The background of the page is a light-colored marble pattern with subtle grey and beige veining. A solid dark grey horizontal band runs across the middle of the page, containing the text 'Treatment Menu' in a white script font. The brand name 'indulgences' is centered in a serif font, with 'BEAUTY THERAPY' in a smaller, spaced-out sans-serif font below it. Two thin horizontal lines are positioned above and below the brand name.

indulgences
BEAUTY THERAPY

Treatment Menu

OUR PROMISE... Take time out for yourself at Indulgences. Our highly skilled therapists strive to offer you superior service and care to give you that memorable experience you deserve. Relax and unwind in comfort and privacy whilst we commit to your well-being and satisfaction. **Michelle Grove**



SKIN JUICE

Australian made and owned professional skin care range with evolving concepts and innovative formulas for natural and performance based skin care.

Face

JUICE A-PEEL

45min / \$85

Refresh and refine congested and damaged skin. This complexion perfecter provides instant results and will leave the skin softer and clearer. Fruit acids deeply exfoliate. Wild chamomile and mango mud will feed the skin with a super hydrating burst of anti aging nutrition.

INSTANT GLOW PUMPKIN PEEL

45min / \$95

A powerful anti-aging facial for rough, dry skin with aging concerns. Achieve that youthful, healthy glow with an exfoliating combination of skin smoothing plant acids and fruit enzymes. A rich diet of skin protective nutrients from seabuckthorn, seaweed and pumpkin will deeply feed new skin while Vitamin A will help stimulate faster and healthier cell renewal. In less than an hour you will have rejuvenated, brighter and younger looking skin. This treatment is topped off with a hand, arm and scalp booster massage.

PLUMBERRY PAMPER PEEL

60min / \$110

Perfect for getting the healthy glow. Unveil fresh smooth skin with this revolutionary facial. Skin Juice infuses the goodness from nutritious berries and plums to hydrate and plump the skin. This Antioxidant rich treatment uses pure enzymes, milk acids, beetroot and Vitamin C to brighten. Includes a hand, arm, shoulder and scalp massage.

JUICE SHOT FACIAL

30min / \$70

This mini facial with be customised for specific skin concerns. Enjoy a refreshing cleanse followed by gentle exfoliation to prepare the skin for a nutrient rich face mask, while a burst of skin quenching moisture will leave the skin feeling soft and revived. This treatment is topped off with a hand and arm massage.

SUPER JUICE REVITALISER

1hr 20min / \$130

An utterly indulgent juicy experience for all skin types. A holistic super facial made to order for YOUR skin's dietary requirements. Freshly picked Skin Juice products are selected to target what concerns you most about your skin. Pure and healthy cleansing prepares your skin for a juicy smoothing reboot. A super fruit peel mask infusion follows Skin Juice's freshly juiced organic spreads and actives. Be completely spoilt with the added touch of massage for the face, arms, shoulders and scalp. It's all on the menu for this full guilt free indulgence.

JUICE TASTER FACIAL

15min / \$40

(redeemable off any Skin Juice purchase \$120 and over)

Want to try before you buy? A small taste to experience the Skin Juice difference includes a mini squeeze of cleansing, a juice drink for the skin and a moisture quencher, giving you a super juicy solution for your skin.

JUICY EYE REVIVE

20min / \$40

Firm, tone and revitalize your tired eyes with our unique blend of vitamin therapies and firming botanicals.

Body Therapy

BODY BOOST MASSAGE

60min / \$90

45min / \$70

30min / \$53

15min / \$30

Soothe sore muscles with tension relieving massage. Organic shea and coconut oils melt into the body for a skin conditioning treatment while subtle cucumber and blueberry will boost your skin's health with antioxidant properties.

INDIAN HEAD MASSAGE

30min / \$53

AROMA RE JUICE

90min / \$155

An unwinding sensory escape.

Aromatic powered oil droplets are used to calm and nurture the mind. Dissolve stress with essential oils of rose geranium while vanilla and white Lotus induce calmness. Avocado and organic Lemon Myrtle hydrate and revive the skin's health. Within the treatment the skin on the face will be spoiled with oil cleansing and massage to help brighten the skin through stimulating the circulation. A super burst of skin hydration will be restored through exotic oils. A tension releasing scalp massage will complete this experience. For when there isn't time for a holiday...

COCONUT JUICE SPLASH

20min / \$43

Super stressed scalp relief and hair quenching booster.

A delicious squeeze of organic coconut pulp and kiwi fruit oil leave in treatment is massaged into the hair, scalp and shoulders using the most relaxing and reconnecting massage techniques. Hot towels are then wrapped around the hair to infuse a boost of nourishing moisture.

TOP TO TOE BODY JUICY GLOW

30min / \$70

For skin types feeling withered and

wear. Yummy cranberry and tangerine drops are massaged into the body for bright and glowing skin. A berry fruity exfoliation will smooth and revive and deliver a juicy hydration burst to the skin. This smoothie body milk peel is a wonderful compliment to any massage treatment.

JUICY BACK ATTACK

45min / \$85

Suitable for all skin types including congestive concerns.

Skin Juice has got your back covered in juicy goodness. Enjoy a cleansing massage and smoothing body milk exfoliation and targeted mask spread. Heal the skin and the body with moisture quenching back and shoulder massage. Treatment includes a relaxing scalp massage.

DELIGHT

4hr 30min / \$415

Super Juice Revitaliser, Juicy Eye Revive, Brow Shape, Lash Tint, 1hr Body Boost Massage, Revitalising Pedicure and Manicure.

BRIDAL HEAVEN

3hr 15min / \$300

45 Minute Body Boost Massage, Juicy Body Glow, Manicure, Pedicure, Brow Shape, Lash Tint.

DESIRE

4hr / \$370

Plumberry Pamper Peel, 1hr Body Boost Massage, Juicy Body Glow, Pedicure and Manicure.

BLISS

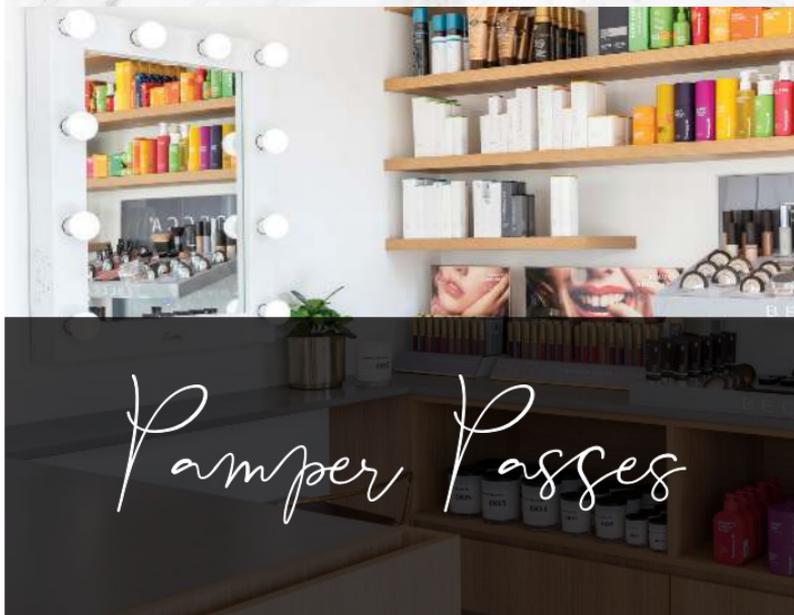
3hr 15min / \$280

Plumberry Pamper Peel, 30min Body Boost Massage, Revitalising Pedicure and Manicure.

REVITALISE

2hr / \$195

Juice-A-Peel, 30min Body Boost Massage and Pedicure.



Pregnancy Menu

PREGNANCY GLOW FACIAL

70min / \$120

Freshly picked, pregnancy-safe skin care for your unique requirements. A cleanse, skin smoothing exfoliation and specialised treatment mask with a soothing massage and hydrating organic spreads will leave your skin feeling soft and nourished.

PREGNANCY PEEL

60min / \$110

Unveil a clear and healthy glow. This refreshing treatment strengthens the skin against common skin concerns that can occur during pregnancy. Your skin will be left renewed, glowing and soft as a baby's bottom.

MUMMY-TO-BE MASSAGE

60min / \$90

Designed to help reduce stress, discomfort and muscle tension. This unique massage has been specially designed for the Mummy-to-be and will help reduce stress, discomfort and muscle tension while giving your skin an all over healthy glow.

MUMMY'S TUMMY (BELLY FACIAL)

35min / \$70

A nourishing moisture treatment for the tummy. This treatment will help keep the tummy skin supple and prevent stretch marks. Relax and enjoy an indulgent cleansing of the feet to relieve aches and pains while your mind and body relaxes.

BERRY BODY EXFOLIATION

40min / \$70

Get that top to toe juicy glow. A gentle facial cleanse before treating the body with antioxidant-packed Berry Buff. Skin will then be nourished and protected with a rich hydration burst from Mummy's Tummy.

PREGNANCY PAMPER PEDICURE

50min / \$85

Skin quenching moisture treat for the feet. No need to reach your feet, this nourishing treatment will do all the work for you. This treatment includes full nail and cuticle conditioning, along with nail polish application if desired.

MUMMY-TO-BE BUNDLE OF LOVE

60min / \$115

A nurturing treat to relax and prepare that special Mummy-to-be! This juicy bundle includes mini pregnancy safe facial + nurturing pregnancy massage + foot soak + Perfect Paws hand and foot massage.



Cosmedix Skin Treatments

TIMELESS PEEL

30min / \$155

Featuring the highest concentration of our exclusive microencapsulated Retinol Complex and Hydroxy Acids, this medium-depth peel dramatically reduces signs of aging and pigmentation for truly timeless results. Celebrity A-listers flock to this treatment to curb the aging process.

BENEFIT TREATMENT

30min / \$125

This treatment combines active microencapsulated retinol complex with antioxidants to resurface. A must have treatment for even the most sensitive skin.

BLUEBERRY SMOOTHIE

30min / \$95

This facial treatment features Lactic and Glucuronic Acids, combined with Blueberry Extract and Jojoba Beads, to gently exfoliate the skin and clear away the look of imperfections to reveal a youthful healthy glow without irritation.

POMEGRANATE TREATMENT

30min / \$100

Using some of nature's most powerful antioxidants — including Pomegranate and Red Wine Resveratrol — this gentle Lactic Acid exfoliating treatment clarifies and corrects superficial skin concerns even for the most sensitive skin types.

ESSENTIAL PEPTIDE PEEL

30min / \$120

Manage the visible signs of ageing with a blend of potent peptide and stem cell technology to reveal smoother younger skin. This peel exfoliates for smooth skin texture, infuses retinol for renewal and balances moisture levels to protect skin from future damage.

PURITY PEEL

30min / \$110

This detoxifying and exfoliating peel treatment cuts through excess oil to decongest pores and clarify oily, blemish-prone skin. Featuring deep penetrating Ferulic and Pyruvic Hydroxy Acids and our proprietary AGP microencapsulated Retinol Complex to address even the most problematic skin conditions.

THE OXYGEN FACIAL

45min / \$95

This intense facial treatment harnesses the powerful effects of delivering a boost of oxygen directly into the skin. Targeting problem skin killing bacteria, helps lighten pigmentation, soothes sensitivity and increases circulation resulting in clean fresh revitalised skin.



COSMEDIX
The Most Effective Cosmetics

EPIDERMAL LEVELLING

40min / \$75

With Oxy Treatment 60min / \$120

The newest treatment for skin rejuvenation utilises a surgical blade to remove the outer most layers of the epidermis along with Vellus hair. Resulting in a smoother appearance and allowing better penetration of cosmeceutical products. Targeting congestion, milia, hyperpigmentation, thickened sun damaged skins. Epidermal levelling results in glowing, firm, smooth clear skin. Combined with an Oxygenating treatment mask this facial is the ultimate for fresh skin.

CLEAR MEDI FACIAL

45min / \$95

Purify, Decongest, Calm Refreshing and deep cleansing this solution-specific facial leaves the skin feeling calm, refined and radiant. Ideal for combination, oily and problematic skin types. This Medi facial helps to mattify, minimize pore size and calm skin.

ANTIOXIDANT MEDI FACIAL

60min / \$120

Smooths, hydrates, firms and protects.

A signature treatment to target aging concerns. Supporting the prevention of free radical damage, promoting collagen production, line smoothing and skin brightening. This luxurious treatment will leave you feeling rejuvenated and calmed, includes hand/arm and scalp massage.



AGELESS MEDI FACIAL

1hr 15min / \$140

The ultimate formula for flawless,

faultless and radiant skin! Give your skin the ultimate boost with this multi-level treatment. This treatment delivers a boost of oxygen directly into the skin, increasing circulation delivering nutrition into the skin. Ensuring increased hydration, protective and rejuvenating properties, anti aging benefits, lightening brightening effects and overall smoother, softer skin. The Rolls Royce of 'anti aging facial indulgence'.

HYDRO-DERMABRASION

60min / \$110

Using the latest in skin care technology, our newest Hydro-dermabrasion device uses the natural process of water and oxygen combined with diamond crystals to exfoliate the skin effortlessly. This process not only provides a natural chemical free treatment, but it also leaves skin looking healthier and deeply hydrated. Treating fine lines and wrinkles, improving blood circulation, stimulating greater collagen production, improving skin tone, acne, blackheads and post acne scarring.

NON SURGICAL FACE LIFT

60min / \$190

Fractional RF energy is focused in the dermis resulting in deep dermal heating and ultimate results. This treatment focuses on the structural collagen found in the dermis resulting in firmness, reducing wrinkles and overall improvement of the skins texture. Results can be seen after one treatment however for optimal results a course is recommended.

Advanced LED Technology

Dermalux LED Phototherapy is a non-invasive treatment that harnesses the power of pure light to naturally stimulate skin rejuvenation and resolve skin conditions such as acne, rosacea, scarring, pigmentation, psoriasis and wrinkles. Providing immediate visible improvement. Clinical studies guarantee you results!

LED FACIAL ADD ON

\$55

'LUNCH TIME' LED

30min / \$85

Cleanse, light treatment, serum, moisturise.

SUPER LED

50min / \$125

Cleanse, exfoliation, light treatment, mask, serum, moisturise, also includes hand and arm massage.

LED PACKAGES

Results with the LED are cumulative, hence if you commit to a course of these, coming 2-3 times per week, you will be amazed at the results you achieve!

1. Unlimited LED light therapy \$999 (30min per session. Valid 12 weeks)
2. Purchase any 5 LED treatments up front & receive 6th treatment FREE

LED - Red: Helps to minimise visible fine lines and wrinkles by plumping up the skin naturally. Reduce aging by assisting in stimulating cell renewal and heal the skin without causing cell damage.

LED - Blue: Helps stop the vicious acne cycle. Blue LED stops the production of the acne causing bacterium and excess oil production. Resulting in the reduction of inflammation, redness and acne lesions leaving the complexion clear and healthy.

LED - Nir/White: Treats the deepest, targeting wrinkles, inflammatory pain relief and conditions such as eczema, psoriasis and dermatitis.

Dermalux TRI Wave technology allows the treatment of multiple lights at the same time for maximised results.

Dermalux®


Skin Needling

BENEFITS

- Tissue Regeneration
- Skin Rejuvenation
- Pore Size Reduction
- Hyper-Pigmentation/sun damage
- Wrinkles, including deep lines
- Stretch Marks
- Acne Scarring

SINGLE TREATMENT \$250

Purchase 3 Treatments for \$675 - *save \$75*

CIT recommends course of 3 treatments
6 weeks apart

SRT recommends course of 5+ treatments
6 weeks apart

Dermapen®

Skin Programming

The skin is much more complex than what can be seen with the naked eye – that's why we use the Observe 520 for professional skin analysis. With advanced analysis technology we can view blemishes, fine lines, pigmentation, oil and moisture content of your skin, pore size and uneven skin tone in depth. This allows us to better understand your unique skin concerns to treat existing imperfections, and even address underlying concerns before they become visible.

We recommend clients receive professional skin analysis with the Observe 520 at least twice a year to accurately track their skin progress and address any underlying skin health concerns as soon as possible.

SKIN PROGRAMMING USING OBSERV 520 SKIN SCANNER

60min / \$99

Creating your best skin. Accurate, effective skin planning. Includes skin consultation and assessment, skin treatment, progress photos using OBSERV Skin Scanner and a customised 'My Skin Program'.

OBSERV 520 IMAGES ONLY

15min / \$49

(redeemable on skin products)



E-Light Skin Treatments

Combining IPL and Radio Frequency, E-Light produces 3 times more efficiency than traditional IPL. E-Light is a fast, safe, highly effective method of reducing pigmentation, vascular lesions, acne, fine lines and wrinkles. E-Light results in a clear, healthy beautiful complexion with no downtime.

	COST:	COST / TRT, PRE PAY 6:
CONSULTATION	<i>Free of charge</i>	
ACNE		
Full Face	90	72
Half Face	60	48
Full Back	130	104
Full Chest	110	88
VASCULAR/CAPILLARIES/ROSACEA		
Full Face	100	80
Half Face	70	56
Small Area	45	36
One Spot	35 #1 <i>15ea additional</i>	

	COST:	COST / TRT, PRE PAY 6:
PIGMENTATION		
Full Face	110	88
Half Face	80	64
Décolletage	80-130	104
Back of Hands	70	56
Small Area	50	40
One Spot	35 #1 <i>15ea additional</i>	
SKIN REJUVENATION		
Full Face	190	152
Décolletage	200	160
Face + Décolletage	350	280

Ipl/SHR Hair Removal

SHR is faster than traditional IPL and Laser, it's safer and it's pain free in comparison. It is the most advanced way of removing unwanted hair. SHR gently transports the energy through the skin and through the melanin to the hair follicles. This in motion technology has the ability to treat blonde and red hair and most skin colours. For best results we recommend 6-10 treatments. 70% of hair loss can be achieved after just 4 sessions.

	COST:	COST / TRT, PRE PAY 6:		COST:	COST / TRT, PRE PAY 6:
CONSULTATION	<i>Free of charge</i>		Full Leg + Bikini Standard	200	160
Lip	30	24	Full Leg + Bikini G String	210	168
Chin	30	24	Full Leg + Bikini Brazilian	220	176
Lip and Chin	50	40	½ Leg + Bikini Standard	145	116
Full face	70	56	½ Leg + Bikini G String	155	124
Underarm	40	32	½ Leg + Bikini Brazilian	165	132
Bikini - Standard	45	36	MEN		
Bikini - G String	55	44	Chest + Abs	130	104
Bikini - Brazilian	65	52	Chest	90	72
Half Leg	125	100	Full Back	160	128
Full Leg	180	144	Half Back	90	72
Half Arm	75	60	Shoulders	65	52
Full Arm	100	80	Back + Shoulders	200	160
Bikini Standard + Underarm	65	52	Full Leg	220	176
Bikini Standard + Underarm	75	60	Full Arms	130	104
Bikini Brazilian + Underarm	85	68	Back of Neck	50	40
Full Leg + Brazilian + Underarm	235	188			

Beauty Treatments

Hands and Feet

REVITALISING MANICURE

50min / \$75

'Instant hydration and repair' hand exfoliation, shaping, cuticle treatment, buff, massage, warm paraffin mask and polish.

MANICURE

40min / \$60

Hand exfoliation, shaping, cuticle treatment, buff, massage and polish.

SHELLAC MANICURE

50min / \$75

Enjoy all the pampering and stimulating benefits of a Mani to then finish with a Shellac application for longevity and shine.

REVITALISING PEDICURE

60min / \$90

'Instant hydration and repair' foot soak, exfoliation, shaping, cuticle treatment, buff, hard skin removal, massage, warm paraffin mask and polish.

PEDICURE

50min / \$80

Foot soak, exfoliation, shaping, cuticle treatment, buff, hard skin removal, massage and polish.

SHELLAC PEDICURE

60min / \$90

Enjoy a full pedicure with the added benefits of a shellac overlay, shellac is perfect for toes and is a permanent chip free colour, your pedicure will last and last!

QUICK FIX (HANDS OR FEET)

20min / \$40

Shaping and polish.

CALLUS PEEL

20min / \$45

Pedicure Add / \$35

Instant safe callus removal in 15 minutes. Leaves skin soft and clean. Results are amazing!

Nail Enhancements

Bio Sculpture Gel - The healthy alternative or Shellac lacquers provide flawless colour for up to two weeks.

FINGERS OR TOES

Bio Sculpture Overlay	\$70	Shellac Application	\$48
Bio Sculpture Infill	\$60	Shellac Remove & Reapply	\$58
Polish	\$18	Shellac Removal	\$35

Waxing

Brilliance Strip and Hot Wax are used to help make your waxing experience more comfortable. Completed with soothing oil, warm towel and antiseptic lotion.

BODY

Full Leg	\$58	Underarm	\$23
Full Leg & Bikini	\$75	Full Arm Wax	\$35
Full Leg & Full Bikini	\$90	Half Arm Wax	\$30
Half Leg	\$40	Back or Chest	\$45
Half Leg & Bikini	\$60	FACE	
Half Leg & Full Bikini	\$80	Brow Shaping	\$22
Bikini (Standard)	\$30	Top Lip	\$16
Bikini (G-string)	\$40	Chin	\$16
Brazilian (Maintained)	\$45	Brow, Lip & Chin	\$43
Brazilian	\$50	Lip Bleach	\$16

Electrolysis

Permanent hair removal using disposable needles.

5min / \$20 15min / \$30 30min / \$50

Lashes

Lash Tint	\$24
Brow Tint	\$18
Lash + Brow Tint & Shape	\$55
Lash Lift	45min / \$85

This amazing technique lifts your own natural lashes to create beautiful fanned wide eyed thicker and longer looking lashes, without the need for extensions. Lasts between 8-10 weeks.

LASH EXTENSIONS

Full Set	\$130
Half Set	\$75
Infills (2 weeks)	\$40
Infills (3 weeks)	\$60

Brow Henna

Brow henna creates a powder-like finish on your brows so you can save time on your morning make up routine! Your skin stain will last 5-10 days depending on your skin and homecare routine and your henna brow hair colour will last 6 weeks. Brow henna is perfect for covering those pesky grey or white brows that are so hard to tint. Brow henna will fill in sparse areas and define your shape. Brow henna is custom blended for everyone and suitable for all skin tones and hair colour.

Brow Henna	\$30
Brow Henna + Shape	\$50
Brow Henna + Shape + Lash Tint	\$65

Piercing

Includes Earrings and After Care Spray

Ears	\$45
Nose	\$45

Threading

Threading is an ancient hair removal technique where antibacterial cotton is used in a special method to remove hair on the face. Our Get Threaded artist twists the cotton and rolls this over the skin to gently lift the hair from the follicle. Threading picks up all hair including the really fine. It is extremely accurate and you can get a fabulous shape to your brows and more refined than other hair removal methods.

Brow Re Shape	\$32
Brow Tidy	\$27
Lip or Chin	\$20
Face (Brow, Lip, Chin)	\$55

Tanning

Choose from St Tropez Tan - Europe's number 1 tan, a natural colour to suit all skin tones; Techno Tan, wash and wear in 2 hours, natural colour tan lasting 7-10 days; and Eco Tan, a natural and organic tanning solution.

Spray Tanning 15min	\$35
Spray Tan (double coat)	\$40
Spray Tan + Body Exfoliation 50min	\$95

Bridal/Formal Make Up Application

We have a team of qualified make-up artists with over 10 years experience in creating the perfect bridal look for your special day. We offer our makeup service either in your home or location of choice and also in our salon. The skill of our artists is what truly creates your look.

Bridal	\$85
Bridal Trial	\$70
School Formal	\$70
In the home	additional \$10pp



TRADING HOURS:

Monday	8.30am - 5.00pm
Tuesday	8.30am - 6.00pm
Wednesday/Thursday	8.30am - 8.00pm
Friday	8.30am - 5.30pm
Saturday	8.00am - 2.00pm

GIFT CERTIFICATES:

Beautifully presented and personalised for that someone special. For your convenience you can also buy vouchers online.

PAYMENT OPTIONS:

We accept Cash, Master Card, Visa, AMEX, EFTPOS & AfterPay.

SALON ETIQUETTE:

Please arrive a few minutes early for your appointment to complete any required consultation. We also ask that you allow suitable time for parking.

For your comfort we supply robes and disposable underwear for waxing and body treatments.

Please set your mobile phone to 'silent'.

Time is precious! We would appreciate your co-operation with 24 hours notice for any appointment cancellation or reschedule. A fee may apply for late cancellations.

Check out our website for our monthly offer and what's new.

P: 02 4962 5022

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indulgences.com.au

 @Indulgences

 @indulgences_skin_health

ABN: 11 606 397 880

O.P.I.



**VELVET
CONCEPTS**



DERMAQUEST

ST.TROPEZ

**ECO
TAN**

