Useful Information

Pronounced 'Jaa-Loo', a Tibetan word that means "rainbow body". Our goal at Jhalu is to ensure that each of our clients has the "rainbow experience". To assist you in making the most of your Spa experience we provide the following important information.

Jhalu Day Spa is available seven days per week by appointment. We recommend you arrive 15 minutes prior to your appointment.

This allows time to fill in a necessary health and wellness Questionnaire, with the information you provide it will assist your therapist to make your time with us a special one. Also as a courtesy to our other clients all treatments will be completed at the scheduled time, and arriving late will unfortunately limit the time for your treatment. Your treatment will be cancelled and the full price charged if you do not arrive within 15 minutes of the start of your appointment.

Water & heat treatments require certain levels of undress. Your therapist will advise you what is expected. We supply robes, slippers and disposable undergarments where required.

Whilst we will take all care to secure your belongings, we recommend that you avoid bringing unnecessary valuables to your Jhalu experience. If you need to change or cancel your appointment we ask you kindly to give us at least 24 hours notice. Failure to provide adequate notice will result in the full price of the treatment being charged. All bookings must be secured with a credit card or deposit.

A 15% surcharge applies on Public holidays. Credit Card & Eftpos Available (surcharges apply).

All prices are subject to change without notice.

Rebates for some health funds are available on request for remedial massage treatments.

Jhalu Day Spa & Fitness is located on Level 1 of the Mantra Ettalong Beach Resort. On arrival at the resort reception, ask for a lift key to the day spa on Level 1. Upon exiting the lift at Level 1 turn to the left hand corridor. The entrance to Jhalu is located along the corridor on the right hand side.



These products are inspired by the principles of Aromatherapy and are derived from pure botanical ingredients, natural plant extracts and an infusion of essential oils to provide a safe, holistic and effective solution to natural beauty.

ASAP products are made in Australia from environmentally friendly ingredients. Our products are not tested on animals and contain:

- No harmful chemicals No Harsh detergents •
- No artificial fragrances No animal derivatives •





the science of beautiful skim



A blissful, sensory journey that delights. Lithos Therapy™ uses heated and chilled rocks as therapeutic instruments to enhance and prolong the benefits of health and beauty treatments for the body, face, hands and feet.

SunFX offers you an incredible tan using the very latest technology in professional spray-on tanning. No alcohol, oils, perfumes or potentially harmful chemicals or preservatives.



Gift Certificates

Give the gift of good health, great skin and total rejuvenation. Jhalu gift certificates are redeemable for all spa therapies, packages and products. Customise a unique spa gift with your personal treatment selection or simply give a gift to a dollar value and let them decide. Available for purchase at the Spa or over the phone or internet (www.jhalu.com.au).

Group Bookings

Includes Spa cuisine for group bookings over \$500.

Wedding essentials, Bride and Groom relaxation packages before and after the special day, Bridal Parties, Hen's parties, birthdays, or just a get together with friends or work mates- make your occasion even more special with our personal touch in treatments at Jhalu.

Accommodation Packages

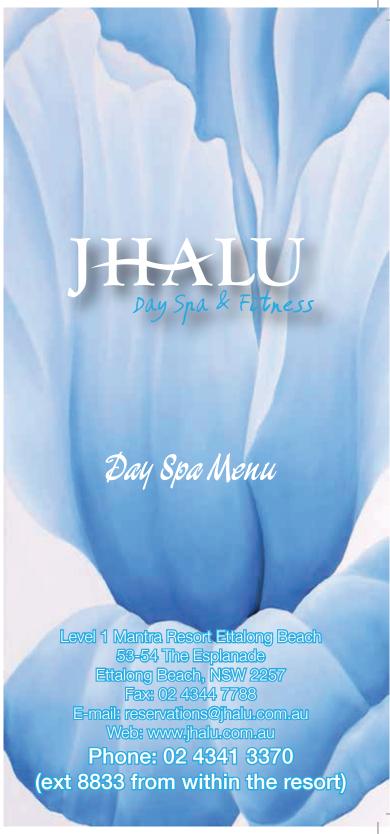
Leave the everyday behind with a spa accommodation package at Mantra Ettalong Beach. Contact Jhalu for further details.

Gym Memberships Available



http://www.facebook.com/Jhaludayspaandfitness





| Ultimate (90 minutes & more) |
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| Body Sculpting for couples |
| Ultimate Gift Package |
| Jhalu Bliss |
| Jhalu Melt |
| Jhalu Magic |
| Ultimate Lithos TM |
| Ultimate Massage |
| Waterlily Professionally Exclusive Spa facials |
| Three Sessions |



Deluxe (45 to 90 minutes)

| Skin Rejuvenation |
|------------------------------------|
| Unwind |
| Energise |
| Deluxe Lithos™ treatment |
| Transform with Rapid Dry Spray Tan |
| Deluxe Massage |
| döTERRA Aroma Touch Technique |
| Deluxe Facial |
| Luxurious Body Scrub |
| Jhalu Pedi or Hand Therapy |



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Express (45 minutes and less)

| Express Massage 85 Whole of the back of the body including arms. Swedish, Post Natal. (Remedial add \$5). 45 min. (Add Spa Facial for \$27) |
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| Body Wrap Treatment with Dry Brushing |
| Express Facial 90 Includes a deep cleanse with gentle exfoliation & facial massage leaving the skin decongested and balanced. (Add a Hydrating Eye Treatment \$27) 45min |
| döTERRA Aroma Touch Technique |
| Spa-Jet |
| Foot Massage |
| Sunlighten Far-Infrared Treatment |
| SunFx Spray Tan 40 35 Paraffin Hands or Feet 30 27 Hydrating Eye or Face Treatment 35 27 Revitalising foot spa 25 Nourishing Hair & Scalp Treatment 30 27 Head Neck & Shoulder Massage 35 27 File-Buff-Polish 40 35 Spa Facial 30 27 Eyebrow Wax 22 20 Eyelash or Eyebrow Tint 25 23 Lip or Chin Wax 17 15 Half Arm/Underarm Wax 20 18 Bikini Wax from 28 26 Half Leg Wax 35 33 Full Leg Wax 54 52 Men's Back or Chest from 52 50 |