



Bayside Body Therapy



Massage Therapy

Bayside Body Therapy massage therapists are highly trained in all modalities of massage including:

Remedial - A paramedical treatment that helps heal injured soft tissues involving trigger point & deep tissue techniques.

Sports - Involves stroking & kneading muscles knots..

Relaxation - A smooth flowing style that relaxes the body, improves blood circulation and relieves muscular tension.

Health rebates are available.

Customised Massages

Depending on your needs, our therapists offer a variety of massage techniques including: Aromatherapy, Reflexology and Lymphatic Drainage to relieve pain or stress, or spoil yourself with a wonderful hot rock massage.

90 minutes - \$95.00, 60 minutes - \$65.00, 30 minutes - \$35.00.

Balance your senses with a Chakra Massage

The 7 Chakra energy centers are located along the spine and can be thought of as personal growth centers that connect our sub conscious with our physical body. This massage seeks to create harmony in the Chakra System using a variety of massage techniques – deep tissue, Chakra Foot Reflexology and Chakra Energy Work. **\$70 – 60min, \$100 – 90min.**

Head Massage

Indian head massage from ancient Ayurvedic medicine, using a fine stream of essential oils to add lustre and shine to your hair. A gentle and therapeutic head massage uses pressure points on the scalp and neck, relieving stress throughout the whole body. **30 minutes - \$40.00.**

Reflexology

Therapeutic foot massage using organic essential oils applied to trigger points on the feet corresponding to each organ and gland in the body. The goal is to return to a state of equilibrium and balance.

60 minutes - \$65.00

Lymphatic Drainage

Lymphatic Drainage aids in fluid retention, bloating, lymphoedema, post operative swelling, sports injuries, toxic build up etc.

90 minutes - \$100.00

Hawaiian Lomi Lomi Stone Massage

Treatment incorporates aromatherapy and Lomi Lomi massage, warm sculpted river stones are used to enhance deep relaxation, grounding and perfect balance from head to toe. An ideal treatment to re-energise and stimulate muscles.

60 minutes - \$75.00, 90 minutes - \$100

Spray Tan

Fantastic natural colour in 5 minutes. No fragrances, 100% natural, aloe vera based.

15 minutes - \$30.00 OR

Spray Tan with dead sea mineral salts. Exfoliation.

45 minutes - \$65.00

Facials

Oxygen Ayurvedic AVEDA anti-aging

The latest technology in skin treatment.. During the procedure pure medical grade oxygen mist is pumped into the basal layer of the skin to restore optimal skin health. In addition the pure plant vitamin/mineral/oxygen infusion will deeply rehydrate the skin and reverse the effects of sun damage pigmentation and wrinkles **\$120.00**

Aveda Facials

Customised facials to target your skin's needs. Based on Aveda's Elemental Nature Philosophy: allow us to personalise products, essential oil aromas and techniques to address your specific skin concerns: **60 min \$85**

Anti-ageing Solution

Green Science Skin Renewing Treatment

A unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science and combines it with high-touch skin therapy to renew, repair and regenerate your skin. Clinically proven to lift and firm the skin, reduce fine lines and wrinkles, improve skin's smoothness, tone & clarity, and significantly improve skin's barrier strength while reducing the appearance of age spots. A unique aspect of this service evolves around skin refinement, skin nourishment and skin regeneration. Aveda's signature 5 phase massage treatment will result in a firmer, more youthful complexion and appearance.

\$85 – 60min, \$120- 90 min.

Outer Peace Blemish Relief Treatment

A total solution – personalised to your skin that treats not only blemish symptoms, but its causes – so skin stays clear; professional exfoliation; pore extractions and redness reduction. **60 min \$85**

Radiant Skin Facial (alternative to micro-dermabrasion)

Jump start a glowing complexion with dynamic advanced products incorporating the technology of tourmaline, a naturally energising mineral that encourages the skin's own renewal process for visible improvement. Boost skin renewal and reduce the appearance of pores, fine lines and wrinkles. Powerful plant anti-oxidant infuse visible life into your skin for up to 27% improvement in overall radiance. After a series of treatment, experience up to 31% reduction in the appearance of lines and wrinkles; up to 31% improvement in skin texture; up to 36% reduction in the appearance of pores and up to 35% increase in smoothness. **90 min \$120**

For more than a facial, the ultimate Aveda signature facial treatment – Self Renewal Face and Body Experience

This customised treatment relieves stress and restores balance. The ultimate face and body experience; let your scalp, face, hands and feet be indulged with our Ayurvedic massage techniques, Advanced flower and plant technology – enhanced with indigenous wisdom and proven techniques of acupressure restore the 'self' to a state of renewal. **90 min \$120**

Body Wraps

All body wraps include a foot ritual, mini facial exfoliation & scalp massage for **60 min \$85**

Aroma Body Wrap

Warm aromatic oil saturates and nourishes your skin while enveloped in a herbal infused wrap. The result is soft, smooth skin and a total feeling of well being.