



skin .FIT

medispa

## Treatment Menu

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## About skin.FIT

Located conveniently within walking distance of public transport & providing ample street parking, skin.FIT medispa has been created with YOU in mind.

We know that your time is precious, and often you aren't left with much of it for yourself! This is why we work around the clock to accommodate you and your beauty needs.

Whether it's a quick brow wax or spray tan before an event that you just didn't have the time to organize, or 10 year old acne scarring that you have battled with for years, we are here to help.

We believe in a holistic approach to skin health, with years of experience & successful treatments under our belts, our passion for helping clients achieve their goals continues to grow.

Whilst our main aim is always results driven, we also believe that time spent on you should be relaxing and luxurious & so all of our treatments reflect this.

skin.FIT medispa stocks Skinstitut Cosmedical Skincare & perform Skinstitut's medical grade peels for Acne, Ageing, Sun Damage & Pigmentation. We have done our research and believe that Skinstitut, while providing superior results is also chirally correct, so you can feel confident that you are not introducing ANY harmful chemicals to your body. Skinsitut is also extremely affordable & Australia owned, which all good skincare should be!

We also use Vani-T spray tan, which provides the most natural Mediterranean colour you will ever see from a fake tan, guaranteed!

CND Shellac polish which is the first nail polish to boast a 14-day no chip guarantee, & CND Earth Spa Pedicure products.

Every treatment at skin.FIT has been designed to give you the absolute best result possible without breaking the bank!

skin.FIT medispa is constantly working to make life easier for you, we welcome all feedback & comments with gratitude.

## Feet at skin.FIT

CND Creative has always been a leader in its field, boasting top quality professional & retail products & as a result having a cult like following.

skin.FIT medspa has chosen CND Creative's Raw Earth Pedicure range to provide its foot treatments. These products are more than just soak's scrubs & lotions – they are pure luxury!

### **CND Creative Signature Pedicure (30 minutes)**

**\$30**

This pedicure begins with a calming effervescent mineral soak to cleanse & prepare the feet, we then apply an AHA skin softener to the rough areas that need extra care, such as the heels & an AHA cuticle softener before returning to a warm calming soak.

After buffing away any dead dry skin & clipping off unsightly cuticles, your feet are treated to a warming mineral scrub to stimulate blood flow & smooth any remaining stubborn dry spots.

We end with a relaxing foot & leg massage, apply a super hydrating cuticle oil & buff your toes to a high shine.

The perfect

### **CND Creative Spa Pedicure (60 minutes)**

**\$50**

The perfect relaxation hour for any busy woman! Creatives Raw Earth Spa Pedicure is the best of it's kind.

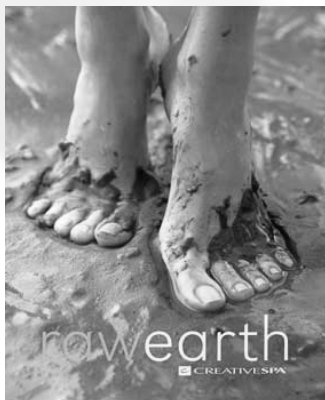
Essentially an express pedicure with the luxurious addition of a Raw Earth mud mask, infused & accelerated under hot towels & a ½ leg exfoliation & massage. We spend much more time tending to your tootsies, so if it's been a while since they've seen any love, this is the one for you!

### **CND Shellac (30 minutes)**

**\$35 alone or \$25 as an add on**

CND Shellac is the first hybrid polish to come to Australia, it offers a mirror shine, 14-day wear & NO nail damage whatsoever. Shellac has a huge range of colours and the staff at skin.FIT can blend one to suit you if you don't see anything you like, but we are sure you will!

Once shellac is applied, you can walk out of the salon completely confident that you wont chip or smudge your polish for at least 2 weeks. We guarantee you'll never 'paint' your nails again!



## Hands at skin.FIT

skin.FIT medspa has chosen CND Solar Manicure range to provide its hand treatments. These products enriched with Sweet Almond Oil, Jojoba Oil & Vitamin E, have been designed to make hard working hands look & feel like hands that have only ever been held!

### **CND Creative Signature Manicure (30 minutes)**

**\$35**

This manicure begins with a sweet Almond Oil Milk bath, designed to cleanse & relax the hands whilst hydrating. We then apply a Sweet Almond Oil sugar scrub, which extends to your elbow, gently exfoliating & stimulating blood flow to the hands & forearm.

An AHA cuticle softener is then applied before hands are returned to their Milky bath, we then remove excess cuticles & begin a relaxing hand and arm massage using a silky almond oil hydrating lotion.

We end with the application of Creatives famous 'Solar Oil' which enriches your cuticles with almond oil & vitamin E, followed by a high shine buff to leave your nails looking like royalty.

### **CND Creative Spa Manicure (60 minutes)**

**\$55**

Essentially a signature manicure with the addition of an Almond Oil Illuminating mask to condition & refine the delicate skin of the hands. This mask contains a cosmetic grade mineral oil, which adds a layer of protection to hands post treatment. We spend much more time tending to fingernails, so if you've been in the garden or are looking for a gift for someone who has, then this is it!

### **CND Shellac (30 minutes)**

**\$40 alone or \$30 as an add on**

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## Body at skin.FIT

### Waxing & Tinting

Skin.FIT medspa uses Mancine waxes & waxing accessories, all waxing is performed following the strictest health regulations & all utensils are disposed of after each treatment.

#### Face

Eyebrow	\$20
Upper Lip	\$10
Eyebrow & Lip	\$25
Sides of Face	\$15
Chin	\$15
Full Face	\$40
Brow Tint	\$15
Lash Tint	\$25

\*Full Face includes, Eyebrow, Upper Lip, Sides of Face & Chin

#### Body

Underarm	\$15
Bikini	\$20
G-String	\$25
Snail Trail	\$15
½ Leg	\$30
Full Leg	\$40
½ Arm	\$30
Full Arm	\$45

\*Discounts on multiple areas do apply

#### Vani-T Spray Tan

One Session	\$35
Prepay 6 Sessions	\$150 (\$25 per spray tan)

## Microdermabrasion at skin.FIT

Microdermabrasion is a mechanical exfoliation or 'micro-resurfacing' treatment, combining a Diamond Head & adjustable suction to remove the outermost layers of dead skin cells from the surface of the skin.

During the treatment the skins surface is disrupted, which stimulates fibroblast activity, resulting in collagen production & increased blood flow. The natural exfoliating process of the skin slows down significantly as we age, beginning at 20 and declining as the years go on.

Regular Microdermabrasion treatments can assist in diminishing the appearance of sun damage, pigmentation, fine lines & wrinkles & acne scars.

Removing dead skin cells from the skins surface also dramatically increases the penetration of your home care products & improves their effectiveness.

skin.FIT medispa recommends regular microdermabrasion treatments at 4-week intervals to maintain a youthful appearance & assist homecare products.

Unlike many other skincare providers, skin.FIT does not simply cleanse your skin, perform your microdermabrasion, moisturize and send you home.

We thoroughly analyze your skin before every treatment to ensure your suitability, then perform a deep double cleanse, a preparatory enzyme mask to loosen the dead skin cells, which dramatically improves your results. Then after your treatment we apply a suitable treatment serum, infuse this deeply & apply a hydrator & sun protection that is suited to your skin.

Microdermabrasion can be added to any peel performed at skin.FIT to increase its depth. You may alternatively choose to have a microdermabrasion at the change of each season. This will assist your skin in adjusting to the new weather patterns and improve skin tone & texture.

<b>Microdermabrasion Treatment</b>	<b>\$80</b>
Includes prep enzyme mask & post serum infusion.	
<b>Customized Organic Mask Add On</b>	<b>\$30</b>
To target Acne, Pigmentation, Ageing or Sensitivity.	
<b>Course of 6 Microdermabrasion Treatments</b>	<b>\$400</b>
*\$66 per treatment	



## Peels at skin.FIT

### **Skinstitut Cosmedical Grade Clinical Peel**

**\$80**

These peels are professional only treatments, designed to enhance homecare results with controlled skin peeling in a controlled clinical environment. Addressing all signs of ageing, pigment, breakdown, congestion & acne, Skinstitut offers a specific peel & protocol prescription for all skins demonstrating signs of distress.

### **Skinstitut Ageless Peel**

**\$90**

This anabolic retinoid chemical peel corrects and enhances skin function for a long term restructured and repairing effect. Designed for environmentally aggressed and broken down skins, this medium depth peel addresses severely photo-damaged, pigmented and congested conditions.

Used in combination with Skinstitut Peel Accelerator, Ageless Peel is a monthly treatment that should be repeated 3-6 times total depending on the condition being treated.

Designed not only for the face, Ageless Peel can likewise be used to treat the neck, décolleté, backs of hands and backs and shoulders for a renewing and re-building effect. Clinically, patients must be prepped with Glycolics and Retinoids for a minimum of two weeks to ensure a controlled and successful result.

Containing a potent complex of chirally correct, patented Vit-A-Like Moth Bean extract with re-building Mandelic Acid in a Ceramide and Marine Collagen base, this comfortable cream formula with a pH of 3.0 exfoliates, renews and re-structures for even up to 8 weeks after it has been washed off the skin.

You may experience minor flaking post treatment, with ideal results after 4 weeks. Multiple treatments are recommended to create long lasting results. Skin is visibly smoother, more clarified and even with the appearance of diminished lines and bumpy texture

### **Vitamin A Infusion Peel**

**\$60**

This non-acid infusion is based on liposomal delivery technology to give the deepest penetration of active ingredients possible without causing inflammation or damage to the skin. This treatment is designed to remodel the deepest layer of the skin & stimulate collagen & elastin production, resulting in the correction of almost any skin condition.

Tolerated by all skin types & especially suited to those who are too sensitive for harsher acid based peels. Generally performed in courses of 4-6, these infusions promise amazing results when targeting hormonal pigmentation, acne, acne scarring, ageing & sun damage. NO downtime.

### **Microdermabrasion Added on to any peel**

**\$40**

\*Dramatically increases depth of penetration & results

**A 20% discount applies to all peel courses pre paid – 4 & 6 packages available**

## Organic Corrective Facials at skin.FIT

**skin.FIT Organic Corrective Facial (75 mins)**

**\$99**

This treatment is one of our absolute favourites, one of very few corrective facials that can boast 100% organic status. This is unlike any other facial you will have experiences, causing long lasting changes in your skins tone & texture for a minimum of 4 weeks post treatment.

We begin with a deep double cleanse, followed by a plumping enzyme mask to gently exfoliate the dead skin cells on the surface – preparing your skin for the plethora of organic active ingredients to follow.

We then deeply infuse a prescribed combination of active ingredients suited to your skin condition & apply the suitable organic mask. While this concoction is going to work we perform a 30-minute décolleté & shoulder massage using a blend of naturally hydrating & muscle relaxing ingredients.

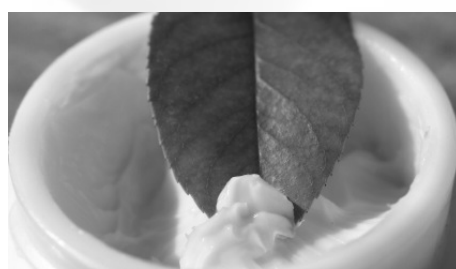
Once your mask has been removed we lavish the skin high potency anti oxidants to protect & nourishing hydrators to plump & restore.

The benefits you will receive from this treatment include:

- An increased production of collagen & elastin without trauma
- Restoration of your skins antioxidant levels
- Reduction in oil production
- Skin thickening & plumping
- Removal of toxins & congestion
- Restoration of blood flow to the surface
- Balancing of skin tone/healing redness & inflammation
- Restoration of moisture & radiance

Skin.FIT Organic Corrective facials can be used to treat Acne, Hyperpigmentation, Rosacea & Sun Damage & premature ageing

The perfect gift for someone in need of some TLC!





## Derma Rolling at skin.FIT

Derma Rolling or Collagen Induction Therapy can soften fine lines, tighten skin, restore elasticity, and reduce the appearance of acne scarring, surgical scars & stretch marks.

The principle of derma rolling is to stimulate the body's own production of collagen. It involves using a sterile roller comprised of a series of fine, sharp needles to puncture the skin. Performed under local anesthetic with sedation, the device is "rolled" over the surface of the face to create many microscopic channels deep into the dermis of the skin, which stimulate your own body to produce new collagen.

Directly following the skin needling procedure, vitamins A and C are applied to the skin as, once the top layer of skin (epidermis) has been breached, the active ingredients in the vitamins can reach into the depths of the skin more effectively than by simply applying the products topically. Vitamins A and C stimulate skin renewal, thereby making the skin appear fresher and younger.

An important part of the treatment is the preparation of the skin prior to the procedure with therapeutic doses of vitamins A and C. This significantly reduces downtime and patient discomfort. It is very important to continue using the topical vitamin cream for at least 6 months post-procedure to ensure the production of healthy collagen and elastin.

The treatment times can range from 10-60 minutes depending on the size of the area being treated. Afterwards, the skin is usually pink or red and some bruising and minor scabbing may occur. Healing time is 4-7 days and make-up can be worn after 2-3 days, mineral makeup may be work immediately.

The number of treatments required varies and will be determined by your clinician. Results generally start to be seen after about 6 weeks but the full effects can take at least three months to occur. The outcome of Collagen Induction Therapy combined with a prescribed post-treatment skin care routine can produce dramatic results that will last for years.

Average Price Range: \$50-\$500 (from individual scars to larger areas such as the stomach)



## Skincare at skin.FIT



Skinstitut is founded on the belief that serious, high-end skincare should be accessible to everyone. For this reason, we offer the most cost effective cosmeceutical range using top quality, potent, cutting edge ingredients from all over the world.

We are not about hype, expensive packaging or luxury, but rather formulations based on noticeable results & good science.

Our products are sold at \$45, which is around 50% less than comparative brands.

So why choose Skinstitut?

- Professional grade, corrective skincare
- Visible results, not ridiculous claims
- Australian made, Australian owned
- No animal testing
- Australia's leading cosmeceutical brand
- All products \$45

Skinstitut offers a remarkably effective, full range of active, result-oriented products, designed to strengthen the skin & make it healthier, thereby slowing down the visible signs of ageing.

## You at skin.FIT

At skin.FIT medspa we believe in educating you about your skin, this way we give you the tools to care for your skin for many years. Before recommending any product or service, we will always ensure that you fully understand the results you can expect to achieve & are also committed to doing your part in order to achieve these goals.

Product	AM	PM	Purpose	Notes
Gentle/Glycolic Cleanser				
Glycolic Scrub				
Vitamin C 100%				
Retinol				
Even Blend Serum				
Rejuvenate 15				
Moisture Defence				
Perfect Protection				
Repair Balm				
Hydrating Mask				
Eye Believe				

Treatment	Frequency	Notes

Skinitut homecare is recommended in conjunction with the skinitut peel system just as the skinitut peel system requires the use of home care products to increase its effectiveness



[www.skinfitmedispa.com.au](http://www.skinfitmedispa.com.au)