



# Body & Beauty Retreat

## Treatment Packages

**Body & Beauty Retreat**

Clayfield College Sports Complex  
Cnr Sandgate & Wagner Roads  
Clayfield QLD 4011

**Postal:** P.O. Box 302, Clayfield 4011

**Tel:** 07 3262 6681 | **Fax:** 07 3862 2338



# Treatment Packages



## The Life Enhancing Full Day Ritual

This package is designed to enhance lifestyles and will leave you walking away relaxed, revived and rejuvenated. This heavenly treatment includes:

- Sauna to warm and relax stressed muscles and commence the detoxification process
- Full body exfoliation to remove the dead dehydrated skin cells, leaving younger, fresher and positively glowing skin
- Full body wrap to nourish the skin
- Full body massage to release endorphins, relieve tension, improve circulation, mental alertness and skin tone
- A relaxing Hydrotherapy tub treatment will massage and improve blood circulation, stimulate lymphatic drainage and drain toxins from the body
- Luxurious Hydra Plus Facial which is a 3 in 1 facial treatment providing all the benefits of Hydradermie plus an additional specialised treatment for the eye and neck area
- Eye rejuvenation including brow shaping, wax and lash tint
- Spa pedicure which includes a deep soak, scrub, exfoliate, mask, feet and leg massage, cuticle nourishment, nail shaping and polish
- Spa manicure to revive hard working hands to reveal soft and supple skin
- Spa cuisine and beverages will be served throughout the day

7 hrs – \$650

# Treatment Packages



## Time Out

This package is designed for people who need time to reflect and rejuvenate tired bodies. This blissful half day package includes:

- Luxurious Hydra Plus Facial which is a 3 in 1 facial treatment providing all the benefits of Hydradermie plus an additional specialised treatment for the eye and neck area
- Body scrub to exfoliate the dead dry dehydrated skin cells
- Full body massage to release endorphins, relieve tension, improve circulation, mental alertness and skin tone
- Hydrotherapy tub treatment to improve blood circulation, stimulate lymphatic drainage and drain toxins from the body
- Spa pedicure which includes a deep soak, scrub, exfoliate, mask, feet and leg massage, cuticle nourishment, nail shaping and polish
- Spa manicure to revive leave hard working hands
- Eye rejuvenation including a brow shaping, wax and lash tint

5 hrs – \$420

# Treatment Packages



## Refresh

A refresh package is the ideal way to revive aching muscles, face and feet. This package will relax, reenergize and refresh the body with:

- Refresh facial which incorporates double cleanse exfoliation, steam therapy, relaxing mask, shoulder, neck & head massage, hydration and skin protection
- Back, neck and shoulder massage to release endorphins, relieve tension, improve circulation, mental alertness and skin tone
- Hydrotherapy tub treatment to improve blood circulation, stimulate lymphatic drainage, break down fat collagen and drain toxins from the body
- Spa pedicure which includes a deep soak, scrub, exfoliate, mask, feet and leg massage, cuticle nourishment and nail shaping and polish

3 hrs – \$220

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## Rejuvenate

This package is designed to rejuvenate the senses and instantly refresh appearance with:

- Refresh facial which incorporates double cleanse exfoliation, steam therapy, mask, shoulder, neck & head massage, hydration and skin protection
- Spa manicure to revive hard working hands
- Foot massage to renew the spring in tired aching feet
- Toenail shape and polish, leaving feet looking as good as they feel

2.5 hrs – \$195

# Treatment Packages



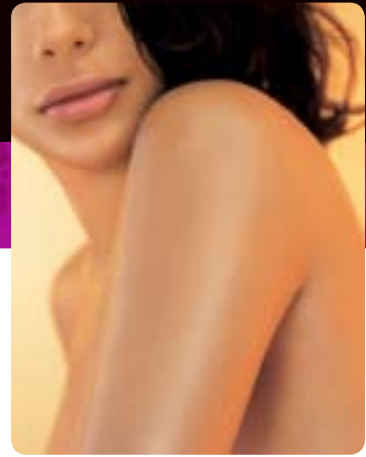
## Balinese Body Ritual

Escape to a dream holiday resort while Body & Beauty Retreat's Therapist brushes, scrubs, massages, wraps and pampers you for over 2 hours. This holiday features:

- Body brushing with natural coconut bristles to stimulate blood flow
- Sauna to warm and relax stressed muscles and detox
- Balinese spice cream massage
- Hot stone therapy treatment for a deeper relaxation
- Balinese spice body sugar scrub to exfoliate the dead dry dehydrated skin cells
- Body mask using cinnamon & Balinese spices to deeply hydrate tired skin
- Full body wrap, cocoon
- Relaxing pressure point head and scalp massage
- Vichy shower with its tropical spray and 7 heads to remove all products and detox
- Balinese Spice full body hydration
- This package also provides you with a herbal tea service on completion of your journey.

2 hrs - \$195

# Treatment Packages



## Revive

This whole body treatment will revive the body and soul with:

- Sauna to warm and relax stressed muscles and detox
- Body scrub to exfoliate the dead dry dehydrated skin cells
- Full body wrap which will nourish the skin
- Hydrotherapy tub treatment to massage and improve blood circulation, stimulate lymphatic drainage and drain toxins from the body

1.5 hrs – \$180

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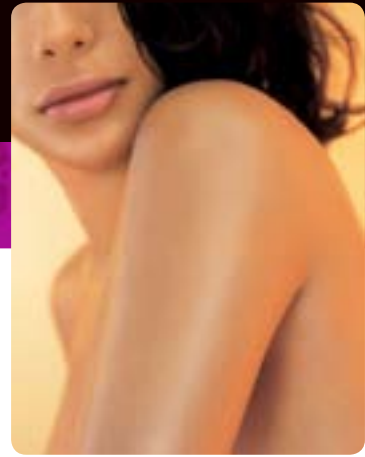
## Mini Express

This short indulgence is the perfect 'pick me up!'

- Sauna to warm and relax stressed muscles and detox
- Back salt scrub to exfoliate dead, dehydrated skin cells
- Back, neck and shoulder massage to release endorphins, relieve tension, improve circulation, mental alertness and skin tone
- Petite spa facial just enough to rejuvenate tired looking faces
- Specialty manicure and pedicure to refresh hard working hands and feet

1.5 hrs – \$150

# Treatment Packages



## Blissful Escape

Escape from reality while Body & Beauty Retreat's Therapist pampers and spoils you with:

- Pressure point back massage which will relieve tension and provide greater movement
- Spa facial to rejuvenate tired looking faces
- Skin analysis identifying how best to care for the skin
- Shoulder, neck and décolletage massage to release endorphins, improve circulation, mental alertness and skin tone
- Masque therapy to nourish the skin
- Pressure point scalp massage to release tension and increase mental alertness
- Stress relief foot massage to renew the spring in tired aching feet

1.25 hrs – \$99

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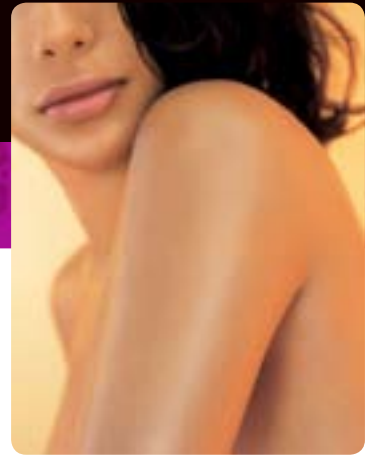
## Maternal

Mums to be deserve some time off tired aching feet to relax both their bodies and the bub. This package includes:

- Pregnancy massage performed on a specially designed pregnancy massage bed
- Back scrub to exfoliate the dead dry dehydrated skin cells
- Manicure and pedicure to refresh hard working hands and feet

3 hrs – \$190

# Treatment Packages



## Executive

This package works to cleanse the body from the outside in by combining a selection of treatments designed to detox, improve skin tone and create mental harmony.

- Sauna to warm and relax stressed muscles and detox
- Body brush which works to reduce cellulite and remove any toxins the skin has moved to the surface
- Back scrub to exfoliate the dry, dead skin cells
- Back massage to release endorphins, relieve tension, improve circulation, mental alertness and skin tone

1.15hrs – \$110

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## Men's Arena

This high performance package is designed to meet the needs of hard working men and includes the following series of treatments to relax and rejuvenate:

- Anti-stress deep cleanse facial which promises to relax facial muscles and relieve stress while cleansing the face
- Back scrub to exfoliate the dry, dead dehydrated skin cells
- Brow tidy
- Nail tidy and buff

2 hrs – \$165



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