

# Mmm Menu of Services



# WELCOME TO **CLUB MMM'S** WORLD OF PAMPERING, HEALTH AND HEALING. A COMPLETE **MMM!** EXPERIENCE!

## DERMLOGICA FACIALS

The world's No. 1 professional skin care brand!

Real results, real treatments and real answers. Your Club MMM! Therapist will help you achieve your skin care goals.

### DERMLOGICA CUSTOMISED CORE FACIAL

A skin treatment for clients who are not sure what type or condition their skin is in. Our skin specialists at Club MMM! Day Spa is here to advise you on the best possible course of treatments to get your skin looking and working at its best.

**1 hour \$99**

### DERMLOGICA TEEN CLEAN FACIAL

If your son or daughter is having problems with maintaining their skin this is for you. Our skin specialists will customise the treatment to suit and educate your teen in good skin care. This is especially important for the girls as they do tend to clog and congest their skin with makeup as removal is often not done efficiently.

**45 mins \$59**

### ULTRA CALMING HIGH PERFORMANCE FACIAL

If you suffer from inflamed, red, reactive and itchy skin this treatment is for you

Sensitised skin is a skin condition rather than a skin type. Most people who say they have sensitive skin usually only have sensitised with relief and assist them to manage their ongoing sensitivity.

**75 mins \$120**

### MEDIBAC CLEARING SKIN FACIAL

If you suffer from breakouts, excess oil and congestion, this facial is for you

Stress levels, hormones and genetics all play a part in this skin type/condition. This treatment consists of anti-bacterial and anti-inflammatory ingredients to assist with the management of oily acne prone skin. Our skin specialists will advise you on the best course of treatment for your skin.

**75 mins \$120**

### AGEsmart HIGH PERFORMANCE FACIAL

Do you have fine lines, wrinkles, loss of tone or feel your skin has aged pre-maturely this skin treatment is for you.

Age related skin changes are the result of environmental and genetic factors. Environmental factors will cause more pronounced changes in the skin such as sunlight, pollution, stress, free radicals and dehydration for instance. The AGEsmart treatment is designed specifically to address pre-mature and natural ageing concerns.

**75 mins \$120**

### MENSDERMA SKIN TREATMENT

Designed especially for men and customised for all skin types and conditions. This can be great for congestion or skin irritation due to constant shaving and is also extremely relaxing.

**1 hour \$99**

## HANDS AND FEET

### FANCI NAILS SEMI PERMANENT NAIL POLISH

Nails are dry and ready to go. No waiting around for them to dry.

Semi permanent polish lasts approximately 2 weeks and offers a slight hardening effect to natural nail.

**30 min \$30**

### 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 and 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 and 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**

### BUFF AND POLISH

File, shape, cuticle tidy with your choice of polish.

**30 min \$30**

## HERITAGE HEALER FACIAL

Your Club MMM! Therapist will use Heritage Healer products to bring you a range of solutions for the mind, body, soul and skin.

### 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**

#### YOUTH ELIXIR FACIAL

In this power facial a cascade of pure oxygen gas and micronized vitamins and 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**

#### ENZYME EXFOLIATION

Add \$15.00 with any facial. This high performance exfoliation containing Papaya and 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.

#### GRAPEWINE PEEL

This treatment is a 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**

#### HERITAGE 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 and 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**

### MMMASSAGE

#### 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**

#### COUPLES RETREAT MASSAGE

Book in with a friend or partner and experience a therapeutic and blissful full body, scalp and temple massage using your choice of aroma oil followed with a sparkling wine or juice.

**75 mins \$220**

#### PREGNANT PAUSE

A pregnancy massage (in the second and 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**

#### 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**

#### SEATED NECK AND SHOULDER MASSAGE

Excellent for those who are time poor and need some quick relief.

**20 mins \$39**

## BODY TREATMENTS

### NAKED TAN

Say MMM! to a truly natural looking tan ready in just two hours.

Produced from sugar cane containing no parabens, alcohol or odour. Lasts up to ten days.

**Half Body \$25**  
**Full Body \$39**

### 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 and Shea butter with a blend of essential oils selected to balance your emotions, nourish and regenerate your skin.

**60 mins \$90**

### BODY WRAPS (includes scrub)

#### Full Range of Body Wraps

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).

**75 mins \$150**

### 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.

**20 mins \$40**

## WAXING

LIP	\$12
EYEBROWS	\$15
EYEBROW RESHAPE	\$22
CHIN	\$15
LIP AND CHIN	\$22
FACIAL – SIDE	\$20
UNDERARM	\$17
ARMS (HALF)	\$25
ARMS (THREE-QUARTER)	\$30
ARMS (FULL)	\$35
LEGS (HALF)	\$35
LEGS AND BIKINI (HALF)	\$45
LEGS AND G-STRING (HALF)	\$55
LEG (THREE-QUARTER)	\$45
LEG AND BIKINI (THREE-QUARTER)	\$55
LEG AND G-STRING (THREE-QUARTER)	\$65

LEGS (FULL)	\$50
LEGS AND BIKINI (FULL)	\$60
LEGS AND G-STRING (FULL)	\$70
BIKINI	\$25
G-STRING	\$35
BRAZILIAN	\$55

## TINTING

EYEBROW TINTING	\$12
EYELASH TINTING	\$23
EYELASH AND EYEBROW TINTING	\$28
EYELASH AND EYEBROW TINTING, EYEBROW WAX	\$39

## HYDROTHERAPY AND 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 and 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**

### BOOK OF 10 HYDRO POOL VISITS

Pre-purchase your visits to save. 3 months validity.

**\$99**

## BODY CONTOURING

### Cavitation Contouring and Skin Tightening Radio Frequency and Ultra Sound Treatments

Recommend 6 to 8 visits, 3 days between visits. Maintenance visit 3 to 6 months depending on individual response

### SKIN TIGHTENING

CHIN/NECK AREA	25 min \$ 99
FACE	35 min \$115
UPPER ARMS	40 min \$185
TUMMY	45 min \$199
<b>BUY FIVE GET 1 FREE</b>	

Recommend 6 to 8 visits 2, 3 days between visits. Maintenance visit 3 to 6 months depending on individual response

### ULTRA SOUND CAVITATION CONTOURING INCLUDING SKIN TIGHTENING

50MIN SESSION (either tummy, hips, inner thighs or buttocks)	<b>\$250</b>
40MIN SESSION (upper arms, small lower tummy)	<b>\$199</b>
<b>BUY FIVE GET 1 FREE</b>	

### MMMENS TREATMENTS

#### MENZ PACKAGE

Start to wind down with a 15 minute infrared sauna to relax tight muscles in preparation for a 45 minute relax massage including scalp massage and facial deep clean.

**Allow 1.5 hours \$129**

#### MENZDERMA SKIN CLEANSE

##### Menzderma Skin Treatment

Designed especially for men and customised for all skin types and conditions. This can be great for congestion or skin irritation due to constant shaving and is also extremely relaxing.

**1 hour \$99**

### MENZ WAXING

FULL ARM	<b>\$69</b>
BACK AND SHOULDERS	<b>\$60</b>
HALF ARM	<b>\$40</b>
CHEST	<b>\$38</b>
FULL LEG	<b>\$70</b>
CHEST AND STOMACH	<b>\$45</b>
BACK	<b>\$45</b>
STOMACH	<b>\$15</b>

## MMM! PACKAGES

### SPA RENEWAL PACK

**APPROX. 1 ¼ HRS \$120**

- 30 min Hydrotherapy spa/or Detox Sauna.
- 60 min Body Balancing Massage for Body Bliss Balance

### SPA APPETISER

- Strawberries and chocolate
- Sparkling wine/or fruit juice

**Note:** Please arrive 5 to 10 minutes prior to your appointment time

### SPA ESCAPE PACK

**APPROX 2 HRS \$150**

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

### SPA BALANCE PACK

**APPROX 2 ½ HRS \$200**

- 75 min body Scrub and 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
- Custom Core Facial
- 30 min Mini Manicure/or Mini Pedicure
- Spa Appetiser

### COUPLES RETREAT MASSAGE PACK

Book in with a friend or partner and experience a therapeutic and blissful full body, scalp and temple massage using your choice of aroma oil followed with a sparkling wine or juice.

**75 min \$220**

### 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

## TERMS AND CONDITIONS

### BOOKING POLICY

All bookings valued at \$60 or more require credit card details to secure the booking. All bookings for Saturday need to be secured with credit card details. Group bookings require 50% deposit and credit card details to secure the booking time.

### CANCELLATION POLICY

50% cancellation fee of treatment value if cancelled or rescheduled within 24 hours. 100% cancellation fee of treatment value for non-attendance. Group bookings require 3 days notice to cancel. This also applies to our gift vouchers.

### GIFT VOUCHERS

Gift vouchers are beautifully presented free of charge. They may be purchased over the phone and posted for a small fee. They are not redeemable for cash but may be transferred. Expiry date is 3

months from purchase. Please do contact us prior to expiration if you require an extension. Please have your voucher number ready when booking and bring your voucher with you.

### SPA ETIQUETTE

**Arrival** – as your treatment has been especially reserved for you, please arrive 10 mins prior. Should you be running late, your appointment will be charged and finished as originally booked so as not to inconvenience our next guest.

**Environment** – for the enjoyment of all our guests mobile phones should be switched off and a soft speaking voice used within the treatment areas. Please make child care arrangements during your time with us.

**Attire** – Robes and slippers will be provided when necessary. Please bring along your swim wear for any hydro treatments and open toes shoes for pedicure.

**Health Matters** – Please inform us of any health related issues you may have at the time of booking – like pregnancy, allergies, heart conditions etc. so we may design a specific treatment for you.

**By making a booking with us you are abiding by our terms and conditions.**

## OPENING HOURS

9.00 am til 6.30 pm **Monday, Tuesday, Wednesday, Friday**

9.00 am til 8.30 pm **Thursday**

9.00 am til 5.30 pm **Saturday**

**Closed Sunday & Public Holidays**

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