

body



specialised massages

remedial massage 60mins \$115 & 90mins \$165

Performed only by an accredited remedial massage therapist this therapeutic massage applies pressure to the soft tissue to release chronic muscle tension

hot stone massage 90mins \$165

A relaxing massage using aromatic oils & hot stones which are placed on the body's pressure points, relieving aching muscles & restoring balance

lava shell massage 60 mins \$135

Two highly polished and buffed tiger clam shells are heated with an algae and mineral mixture to generate heat and are used with aromatic oils in a full body massage that is relaxing, yet therapeutic

pregnancy massage 60mins \$115

Only available after the first trimester our pregnancy massage helps to relieve the aches and pains of pregnancy

indian scalp massage 30mins \$60

A deeply relaxing massage on the head and neck that uses firm but gentle pressure to relieve tension and stress and promote clear thinking

relaxation massages

swedish 60mins \$100 & 90mins \$145

To stimulate circulation, ease muscle tension, improve flexibility & promote relaxation

aromatherapy 60mins \$100 & 90mins \$145

A relaxing, flowing massage using essential oils which promotes health & well-being

revitalising massage&body polish 90mins \$165

A revitalising full body massage to boost circulation and lymphatic flow followed by a pure fiji body polish to hydrate and nourish dry devitalised skin.

back cleansing treatment 60mins \$135

The perfect treatment if you have acne or blemish prone skin on your back. Includes a cleanse, exfoliation, steam, extractions & anti bacterial mask, followed by a soothing back massage.

packages



petite pamper 1 hour \$105
A 30min micro-zone spa facial followed by an express pedicure OR manicure

rejuvenate 1.5 hours \$155
Unwind with a 30min stress therapy back massage and a 60min skin balancing spa facial

pacific pearl 1.5 hours \$185
A 60min lava shell massage followed by a 30min Pure Fiji sugar glow body polish

the Mos-Man 2 hours \$195
Starts with a 60min Swedish massage, followed by a 60min deep cleanse facial

de stress 2 hours \$195
Melt the stress away with a 60min skin balancing spa facial plus 60min aromatherapy massage

body harmony 2.5 hours \$240
A luxurious 60min relaxation massage and pure fiji sugar glow body polish followed by a 60min spa facial

body & soul 3 hours \$260
Be pampered with a 60min relaxation massage, 30min micro-zone spa facial, then lunch in our courtyard and conclude with a 60min deluxe manicure OR pedicure

total surrender 3.5 hours \$290
Relax and unwind with a 60min relaxation massage, 60min spa facial, lunch and a deluxe mani OR pedi

ultimate indulgence 5 hours \$450
The ultimate in relaxation starts with a 90min massage of your choice, then a 60min skin balancing spa facial, plus a luxury add-on. Then 45min lunch and conclude with a deluxe pedicure and express manicure

shambala day spa

suite 4, 717 Military Rd
Mosman NSW 2088
02 9968 1588

www.shambaladayspa.com.au
mon 10 to 5:30; tues, wed, fri 10 to 7
thur 10 to 8; sat 10 to 5:30

T&C's 24 hour cancellation policy, gift vouchers are valid 6 months

shambala day spa



a meeting place of peace & tranquility

face



At shambala day spa, we offer a range of facial treatments from relaxation to paramedical grade results driven facials:

Spa facials, where the emphasis is on pampering and relaxation but the treatment is tailored to improve any underlying skin concerns. For spa facials we will apply either **Dermalogica** or **Ultraceuticals** products following an initial skin consultation

Medi-facials, which are more results driven with the emphasis on longer term and lasting improvement of your skin. Your first medi-facial requires an extra 30 minutes for a full skin consultation to determine the most appropriate treatment and product options for your skin. Medi-facials can be purchased individually or in a series of 6 treatments for the price of 5.

spa facials

shambala's skin balancing facial
60 minutes for \$110

Whether you need a deep cleanse, a healthy glow, hydration or soothing this is a luxurious facial designed specifically for you

shambala's skin intensive facial
75 minutes for \$140

A deeper cleanse, soothing masque and use of gentle galvanic currents or Ultra sono to infuse specifically chosen serums. Includes a relaxing facial massage to refresh and energise the skin

luxury add-ons
15 minutes for \$30

Add any of these 15 minute indulgent mini-treatments to your spa facial or medi-facial

- rejuvenating eye booster treatment
- neck and décolletage treatment
- soothing hand treatment
- pressure point foot massage
- indian scalp massage

medi-facials

shambala's skin-workouts
single facial \$150
course of six medi-facials \$125 each

Our results driven skin workouts are individually designed following a full skin consultation by our skin technicians. We apply higher grade cosmeceutical products from **Ultraceuticals** and **Environ** in our medi-facials that work on the lower layers of your skin and we progress towards visible and lasting improvements in your skin. Our skin workouts include peels to exfoliate and smooth the skin and sono infusion to increase the absorption of vitamins into the dermis and epidermis

shambala's skin consultation
Initial consultation \$55
(refundable against product purchases over \$150)

We use a highly sophisticated skin analyser to take 3D photographs of your skin. Our therapists will analyse the results and will recommend treatment and product options specifically designed to achieve lasting improvements in your skin.

When purchased with a course of 6 facials, we will re-analyse your skin every 3 months to track your progress and modify your treatments as required.

Shambala's medi-facials aim to treat the following skin concerns

- premature aging
- dehydrated skin
- congestion and acne prone sensitivities and rosacea
- sun damage
- pigmentation

for more details see our website

men's spa facial

shambala's deep cleanse facial
60 minutes for \$110

Shambala's male facial includes a deep cleanse, exfoliation and customised anti-ageing face masque to leave the skin feeling clean and refreshed

teen's spa facial

shambala's clear start facial
30 minutes for \$55

Shambala uses Dermalogica's Clear Start products in a mini facial and product demonstration to assist your teenage children develop a good skin care regime

beauty



manicure and pedicure

deluxe manicure 60mins \$80

A luxurious manicure to nourish and hydrate your hands and cuticles. This indulgent treatment includes a hand exfoliation and a relaxing hand and arm massage. The treatment ends with an OPI or Vinylux polish in the colour of your choice

deluxe pedicure 60mins \$85

This luxurious pedicure ensures feet are smoothed, with an exfoliation, buffing and filing before nails and cuticles are groomed to perfection. Your feet are then immersed in a nourishing paraffin wax leaving them soft and supple. The indulgence is then completed with either an OPI or Vinylux colour of your choice

express mani or pedi 30mins \$50

An express maintenance including a nail tidy followed by a polish in the OPI or Vinylux colour of your choice.

waxing

Shambala's waxing service uses premium grade products for sensitive skin to remove unwanted hair. Our highly experienced staff pride themselves on providing a very thorough, gentle and hygienic service. Prices on our website

pure fiji body treatments

sugar glow body polish 45mins \$125

Coconut milk combined with macadamia nut oil are massaged into your body, followed by an application of cane sugar and nut oils that exfoliates the body of dead skin, strengthening the new skin's elasticity and replenishing moisture loss

anti-aging Guava nourishing wrap 75mins \$160

Starts with a raw sugar cane scrub and then a guava body masque application and finished with a warm oil scalp massage. The vitamin C in the guava fruit will boost collagen production toning, hydrating and nourishing your skin with a healthy glow!