



calma

Spa & Skin Clinic

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Calma Spa & Skin Clinic is a 5-star health and beauty destination in the heart of Armadale's High Street shopping precinct.

Calma offers a one-stop health and beauty solution combining luxurious day spa packages, essential beauty services, advanced skin treatments and wellbeing therapies, all under one roof.

Group bookings are our specialty, particularly hens parties, couples and corporate groups.

We aim to enhance your health, wellbeing and appearance in a calm and relaxing environment; we will ensure you look and feel your best.

Day Spa - Massage & Body Treatments

Massage

Hot Stone 30, 60 or 90 min

Full body massage using heated basalt stones to soothe fatigued muscles and bring you back to a true state of serenity and calm.

Relaxation 30, 60 or 90 min

Increases circulation, relaxes the nervous system, helps to reduce heart rate and lower stress levels.

Recommended add on: hydrating lu'lur coconut cream leaving your skin soft, smooth and hydrated.

Deep Tissue 30, 60 or 90 min

Works deeply through muscle fibres reducing knots and aiding in the breakdown of scar tissue.

Recommended add on: thermal red pepper massage oil worked into your problem areas for ongoing relief from soreness and stiffness.

Remedial 30, 60 or 90 min

Works specifically on injuries and includes muscle testing, deep tissue techniques and stretching (health rebates apply).

Recommended add on: thermal red pepper massage oil worked into your problem areas for ongoing relief from soreness and stiffness.

Pre and Post Natal 30, 60 or 90 min

Increases circulation and energy levels, alleviates discomfort, aids in the prevention of stretch marks and stabilises hormonal activity.

Body Treatments

Bamboo Body Polish 30 min

Revitalising exfoliation for the whole body with ginseng, ginko and bamboo beads, followed by a therapeutic lavender and olive leaf extract hydration. This is perfect to pair with a massage or tan.

Organic Coco Cream Wrap 1 hr

Therapeutic dry body brushing prepares the skin for a luxurious blend of warm organic coco cream and coconut oil infused with vanilla and bergamot. Relax wrapped in warm natural cloth uplifting face and scalp massage with sacred tamanu anointing oil. After a jasmine foot massage, the blend is further smoothed in to reveal highly nourished and protected skin.

Coffee and Sea Kelp Contour Wrap 1hr 30min

This sensory ritual, rich with vitamins, minerals and anti-oxidants, is designed to assist with metabolism and detoxification. It includes a coffee and sea kelp body exfoliation and body wrap, a 30 minute full body lymphatic contour massage, and rose hydration to smooth out the appearance of the skin in challenging areas.

Rejuvenating Mud Wrap 1hr 15min

Smoothed on to gently refine, soften and remineralise the body this exquisite detoxifying clay, a powerful blend of essential oil and a purifying herbal complex, is designed to restore the systems of all skin types. While cocooned in warm natural cloth a meditative face massage will relax and restore balance inside and out. Finish with tangerine and rose body hydration for ultimate softness.

Day Spa - Spa Packages

If you're looking to try something different for your next anniversary, Mother's Day get-together or birthday, come and speak with us. At Calma we have the facilities to cater for the individual, couples* and groups as large as 15 people, and by selecting from our wide array of treatments you can create your ultimate pampering session. Come in and let us take care of you; we'll have you, your family, and friends feeling great!

Chill Package

1 hr

Relaxing massage + China bark hair mask, scalp massage and full body application of rose and tangerine moisturiser.

Recommended add on: 30 minute massage

De-Stress Ritual

1hr 30mins

You will be invigorated as your body is exfoliated and moisturised. This is followed by a China bark hair infusion and scalp massage, and finished off with an express facial with aromatic pressure point massage.

Recommended add on: 30 minute relaxation massage

Calma Body Bliss

2 hrs

Revitalise your skin with a bamboo body polish and rejuvenating mud wrap with herbal extracts and minerals. Relax, wrapped in natural cloth, for an express facial and China bark hair infusion with stress relieving scalp massage. Finish off with a restorative 30 minute hot stone massage.

Recommended add on: extend your massage to 60 minutes

Calma Unwind

2hrs 30mins

Too good to be true? For complete restoration, enjoy a full body relaxation massage plus a customised USPA 1 hour facial, followed by a spa manicure and a refreshing smoothie.

Recommended add on: spa foot ritual with hydrating paraffin treatment

Escape

4 hrs

Have the works...revitalise with a bamboo body polish and rejuvenating mud therapy body wrap. An organic spa lunch will then be served in the relaxation lounge. Next up is a full body hydrating lu'lur coconut cream massage plus customised USPA 1 hour facial.

Recommended add on: Balinese inspired lu'lur pedicure

Absolute Heaven

6 hrs

A full day of indulgence starts with a coffee and sea kelp contour wrap and exfoliation. Next is a 1 hour full body relaxation massage for complete restoration. The look and feel of your skin will be transformed with a customised customised USPA 1 hour facial, followed by a spa hand and foot ritual with paraffin wax in our nail lounge. This package includes spa lunch, Champagne and chocolates, and take home lu'lur body moisturiser.

Day Spa - Couples & Specialised Packages

Moroccan Escape for Two

1 hr

Designed for couples wishing to relax and take time out together, this package includes a detoxifying full body coffee and sea kelp scrub in our dual treatment room, followed by a 30 minute relaxation massage.

Recommended add on: extend to a 60 minute massage and enjoy Champagne and chocolates in the lounge

Mum To Be

2 hrs

Are you yearning for a break? This pregnancy package includes a relaxing pregnancy massage (with pregnancy cushion if needed) followed by a customised USPA 1 hour facial, with lash tint and spa pedicure.

Recommended add on: spa manicure

Chill Out for Men

2 hrs

For the hard working man who deserves time out! You will be treated to a 1 hour full body massage where you will have thermal red pepper oil worked into your problem areas for ongoing relief from soreness and stiffness. This will be followed by customised USPA men's facial and an exotic footbath with exfoliation, foot massage and hydrating paraffin.

** Any one of our individual spa packages (p4) or massages (p3) can be conducted as a dual treatment. Be sure to reserve one of our 3 dual treatment rooms when booking.*

Day Spa - Add Ons

Dry Body Brush Exfoliation

15 min

Eyebrow Sculpture

15 min

Spray Tan

5 min

Express Facial

30 min

China Bark Hair Mask and Scalp Massage

15 min

Eyeshlash and/or Brow Tint

15 – 30 min

Thyme Peppermint Footbath

15 min

File, Buff and Polish

45 min

Champagne and Chocolates

Spa Lunch

Day Spa - USPA Concept Facials

For a truly remarkable spa experience, choose a **USPA** facial treatment. USPA strive to use only pure elements and natural plant extracts, combining herbal and scientific technology to attain the highest level of functionality and sophistication. These holistic, sensory rituals include a prescribed facial, grounding footbath, relaxing warm oil infusion for the back, Balinese body palming and uplifting therapeutic massage.

Our therapists will choose the USPA Concept Facial best suited to your skin type:

Hydramax Facial

1hr 30min

This facial is customised for dry and devitalised skin. Gentle exfoliation, restorative clays and nourishing oils high in essential fatty acids encourage increased hydration by effectively restoring normal function of the skin.

Purifying Deep Cleansing Facial

1hr 30min

Cleanse and detoxify congested or imbalanced skin. Purification begins with a gentle willow bark extract exfoliation for the pores and deep cleansing mud therapy. Powerful plant extracts of birch, vetiver, burdock and juniper effectively balance excess oil production, reducing inflammation, congestion and break outs.

Refining Fruit Acid

1hr 30min

For all skin types with sluggish skin and build up. USPA's botanical fruit acid treatment effectively refines the surface of the skin allowing a more radiant complexion to emerge. USPA's blend of fruit acid exfoliation from Switzerland provides maximum function of the skin's systems, increasing hydration and gently reducing the appearance of fine lines, unevenness, age spots and rough spots.

Desensitising Facial

1hr 30min

To calm and balance stressed skin conditions. Reduce redness and the signs of inflammation while building resistance to ongoing sensitivities. A return to balance results in soothed skin and capillaries and a reduction in symptoms for many inflammatory conditions.

Eye Contour Wrap

15 mins

Recommended add on for Uspa Facials

USPA's holistic eye treatment blends ancient customs with carefully selected botanicals scientifically shown to repair and soothe the delicate contour areas of the eyes. Gentle pressure point massage reduces puffiness and dark circles while fresh produce influenced by Ayurvedic medicine regenerates and firms the eye area. Relax while the feet are revitalised and subtle Marma energy points are balanced for the ultimate synergy in restoration.

Beauty Treatments - Microdermabrasion, Medi-Facials & Peels

Microdermabrasion

1 hr

This gentle 'lunchtime peel' is a non-invasive process. Crystals are accelerated onto the skin's surface to abrade layers of dead and damaged skin cells. A vacuum then whisks away the fired crystals and abraded skin particles leaving your skin smoother, brighter, firmer and, with a course of procedures, blemish free.

Medi-Facial

1 hr

You get the best of both worlds with this clinical treatment performed in a relaxing spa environment. A high performance facial designed to deliver results, this is a great treatment while between peels. We will establish the cause of your skin concern and relate that cause to the affected cells and systems using the cosmeceutical skincare lines, Aspect and CosMedix. These products yield impressive results afforded by their chirally corrected, natural ingredients. Our range of customised masks treat the following skin conditions:



aspect



COSMEDIX

- Ageing, fine lines and wrinkles
- Age and sun spots
- Pigmentation
- Acne, acne scarring and open pores
- Rosacea - dilated capillaries and redness
- Congested and thickened skin
- Dull and lifeless skin

Best results are achieved with a course of treatments. Talk to your therapist about the series treatment discounts we offer.

Medical Peels

Peels revitalise the appearance of the skin, achieving maximum results with minimum downtime. We choose CosMedix (CM) and Aspect for their innovative, non-traumatic peels that succeed by stimulating gentle, healthy change in the skin to help create a beautiful, renewed complexion. Our fully trained dermal clinicians will assess your skin and recommend the appropriate peel.

Benefit: for acne and ageing, and gentle enough for sensitive skin patients (CM)

Timeless: for melasma, hyperpigmentation, acne and scarring, and premature ageing (CM)

Deep Sea Peel: for melasma, stretch marks, acne (inc. mild), hyperpigmentation, scarring, sun damage and premature ageing. It can also be used as a body peel (CM)

Blueberry Jessner: for acne, hyperpigmentation, and mature and ageing skin (CM)

Lacto-botanical Peel: for dehydration, uneven texture, congestion, ageing and sun-damage (Aspect)

Jungle Brew: for spots, oiliness or clogged pores (Aspect)

Pigment Punch: for age spots and tan discolourations (Aspect)

Retinol Brulee: for fine lines, wrinkles, dull, rough and lacklustre skin texture with visible pores (Aspect)

Beauty Treatments - Tanning, Tinting & Waxing

Tanning

10 mins

The Tuscan spray tan adapts to any skin type to produce the most authentic looking tan in any shade desired, from lightly sun-kissed through to the darkest of tans.

Tinting

Eyebrow and eyelash tinting are perfect for enhancing the eye area. Add on to your facial or wax or book as a stand-alone treatment.

Waxing

Our waxing specialists use premium quality wax to ensure the process is as pain free as possible.*

Waxing for women...

- Eyebrow, lip, chin
- Underarm
- Standard bikini line
- Extended bikini line (g-string)
- Brazilian
- Full or 1/2 leg
- Full or 1/2 leg + bikini
- Full or 1/2 arm
- Centre abdomen

Waxing for men...

- Back and shoulders
- Chest and stomach
- 1/2 back wax
- Shoulder
- Full leg

* *Receive 10% off when you book 3 wax appointments in advance.*

Beauty Treatments - Hands & Feet

Spa Manicure

30 mins

A detailed hand and nail treatment by our qualified nail technician using only the best from the OPI range of polishes.

Spa Hand Ritual

1 hr

An intensive treatment leaving hands nourished and visibly softer.

Shellac Manicure

45 mins

Quick drying, flexible and strong, shellac is a great, natural looking, way to protect nails! Includes filing and cuticle work.

Shellac Pedicure

1 hr

Includes filing of nails, cuticle work and application of Shellac.

Spa Pedicure

45 mins

A detailed foot and nail treatment including file and shaping of the nail, dead skin removal, cuticle work, plus polish of your choice.

Lu'lur Ritual Pedicure

1 hr

From the rituals of Bali this treatment includes mandi susu milk footbath, turmeric hibiscus scrub, coco cream and sacred tamanu anointing oil massage plus a polish of your choice.

Foot Ritual

1 hr

The ultimate in foot care, this detailed treatment includes nail filing and shaping, cuticle work, exfoliation, massage and hydrating paraffin wax bath, finished off with a polish of your choice.

Cosmetic Procedures

Cosmetic Tattooing

Cosmetic tattooing will provide you with a lasting natural look. If you can't be bothered with a daily make-up ritual and want to brighten your appearance, this is the treatment for you. Please call for a consultation.

Anti-Wrinkle Injection

At Calma we use anti-wrinkle injections to relax the muscles that cause wrinkles to develop. The overlying skin smoothes, causing lines and wrinkles soften, this prevents them deepening and new lines developing in the treated area. Treatable areas include frown line between the eyebrows, horizontal forehead wrinkles, crows feet and smile lines around the eyes.

Lip Enhancement

Lip enhancement treatments are highly effective in the contouring of thinning and creasing lips (including smokers' lines around the mouth) both of which can dramatically age your appearance. Treatments can be used on their own but can be supplemented with wrinkle fillers and anti-wrinkle injections. A free consultation will highlight expected results and appropriate pricing.

Wrinkle Filler

For deep wrinkles, particularly stubborn frown marks, noticeable smile lines either side of your mouth, marionette lines (from the corners of your mouth to your chin), and to reduce the appearance of some facial scars and irregularities, an injectible wrinkle filling product may be recommended to add volume to your skin and enhance your looks.

IPL Laser

9

IPL Photo Rejuvenation

approx 30 mins

IPL is a treatment breakthrough that can correct a variety of benign skin conditions such as facial skin imperfections, unsightly small vessels and other blemishes. It offers a safe, non-invasive solution that can be tailored to your individual condition and skin type, providing superior cosmetic results and outstanding satisfaction. Photo rejuvenation is used to treat: freckles, sunspots, facial vessels and redness, fine lines and rosacea.

IPL Hair Removal

Remove unwanted hair from your face and body with Harmony. Harmony hair removal technology uses very intense pulsed light (IPL) to gently remove unwanted hair, putting an end to routine shaving and waxing. Harmony treatments leave your skin looking and feeling smoother and silkier. This technology transcends the older, painful hair removal treatments to deliver long lasting results. Harmony's wide beam treats larger areas such as the back, shoulders, arms, legs and face, rather than treating one hair at a time. Best of all, Harmony treatments are a fast, gentle and effective alternative for hair removal. Book in for a free consultation.

Bridal Preparations

Relax and let our team of professionals co-ordinate every aspect of your beauty needs both before and on that special day. Our bridal consultant will draft up a treatment plan that is customised to you, taking timeframes, goals and budgets into consideration. A treatment plan that is booked upfront attracts a 10% discount.

Skin

To achieve flawless skin on your wedding day Calma can customise a skin treatment plan based on your requirements.

We will establish the cause of your skin concern and relate that cause to the cells and systems that have been affected. We have a range of treatments to choose from and we aim to ensure the correct ones are selected in time for the big day. A skin treatment plan can be tailored to your specific needs and booked at specific times to ensure you achieve the skin you want. The longer your timeframe, the better we can achieve your goals.

Beauty

We specialise in matching your inner beauty with your external appearance. We offer a broad range of beauty services in a luxury environment. All our therapists are fully qualified and the most experienced are dedicated to our bridal clients. We offer waxing, tanning, tinting, nails. These treatments are usually booked within a few days of the wedding day.

Bridal Packages and Hens Parties

Contact us to have a bridal package tailor-made to suit your budget and requirements. Our team can cater to a party of up to 15 people. Your session will culminate with herbal tea refreshments in the relaxation lounge or nail bar.

Hens Package 1

1 hr

Unwind as your body is exfoliated with coffee and sea kelp scrub, followed by a soothing 30 minute hot stone massage.

Recommended add on: Champagne and chocolates

Hens Package 2

1hr 15min

Begin with a peppermint and thyme footbath and exfoliation, followed by a 30 minute relaxation massage and USPA express facial.

Recommended add on: Champagne and chocolates

Hens Package 3

2 hrs

Enjoy a 45 minute stress relieving massage followed by a China bark hair mask and scalp massage. Shower off before finishing with a manicure and pedicure.

Recommended add on: Champagne and chocolates

Products

Aspect: A Skincare Revolution

A modern and superior skincare range for all ages. Aspect is an Australian made and owned, condition specific cosmeceutical range containing chirally corrected ingredients in the highest concentrations.

Aspect contains a complete home care and chemical peel component. The Aspect range has been developed for men and women who want an effective skin care regime.

CosMedix: Proven and Trusted

CosMedix is a dedicated chirally correct range where innovation, beauty and science converge. CosMedix is dedicated to using the most natural, effective ingredients in the market place today.

The home maintenance range is suitable for all skin types from oily to the most sensitive. At different stages of our lives our skin undergoes various changes. To keep the skin looking its best CosMedix has a range of peeling agents used only by clinical professionals to enhance and improve the appearance and texture of the skin.

Eye of Horus

Representing regeneration, health and protection the ancient Egyptian Symbol of the Eye of Horus ensures healing, wisdom and prosperity to its bearer.

Ideal for sensitive eyes Eye of Horus Mascara strengthens and lengthens for ultimate Goddess lashes.

Naturally formulated in the style of the ancient Egyptians with plant based ingredients and Waxes including Carnauba Oil,

Beeswax , Rice Bran Wax, Candelilla Oil.

Products include : Eye of Horus Mascara, Liquid Define Eyeliner and Natural Smokey Eyes Pencil

Glominerals

Glominerals is recommended by dermatologists, plastic surgeons, and licensed skincare professionals for camouflaging following microdermabrasion, chemical peels, waxing, cosmetic and plastic surgery procedures and to help calm and soothe a variety of skin conditions.

Tuscan Tan

Tuscan Tan spray on tan solution mimics naturally tanned skin tones with 100% accuracy as it contains Violet-Tone Complex™.

The solution adapts to any skin type as it picks up and adopts the skin's individual darker tones, whilst deepening the colour of it's lighter variations to produce the most authentic looking tan in any shade desired, from lightly sun-kissed through to the darkest of tans. Better still, the spray on tan dries instantly on application, is completely odourless once developed, and lasts up to ten days before gradually and evenly fading

USPA

We choose USPA for our spa treatments. Made in the pure Australian environment, Uspa treatments are customised for each client and ensure each person feels pampered. USPA's rituals are globally inspired and developed to lend a mind body connection.

Spa Information



'Like' us on Facebook to receive a
FREE \$25 Gift Voucher
for any Beauty, Day Spa or Clinic service.*

Location

Calma is located in the fashionable Armadale shopping precinct:
1100 High Street, between Glenferrie and Kooyong Roads.

Parking

For treatments 2 hours (or longer) we recommend parking at the rear of our building where there is 4 hour and all day parking available. Access via William Street.

Arrival Time

For you to enjoy the full value of your spa treatments and experience the therapeutic benefits of Calma, we ask you to arrive at least 15 minutes before commencement of your treatment.

Arriving Late

Please plan your time carefully as all treatments complete at the scheduled time.

Suggested Attire

We recommend comfortable clothing. Spa attire will be provided for all water therapies and treatments that may require you to use our change facilities. Underwear is required for all treatments and disposable underwear is provided for body treatments.

**Not to be used in conjunction with any promotional vouchers.*

Facilities

As a guest you will have complimentary use of our relaxation lounge, change rooms, lockers, towels and herbal tea blends. For most treatments you will have complimentary use of robes.

Dual Treatment Room

We have three extremely popular dual treatment rooms which can be reserved, by request, for your visits. Your experience is enhanced by two same-time treatments in the same room, you can even choose to treat yourselves and add on Champagne and chocolates to finish the session.

Gift Vouchers

For your convenience, gift vouchers are available for all retreats and treatments. Purchases can be made online or by phone:

www.calmamedispa.com

03 9500 1166

Payment

We accept cash and major credit cards. American Express credit card surcharges apply.

Cancellation Policy

24 hrs notice is required to schedule or cancel an appointment. Appointments cancelled in less than the required time will be billed 50% of the published price of each service. Confirmation of an appointment is acknowledgement of this cancellation policy. At the time of booking, credit card details are required to hold the booking. For treatments longer than 1 hr 50% deposit is required.



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OPENING HOURS

Mon - Wed & Fri 10am - 6pm

Thurs 10am - 9pm

Sat 9am - 5pm

Sun closed