

Mmmenu of Services



**CLUB
MMM!**

Day Spa

Welcome to **Club MMM's** world of pampering, health and healing. Your **Club MMM** Therapist will use Heritage Healer products and combine ancient healing wisdoms with modern science to bring you a range of solutions for the mind, body, soul and skin. A complete Mmm experience, always with a touch of **Oooh and Ahhh!!**

FACIALS

MINI FACIAL

This express facial cleanses, exfoliates, tones and moisturises your face with organic herbals according to your individual skin condition leaving your skin fresh and toned.

30 mins \$60

RELAX FACIAL

This relaxing facial cleanses, exfoliates and tones your skin. Then a relaxing aromatherapy facial massage followed by an organic herbal moisturiser selected for your skin. Your skin feels refreshed & hydrated.

45 mins \$70

WILDFLOWER HEALING FACIAL

A deep cleanse and exfoliation followed by high-performance organic healing herbals, wildflowers and treatment mask to hydrate and energise your skin, leaving it feeling rejuvenated and radiant.

60 mins \$95

MMMESSAGE

Remedial Massage

Remedial massage uses techniques including slow strokes and deep pressure on the tense areas to release the built-up tension and increase the flow of blood. These techniques often target the deeper layers of your muscle tissue, to break down chronic tension patterns.

**30 mins \$65, 45 mins \$80
60 mins \$95, 90 mins \$140**

Relaxation Massage

Using techniques including long flowing strokes, along the length of muscles designed to relax, melt away stress and rejuvenate.

**30 mins \$60, 45 mins \$70
60 mins \$80, 90 mins \$120**

Body Balancing Massage

We use Ayurvedic principles to select for your massage aromatherapy oils and Australian Wildflower essences. This helps to balance you physically and emotionally.

**30 mins \$60, 45 mins \$70
60 mins \$80, 90 mins \$120**

Pregnant Pause

A pregnancy massage (in the second & third trimester) with long flowing strokes and firm pressure on tense areas is designed to relax, melt away stress and increase the flow of blood to your muscles. We use our specially designed tables that allow you to lie face down with your belly in a protective hollow.

**30 mins \$65, 45 mins \$80
60 mins \$95, 90 mins \$140**

HANDS and FEET

SPA MANICURE

A softening regenerating treatment for hands and arms, featuring a warm citric soak, exfoliation, rose paraffin treatment and relaxing hand massage. Cuticles treated, nails buffed & painted with your choice of colour.

60 mins \$80

SPA PEDICURE

Relax your feet in an aromatic foot spa. Marine salts exfoliate the feet and lower legs, while a menthol algae mask or rose paraffin treatment treats tired feet and aching legs. Next a refreshing massage with energising essential oils. Cuticles treated, nails buffed & painted with your choice of colour.

75 mins \$90

MINI MANICURE or PEDICURE

Mini hand / foot treatment with tidy up of nails, cuticles and re-hydration, finished with your choice of colour.

30 mins \$60

EXFOLIATING SCRUBS

MARINE SALT GLOW

A full body exfoliation treatment with Marine salt, Grape seed oil and Shea nut butter removes dead skin cells and opens up your pores, stimulating circulation and leaving your skin silky smooth and radiant.

30 mins \$60

BACK SALT GLOW

A back exfoliation treatment which is suitable for congested, dry or acne backs. It removes impurities and stimulates your circulation.

15 mins \$40

BODY BLISS BALANCE

This is a blissful full body treatment for balancing and hydrating tired and stressed-out bodies. A gentle exfoliation is washed off with aura body wash then a massage of chakra essence & Shea butter with a blend of essential oils selected to balance your emotions, nourish and regenerate your skin.

60 min \$90



HIGH PERFORMANCE FACIALS

GRAPEWINE PEEL

This treatment is a gentle holistic exfoliation for all types of skins. The three phase peel utilises fruit-based acids to unclog congested skin, then nourish it with essential nutrients and antioxidants derived from grapes, leaving your skin revitalised.

30 mins \$75

ENZYME EXFOLIATION

Add \$15 with any facial.

This high performance exfoliation containing Papaya & Pineapple enzymes can be used with any facial. The enzymes work to gently dissolve a build-up of dead cells, clearing and brightening your complexion.

ACTIVE BOOST FACIAL

These facials deliver a fast boost of regenerating bio-actives infused directly into your skin. The appropriate active ingredients are chosen by our therapist for your skin condition. Choose from:

- anti-oxidant Vitamin C to de-stress & freshen,
- protein-rich Caviar to regenerate & repair or
- natural Whitening actives to brighten your complexion.

45 mins \$90

COLLAGEN BOOST FACIAL

An intensive facial that combines nutrient rich organics saturated with pure collagen for a luxurious, replenishing skin boost. Your skin is left regenerated with wrinkles smoothed.

60 mins \$110

YOUTH ELIXIR FACIAL

In this power facial a cascade of pure oxygen gas and micronised vitamins & minerals floods your skin to revitalise it pore by pore banishing fine lines, wrinkles and dehydration. The result is fresh, rejuvenated, healthy skin.

60 mins \$110

ACNE DIFFUSION FACIAL

In this facial the power of Oxygen as an anti-bacterial and healing agent is used to repair troubled skin conditions. This power facial clears, refreshes and regulates your skin helping to restore natural balance.

75 mins \$150

DIVINE RENEWAL FACIAL

Banish dull aged skin, smooth wrinkles & fine lines with this intensive facial. Starting with regenerating bio-actives infused directly into your skin to de-stress or regenerate or brighten your complexion. This is followed by a targeted application of organic myoxinol and natural collagen to hydrate and smooth dynamic wrinkles.

75 mins \$150

GRAPEWINE PEEL & COLLAGEN BOOST

This treatment facial starts with a three phase peel utilises fruit-based acids to unclog congested skin, then nourish it with essential nutrients & antioxidants from grapes. Then an intensive, nutrient rich organic mask saturated with pure collagen supplies a replenishing skin boost. Your skin is left fresh, smooth and regenerated.

75 mins \$150

BODY WRAPS (includes scrub)

FULL RANGE of BODY WRAPS

75 min \$150

Following an exfoliation, your body is wrapped in warm clay or mineral mud selected to balance and promote your skin's health. Your wrap is finished by an application of chakra body essence to hydrate your skin.

Select from the following wraps

- Rejuvenating (Re-mineralise),
- Clay Detox (draws out toxins),
- Coffee (fat mobiliser) or
- Healing Clay (skin balance).

WAXING

Lip	\$12
Eyebrows	\$15
Eyebrow Reshape	\$22
Chin	\$15
Lip & Chin	\$22
Facial – Side	\$20
Underarm	\$17
Arms (Half)	\$25
Arms (Three-quarter)	\$30
Arms (Full)	\$35
Legs (Half)	\$35
Legs & Bikini (Half)	\$45
Legs & G-String (Half)	\$55
Leg (Three-quarter)	\$45
Leg & Bikini (Three-quarter)	\$55
Leg & G-String (Three-quarter)	\$65
Legs (Full)	\$50
Legs & Bikini (Full)	\$60
Legs & G-String (Full)	\$70
Bikini	\$25
G-String	\$35
Brazilian	\$55

TINTING

Eyebrow Tinting	\$12
Eyelash Tinting	\$23
Eyelash & Eyebrow Tinting	\$28

Opening Hours

9.00am til 6.30pm Monday to Friday

9.00am til 5.30pm Saturday

Closed Sunday & Public Holidays

(Ph) (02) 616 22 666

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www.clubmmdayspa.com.au



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Note: Please arrive 5 to 10 minutes prior to your appointment time and give us at least 4 working hours notice for appointment changes or cancellations.

HYDROTHERAPY & WELLNESS TREATMENTS

Hydrotherapy Spa

Mineral salts selected to suit your individual needs are added to our custom-built hydrotherapy spa with over 50 jets positioned at acupressure & muscle points. Your tension melts away as our therapist massages your head.

30 mins \$55

CIRCULATION BOOSTER SESSION

The Circulation Booster can assist in improving the circulation in your legs and feet, to help relieve the symptoms of sore or cold feet, swollen veins or ankles. It stimulates the reflex zones in your feet.

30 mins \$19

Dry Hydrotherapy Massage

You float on a thin membrane while powerful warm water jets release tension. You are warm, dry and very relaxed. Perfect in between massages, or as a relaxing de-stress session (no swimsuit needed).

20 mins \$19

HEATED HYDROTHERAPY POOL SESSION

Our heated Hydrotherapy pool operates at 33 degrees. It has a ramp access with handrails and does not use high levels of Chlorine.

40 mins \$11

FAR-INFRARED SAUNA SESSION

Our specialised sauna utilises ceramic heaters to radiate energy in the Far-Infrared band. This achieves effective mobilisation and removal of toxins at lower temperatures than a traditional sauna. It also provides toning for your cardiovascular system and strengthens your immune system.

30 mins \$29

Mmm! PACKAGES

SPA RENEWAL PACK

APPROX 1 ¾ HRS \$120

- 30 min Hydrotherapy Spa /or Detox Sauna
- 60 min Body Balancing Massage /or Body Bliss Balance
- Spa Appetiser

SPA ESCAPE PACK

APPROX 2 HRS \$150

- 30 min Body Balancing Massage /or Marine Salt Glow
- 60 min Spa Manicure /or Spa Pedicure
- Spa Appetiser

SPA BALANCE PACK

APPROX 2 ½ HRS \$200

- 75 min Body Scrub & Wrap (choice of 4 types)
- 60 min Body Balancing Massage /or Wildflower Healing Facial
- Spa Appetiser

SPA RETREAT PACK

APPROX 3 ¼ HRS \$260

- 30 min Hydrotherapy Spa /or Detox Sauna
- 60 min Body Balancing Massage /or Body Bliss Balance
- 60 min Youth Elixir Facial /or Collagen Boost Facial
- 30 min Mini Manicure /or Mini Pedicure
- Spa Appetiser

SPA APPETISER your choice of

- *Strawberries dipped in chocolate /or Fruit Platter and*
- *Sparkling wine /or Fruit juice*

Note: Please arrive 5 to 10 minutes prior to your appointment time and give us at least 4 working hours notice for appointment changes or cancellations.

SPA UNWIND PACK (Group)

For 3–6 people attending as a group.
APPROX 1 ¼ HRS \$100 EACH

Your choice of 2 of the following

- 30 min Body Balance Massage
 - 30 min Mini Facial
 - 30 min Mini Manicure
 - 30 min Mini Pedicure
 - 30 min Marine Salt Glow
- Plus a Spa Appetiser

SPA GETAWAY PACK (Group)

For 3–6 people attending as a group.
APPROX 2 ¼ HRS \$135 EACH

Your choice of 2 of the following

- 60 min Body Balance Massage
 - 60 min Wildflower Healing Facial
 - 60 min Spa Manicure
 - 60 min Spa Pedicure
 - 60 min Body Bliss Balance
- Plus a Spa Appetiser