

HANDS and FEET

Healing Hands

A gentle pink clay polish blended into a rich raspberry crème to smooth and brighten the delicate skin of hands. Gentle massage relieves aching hands followed by a rich buttery blend of Cocoa, Shea, Jojoba & Evening Primrose to leave skin supple. Fruit extracts impart vitamins for repairing hands and nails. Nails are filed and buffed and cuticles removed. Nail polishes used are chip resistant, Toluene, DBP and Formaldehyde free.

Natural finish **40min**
Base coat, Polish & Top Coat **50min**

Feet Retreat

Bamboo and detoxifying green clay blended into a pineapple crème, deeply exfoliate the feet revealing soft smooth new skin. Massage relieves tired, overworked feet and pure mango butter with apricot and Vitamin E promotes elasticity and suppleness to create beautiful feet and toes. Nails are filed and buffed and cuticles removed. Nail polishes used are chip resistant, Toluene, DBP and Formaldehyde free. Safe for Pregnancy.

Natural finish **50min**
Base Coat, Polish & Top Coat **60min**

TREATMENT ENHANCEMENTS

Aromatic Steam Sojourn

Surround yourself in vapours of steam infused with pure aroma essences to help cleanse the respiratory system, gently relax muscles and stimulate the immune system. The increase in circulation carries nutrients that enhance and revitalise the skin. Refresh with a Botanical Shower.

Eye Rejuvenation (anti-ageing)

A revitalising layered treatment dedicated to the delicate skin around the eyes, combating the tell tale signs of ageing by fighting puffiness, fine lines and wrinkles. Skin firmness, elasticity, tone and texture are plumped and reconditioned. A gentle cleanse and enzyme fruit exfoliation help to smooth skin. An infusion of Marine Collagen, White Tea, and an intense vitamin complex is layered under a Raspberry and Spirulina French clay masque. A light massage with whipped Rosehip and Moroccan Rose delivers a hydration boost.

Shirodhara

This ancient ayurvedic treatment has been used for thousands of centuries to promote healing and deep relaxation. A gentle stream of warm oil flows onto the third eye and cascades over the scalp and hair. Followed by a relaxing massage for healthy hair and scalp. Botanical Shampoo & Conditioner in showers add shine and vitality to hair.

Lash & Brow Enhancement

Enhance and beautify your eyes by giving your brow and lashes a healthy, fuller look. Natural tints that are used should last for app 6-8 weeks.

Makeup Application

Natural and glowing complexion for Bridal and Special Occasions. Trial makeup is advisable for Weddings.

Waxing

All waxing is performed to the highest standard of hygiene and professionalism. A blend of soothing antiseptic and anti-inflammatory herbal extracts are applied to calm the skin, combating irritation and redness. This Botanical Crème quickly penetrates and is mildly analgesic to soothe even the most sensitive skins post epilation.

SPA PACKAGES

Tonic for Indulgence

Youth Elixir Spa Facial
Eye Rejuvenation
Shirodhara
L'Argile Cocoon Body Masque
Thermal Stone Massage inc Scalp
Healing Hands with Polish
Feet Retreat with Polish
Lunch & Refreshments included

7 hrs

Tonic for the Soul

Fruit Enzyme Spa Facial
Eye Rejuvenation
Shirodhara
Cleopatra Mud Wrap & Massage
Aromatic Steam Sojourn
Feet Retreat with Polish
Lunch & Refreshments included

6 hrs

Tonic for Radiance

Phyto Nutrient Spa Facial
Eye Rejuvenation
Lemongrass Salt Smoother
Bodhi Stone Therapy
Healing Hands with Polish
Lunch & Refreshments included

5 hrs

Tonic for Mums to Be

Botanical Infusion Treatment
Eye Rejuvenation
Vanilla Bean Sugar Delight
Feet Retreat with Polish
Shirodhara
Refreshment included

4 hrs

Tonic for Tranquility

Botanical Infusion Treatment
Thermal Stone Massage inc Scalp
Bodhi Stone Therapy
Shirodhara
Refreshment included

3 hrs

Tonic for Relaxation

Botanical Infusion Treatment
L'Argile Cocoon Body Masque
Relaxation Massage inc Scalp
Refreshment included

3 hrs

Tonic for Vitality

Mineral Mud Therapy
Back, Neck & Shoulder Massage
Bodhi Stone Therapy
Refreshment included

2 hrs

Tonic for Men

Thermal Stone Massage inc Feet, Face & Scalp
Revitalising Facial
Refreshment included

2 hrs

TONIC Spa

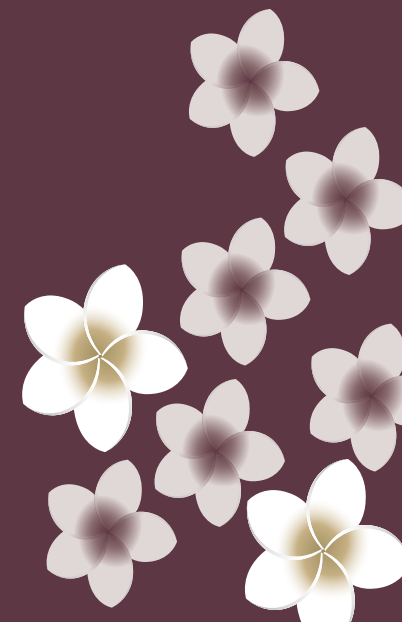
DAY SPA & BEAUTY • TONIC FOR THE SOUL

TREATMENT MENU

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WELCOME

Tonic Spa, invites you to experience Pure Relaxation for Mind, Body and Soul. We have created a warm and relaxed Spa ambience with our therapeutic and holistic experiences. Tonic means Refreshing, Invigorating and to Restore tone & health to the body, which is what our dedicated team of therapists deliver by providing luxurious treatments with effective results from Waterlily's Spa Exclusive product range for your wellbeing. Our Spa philosophy is based on ancient and modern wellness rituals from around the globe, customised to individual needs to give that personal touch and bring you back into balance for immediate results, long term benefits and enhanced wellness.

SPA ESSENTIALS

Arrival Time

Please arrive 10min prior to your treatment time so that you can relax and enjoy a refreshment before your service. New guests will be required to fill out a Wellness Questionnaire prior to their treatment. If you are running late for your treatment we will do our best to accommodate as much of it as we can so as not to inconvenience our next guest.

Bookings

Bookings are essential for all Spa Treatments. Credit card details are required at the time of booking to secure your appointment, unless you have a gift voucher. In house guests can dial ext 777 to contact the Day Spa. External guests can contact us on 9849 5777 or book via our website using our online booking form.

Cancellations

If you need to cancel or change your appointment time, we kindly ask for a minimum of 24 hours notice for treatments 3 hours or less and 48 hours notice for treatments that are 4 hours or more. If the appropriate notice cannot be given this will incur a 50% cancellation fee. If no notice is given then 100% cancellation fee will apply.

Gift Vouchers

Tonic Spa Gift Vouchers are a wonderful way to say thank you to friends or work colleagues or treat the ones you love. Can be organised over the phone or via email and sent out the same day.

Health Considerations

Please notify us at the time of booking if you are pregnant or have any medical conditions such as allergies, heart conditions or high blood pressure. A wellness questionnaire will be provided on arrival.

Spa Attire

During your stay with us you will be provided with a Robe, Slippers and Towels when necessary. Disposable underwear is available for body treatments and your privacy will be respected at all times.

Spa Etiquette

Please keep mobile phones on silent during your visit and noise to a minimum to ensure a tranquil environment for all our guests.

F A C E

Youth Elixir Spa Facial

75min / 90min inc Eye Rejuvenation

A deeply rejuvenating treatment rich in potent omega oils, crushed nut butters, anti-ageing vitamins, anti-oxidants and precious essential oils for intense results. Skin is visibly hydrated, plumped, firmed, toned & softened while cell regenerating botanicals recondition tone & texture. Targets fine lines & wrinkles, dryness, dehydration, sun damage, crepiness, sensitivity, broken capillaries and mature skin.

Fruit Enzyme Spa Facial

75min / 90min inc Eye Rejuvenation

Lashings of pure fruit enzymes & anti-oxidants steeped in an aromatic Spa Facial to smooth, exfoliate, refine & hydrate, leaving skin luminous and revitalised. An effective treatment to brighten skin with boosted concentrates of exotic orange blossom, guava and raspberry. An enzyme contouring masque peel is used to refine the complexion. Ideal treatment for fine lines and wrinkles, sun damage, pigmentation, dull complexions, congested skin and premature ageing.

Phyto Nutrient Spa Facial

75min / 90min inc Eye Rejuvenation

A professional treatment to rebalance, strengthen & heal the most problematic of skin types. A deeply clarifying facial to effectively detoxify the skin, encouraging a new level of skin fitness. Blemishes and acne are decongested with powerful antibacterial botanicals to combat excess oil, blackheads, comedones & combination skin. A purifying treatment to equalize oil while reconditioning, hydrating & revitalising the complexion. Balances excess oil & large pores and minimises dehydration and scarring.

Botanical Infusion Treatment

60min

A specially customised facial utilising botanical ingredients to treat individual skin types with vital nutrients that deliver hydration, soothing and balance. Oily and problematic skins will be purified and decongested to bring skin back into balance. Dry, sensitive and dehydrated skins will receive a hydration boost to lock in moisture for a dewy youthful complexion.

Revitalising Facial

30min

A cleansing facial designed to brighten, nourish and revitalise the complexion using a selection of natural botanicals, plant extracts, French clay and a hydrating infusion of aromatic essential oils.

B O D Y M A S S A G E

Relaxation Massage

This gentle Swedish massage uses smooth gliding strokes to relieve tension and help you relax. Health benefits include calming the nervous system to promote a sense of well-being, improving blood circulation and stimulating the bodies lymphatic system to aid in detoxification. We have specially designed Belly Pillows for pregnancy massage to ensure that you are comfortable and supported at all times.

Full Body Massage inc Feet, Face & Scalp

90min

Full Body Massage inc Scalp

60min

Back, Neck & Shoulder

30min

Thermal Stone Massage

Melt away muscle tension and toxins with smooth warm volcanic stones which absorb and retain heat. Different sized stones will be alternated throughout the massage to improve circulation and deliver oxygen to the blood stream. The heat of the stones helps tight muscles to release more quickly than normal massage. Also beneficial for arthritis.

Full Body Massage inc Feet, Face & Scalp

90min

Full Body Massage inc Scalp

60min

Back, Neck & Shoulder

30min

B O D Y T R E A T M E N T S

Cleopatra Mud Wrap & Massage

90min

This blissful escape will see your stress and tension melt away with a body wrap to revitalise skin, stimulate circulation and soothe muscle and joint pain. The therapeutic benefits of the Warm Mud will supply your skin with vital nutrients and much needed minerals to rebalance the skins pH levels, tighten pores and rid the body of toxins. Finishing with a rich Rose Geranium Body Balm which is tenderly massaged into the skin for complete nourishment, making this the ultimate Spa experience.

Vanilla Bean Sugar Delight

75min inc Massage

A deeply intoxicating exfoliation treatment rich in Vitamin E and luscious Vanilla Bean infused sugar to deliciously smooth, soften and hydrate the entire body. Almond oil and Soya bean strengthen, repair & replenish skin. Lashings of whipped Vanilla bean crème infused with cocoa butter deeply nourish skin in a relaxing massage. This treatment is ideal as a safe prenatal body treatment.

Lemongrass Salt Smoother

75min inc Massage

An aromatic cocktail of Australian mineral salts steeped in a blend of Oils to thoroughly exfoliate the skin and stimulate circulation for healing and renewal. Almond oil, rich in vitamin B helps to nourish and repair while Lemongrass purifies to decongest and assist with Cellulite prone or sluggish skin. Enjoy a revitalising massage with Lemongrass Crème infused with botanical extracts of Lime and Green Tea.

Mineral Mud Therapy

60min

A beautiful mud treatment to assist skins with dryness, scaling or itchiness by delivering an abundance of essential nutrients and minerals back into skin for increased softness and hydration. Also aids in the elimination of toxins whilst regenerating new and healthier cells through increased circulation and purification. Skin is left feeling supple with an improvement in firmness and elasticity. Drenching the body in Luxurious Botanical Balms for incredible softness and moisture.

L`Argile Cocoon Body Masque

60min

Skin is revived with exfoliation before 100% pure organic sun dried clay from the South of France is applied all over the body. The clay acts as a magnet to draw out impurities from the body while the essential minerals within the clay are released through Ionic Exchange Power so that the body can absorb those it needs to aid healing & tissue regeneration, restoring health and vitality. Specially chosen herbal extracts and floral water are incorporated for additional benefits to bring out skins natural radiance. A luxurious body moisturizer is smoothed over the body for a silky sumptuous feel. Can also be customized as a safe prenatal treatment.

Bodhi Stone Therapy

30min

Relieve tired, aching and swollen feet with this relaxing and revitalising treatment. Feet are soaked in a warm bath of Rose Geranium, West Indian Lime, French Lavender and Grapefruit. Rough, dead skin is exfoliated with a Bamboo & Spearmint foot scrub. Specially handcrafted Bodhi stones are used to massage feet and calves to instantly relieve soreness and pain. Rich mango butter nourishes feet while Ginkgo stimulates circulation and Spearmint leaves feet and legs feeling cool and refreshed.

Organic Body Tan

30min

Organic Spray Tan gives a beautiful natural looking colour. No streaks or orange tones. For best results ensure a thorough exfoliation prior to application.

