

# Calmer Therapies

## *Treatments*

### *Massage*

#### Calmer Signature Massage

**1hr 15mins (allow 1hr 20mins) \$155**

Our most popular massage begins with a full body exfoliation using a divine body brush, followed by a full body massage. Your feet will be indulged with a gorgeous scrub (removed with steaming hot towels) and those tight facial muscles receive a beautiful massage using our exclusive aromatherapy blend. All stress will finally melt away with a tension relieving scalp massage focusing on those tight acupressure points.

#### Hot Stone Massage

**1hr 20mins (allow 1hr 30mins) \$164**

A specialty massage that uses smooth heated stones to release your tight muscles and achieve mental relaxation. It is a deeply soothing and relaxing massage and the stones can also be used to give an amazing deep tissue massage.

#### Full Body Massage and Scrub

**1hr 20mins (allow 1hr 30mins) \$164**

This full body exfoliation using a Lavender, bees wax and sea salt scrub will rid your skin of dry, rough layers. The scrub is removed with hot towels and followed by a massage focusing on those tight areas. Your circulation will be stimulated, and your skin will be smooth and glowing.

#### Magnesium Massage

**1hr 15mins (allow 1hr 20mins) \$155**

This massage incorporates aromatherapy oils and magnesium, allowing clients to relax faster than normal massage oils that are currently used. Using a combination of Swedish massage and rolling techniques this unique massage helps to relieve muscle stiffness, relieve sore neck and shoulders, relieve headaches and migraines, great for clients suffering from fibromyalgia, tendonitis, osteo arthritis, fatigue, cramping and simply want to relax and relieve pain.





## *holistic treatment*

### Mindfulness Facial

**1hr (allow 1hr 10mins) \$150**

Slip into a state of Mindfulness as you are taken on a guided journey to help ease your mind and become completely present. The Mindfulness Facial combines a purifying and relaxing Treatment with guided meditation to help you transcend into the ultimate state of calm and presence. Designed to nourish your skin and calm your mind for a completely holistic experience.

### Champi Migraine Massage

**40mins (allow 50mins) \$95**

Champi is the original Ayurvedic art of Indian head massage. It focuses on the scalp, face, neck, shoulders. The brain is the seat of the nervous system and by massaging the head and neck you are in fact treating the whole body, as the nerves, blood and lymph vessels leave from the base of the neck and travel down the spine to the rest of the body. Coconut oil is used on the head as it cools and softens the skin and is strengthening and nourishing to the hair. For those that experience migraines or headaches, Champi will rid you of pain, discomfort, and aching. Discover a holistic alternative to relief and transcend into the ultimate state of calm.

### The Bacial

**40mins (allow 50mins) \$110**

Calmer Therapies will lavish your back with much needed love and attention. After cleansing and exfoliation, we will use a detoxifying mud mask which is removed with hot towels. This treatment would not be complete without a massage of the back, scalp and feet





## Facials

### Calmer Gold Facial

**50mins (allow 60mins) \$120**

The Calmer Gold facial takes you on a journey of relaxation. This facial uses our advance skin care but is all about the relaxation. With massage of the hands, arms, feet, face, neck and scalp it really is more than just a facial, it is a whole-body experience.

## Hydrodermabrasion Facials

### The Hydro

**20mins (allow 30mins) \$80**

A deep cleanse followed by a Hydrodermabrasion Treatment tailored for your skin. You are left feeling revitalised and rehydrated.

### The Hydro Fusion

**50mins (allow 60mins) \$135**

A Hydrodermabrasion Treatment followed by the infusion of a personalised blended serum using micro current

## Medi Facials

### Prescription Medi Facial

**30mins (allow 40mins) \$80**

Begin your journey into Medi-Facials with this introductory gentle, nourishing and calming facial. Your skin will feel softer, notably more luminous, and vibrantly refreshed.

### Medi-Plus

**50mins (allow 60mins) \$130**

Includes all the key steps of a traditional Facial Treatment while using the power of medical strength formulations! Skin is re-energised, lines are softened revealing a smoother texture and tone all while you are pampered with a sublimely relaxing Calmer Scalp Massage.



## Calmer Detox

**50mins (allow 60mins) \$130**

This deep cleansing and detoxifying tailor-made Medi-Facial targets skin impurities, clogged pores, breakouts and uneven skin texture common with oily and congested skin. With the aid of purifying and astringent cosmeceuticals, this luxurious Medi-Facial will have your skin feeling calm, refreshed and shine free.

## Skin Drench

**50mins (allow 60mins) \$130**

A decadently hydrating, antioxidant Medi-Facial for all skin types in need of a little TLC. Perfectly suited to skin experiencing sensitivity and chronic dehydration with its intense soothing, and ultra-conditioning results unveiling skin, glowing with a renewed radiance

*Peels*

## Lactic Peel

**from \$100**

**ALL SKIN TYPES | ADD HYDRATION | GLOW & RADIANCE**

This potent yet gentle Medi-Peel system uses powerful skin peeling Lactic Acid in varying % strengths. Its superior, gentle and effective skin resurfacing properties work to target all stubborn skin conditions that require the next level in intensive skin peeling treatment. Your skin is treated to superior skin conditioning while soothing and hydrating the skin.

## Pristine Clean

**\$135**

**FOR OILY COMBINATION | DEEP CLEANSE | DETOXIFY | BLEMISH-FREE**

No matter what your age, if you are seeing spots, excessive oiliness or clogged pores, this Medi-Peel will fast-track your quest for pure, clear, healthy-looking skin. Using clinical strength hydroxy acid technology, this Peel deep cleanses stubborn clogged pores and prevents further breakouts. Ultra-purifying plant extracts work deep to detoxify, calm, and perfect the finish of your skin leaving it smooth, fresh and blemish free.



## Ageless Peel

from \$150

**ANTI AGING | VITAMIN A | COLLAGEN BOOSTING | REFINING**

This powerful skin rehab Vitamin A Medi-Peel treats all the tell-tale signs of time damaged skin. Fine lines, wrinkles, dull, rough, and lackluster skin texture are softened, smoothed and plumped in one powerful hit to deliver the most spectacular anti-ageing and skin resurfacing results in record time

## Reveal Peel

\$130

**FOR PIGMENTATION | RADIANCE & TEXTURE | EVEN SKIN TONE**

This is a truly remarkable and unique breakthrough clinical treatment for pigmentation concerns. Rapidly clearing away the appearance of brown spots, hormonal marks, and other skin discolouration, this Medi-Peel visibly restores clarity to your complexion so that it appears to radiate from within.

## Dermaplaning + Oxy Booster

\$130

**FOR PEACH FUZZ | OXYGEN BOOST | CLEANS & HYDRATES**

This safe and highly effective physical exfoliation procedure gently "shaves" the skin's surface, removing the top-most layer of dead skin along with fine, Facial peach fuzz hair to leave your skin baby smooth and luxuriously soft. An infusion of Oxygen delivers a blast of rejuvenating skin nutrients where it counts for a final and long lasting youthful glow.



A collection of spa-related items is artfully arranged on a light grey textured surface. In the top left, a small teal candle sits in a glass holder. Next to it is a round, light-colored bar of soap. Below the soap is a wooden spoon filled with a light-colored scrub. To the right of the scrub is a small glass jar containing a yellow liquid. In the center, a wooden bowl is filled with white, chunky salt or sugar. To the left of the bowl is a wooden spoon filled with dried lavender buds. In the bottom left, there is a piece of ginger root. In the bottom center, a white ceramic teapot is partially visible. The background is a plain, light grey wall.

## Mini Escape Packages

### Calmer Nirvana

**3hrs 50mins (allow 4hrs) \$499**

**MASSAGE | SCRUB | FACIAL | PEDICURE | MANICURE**

The Calmer Nirvana will take you on a journey of complete relaxation. Experience total transcendence and allow yourself to switch off from everything that exists beyond your body and soul. You will be treated to a full body experience. The Calmer Nirvana includes a full body scrub & massage, facial, pedicure, manicure, and tension relieving scalp massage. The total indulgence. Slip away for a slice of absolute heaven.

Our ultimate Calmer experience is for those who wish to feel completely pampered, with your entire being, lavished with natural, nurturing elements for a glorious four hours. Your Calmer Nirvana experience would not be complete without a glass of champagne and a selection of small bites from a beautifully presented grazing board.

### Calmer Cocoon

**2hrs 20mins (allow 2hrs 30mins) \$275**

**BODY WRAP | MASSAGE | FACIAL**

Wrap yourself in luxury with our hydra herbal body indulgence and rid your body of toxins with our clay renewal body wrap. This is then followed by a full body massage and an express prescription Facial.

### Calmer Cherub

**50mins (allow 1hrs) \$105**

All kids are different and that's why we love them. So we will create the perfect package especially for your child. This includes a combination choice of massage, Facial or file and paint of the fingers and toes. A beautiful experience to be shared between mother and daughter.

### Find Your Calm

**1hr 50mins (allow 2hrs) \$199**

**MASSAGE | SCRUB | FOOT SCRUB + MASSAGE | MINI FACIAL**

Full body massage (deep tissue or relaxation) and deep cleansing back scrub (removed with steaming hot towels), foot scrub and massage + mini facial



# Beauty

## Nail Clinic

**Deluxe Manicure or Pedicure 55 Minutes**

**\$105**

**Hand + Feet Combo 1hr 25 Minutes**

**\$145**

GELEATION is our new Gel in a bottle that is not only gentle on nails but protects them as they grow. Flawless nail polish that lasts for up to three weeks for just \$20 extra.

## Waxing

Be pampered while being waxed! Relax with a lavender scented eye pillow on. All our waxing includes a brief, divine scalp massage.

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|---------------------|-----------|
| Brow Tidy           | \$18      |
| Brow Re-Shape       | \$22      |
| Lip                 | \$10      |
| Chin                | \$12      |
| Underarm            | \$20      |
| Half Leg            | \$29      |
| Full Leg            | \$45      |
| Bikini              | \$25      |
| G-String            | \$35      |
| Brazilian           | from \$55 |
| Brazilian Follow Up | from \$35 |
| Chest               | from \$45 |
| Back                | from \$40 |
| Brow Tint           | \$10      |
| Lash Tint           | \$25      |

*bookings*

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*Find your calm*