin Infusion	1hr	\$72
Hand Treatment & Bio Sculpture Gel	110min	\$110
Manicure (buff or executive base)	40min	\$40
Manicure & Polish	45min	\$45
Petite Manicure	25min	\$30

Body & Beauty Retreat use and recommend high quality OPI varnish and Bio Sculpture Gel.

Classic Facials



Deep Cleanse

An intensive facial designed to remove the effects of the environment. The treatment includes a double cleanse, exfoliation, steam therapy, extractions, mask, hydration treatment and skin protection. This treatment is guaranteed to restore moisture and glow.

Deep Cleanse | 60 min | \$75

Back Facial

A rigorous facial for your back. This treatment clears and smoothes the back through exfoliation, steam therapy, extractions and hydration.

Back Facial | 40 min | \$60

Refresher Facial

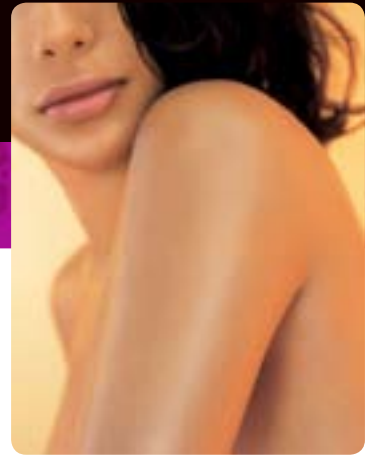
Relax, reenergize and refresh with this facial which incorporates a double cleanse exfoliation, steam therapy, mask, shoulder, neck and head massage, hydration and skin protection.

Refresher Facial | 60 min | \$75

Students Facial

Designed for young faces this facial is adapted to suit the individual. It is the the perfect introduction to skin care and can also be used to correct young skin concerns. (For school students only)

Students Facial | 45 min | \$45



Peels

Classic Exfoliation Facial Peel Series:

AHA Glycolic Peel

A peel that uses the combined acids of fruit to remove the dry, thickened outer layers of the skin instantly reducing pigmentation, fine lines and dry surface skin.

AHA Glycolic Peel	30 min	\$65
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Dramatic Difference AHA + BHA Peel

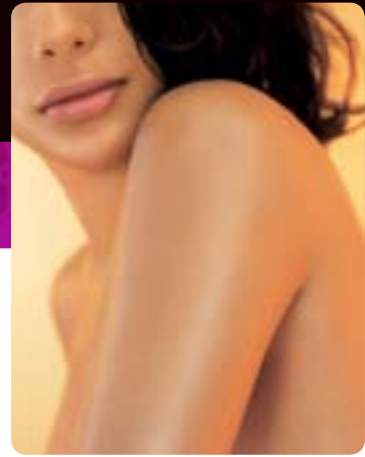
This is the treatment for a remarkable change. The Dramatic Difference peel is an intensive treatment to remove pigmentation, acne and dry flaking skin.

Dramatic Difference AHA & BHA Peel	45 min	\$105
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Maja Herbal Peel

This peel uses a unique combination of herbs to clear the face from an extensive range of skin conditions including acne, white and black heads, comedones, open pores, acne scarring, pigmentation and sun damage.

Maja Herbal Peel	50 mins	From \$130
Maja Herbal Peel 2	50 mins	From \$150



Peels

Classic Exfoliation Facial Peel Series:

Herbal Peel Deluxe

This peel combines solutions one and two with microdermabrasion to clear and rejuvenate the skin by reducing fine lines and detoxify.

Herbal Peel Delux

| 60 min

| From \$180

Priori

For immediate skin radiance, softness and luminosity Body & Beauty Retreat recommend the Priori. This peel uses the scientifically advanced skincare compound Idebenone to protect the skin and prevent premature ageing.

Priori

| 45 min

| \$125

Hair Solutions and Body Grooming



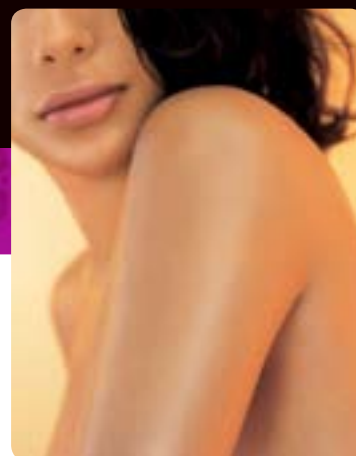
Waxing

Specialising in waxing and grooming, the Body & Beauty Retreat Therapists use the highest quality waxing products to ensure clients leave the salon feeling silky, smooth and hair free.

Female

Full leg	\$55
Full leg & Bikini	\$65
Full leg & G string	\$70
Full Leg & Brazilian	\$95 (from)
Thigh & Bikini	\$42
¾ leg	\$42
½ Leg	\$32
½ leg & Bikini	\$42
Brazilian	\$65
Brazilian maintenance	\$40 (from)
G string	\$30
Bikini standard	\$17
Full arm	\$30
½ arm	\$20
Underarm	\$17
Stomach	\$20 (from)
Sided of face	\$20
Lip or Chin	\$13

Hair Solutions and Body Grooming



Waxing

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Male

Full leg	\$60
Speedo	\$30
Neck	\$15
Brow	\$15
Full arms	\$35
Back	\$30 (from)
Stomach	\$25 (from)
Chest	\$30 (from)

BROW BAR

Brow sculpture	\$17
Brow sculpture, lash & brow tint	\$45
Eye lash perming & tinting	\$70

Lash Extension

½ set	\$80 (from)
Full set	\$120
Flares	\$50 (from)
Free refills within 2 weeks	

Hair Solutions and Body Grooming



Colour Care/Tinting

Lash tint	\$18
Brow tint	\$12
Lash & Brow tint	\$28

Diathermy

Per 15 min	\$35
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Ear Piercing

Includes ear studs	\$30
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Spray Tan

sunFX professional Spray tan	\$30
4 x spray tans	\$100

Massage



Massage releases endorphins, restores vitality and allows energy to flow more freely by rebalancing both body and mind.

Body & Beauty retreat offer a range of massage programs designed to cater for each client's individual needs.

Swedish

This relaxing, therapeutic massage incorporates long strokes and kneading of the muscles to increase circulation, release tension and soothe an aching body.

Deep tissue

This massage is well suited to specific areas that are chronically sore or tight by working deep into the muscles to knead out innate tension.

Prenatal

Physicians recommend expecting mothers incorporate massage therapy in their 2nd and 3rd trimesters to relax the body and the baby. Body & Beauty Retreat is one of the few Brisbane locations to offer this gentle massage designed specifically for expectant mothers. Therapists perform this massage using a specialised pregnancy mattress designed specifically to accommodate your growing baby.

Aromatherapy sessions - foot, hand and scalp

This soothing foot, hand and scalp massage combines Swedish and Reflexology techniques with a customised blend of aromatherapy oils. This unique combination works to release tension and increase energy flow throughout the whole body.

Massage



Lymphatic drainage

This relaxing, wave-like massage stimulates the body's immune system and works to promote the elimination of toxins. Lymphatic drainage massage is ideal for relieving the pain and swelling of sinusitis.

The Three Treats Spa Massage

This treatment includes a relaxing sauna to warm and relax stressed muscles and commence the detox process. Followed by a salt back scrub to exfoliate dead, dry, dehydrated skin cells and this is followed by a one hour Swedish massage.

Hot Stone Massage

Hot stones are placed along the meridians of the body and are incorporated into the massage to increase blood flow and release muscular tension. This treatment is recommended for those who want to be in a deep state of relaxation. It is said one stroke of the hot stone is equivalent to 10 strokes of the hand.

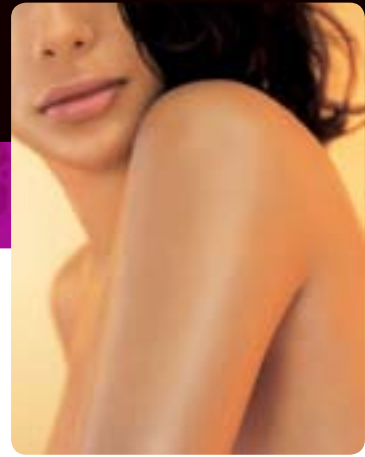
Warm Bamboo Relaxation Massage

As its name suggests this massage uses warm bamboo sticks to roll, knead and relax muscles. This warm bamboo relaxation massage includes the perfect balance of gentle heat with the combination of the healing bamboo to promote wellbeing, relieve stress, and tension, increase circulation and provide an unbelievably relaxing massage experience.

Massage	60 min	\$70
Massage	30 min	\$45
Hot Stone massage	60 min	\$90
Warm Bamboo Massage	45 min	\$80
Three Treats	90 min	\$95
Massage Package	3 x 60 min	\$180

With any of these massage treatments we recommend you add a sauna or hydrotherapy tub for an extra benefit for only \$20.

Body & Water Therapy Treatments



Hydrotherapy tub treatments are ideal for tired fatigued muscles. These treatments act as a powerful anti-inflammatory working to relax the body, decrease muscular pain, increase blood flow and tighten and tone skin. Hydrotherapy treatments also work to eliminate toxins, increase blood flow and strengthen the immune system.

Hydrotherapy Tub

A signature Hydrotherapy Tub treatment uses the power of the tub's jets to provide a therapeutic massage.

30 min

| \$45

Sea Salt Tub

Refreshing and rejuvenating. This treatment commences with 10 minutes in the cedar sauna to relax fatigued muscles and open the skins pores. Our therapists will then work away dead skin cells and stimulate blood flow with a whole body sea salt body scrub. The treatment concludes with a hydrotherapy bath to relax muscles and eliminate toxins. A herbal tea service is offered throughout this treatment.

60 min

| \$95

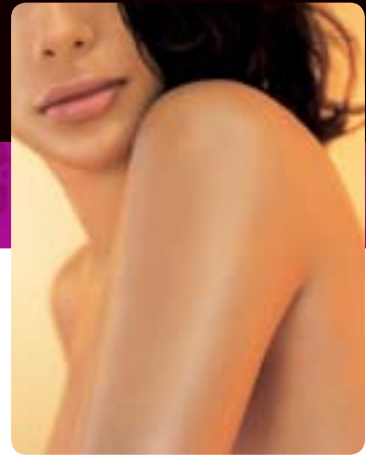
Milk Bath

Cleopatra is well known for her silky soft skin. Her secret was relaxing in milk baths. Body & Beauty Retreat signature hydrotherapy milk bath is specially designed to work away dead skin cells, relax tired, sore muscles and leave clients walking away looking and feeling like royalty.

30 min

| \$50

Body & Water Therapy Treatments



The Vichy shower is an extremely relaxing treatment that works to detoxify and hydrate tired sore bodies. The shower consists of a wet treatment table and seven shower head system that massage the body. The Vichy Shower will enhance the experience of any of our massage, body mask, wraps or scrubs.

Vichy De-Stress

This treatment uses a light rain fall to apply direct pressure to tension areas allowing clients to fully relax and de-stress.

20 min

| \$45

Elemental Nature Massage & Vichy De-Stress Shower

This combination is ideal for anyone looking for complete relaxation. This treatment commences with a soothing massage followed by a vichy de-stress shower.

40 min

| \$60

Wraps and Scrubs



Body Salt Glow

A deep cleansing and exfoliating treatment combining a blend of aromatic sea salts and essential oils to remove impurities, dead skin cells and stimulate the circulation.

30 min

| \$60

Body Scrub and Wrap

This treatment begins with an invigorating salt scrub to remove dead skin cells. The body is then cocooned in a customized wrap to hydrate skin cells. Throughout the treatment the therapist will work to relax the mind with a tension relieving scalp massage.

60 min

| \$135

Add Eye mask

| \$10

Add Sauna

| \$20

Add Vichy shower

| \$35

Sauna



Body & Beauty Retreat's lavish cedar sauna is the ideal way to warm muscles and detoxify the body. The sauna will enhance the experience of massages and body treatments.

Sauna

Sauna	30 min	\$22
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Sauna add on

Add a sauna to any Body & Beauty Treatment	30 min each	\$20
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Sauna Package

10 pre-paid saunas	20 min each	\$100
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