

# THE SPA

BY THE AUSTRALIAN ACADEMY OF BEAUTY THERAPY

## Welcome to THE SPA

By The Australian Academy of Beauty Therapy. All of the treatments performed at our Spa's are performed by Students studying at our Colleges under the supervision of a qualified trainer. The Spa's have been designed to provide our students with a 5 star working environment and prepare them to work in Sydney's finest salons and Day Spa's. We hope you enjoy your experience with us.



## THE SPA facial

All of our facials are custom designed to your skin. Your treatment will begin with a skin diagnosis and a treatment plan will be developed to address your skin's needs, please allow an extra 15 minutes for this.

	Treatment Price	Course of 6
<b>45 MIN HEAVENLY FACIAL</b>	<b>37</b>	<b>185</b>
These intensive treatments give fast effective results for a variety of skin conditions. The treatment includes a deep cleanse plus either a glycolic treatment or a collagen infusion or ampule infusion or high frequency or a 15 minute facial massage followed by an intensive mask and scalp massage		
<b>45 MIN MICRODERMABRASION TREATMENT</b>	<b>52</b>	<b>260</b>
These intensive crystal treatments delay and reduce premature ageing, reduces scarring and congestion, refines the skins surface as well as stimulates collagen and elastin production		
<b>60 MIN SERENITY FACIAL</b>	<b>58</b>	<b>290</b>
These treatments are designed to target individual needs as well as relax your mind, body and spirit. Deep cleanse, exfoliation, 15 min facial massage, intensive mask and scalp massage. Plus either, glycolic treatment or collagen infusion or ampule infusion or high frequency		
<b>90 MIN ULTIMATE FACIAL</b>	<b>78</b>	<b>390</b>
These treatments are designed to target individual needs as well as relax your mind, body and spirit. This treatment begins with a heavenly 20 minute back, neck and shoulder hot stone massage, followed by deep cleanse, exfoliation, 15 minute facial massage, intensive mask and scalp massage. Plus either glycolic treatment or collagen infusion or ampule infusion or high frequency		

## THE SPA body massage

	Treatment Price	Course of 6
<b>30 MIN INDIAN HEAD MASSAGE</b>	<b>33</b>	<b>165</b>
Includes - Your scalp being indulged in the art of pressure points massaged to reduce stress and tension		
<b>30 MIN RELAX AND RENEW BACK, NECK, SHOULDER</b>	<b>33</b>	<b>165</b>
Includes - Your back, neck, shoulders and scalp with the use of blended aromatherapy relaxation oils		
<b>60 MIN ULTIMATE SWEDISH RELAXATION BODY</b>	<b>58</b>	<b>290</b>
Includes - Your back, neck, shoulders, legs, feet, arms, hands and scalp with the use of blended aromatherapy relaxation oil		
<b>60 MIN STRESS RELIEVING HOT STONE BODY</b>	<b>73</b>	<b>365</b>
Includes - Your back, shoulders, legs, feet, arms, hands, scalp with the use of blended aromatherapy relaxation oil and warm hot stones		
<b>60 MIN PREGNANCY MASSAGE</b>	<b>63</b>	<b>315</b>
Includes - Relax while we support your growing belly through this massage of your back, shoulders, legs, feet, arms, hands, scalp		



## THE SPA body

	Treatment Price	Course of 6
<b>30 MIN WARM SUGAR BODY EXFOLIATION</b>	<b>42</b>	<b>210</b>
This beautiful treatment will gently remove your body's dry skin leaving you feeling smooth all over, perfect before a spray tan		
<b>30 MIN COCONUT BODY EXFOLIATION</b>	<b>42</b>	<b>210</b>
This ultimate body treatment both exfoliates and hydrates, leaving your skin feeling smooth, hydrated and glowing		
<b>30 MIN DETOXIFYING CLAY BODY WRAP</b>	<b>48</b>	<b>240</b>
Tired, dull looking skin is refreshed with this detoxifying treatment removing toxins and energising your skin. The combination of amino acids and vitamins in this wrap also retains moisture, giving your skin a healthier glow. Perfect after a body exfoliation		
<b>30 MIN HYDRATING BODY WRAP</b>	<b>48</b>	<b>240</b>
Tired, dull looking skin is refreshed with this intensive moisturising treatment and soothes even the most sensitive skins. Our rich rose scented body mask is applied warm to your skin, improving hydration and circulation giving your skin a healthier glow. Perfect after a body exfoliation		
<b>HEALTHY GLOW SPRAY ON TAN</b>	<b>38</b>	<b>190</b>
After many years of trials, our award winning tan is one of THE SPA's most popular treatments. Drying time is instant		

Combine any 2 Spa Treatments and receive a further 10% off

## THE SPA hands and feet

	Treatment Price	Course of 6
<b>30 MIN EXPRESS MANICURE</b>	<b>24</b>	<b>120</b>
Includes a perfect nail shape, buff and polish. The ideal treatment for the women on the go		
<b>60 MIN INTENSIVE SPA MANICURE</b>	<b>42</b>	<b>210</b>
Includes a nourishing treatment for overworked hands & arms, exfoliation, cuticle treatment, hand & arm massage, warm hand mask, plus perfect shape & polish		
<b>30 MIN EXPRESS PEDICURE</b>	<b>24</b>	<b>120</b>
Includes a perfect nail shape, buff and polish. The ideal treatment for the women on the go		
<b>60 MIN INTENSE SPA PEDICURE</b>	<b>42</b>	<b>210</b>
Includes a peppermint & lavender foot scrub to compliment the removal of dry & rough skin, warm foot mask, cuticle treatment plus heavenly foot massage & perfect buff and polish		



# THE SPA ultimate packages - the perfect gift

	Treatment Price	Course of 6
<b>2 HOURS OF HEAVEN</b>	<b>102</b>	<b>510</b>
Includes a 1 hr Heavenly Facial, spa pedicure or manicure and 1/2 hr back, neck and shoulder massage		
<b>2.5 HOUR TIMELESS SPA</b>	<b>132</b>	<b>660</b>
Includes a Serenity Facial, Hot Stone full body Massage and an Express Manicure or Pedicure		
<b>3 HOUR PURE BLISS DAY SPA</b>	<b>152</b>	<b>760</b>
Includes 1 hr Heavenly Facial, warm oil and coconut body polish followed by aromatherapy body massage, and express mani and pedi		
<b>3.5 HOUR OF TRANQUILLITY</b>	<b>182</b>	<b>910</b>
Includes a Ultimate Facial, warm sugar Body Scrub express Manicure and Pedicure and 1/2 hr Back neck shoulder and Scalp massage		
<b>4 HOUR SANCTUARY DAY SPA</b>	<b>202</b>	<b>1010</b>
Includes the ultimate spa experience, a 1 hr Heavenly Facial, warm oil and coconut body polish followed by Hawaiian hot stone body massage, hydrating body wrap and intensive spa manicure or spa pedicure		

Gift vouchers are available in-salon and securely online



## THE SPA laser & IPL treatments and packages

All of our Laser/IPL Treatments are performed by our Post Graduate students under the supervision of our Trainers. Our students are some of the first in the Beauty Industry to attain this level qualification, we are proud to be able to offer these advanced services to you by highly skilled graduates using only the finest machines at affordable prices.

### For the ladies

	Treatment Price	Course of 6
<b>CHIN</b>	<b>15</b>	<b>75</b>
<b>LIP</b>	<b>15</b>	<b>75</b>
<b>LIP AND CHIN</b>	<b>23</b>	<b>115</b>
<b>FULL FACE</b>	<b>43</b>	<b>215</b>
<b>SIDES OF FACE</b>	<b>33</b>	<b>165</b>
<b>EYEBROWS</b>	<b>33</b>	<b>165</b>
<b>FEET AND TOES</b>	<b>33</b>	<b>165</b>
<b>HANDS AND FINGERS</b>	<b>33</b>	<b>165</b>
<b>KNEES</b>	<b>33</b>	<b>165</b>
<b>NECK FRONT OR BACK</b>	<b>33</b>	<b>165</b>
<b>SNAIL TRAIL</b>	<b>33</b>	<b>165</b>
<b>UNDER ARMS</b>	<b>33</b>	<b>165</b>
<b>HALF ARMS</b>	<b>63</b>	<b>315</b>
<b>FULL ARMS</b>	<b>73</b>	<b>365</b>
<b>HALF LEG</b>	<b>53</b>	<b>265</b>
<b>FULL LEG</b>	<b>73</b>	<b>365</b>
<b>BIKINI</b>	<b>38</b>	<b>190</b>
<b>BRAZILIAN</b>	<b>43</b>	<b>215</b>
<b>HALF LEG, BRAZILIAN AND UNDERARM</b>	<b>118</b>	<b>590</b>
<b>FULL LEG, BRAZILIAN AND UNDERARM</b>	<b>148</b>	<b>740</b>



## For the men

	Treatment Price	Course of 6
<b>SHOULDERS</b>	<b>48</b>	<b>240</b>
<b>CHEST</b>	<b>85</b>	<b>425</b>
<b>FULL BACK</b>	<b>113</b>	<b>565</b>
<b>HALF BACK</b>	<b>78</b>	<b>390</b>
<b>BACK AND SHOULDERS</b>	<b>143</b>	<b>715</b>
<b>CHEST AND STOMACH</b>	<b>115</b>	<b>575</b>
<b>FULL LEG</b>	<b>143</b>	<b>715</b>
<b>HALF LEG</b>	<b>98</b>	<b>490</b>



## IPL Adena pigmentation treatment

Greatly reduces pigmentation due to sun damage.

	Treatment Price	Course of 6
<b>ONE SPOT TREATMENT (EACH PASS)</b>	<b>25</b>	<b>125</b>
<b>EYE AREA (SKIN REJUVENATION)</b>	<b>69</b>	<b>345</b>
<b>HANDS</b>	<b>69</b>	<b>345</b>
<b>FACE</b>	<b>99</b>	<b>495</b>
<b>NECK AND DÉCOLLETAGE</b>	<b>149</b>	<b>745</b>
<b>FACE, NECK, DÉCOLLETAGE</b>	<b>199</b>	<b>995</b>

## Emerge fractional laser skin rejuvenation

The ultimate skin resurfacing and firming treatment

	Treatment Price	Course of 6
<b>EYE AREA (SKIN REJUVENATION)</b>	<b>99</b>	<b>495</b>
<b>HANDS</b>	<b>99</b>	<b>495</b>
<b>STRETCH MARK TREATMENT - STOMACH</b>	<b>139</b>	<b>695</b>
<b>FACE</b>	<b>199</b>	<b>995</b>
<b>NECK AND DÉCOLLETAGE</b>	<b>199</b>	<b>995</b>
<b>FACE, NECK, DÉCOLLETAGE</b>	<b>269</b>	<b>1345</b>

## Ultimate skin rejuvenation treatment plan

<b>ULTIMATE SKIN REJUVENATION FACE (3 TREATMENTS, MICRO FREE)</b>	<b>298</b>
<b>ULTIMATE SKIN REJUVENATION UTILISING IPL AND FRAXEL FOR SKIN REJUVENATION ON FACE, NECK AND DEC (3 TREATMENTS, MICRO FREE)</b>	<b>468</b>
<b>ULTIMATE SKIN REJUVENATION TREATMENT FOR FACE (15 TREATMENTS, MICRO AND 3 PRODUCTS FREE)</b>	<b>1490</b>
<b>ULTIMATE SKIN REJUVENATION TREATMENT FOR FACE, NECK AND DÉCOLLETAGE (15 TREATMENTS, MICRO AND 3 PRODUCTS FREE)</b>	<b>2340</b>

## THE SPA little extras

	Treatment Price	Added to a Facial	Course of 6
<b>EYE BROW WAX</b>	<b>17</b>	<b>13</b>	<b>85</b>
<b>EYE BROW TINT</b>	<b>17</b>	<b>13</b>	<b>85</b>
<b>EYE LASH TINT</b>	<b>17</b>	<b>13</b>	<b>85</b>
<b>EYE LASH PERM</b>	<b>38</b>	<b>35</b>	<b>190</b>
<b>LIP WAX</b>	<b>13</b>	<b>11</b>	<b>65</b>
<b>CHIN WAX</b>	<b>13</b>	<b>11</b>	<b>65</b>
<b>FACE WAX</b>	<b>43</b>	<b>38</b>	<b>215</b>
<b>COLLAGEN MASK</b>	<b>37</b>	<b>27</b>	<b>185</b>

## Body waxing

	Treatment Price	Course of 6
<b>BOTTOM HALF LEG</b>	<b>22</b>	<b>110</b>
<b>TOP HALF LEG</b>	<b>27</b>	<b>135</b>
<b>3/4 LEG</b>	<b>32</b>	<b>160</b>
<b>FULL LEG</b>	<b>36</b>	<b>180</b>
<b>BIKINI</b>	<b>18</b>	<b>90</b>
<b>HIGH BIKINI</b>	<b>20</b>	<b>100</b>
<b>BRAZILIAN</b>	<b>35</b>	<b>175</b>
<b>UNDERARM</b>	<b>17</b>	<b>85</b>
<b>HALF ARM</b>	<b>15</b>	<b>75</b>
<b>FULL ARM</b>	<b>23</b>	<b>115</b>
<b>SNAIL TRAIL, TOES OR HANDS</b>	<b>13</b>	<b>65</b>

Add any 2 or more waxing treatments together to receive a further 10% off

## Men's waxing

	Treatment Price	Course of 6
<b>CHEST</b>	<b>40</b>	<b>200</b>
<b>FULL ARMS</b>	<b>33</b>	<b>165</b>
<b>FULL BACK</b>	<b>40</b>	<b>200</b>
<b>FULL LEG</b>	<b>43</b>	<b>215</b>

# THE SPA

BY THE AUSTRALIAN ACADEMY OF BEAUTY THERAPY

Proudly uses Australian-made products from the finest corrective skincare range from Urban Spa



## **BELLA VISTA**

Building H 140 (lower level) 28 Lexington Drive

**PH: 02 8883 0333**

## **CHATSWOOD**

Shop 36 Lemongrove Shopping Centre, 427 Victoria Avenue

**PH: 02 9411 1309**

## **KOGARAH**

Suite 1, Ground Floor, 684 Princes Highway

**PH: 02 9553 0475**

## **NORTH STRATHFIELD**

Level 1, 18-22 George Street (Under Fitness First)

**PH: 02 9764 5849**

*Please give 24hr cancellation notice*

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