



BANGALOW
GUESTHOUSE

SPA MENU

BY

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BESPOKE SKIN & SPA THERAPY



BANGALOW GUESTHOUSE INVITE YOU TO EXPERIENCE A SELECTION OF LUXURY SPA TREATMENTS IN THE COMFORT OF YOUR ROOM

MAKE A BOOKING

To make a booking* please call us on 0411 375 084

All treatments are conducted in the comfort of your room. Please allow 30 minutes prior to your treatment start time for our arrival, this allows us adequate time to prepare for your therapies, create your desired in-room spa ambience and run through a thorough consultation to ensure we deliver a results targeted therapy that will indulge your senses.

Upon our arrival, you'll be welcomed with a seasonal organic cold pressed juice, plush robe and slippers to relax in prior to your treatment. Select a refreshment to accompany your locally sourced organic truffle chocolate which you'll enjoy following your treatment while you relax in the comfort of your room or on the verandah's surrounding the Guesthouse.

OUR PRODUCTS

Each of our spa rituals harnesses the potency of local botanical actives teamed with a handpicked selection of artisanal beauty and wellness products from around the globe. We consider every detail and make no compromise on quality. From your first inhalation, to the soft layers of luxury linen you are cocooned in, to the powerful skincare creating change on a cellular level we deliver the results you want to see.

*Bookings are subject to availability. Please visit our website for full terms and conditions.

BANGALOW GUESTHOUSE SIGNATURE SPA TREATMENTS

GUESTHOUSE GODDESS BEAUTIFY AND POLISH

Your spa journey commences with a footbath of citrus, fresh rose petals and decadent coconut cream followed by a classic facial using a combination of pure natural organic ingredients and advanced skincare treatments. Conclude with a complete pedicure featuring a hot stone foot massage, coco-butter mask and “Butter London Patent 10x” polish.

2 hours | \$260

BANGALOW MASSAGE INDULGENCE FOR ONE (OR TWO)

Select your personalised aromatherapy blend and commence your spa ritual with a tailored full body massage. Your therapist will draw from a wide range of modalities to deliver a results driven therapy. Release all tension and drift away with a deep release scalp treatment. Then reconnect with a heated stone placement and smudging ritual.

1.5 hours | \$190 per peson



SPA JOURNEYS

A collection of spa rituals designed to unwind, release and nourish.

PERSONALISED SPA EXPERIENCE

Allow yourself to drift into a heightened state of pure relaxation and indulgence with the ultimate full body experience. Your spa journey is created by a unique expression of spa endeavors selectively tailored to achieve a completely individualised sensory experience.

POA

THE CLASSIC

Commence your spa therapy with a soothing back, neck and shoulder massage using your chosen aromatic oil blend. Continue with a customised facial tailored to deliver a results driven treatment whilst indulging the senses. Conclude your spa journey with a luxurious foot ritual including complete pedicure and polish.

2 hours 45 minutes | \$360

SIGNATURE RETREAT PACKAGE

Your signature retreat package is a collection of carefully chosen spa therapies creating the ultimate spa experience. Commence your spa journey with a customised full body exfoliation to smooth and promote detoxification. Further melt with a therapeutic full body massage of your choice, designed to alleviate deep-seated muscular tension and promote a deep sense of relaxation. Break for a refreshment and a moment of stillness. Your spa day continues with a classic facial featuring a hot oil scalp massage, your facial is tailored to your presenting concerns and desires. Complete your spa day with a decadent foot ritual and manicure tidy. Surrender the senses.

5.5 hours | \$720

Recommended add on: decadent coconut cream, fresh rose petal, aromatic salt candlelit bath | **\$110**

A MOTHER'S LOVE

Begin your spa journey with a decadent coconut cream, fresh rose and aromatic salt foot-bath whilst being treated to a nourishing exfoliation of citrus and vanilla. Continue your spa therapy with a full body pregnancy massage carefully tailored to deliver a serene and nurturing experience for you and your baby. Conclude your ceremonious ritual with an MV Organic Skincare facial featuring a moisture rich scalp and hair treatment. Nurture new life.

2 hours | \$275

A SERENE CELEBRATION FOR TWO

Take time for two and begin your spa therapy with a heated stone full body massage featuring long, rhythmical Hawaiian bodywork strokes of the body. Therapeutic basalt stones are used in combination as placement stones to penetrate deep into the belly of the muscles and as an extension of the therapists hands to alleviate deep seated muscular tension and deliver a truly mind melting experience. Further melt with a deep release scalp, hand and foot massage. Celebrate love.

2 hours | \$265

MASSAGE THERAPY

Specialty therapeutic treatments designed to alleviate deep seated neuromuscular tension, bring fresh blood and oxygen to the tissues and promote detoxification of the lymphatic system.

RELAXATION OR DEEP TISSUE

During a consultation we tailor your treatment to accommodate to your current state of health and wellbeing.

60 / 90 Minute | \$140 / \$190

HEATED STONE MASSAGE

Warm stones are used in combination as placement stones to deeply penetrate into the belly of the muscles and as an extension of the therapist's hands to massage with. This therapy offers a grounding and deeply relaxing effect on the body whilst alleviating deep seated muscular tension.

90 Minute | \$220

PREGNANCY MASSAGE

We offer pregnancy massage after the first trimester of pregnancy. Each pregnancy massage is tailored to address your presenting concerns and deliver a deep sense of peace and relaxation for you and your baby.

60 / 90 Minute | \$150 / \$195

KA HUNA BODYWORK

A traditional Hawaiian temple massage featuring long rhythmic strokes of the body. It's unique features are characterised by underbody work which offers a floating like sensation, gentle stretching and breath work. The treatment delivers a profoundly nurturing yet deeply therapeutic effect especially on the central nervous and lymphatic system.

90 Minute | \$215

ZEN THAI SHIATSU

A unique therapy founded by Gwyn Williams, incorporating a blend of Chinese medicine principals, Thai massage, shiatsu and osteopathic techniques. The treatment is performed fully clothed in linen pajamas on a thick massage mattress. The treatment features long deep stretching, gentle rocking, joint mobilisation and meridian and acupressure work. Cupping and moxibustion therapy may be added to your treatment depending on presenting conditions.

90 Minute | \$190

FACIAL THERAPY

Each facial is a tailored experience, after having your skin professionally analysed we will select products that are going to perform best for you. Careful consideration is taken to ensure we are treating the skin holistically, we too will look at other lifestyle factors that may need to be improved in order to achieve optimal results.

CLASSIC FACIAL

60 Minute | \$150

SIGNATURE FACIAL

90 Minute | \$210

MV ORGANIC SKINCARE FACIAL

60 Minute | \$150

90 Minute | \$205

DERMAVIDUALS FACIAL

60 Minute | \$150

90 Minute | \$205

MAKEUP

Jane iredale is a high performance, luxury make-up line. While enhancing a person's natural beauty Jane Iredale makeup acts as a true extension of skincare providing an immaculate finish, sun protection and promoting overall skin health with its active, natural ingredients.

Consultation/Application | POA



BODY THERAPY

(Only available at selected properties)

BODY POLISH

Warm oil is applied in combination with your selected body exfoliant. The product is worked in a lymphatic motion to increase circulation and remove dead skin cells promoting a radiant glow.

45 Minute | \$110

BODY ENVELOPMENT

Your selected body mask is applied warm over the whole body. You are then cocooned in heated layers of linen allowing the product to work deep into the skin. Whilst enveloped you will be treated to a nourishing hair mask and express facial.

60 Minute | \$145

HAND & FOOT THERAPY

FOOT RITUAL

Commence with a warmed coconut cream, rose petal and aromatic salt foot soak followed by an exfoliating polish of crushed citrus and vanilla. Lay comfortably whilst feet are treated to a nourishing foot massage using heated basalt stones. Finish with a complete pedicure.

75 Minutes | \$145

CLASSIC MANICURE

Begin with an enzyme compress hand exfoliation, complete nail work and an intensive hand treatment. Complete with a Butter London Patent 10x Polish.

60 Minutes | \$115

Add Bio Sculpture Evo Gel | \$30

MAINTENANCE PEDICURE

Callus removal, complete nail work, moisture treatment, buff and shine.

30 Minutes | \$65

MAINTENANCE MANICURE

Complete nail work, moisture treatment, buff and shine.

30 Minutes | \$65

THERAPEUTIC ENHANCEMENTS

WARMING HAIR & SCALP TREATMENT **15 Minute | \$35**

HAND & FOOT MOISTURE TREATMENT **15 Minute | \$35**

EXPRESS FACIAL TREATMENT **15 Minute | \$35**

DECADENT COCONUT CREAM, FRESH ROSE PETAL
& AROMATIC SALT CANDLELIT BATH | **\$110**

(Only available at selected properties)

FINISHING TOUCHES

EYELASH TINT | **\$30**

EYEBROW SHAPE | **\$25**

EYEBROW TINT | **\$15**





Cancellation Policy

Please note we have a 48 hour cancellation policy, any treatments cancelled within this time frame will be charged at 50% of the treatment cost. Treatments cancelled within 8 business hours of treatment time will be charged in full. For all in house bookings, please note that we require a 50% deposit to secure your booking. The remaining 50% may be paid on the day of your treatments.

Prices effective of September 2017 & subject to change without notice.



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www.bangalowguesthouse.com.au

spa treatment bookings: 0411 375 084 | accommodation bookings: 02 6687 1317