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**revive**  
*Day Spa and Health Centre*

**ELEMENTAL NATURE FACIAL** - For radiant skin.

Suitable for men and women. Awaken, restore, calm and purify your skin with a personalised facial powered by the energy of plants and minerals. Ideal treatment for dehydration, dryness, sensitivity and impurities.

**RADIANCE FACIAL** - Botanical resurfacing facial.

An innovative alternative to microdermabrasion for glowing results. Botanical Skin Resurfacing with our hands-on approach and the power of tourmaline that smooths your skin's texture. Reduce the appearance of fine lines, and diminish pore size while significantly increasing radiance and glow.

<b>30 mins</b>	<b>\$69.00</b>
<b>60 mins</b>	<b>\$99.00</b>
<b>90 mins</b>	<b>\$129.00*</b>

*Face*

### ENBRIGHTENMENT HIGH PERFORMANCE FACIAL - A pigmentation solution.

Combines high-tech plant technology-up to 99.7% naturally derived formulas to maximise the benefits of the new Brightening Skin Care: 34% reduction in appearance of discolouration and dark spots; 52% improvement in visible clarity. Suitable for all skin types.

<b>30 mins</b>	<b>\$79.00</b>
<b>60 mins</b>	<b>\$109.00</b>
<b>90 mins</b>	<b>\$139.00*</b>

### GREEN SCIENCE HIGH PERFORMANCE FACIAL - Anti-ageing-solution.

This unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science to renew, repair and regenerate your skin. Clinically proven to lift and firm the skin, reduce fine lines & wrinkles, improve skin's smoothness, tone & clarity, & significantly improve skin's barrier strength.

<b>30mins</b>	<b>\$79.00</b>
<b>60mins</b>	<b>\$109.00</b>
<b>90mins</b>	<b>\$139.00*</b>

### OUTER PEACE FACIAL - A blemish solution.

A total solution that treats not only acne symptoms but also its causes, so skin stays clear. In clinical testing, 92% of participants have fewer blemishes after just 4 weeks, Also incorporates redness reduction and lymphatic drainage massage.

<b>30 mins</b>	<b>\$69.00</b>
<b>60 mins</b>	<b>\$99.00</b>

### PERFECTING PLANT PEEL

An intensive deep exfoliation harnessing unique botanical ingredients to give you an intensive deep exfoliation – an alternative to harsh glycolic peels. Aveda's Perfecting Peel will provide the skin with 40% exfoliation equivalent results to that of a 30% glycolic peel, leaving your skin incredibly refined, smooth, soft and supple with improved skin clarity.

<b>30 mins</b>	<b>\$75.00</b>
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*\* 90 min facials include an eye treatment, hand and foot ritual.*

# Massage



## RELAXATION MASSAGE

For those wishing to simply relax and unwind, allow your senses to be restored with the soft touch of healing hands. A warm infusion and sea salt exfoliation foot bath to ease tired feet and extra attention to pressure points on the scalp to rebalance the body from head to toe.

## DEEP TISSUE MASSAGE

A firm, generalised body massage to relieve deep seated muscular tension. A warm infusion and sea salt exfoliation foot bath to ease tired feet, followed with firm pressured manipulations to help alleviate aches and pains and restore balance within.

## REMEDIAL MASSAGE

Skilled massage therapists with an in-depth knowledge of anatomy and physiology apply attention to problem areas or sports related injury. Deep tissue manipulations, stretches and trigger points help alleviate daily accumulated stress.

<b>30 mins</b>	<b>\$65.00</b>
<b>60 mins</b>	<b>\$95.00</b>
<b>90 mins</b>	<b>\$125.00</b>

### PREGNANCY MASSAGE

A specialised pregnancy cushion allows safe comfort for both you and the therapist to smooth away those aches and pains from 12 to 40 weeks. A warm infusion and sea salt exfoliation foot bath to ease those tired feet and specific attention to areas of accumulated stress - all just for you.

**30 mins     \$69.00**

**60 mins     \$99.00**

### ANTI STRESS BODY MASSAGE

Enjoy an exfoliation with hot towel compresses to prepare your skin for a relaxing, de-stressing massage with an aromatic oil blend of your choice. You will feel rebalanced and revitalized and your skin will be smooth and beautifully hydrated.

**30 mins     \$69.00**

**60 mins     \$99.00**

**90 mins     \$129.00**

### CHAKRA BALANCING MASSAGE

An innovative in-salon spa ritual steeped in the tradition of Ayurveda, the ancient healing art of India. Merges massage and guided meditation with our Chakra Balancing Blend aromas to open and balance the 'chakra energy' centres of the body. Features deep tissue massage on the back and spinal muscles, foot reflexology and energy work for the chakras.

**75 mins     \$114.00**

### HOT STONE THERAPY MASSAGE

Melt away muscle tension with this indulgent body massage with the added benefits of Hot Stone Therapy. Experience the energy and warmth of the hot stones as they are combined with your traditional full body relaxation massage techniques. Reconnect with Mother Earth to bring about balance and tranquillity to assist the body in self healing.

**30 mins     \$79.00**

**75 mins     \$139.00**

# Treatment



## THE VICHY EXPERIENCE

Recharge your tired muscles and cleanse your skin with a Vichy experience. After being exfoliated or enveloped, allow the 8 pressure jet horizontal shower to refresh your body and mind.

## RECHARGE VICHY

Wet table treatment with a full body exfoliation designed to recharge your tired muscles and cleanse your skin. Ideal post exercise or after a hard day at the office.

**30 mins**    **\$69.00\***

*\*Recharge Vichy Treatment add-on only*

### AQUA SALT GLOW

Combine the cleansing waters of the vichy with a personalised oil blend and aqua therapy dead sea salts to experience this refreshing body polish. A hydrating cream is then massaged into your skin leaving you looking and feeling radiant.

**45 mins     \$85.00**

### PURE BODY POLISH

Experience a full body exfoliation in a dry room. With the warmth of hot towel compress, leaving your skin feeling silky smooth and looking great.

**45 mins     \$80.00**

### DETOXIFYING/DE-STRESSING BODY POLISH & WRAP

Relax and revitalise with this complete rejuvenation experience. Smooth and cleanse your skin with a sea salt glow, then enjoy being wrapped in a warm marine extracts or herbal body masque that encourages the elimination of toxins to purify the skin and body. Finally surrender to the warmth of water therapy under the vichy shower.

**60 mins     \$119.00**  
**90 mins     \$159.00** with added delight of a 30 min rhythmic body massage

### CARIBBEAN THERAPY BODY TREATMENT

A rejuvenating and nurturing treatment combining hydrotherapy with Caribbean ingredients and massage techniques. Enjoy a dry body polish followed by a self warming, detoxifying and exfoliating body masque, then rest enveloped in your body wrap while receiving a calming face and scalp massage. Be refreshed under the warm water jets of the vichy shower before your soothing and detoxifying full body massage.

**90 mins     \$179.00**



Beauty

### HEALING HANDS MANICURE

Heal your hands with this spa manicure. Includes sea salt exfoliation, nourishing masque and relaxing massage. Hands are noticeably softer and smoother, nails and cuticles conditioned and nourished.

<b>Natural finish</b>	<b>45 mins</b>	<b>\$65.00</b>
<b>Natural finish with polish</b>	<b>60 mins</b>	<b>\$79.00</b>
<b>Express manicure</b>	<b>30 mins</b>	<b>\$50.00*</b>

\*Nail shape, buff, cuticle work, hydration and polish

### FOOT RELIEF PEDICURE

An intensive and aromatic experience for your feet. Includes sea salt exfoliation and a nourishing masque that heals and softens the skin while the foot massage calms and relaxes. Feet are invigorated and nails and cuticles moisturised and refreshed.

<b>Natural finish</b>	<b>45 mins</b>	<b>\$65.00</b>
<b>Natural finish with polish</b>	<b>60 mins</b>	<b>\$79.00</b>
<b>Express manicure</b>	<b>30 min</b>	<b>\$50.00*</b>

\*Foot exfoliation, nail shape, buff, hydration and polish



## SPRAY TAN

Naked Tan activates a tan in just 2 hours. Your skin will be infused with pure botanical ingredients that nourish and moisturise the skin while a bronze tan is rapidly achieved. Naked Tan has no parabens, no alcohol and is enriched with Erythrulose & Aloe Vera for a longer lasting tan.

<b>Naked Spray Tan</b>	<b>\$45.00</b>
<b>Including full body dry exfoliation</b>	<b>\$100.00</b>

## FULL MAKEUP APPLICATION

Includes a consultation, full make-up application and an individually designed colour chart.

**30 mins     \$50.00\***

*\*Cost fully redeemable on make-up purchases*

## WAXING

<b>Chin or Lip</b>	<b>\$15.00</b>	<b>Arms</b>	<b>\$30.00</b>	<b>Half Leg &amp; Bikini</b>	<b>\$39.00</b>	<b>Chest &amp; stomach</b>	<b>\$50.00</b>
<b>Eyebrow Wax</b>	<b>\$25.00</b>	<b>Underarm</b>	<b>\$17.00</b>	<b>Full Leg &amp; Bikini</b>	<b>\$59.00</b>	<b>Back</b>	<b>\$44.00</b>
<b>Chin and Lip</b>	<b>\$25.00</b>	<b>Bikini Line Maintain</b>	<b>\$19.00</b>	<b>Half Leg &amp; Bikini Maxi</b>	<b>\$49.00</b>		
<b>Face</b>	<b>\$50.00</b>	<b>Bikini Line Maxi</b>	<b>\$30.00</b>	<b>Full Leg &amp; Bikini Maxi</b>	<b>\$69.00</b>		
		<b>Brazilian Half Leg</b>	<b>\$44.00</b>	<b>Half Leg &amp; Brazili</b>	<b>\$75.00</b>		
				<b>Full Leg &amp; Brazilian</b>	<b>\$93.00</b>		

## TINTING

<b>Eyebrow Tint</b>	<b>\$24.00</b>
<b>Eyelash Tint</b>	<b>\$28.00</b>



# Couples & Retreats

## COUPLES

Among the Spa's 5 treatment rooms is a room especially designed for couples or friends. Featuring a relaxing waiting area, fully equipped bathroom, candlelight, sensuous aromas and calming music. Our couples room sets the perfect ambiance for relaxing with a friend or loved one.

<b>ELEMENTS FOR TWO</b>	<b>1<sup>1/2</sup> hrs</b>	<b>\$350.00</b>
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<b>Relaxation Massage</b>	<b>60 mins for two</b>
<b>Elemental Nature Facial</b>	<b>30 mins for two</b>

<b>PURE INDULGENCE FOR TWO</b>	<b>2 hrs</b>	<b>\$415.00</b>
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<b>Anti-stress Body Massage</b>	<b>90 mins for two</b>
<b>Radiance Facial</b>	<b>30 mins for two</b>

Enquire upon booking for alternative treatment options and additional charges for the couples room.

## RETREATS

### SIGNATURE TREATMENT - Escape from Samsara

Reconnect body, mind and spirit. You will be treated from head to toe with this nurturing and nourishing face and body treatment. Surrender to a full body masque, vichy treatment and relaxation massage before your personalised Elemental Nature Facial.

Your hands and feet will be nourished and hydrated with a masque, hot towel wrap, as tension is massaged away. Skin is revitalised, tired muscles are eased and you will feel rebalanced and rejuvenated.

**180 mins** **\$285.00**

### THE GREAT ESCAPE 4<sup>1/4</sup> hrs (allow 5 hrs) \$412.00

Detoxifying Body Wrap	90 mins
Radiance Facial	60 mins
Foot Relief	60 mins
Healing Hands	45 mins
Lunch	

### ELEMENTAL ESSENCE 2hrs \$239.00

Aqua Salt Glow	45 min
Elemental Nature Massage	30 min
Radiance Facial	30 min
Revitalising Eye Treatment	15min

### ELEMENTS FOR MEN/WOMEN 2hrs \$229.00

Recharge Vichy	30 mins
Elemental Nature Massage	60 mins
Elemental Nature Facial	30 mins

### PURE ELEMENTS 2hrs \$175.00

Elemental Nature Facial	60 mins
Foot Relief Pedicure	60 mins

Enquire upon booking or visit our website for Hen's, Group and Corporate Packages.

## Contact us

Revive Day Spa and Health Centre  
Novotel Brighton Beach  
Level 3, Cnr Princess St and Grand Pde  
Brighton Le Sands NSW 2216

Phone: (02) 9567 6133

Fax: (02) 9567 6233

Email: [info@revivedayspa.com](mailto:info@revivedayspa.com)

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### OPENING HOURS - Day Spa

Monday - Thursday	10am - 8pm
Wednesday	10am - 9pm
Friday	10am - 7pm
Saturday	9am - 6pm
Sunday	10am - 4pm

### OPENING HOURS - Fitness Centre

Monday - Thursday	6am - 9pm
Friday	6am - 7pm
Saturday - Sunday	8am - 6pm

[www.revivedayspa.com](http://www.revivedayspa.com)