

## body



**Aromatherapy** 60 min \$115  
Using your choice of essential oil blends from leading London brand Aromatherapy Associates this relaxing, flowing, full body massage promotes health, relaxation & well-being

**Lava shell massage** 60 min \$135  
Two highly polished tiger clam shells are heated with an algae and mineral mixture to generate heat and are used with aromatic oils in a full body massage that is both relaxing and therapeutic

**Recovery massage** 60 min \$125  
Firmer sports massage. Limited availability

**Pregnancy massage** 60 min \$125  
Only after first trimester. Limited availability

**Anti-aging guava body wrap** 75 min \$160  
A full body treatment from Pure Fiji, including sugar glow body polish, guava body masque rich in antioxidants, and warm oil scalp massage

## nails

**Deluxe manicure or pedicure** 60 min \$90  
Includes exfoliation and paraffin treatment

**Express manicure or pedicure** 45 min \$70

## hair removal

	wax	IPL	IPL x4
underarm	\$25	\$65	\$200
bikini (f)	\$35	\$65	\$200
g-string(f)	\$45	\$90	\$280
brazilian (f)	\$65	\$115	\$340
1/2 leg	\$35	\$110	\$340
full leg	\$55	\$190	\$580
full back (m)	\$55	\$225	\$680
chest (m)	\$55	\$150	\$460
stomach (m)	\$35	\$130	\$400

A complimentary 30min consultation is required prior to your first IPL treatment

## packages



**Petite pamper** 75 mins \$120  
A 30min teen facial followed by an express pedicure OR manicure

**Rejuvenate** 1.5 hours \$165  
Unwind with a 30min stress therapy back massage followed by our signature facial

**Pacific pearl** 1.5 hours \$185  
Take your mind away with a 60min lava shell massage followed by a Pure Fiji sugar glow body polish

**De stress** 2 hours \$205  
Melt the stress away with a 60min aromatherapy massage plus our signature facial

**The Mos-man** 2 hours \$215  
Our gentlemen's package starts with a relaxing 60min Swedish massage, followed by a deep cleansing men's facial

**Body harmony** 2.5 hours \$250  
A luxurious 60min revitalising massage and Pure Fiji sugar glow body polish followed by our signature facial

**Body & soul** 3 hours \$300  
Be pampered with a 30min aromatherapy massage, signature facial, then lunch in our courtyard and conclude with a deluxe manicure OR pedicure

## shambala skin spa

02 9968 1588

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

suite 4, 717 Military Rd

Mosman NSW 2088

monday by appointment

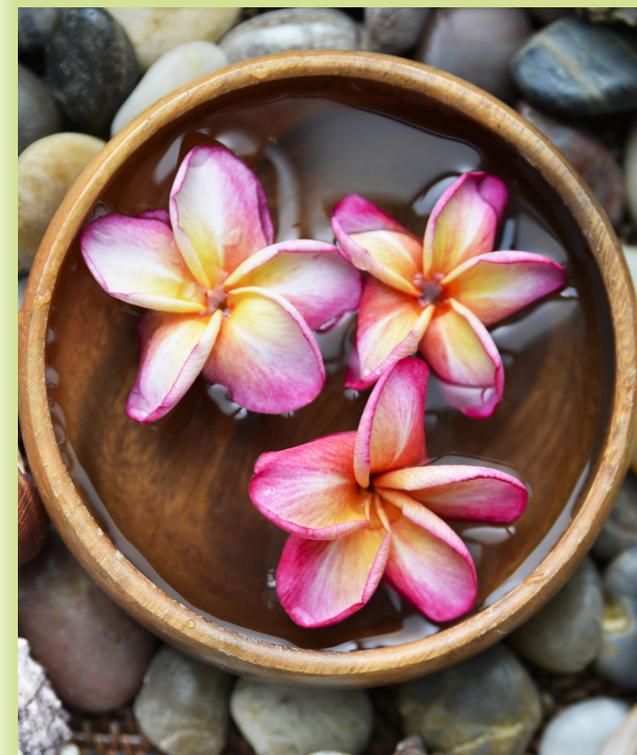
tue - fri 10am to 7pm

sat 10am to 5.30pm

T&C's: 24 hour cancellation policy

gift vouchers are valid 6 months

# shambala skin spa .....for beautiful skin



## treatment menu

# signature facials

With an emphasis on pampering and relaxation, Shambala signature facials are tailored to improve any underlying skin concerns.

**Ultraceuticals signature facial** 60 min \$110

A luxurious facial combining relaxation with potent active ingredients tailored to target and maintain skin health. Concentrating on hydrating, plumping and retexturising, to leave the skin feeling refreshed and luminous. Ideal for all skin types.

**Divine signature facial** 60 min \$110

Our certified organic range working closely with nature. This organic botanical based facial concentrates on hydrating and soothing the skin. Ideal for all skin types, particularly sensitive skin.

**Ultraceuticals teens facial** 30 min \$70

Deep cleansing facial to clear congestion and calm irritation and redness. Includes home care education to help maintain clear skin.

**Divine back cleansing treatment** 30 min \$85

Ideal for those prone to back congestion

**Skin health check** 30 min \$50

An in-depth examination of your skin using the latest technology to take 3D images to allow our therapists to tailor individual treatment plans and product prescription (redeemable against homecare purchases).

**Signature enhancers** \$30

Sonophoresis infusion

Eye boost treatment

Hand & arm lactic treatment



# advanced facials

These treatments provide remarkable regenerative effects on the skin and allow for maximum results.

**Vita-brasion** \$150

Total skin treatment incorporating dry diamond tip exfoliation and vitamin infusion of potent anti-ageing and antioxidant vitamin A & C to refine, smooth and plump the complexion.

**Hydra-brasion** \$150

Simultaneously incorporates skin resurfacing and vitamin infusion to deliver potent anti-ageing ingredients to smooth, refine, plump and boost skins hydration levels

**A-Zyme Facial** \$200

The powerhouse of all anti-ageing treatments. This fast-acting non-invasive skin rejuvenation treatment combines proven anti-ageing ingredients Retinol and Bromelain to refresh, refine, hydrate and plump skin.

**Radiance Facial** \$150

Ideal for hyper-pigmentation. Powerful blend of 8 skin brightening agents to reduce the appearance of hyper-pigmentation, dark spots and blotchiness to reveal a luminous complexion.

Our advanced facials require 45 to 60 minutes

**ULTRACEUTICALS**  
REAL SKINCARE • REAL RESULTS

**DIVINE**  
WOMAN

# medi-facials

Shambala medi-facials are results focused to achieve optimum skin health. They aim to rejuvenate skin through accelerated exfoliation. These facials are developed to restore skin's youthful appearance

**Medi-Clear** \$150

For congested and acne prone skin. This treatment is beneficial in the treatment of acne and oily skin. Clears surface congestion and soothes inflammation

**Medi-Repair** \$150

For ageing, fine lines and sun damaged skin. This treatment will hydrate & refine the skin, leaving it soft, smooth and plumped

**Medi-Glow** \$150

For dark spots and hyper-pigmentation. This treatment will reveal a brighter and clearer more even complexion

**Medi-Back** \$195

Medical grade treatment for back congestion

# IPL skin treatments

**Pearl Facial** \$195

Our IPL rejuvenating therapy combined with active ingredients from Ultraceuticals to dramatically lift, firm and hydrate skin. Perfect for special occasions or in combination with our medi-facials.

**Pigmentation Treatment** from \$69

Reduces the colour of pigmented lesions caused by sun damage. The IPL will provide gradual and natural improvement to the skin with long lasting results. For face, neck, décolletage and hands

A complimentary 30min skin health check is required prior to your first medi-facial or IPL treatment

