



aqua vitaé  
day spa

2023-24 spa menu





# welcome to aqua vitae day spa

aqua vitae day spas are your ultimate escape from the hurried world, a place where you can re-energize your body & mind.

to provide you with an unparalleled range of treatments and impeccable service, each aqua vitae day spa boasts purpose built single and double treatment rooms that cater for all types of spa treatments from hydrotherapy to body treatments, facials and massage. the facilities also feature the latest dual hydrotherapy spas.

relaxing in between treatments is easy with large well appointed relaxation areas where you can unwind whilst enjoying your choice of refreshments. of course, aqua vitae also caters to all your general beauty therapy and waxing needs.

## the perfect pampering

day spa packages are designed to provide you with the most unforgettable experience at an affordable price. a spa package is the perfect way to escape and rejuvenate your body and mind. melt into blissful relaxation with soothing oils, gentle music and the flickering of candles which is only the beginning of your journey into tranquillity.

whether it's a delightful two hour package or a heavenly five hour package, choose from one of the most popular packages and book now so you don't miss out on this ultimate experience.

## share your time

each aqua vitae day spa is equipped with double treatment rooms so that you can share your experience with a friend or loved one.

## the best gift ever

day spa packages make the perfect gift for your friend or loved one. turn to page 15 for more information on gift certificates, or please call our reception who will assist you with your choice.

welcome

  
aqua vitae  
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1300 115 888  
book online  
[aquavitae.com.au](http://aquavitae.com.au)



## pure heaven

allow 4hrs 45mins - \$679 **save \$205**

relaxing into your luxury candlelit hydrotherapy spa, you'll lay back and de-stress with the soothing scents of aromatherapy blends, remineralising your body whilst soaking in the silky magnesium salts, all whilst enjoying a cold, crisp beverage of your choice, fine chocolates and a fresh seasonal fruits.

soothe your tired, weary muscles with an amazing 60 minute full body hot stone massage, followed by a divine anti-ageing sothys pro youth facial to restore moisture, plump up fine lines and tone and lift your face, all while enjoying a soul soothing scalp massage.

enjoy your freshly made spa lunch with a glass of bubbly or refreshment of your choice. a revitalising full body exfoliation and the japanese hanakasumi body treatment will follow with a warm paraffin hand mask.

*package includes:*

*pro youth intensive facial  
hanakasumi spa ritual  
60 minute hot stone massage  
body exfoliation  
magnesium salt spa  
warm paraffin hand treatment  
scalp massage + spa lunch*

**\$884 total value - you pay only \$679**

## utopia

allow 2hrs 45mins - \$349 **save \$183**

relax into our luxury candlelit hydrotherapy spa with a crisp beverage, fine chocolates and fresh seasonal fruits. revive your soul with a 60 minute hot stone massage. a hydrating facial will have your skin looking and feeling amazing as well as a scalp massage to relieve your tension. to finish, a light touch of professional makeup will have you ready to face the real world again.

*package includes:*

*60 minute hot stone massage  
hydrator facial  
hydrotherapy spa  
professional mineral makeup  
scalp massage  
spa refreshments*

**\$532 total value - you pay only \$349**

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spa packages



## paradise

allow 2hrs 15mins - \$289 **save \$182**

package includes:

30 Minute Hot Stone Massage  
French Vanilla Body Exfoliation  
Escape Facial  
Hydrotherapy Spa  
Scalp Massage  
Spa Refreshments

**\$471 total value - you pay only \$289**

## pure bliss

allow 2hrs - \$269 **save \$50**

package includes:

hydrator facial  
60 minute massage  
scalp massage

**\$319 total value - you pay only \$269**

## cleopatra's world

allow 1hr 45mins - \$199 **save \$81**

package includes:

60 minute massage  
hydrotherapy spa  
mineral foot scrub  
spa refreshments

**\$280 total value - you pay only \$199**

## treasured time

allow 1hr - \$159 **save \$55**

package includes:

escape facial  
30 minute massage  
scalp massage

**\$214 total value - you pay only \$159**

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spa packages



## massage

with a range of different massage styles from the beautiful scents of aromatherapy, hot stone massage, pregnancy massage and relaxation massage, we have something for everyone.

the therapeutic benefits of a massage are enhanced whilst you are relaxed and comfortable. so come and enjoy the relaxing atmosphere, you will breathe a sigh of relief just by walking into one of our day spas with the beautiful scent of aromatherapy oils and our candlelit massage rooms.

why not share your massage with your loved one or friend in one of our double rooms?

## hot stone massage

hot stone massage is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. the heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

60 minutes	\$168
45 minutes	\$140
30 minutes	\$116

## relaxation / aromatherapy massage

with the use of the most beautiful scents of our select aromatherapy oils you will feel your stress leave as your therapist has you drifting away into dreamland...

60 minutes	\$128
45 minutes	\$108
30 minutes	\$92

## pregnancy massage

this is a time in your life when you need your massage the most! your therapist will take the utmost care of you and your baby, with our specially designed pregnancy pillows to keep you comfortable with the weight off your belly. we will massage away your aching back and give you a little "me" time, just bliss.

60 minutes	\$128
45 minutes	\$108
30 minutes	\$92

  
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massage



## facials

using the highest quality products, our expert therapists will deliver the best results. you can be assured you are in professional hands when it comes to your skin.

our extensive range of facials will cater to your skin's needs.

### echo<sup>2</sup> oxygen facial

using pure medical oxygen gas, vitamins a, c, e and essential minerals, this facial revitalises every skin cell, pore by pore, banishing fine lines, wrinkles and dehydration. the result is an instant fresh rejuvenated skin, glowing with good health that looks younger and younger with every treatment - a natural face lift!

60 minutes     \$207

### sothys hydra<sup>4</sup> facial

hydra<sup>4</sup> is our newest high performance solution for dehydrated skin. with 6 unique stages to quench, hydrate and plump the skin, renewing its youthfulness. this treatment is specially designed to meet all skin hydration needs using a sothys specific massage technique and the latest generation of hydrating active ingredients.

75 minutes     \$207

### micro-dermabrasion facial

if you're looking for a fast, reliable treatment for skin issues like fine lines, pigmentation, acne scarring, uneven skin tone or just a tired sallow looking skin, then this is the facial for you!

this is a noninvasive procedure with no recovery time.

using the micro dermabrasion wand, your dead skin cells are exfoliated and vacuumed off the skin. through the use of different suction levels, micro dermabrasion increases blood flow to the skin and in turn helps to produce collagen, leaving you with a beautiful glowing complexion.

60 minutes     \$168

*get a free facial by purchasing a series!*

*ask us how today!*

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facials



## sothys pro youth facial

with 80% of ageing coming from our surrounding environment the pro youth facial is a powerful targeted treatment specifically designed to combat the signs of ageing.

this facial includes 3 different masks and patented treatment serums to lift, tone and plump your skin. clinical tests have shown up to 6 years off the age of your skin following the recommended three treatment course.

your skin will be visibly younger and you will be amazed with the results!

75 minutes     \$198

## hydrator facial

hydrator facial is your basic full facial. you will begin with a double cleanse, tone and a thorough exfoliation, followed by a steam of your face to hydrate and soften. a beautiful face, neck and décolletage massage will firm and tone your skin with a hydrating mask that nourishes, all whilst you lie back and relax. a hydration moisturiser and anti-ageing eye cream finishes and maximises your results.

60 minutes     \$149

## glycolic professional peel

using high potency glycolic and salicylic acids for an intensive peel your skin will be left looking bright, smooth and feeling fresh.

this facial is great for those who require brightening results in minimum time, treating signs of ageing, pigmentation, acne and dry rough skin.

30 minutes     \$142

60 minutes     \$193

## facial add-ons

led phototherapy     \$68

micro-dermabrasion     \$68

sothys ampoule     \$33

(anti-ageing, hydrating, brightening or oxygenating)

  
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## the perfect gift, instantly

aqua vitae day spa gift vouchers make an extremely special and much appreciated gift to celebrate any occasion. the most important thing that you need to know, is that our gift vouchers [never expire!](#) which means you won't purchase a gift that will never be used and your loved one can use their gift whenever they want!

you can select any of the luxurious spa packages from pages 5-7 as a gift, build your own package from the wide range of pampering beauty treatments, or specify an amount for an open gift voucher and let your loved one choose. it's up to you!

make your choice, and we will do the rest. you can even choose for us to priority post or email the gift to you, or directly to your loved one.

we accept all major credit cards and there are also [no credit card fees and no postage or processing fees](#), that's free as well...easy, isn't it?

to purchase, simply visit the website at [www.aquavitae.com.au](http://www.aquavitae.com.au) for instant online delivery or your closest location now and we'll take care of everthing for you, quickly and easily.

gift vouchers

## unforgettable get-togethers

we specialise in pampering groups, whether it is just a girls get together, a hens party, or even a team building day we can cater for groups from 4 to 12+ people. check out the group packages section on the website, or call our reception today for more information on our group packages.

## book and shop online

our website at [www.aquavitae.com.au](http://www.aquavitae.com.au) is your 24/7 online portal where you can make your next appointment or purchase a gift certificate for your friend or loved one. you can find even more information on our treatment and product ranges. visit us online at [www.aquavitae.com.au](http://www.aquavitae.com.au) today!

  
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## body treatments

for centuries, men and women have turned to nature for revitalising and therapeutic treatments for the body. warm hydrotherapy, natural essential oils, seaweed, mineral salts and timeless massage techniques all offer unique opportunities for detoxifying our bodies and revitalising our skin. reward yourself, indulge and treat body to the most luxurious spa therapies.

### hanakasumi spa ritual

a nourishing and relaxing body ritual inspired from japanese tradition to protect and embellish the skin with asian fragrances and protective emollients.

warmed cherry blossom rice powder exfoliant and aromatic shea butter with deep foot massage relaxes you, leaving the outside world behind and sending you on a sensual voyage through orchards of cherry trees in bloom... cocooned in bliss!

60 minutes \$186

### anti-stress body wrap

begin with a dry body exfoliation to smooth your skin and stimulate your lymphatic system to rid your body of unwanted toxins. an application of warm clay with beautifully scented essential oils is applied to your skin while you relax and de-stress. you will be cocooned while you enjoy a gorgeous scalp massage and drift off into dreamland in your candlelit treatment room. a nourishing body moisturiser will leave your skin soft and smooth.

60 minutes \$175

### aromatic body exfoliation

using mineral sea salt gorgeously scented with essential oils, your body will be exfoliated to remove your tired dull skin, leaving you fresh, revived and smooth. a nectar of body hydration will hydrate and protect your newly exposed skin. a soothing scalp massage finishes your time of indulgence.

45 minutes \$117

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## men

Men, you are just as important as women when it comes to looking after your health and wellbeing.

Here at Aqua Vitae Day Spa, we welcome and encourage you to relax and rebalance your mind, body and soul. Why not share the experience in our double room with your loved one, we will have you drifting off into dreamland in no time.

The following are a range of treatments specific for men, however our entire range of packages and treatments are suitable for men too, don't be afraid!

### man's world package

allow 1hr 45mins - \$177 **save \$65**

*package includes:*

*60 minute massage  
hydrotherapy spa  
mineral foot scrub  
spa refreshments*

**\$242 total value - you pay only \$177**

### homme facial

this new 1 hour sothys homme facial treatment includes a thorough cleansing and exfoliation with a massage of the scalp, back of the neck and face in an essential treatment to recharge men's natural skin radiance.

60 minutes      \$152

### massage

we offer a range of different massage styles from the beautiful scents of aromatherapy, hot stone and relaxation massage. why not share your massage with your loved one or friend in our double room?

60 minute relaxation	\$128
45 minute relaxation	\$108
30 minute relaxation	\$92

60 minute hot stone	\$168
45 minute hot stone	\$140
30 minute hot stone	\$116

men

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## waxing

using the latest techniques in hair removal, we only use the single use roll on cartridge wax method for strip wax which is a hygienic and efficient way to remove your unwanted hair.

using the professional xxx hard white wax for the sensitive areas with titanium dioxide to reduce redness and inflammation, it is ultra flexible for ease of removal, so it's not brittle and comes off in one piece.

you can be ensured of a thoroughly professional treatment with us

### brazilian

30 minutes \$77

repeat within 4 wks - 30 minutes \$71

### full leg

inc brazilian - 60 minutes \$119

inc g-string - 45 minutes \$100

to briefs - 30 minutes \$73

### upper half leg

inc brazilian - 45 minutes \$107

inc g-string - 30 minutes \$89

to briefs - 30 minutes \$71

### lower half leg

inc brazilian - 45 minutes \$99

inc g-string - 45 minutes \$79

inc bikini - 30 minutes \$63

15 minutes \$33

### three quarter leg

inc brazilian - 45 minutes \$107

15 minutes \$48

### g-string

15 minutes \$60

## waxing cont.

### bikini

to briefs - 15 minutes \$36

### chest

15 minutes \$60

### back

15 minutes \$60

### full arm

15 minutes \$43

### half arm

15 minutes \$42

### under arm

15 minutes \$26

### eyebrow

15 minutes \$30

inc lip - 15 minutes \$42

### lip

15 minutes \$24

inc chin - 15 minutes \$37

### chin

15 minutes \$24

### face

30 minutes \$53

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## tinting

adding a dark sexy colour to your lashes from the roots to the tips. guaranteed waterproof, you will only ever need to use mascara if you want to thicken your lashes.

for those with light, uneven brows, tinting gives them a more fuller appearance, defining your eyebrows and framing your face.

eyelash tint	\$30
eyebrow tint	\$30
eyelash + brow tint	\$46

## special occasion make up

when you have all eyes on you, you want to look your best, we will have you looking stunning for your special event. with our professional therapists using the latest mineral make up from jane iredale. we can create the look that you desire, from something natural to a dark sultry look.

per person	\$112
students	\$89



## port macquarie

five star complex - 158 gordon street

*call direct*

02 6589 3545

*email direct*

portmacquarie@aquavitae.com.au



## manly

20 pittwater rd

*call direct*

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e&oe

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