

## 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



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](http://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>



# JHALU

Day Spa & Fitness

## Day Spa Menu

Level 1 Mantra Resort Ettalong Beach  
53-54 The Esplanade  
Ettalong Beach, NSW 2257  
Fax: 02 4344 7788

E-mail: [reservations@jhalu.com.au](mailto:reservations@jhalu.com.au)  
Web: [www.jhalu.com.au](http://www.jhalu.com.au)

Phone: 02 4341 3370  
(ext 8833 from within the resort)

## Ultimate (90 minutes & more)

Body Sculpting for couples .....	420
<i>Starts with a lymphatic drainage massage, dry brush techniques, a purifying clay mask is applied with marine algae which aids in reduction of cellulite, enhanced by precisely controlled program of steam. . Allow 2hrs. Single treatment ~ 1 hr 30 min</i>	
Ultimate Gift Package .....	395
<i>A perfect gift for any occasion – show the person you care about just how important their health and wellbeing is to you. This blissful treatment combines a Deluxe Massage, Deluxe Facial and Deluxe Manicure and Pedicure with warm Paraffin. Includes complimentary spa refreshments. Allow 4 hrs 30 min.</i>	
Jhalu Bliss .....	275
<i>Allow yourself to drift away with an Ultimate Lithos™ heated &amp; Chilled stone treatment followed by an aromatherapy facial. This unique experience improves your health, and feels absolutely amazing at the same time. Allow 2hrs 30min</i>	
Jhalu Melt .....	225
<i>Melt away tension and discomfort. Combining a luxurious cleansing body scrub with the soothing warmth of our far infrared sauna, an aromatherapy massage and facial, finishing with hair and scalp treatment. Allow 2 hrs 30 min.</i>	
Jhalu Magic .....	199
<i>Your feet will feel the treat in a mineral rich spa with a Bamboo &amp; Spearmint exfoliation, a deluxe full body massage, Aromatherapy facial with a luxurious foot treatment to finish. Allow 2.15hrs. (Add the Finishing touches with a File Buff &amp; Paint to the nails \$35 ea).</i>	
Ultimate Lithos™ .....	180
<i>Heated and chilled rocks are placed on your body while the therapist uses magical massage moves with heated and chilled rocks. Leaves you feeling relaxed, balanced and grounded. Allow 105 min.</i>	
Ultimate Massage .....	160
<i>You will feel relaxed, rejuvenated after this luxurious full body massage - head to toe, front and back with extra effort and attention given where it's needed. Swedish. Remedial, Pre and Post Natal (remedial add \$15). 90 min.</i>	
Waterlily Professionally Exclusive Spa facials .....	135
<i>Fruit Enzyme sun damage, pigmentation, congested skin. Youth Elixir dehydration, broken capillaries, mature skin. Phyto Nutrient Acne, congested, scarring, excessive oil.. These performance facials are meticulously formulated to deliver superior results a new dimension to skin rejuvenation. You will see and feel the results. (Add Head, Neck &amp; Shoulder Massage \$27)</i>	
Three Sessions .....	370

## Deluxe (45 to 90 minutes)

Skin Rejuvenation .....	185
<i>Total skin nourishment for body and face. Warm nourishing clay wrap with silk, royal jelly &amp; jasmine is applied to the whole body. You will also enjoy an aromatic facial, whilst your body is treated to a vibratory water massage. This treatment concludes with an aromatherapy massage and warm paraffin applied to hands and feet. 1 hr 30 min.</i>	
Unwind .....	150
<i>A warm customized clay wrap is applied, while you relax with the multi-sensory spa jet program. Concluding with massage oil applied to the whole body. Upgrade with a spa Facial \$27. Allow 75 mins.</i>	
Energise .....	150
<i>Refresh the body mind and skin with an energising body scrub combined with the multi-sensory experience of the spa jet program, a light blend of revitalising massage oil is applied to help you feel "NEW" again. Allow 75 mins.</i>	
Deluxe Lithos™ treatment .....	130
<i>Heated and chilled rocks are placed on your body while the therapist uses magical massage moves with heated and chilled rocks. Allow 60 min.</i>	
Transform with Rapid Dry Spray Tan .....	110
<i>This is a sure way to transform the way you look and feel. Including a luxurious body polish, facial cleanse and an invigorating Vichy shower to prepare the skin for a long-lasting spray tan application. 60 min.</i>	
Deluxe Massage .....	110
<i>Covers the back and front of the body from feet to head.. Swedish. Remedial, Pre and Post Natal (Remedial add \$10). 60 min.</i>	
dōTERRA Aroma Touch Technique .....	120
<i>Your consultant will use Essential oils for a wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Recommended monthly Allow 60min.</i>	
Deluxe Facial .....	120
<i>For a deeply purifying or hydrating experience. This facial treatment includes deep cleanse, exfoliation, facial steam, mask and massage to face neck and shoulders. 60 min.</i>	
Luxurious Body Scrub .....	100
<i>A warm vitamin-enriched exfoliating cream is massaged in over the entire body. Warm towels remove the exfoliation cream, your therapist then applies a soothing blend of crème to nourish your skin. Allow 60 mins.</i>	
Jhalu Pedi or Hand Therapy .....	65
<i>A rejuvenating treatment which includes cuticle &amp; nail grooming, an exfoliation, aromatherapy massage and nail paint to finish. Allow 50 min. Experience a more hydrating treatment by adding Paraffin \$27.</i>	

## Express (45 minutes and less)

Express Massage .....	85
<i>Whole of the back of the body including arms. Swedish, Post Natal. (Remedial add \$5). 45 min. (Add Spa Facial for \$27)</i>	
Body Wrap Treatment with Dry Brushing .....	90
<i>Dry Brushing helps exfoliate and prepare the skin for a deliciously crème clay wrap, with infused pure plant oils it can gently soothe, pamper, and soften the skin. Allow 50mins. (Add a Spa Facial or Head Neck &amp; Shoulder for \$27.)</i>	
Express Facial .....	90
<i>Includes a deep cleanse with gentle exfoliation &amp; facial massage leaving the skin decongested and balanced. (Add a Hydrating Eye Treatment \$27) 45min</i>	
dōTERRA Aroma Touch Technique .....	90
<i>Your consultant will use Essential oils for a wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Recommended monthly Allow 45min.</i>	
Spa-Jet .....	75
<i>State-of-the-art treatment capsule featuring an 'all around' Vichy, vibratory massage bed, steam, infrared heat, aromatherapy &amp; a vitamin/mineral system to dispense nutrients to the skin. An experience not to be missed! (Add Spa Facial or Head, Neck &amp; Shoulder Massage for \$ 27) Allow 45 min.</i>	
Foot Massage .....	50
<i>This treatment incorporates massage with hydrating plant moisturisers applied using reflexology principles and a warm towel wrap. Your feet will be noticeably less tired and more relaxed. Allow 30 min. (Add Foot Exfoliation for \$15.)</i>	
Sunlighten Far-Infrared Treatment .....	30
<i>Relax in our private cabin as the far-infrared heat penetrates your skin, giving you that wonderful natural warmth and providing tremendous health benefits, including reduction in inflammation for pain relief and detoxification from heavy metals, alcohol and tobacco. A course of treatments will significantly lower blood pressure, weight &amp; cholesterol. Allow 45 min.</i>	
	alone with a treatment
SunFx Spray Tan .....	40 35
Paraffin Hands or Feet .....	30 27
Hydrating Eye or Face Treatment .....	35 27
Revitalising foot spa .....	25 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