

## massage

**Refresh Body Massage 90mins \$130**

Feel your fatigue and stress disappear as your body dissolves into this blissful, revitalising combination of a hot towel body soak and invigorating dry skin brush

which removes toxins and improves circulation followed by a moisturising, relaxation massage.

**Body Massage 45mins \$70 60mins \$90**

Enhance your body's physical and psychological wellbeing with the nurturing, relaxing powers of soothing touch in a therapeutic, relaxation massage using Jurlique aromatherapy massage oils.

**Back Massage 30mins \$50**

Enjoy the powerful healing properties of a concentrated, firm, therapeutic massage to relieve tension, soothe and re-energise your back, neck, head and shoulders.

**\*Results Series of 60mins Massage 6 treatments \$450**



## hydrotherapy spa bath

**Hydromassage 30mins \$55**

Sink into the warm healing waters infused with salts, minerals and essential oils and unwind with an all-over 'to die for' Hydromassage. Benefits include

strengthened immune system, digestion and elimination, stimulated lymphatic and circulatory systems, relieving tired muscles, reducing cellulite, slimming and deep tissue workout.

**\*Results Series of Hydromassage 6 treatments \$275**

Clean, fresh water is used for every spa bath.

*We recommend you bring your bathers for your privacy and comfort.*



## body spa therapy

**Body Salt Glow 30mins \$50**

An invigorating body scrub of Dead Sea Salt that restores vital minerals. Blended with warm aromatic oils, this perfect exfoliation medium buffs your skin to a

soft, healthy and radiant glow. Improves blood and lymph circulation to remove toxins.

**Refresh Body Polish 45mins \$70**

A stimulating body exfoliation featuring a specially formulated exfoliating gel rich in antioxidants and active ingredients to improve your skin's elasticity and tone. A hot towel body soak and dry skin brush removes toxins and improves circulation. Leaves your skin youthful and silky smooth.

**Back Deep Cleanse 45mins \$70**

A deep cleansing, antioxidant facial for your back. Ideal for problem skin and reducing stress. A hot aromatherapy towel soak followed by an exfoliating gel and dry skin brush. An intensive, exfoliating mask is infused with steam and a healing moisturiser is massaged into your back.

**Contour Clay Body Wrap 60mins \$100**

A sensuous, firming and toning body pick-me-up. Stimulating dry skin brush and exfoliating, antioxidant clay mask that contains beneficial minerals and herbal extracts will hydrate, balance and enliven your skin. Moisturising body oil and lotion leaves your skin velvety smooth.

*body spa therapy continued over...*

## body spa therapy *continued*

**Detox Mud Body Wrap 60mins \$100**

A luxurious warm wrap of ancient Moor Mud containing vital nutrients for deep cleansing and moisturising. Detoxifying and stimulates the circulation, helping to reduce inflammation, cellulite and water retention leaving you revitalised and radiant.

**Deluxe Body Wraps 75mins \$120**

**Contour Clay Body Wrap** or **Detox Mud Body Wrap** plus a Mini Facial with Mask.



## day spa packages

These packages have been created to refresh your mind, body and soul for a naturally new You! You can also design your own personal package.

*Add-ons: Mini Head & Hair Revitaliser - 15min intensive hair and scalp treatment for only \$20 extra, 30mins Hydromassage for only \$50 extra.*

**Touch of Bliss 1hr 30mins \$135**

Body Massage, Refresh Facial

**Touch of Heaven 2hrs \$185**

Body Massage, Scent-Sational Facial

**Detox Reviver 2hrs \$195**

Body Salt Glow, Detox Mud Body Wrap, Skin Cleanse Facial

**Refresh 2hrs 15mins \$195**

Refresh Body Massage, Refresh Facial

**Escape 2hrs 30mins \$220**

Refresh Body Polish, Body Massage, Deep Cleanse Facial

**Serenity 2hrs 30mins \$225**

Hydromassage, Body Massage, Scent-Sational Facial

**Rejuvenate 2hrs 45mins \$250**

Refresh Body Polish, Contour Clay Body Wrap, Rejuvenate Facial

**Indulgence 3hrs 45mins \$255**

Signature Facial, Deluxe Pedicure, Deluxe Manicure (*Snack included*)

**Total Heaven 4hrs \$350**

Body Salt Glow, Detox Mud Body Wrap, Body Massage, Refresh Facial, Hands & Feet Revitaliser (*Light Refreshments Included*)

**Total Bliss 4hrs 30mins \$365**

Contour Clay Body Wrap, Body Massage, Scent-Sational Facial, Spa Pedicure, Classic Manicure (*Light Refreshments Included*)

## day spa packages for two

**Serenity for Two 2hrs 45mins \$225ea**

Refresh Body Massage, Anti-Stress Facial, Hands & Feet Revitaliser

**Tranquillity for Two 3hrs 15mins \$270ea**

Hydromassage, Body Massage, Refresh Facial, Spa Pedicure (*Snack included*)

## spa etiquette

### When will I arrive?

We recommend that you arrive 5-10 minutes early to allow for consultation and to relax. Late arrivals do not normally receive an extension of treatment time.

### What will I wear during treatments?

Maintaining your sense of dignity and wellbeing is of the utmost importance to us. We will advise you of the clothing to wear depending on your treatment. All our qualified therapists are trained to drape correctly to ensure your comfort and privacy. We provide disposable underwear for your comfort.

### What if I need to cancel or change my appointment?

Out of consideration, a minimum of 12 hours notice is required to cancel or reschedule. All treatments over 2 hours must be secured by providing credit card details for 30% deposit at time of booking. Any cancellation of less than 12 hours notice may incur the cancellation fee and gift certificates may become void.

### What if I have a special health consideration?

Please advise, at time of booking, if you are pregnant or have any major health concerns as some treatments may not be suitable for you.

### Experience the Jurlique Difference

The caring professionalism of our skilled therapists combined with the uplifting aromas and luxurious textures of the Jurlique products make it a wonderful experience for the senses, not just the skin. You can ensure you maintain the results you have achieved at the spa with a customised selection of homecare products.

### Gift Certificates

Give the ultimate gift to indulge someone special. Valid for 6 months.

### Results Series

We recommend one treatment every four weeks over 6 months for optimum results. Treatments must be taken within 12 months from date of purchase.

### Our promise to You

We promise you 'aahh' treatments with the best care. If you are not completely happy, we will refund your money or redo the service for you.

### Payment Method

Cash, Visa, Mastercard & Eftpos are all accepted.

### Opening Hours

Monday to Friday – 9:00am to 6:00pm Saturdays – 9:00am to 3:00pm  
Thursday night – Extended hours upon request

nurturing  
body &  
beauty care  
for you

refresh  
CITY DAY SPA

Mainstreet Arcade, 85 Lake St thru to Grafton St  
Cairns City Centre

Tel: 07 4051 8344 Fax: 4051 3581

Email: [info@refreshcitydayspa.com.au](mailto:info@refreshcitydayspa.com.au)

Web: [www.refreshcitydayspa.com.au](http://www.refreshcitydayspa.com.au)

Valid from 1st January 2008

nurturing body & beauty care

GMG-5458

IMAGINE a day spa that refreshes  
your mind, body and soul...



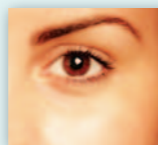
**refresh**  
CITY DAY SPA

Escape to Refresh City Day Spa and be nurtured with exceptional body and beauty care. Lift your senses to peaceful euphoria in our boutique-style sanctuary that is infused with a soothing, aromatic ambience.

Our fresh, contemporary day spa has evolved after twenty years and now includes five unisex treatment rooms featuring a luxury hydrospace to boost your energy, restroom, couple's room and a manicure/pedicure corner to enjoy your treatments together.

Our caring team is dedicated to providing outstanding service, treatments and results for you.

*refresh revive nurture you!*



### waxing

We use the finest quality strip & hot waxes and soothing after-care products for safe, effective results.

Wax is never recycled and we follow the highest sanitation procedures.

Eye Brow Tidy	\$18
Eye Brow Shape	\$25
Lip	\$14
Chin	\$14
Brow / Lip / Chin	\$40
Under Arms	\$18
Full Arms	\$30
Half Arms	\$20
Bikini Line	\$20
G-String	\$30 - \$40
Brazilian	\$45 - \$55
Full Legs	\$45
3/4 Legs	\$40
Top 1/2 Legs	\$35
1/2 Legs	\$30

	+ Standard Bikini	+ Standard G-String	+ Standard Brazilian
Full Legs	\$55	\$65	\$80
3/4 Legs	\$50	\$60	\$75
Top 1/2 Legs	\$45	\$55	\$70
1/2 Legs	\$40	\$50	\$65

### men's maintenance

Eye Brow	\$15
Full Legs	\$55
Back or Chest	\$40 - \$50
Arms	\$40
Neck	\$25

### tinting

Colours available are black, blue black, violet, brown & light brown.

Lash Tint	20mins	\$20
Brow Tint	10mins	\$14
Lash Brow Tint & Shape	40mins	\$45



### hands & feet care

We take time to pamper you and we use high quality products for a professional finish.

*Full Set French Tips \$10 extra.*

#### Mini Manicure 25mins \$30

For a quick and professional shaping of the nails, buffing and nail polish of your choice.

#### Classic Manicure 45mins \$45

Your nails are softened in a warm soak of aromatic essential oils. Shaping of the nails and cuticle repair is followed by a relaxing hand massage that leaves your hands feeling pampered and hydrated. A nail buff and varnish beautifully restores your nails.

#### Deluxe Manicure 60mins \$65

Classic Manicure with mask and soothing paraffin to repair and rehydrate your hands leaving them feeling luxuriously soft, supple and deeply nourished.

#### Mini Pedicure 30mins \$35

A foot soak is followed by a quick and professional shaping of the nails, buffing and nail polish of your choice.

#### Spa Pedicure 60mins \$60

Relax while your feet are softened and pampered with an aromatic, sea salt soak in a warm footspa. Your feet will feel restored and beautiful with an exfoliation of hardened skin, followed by a rejuvenating foot massage, nail care and varnish.

#### Deluxe Pedicure 1hr 30mins \$80

Spa Pedicure with mask and soothing paraffin to repair and rehydrate your feet leaving them feeling luxuriously soft, supple and deeply nourished.

#### Manicure-Pedicure Package 1hr 45mins \$100

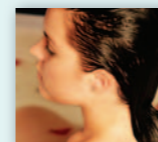
Classic Manicure and Spa Pedicure value combination.

#### Deluxe Manicure-Pedicure Package 2hrs 30mins \$140

Deluxe Manicure and Deluxe Pedicure value combination.

#### Hands & Feet Revitaliser 45mins \$50

Enlivens and pampers your neglected hands, aching feet and lower legs. Your feet will feel revived and smooth with an aromatherapy sea salt hot soak, a dry skin brush and antioxidant gel exfoliation. Your hands will feel hydrated and silky soft with a nourishing mask. Finished with a revitalising and soothing hand, foot and lower leg moisturising massage.



### head care

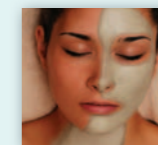
#### Head & Hair Revitaliser 30mins \$50

A sublime, energy-balancing treatment begins with a relaxing, aromatherapy hot soak and massage to shoulders, neck and face. A rich oil balm infused with herbal extracts is massaged and brushed into the scalp and left in for increased benefit. Improves health of scalp and hair, leaving you feeling euphoric.

#### Ear Candling 30mins \$50

An ancient technique using Hopi candles with traditional aromatherapy. This gentle, safe treatment induces a warm, pleasant feeling and balances ear and sinus pressure. Maintains ear health, soothing and helpful for earache and blocked ears.

*Also great before a flight or after a day snorkelling.*



### facials

We use only Jurlique Skin Care and personalise treatments to ensure maximum benefits regardless of your skin type, sensitivity or age. Jurlique's hydrating principles, exquisite aroma and pure, safe & nourishing ingredients create dramatic results of radiant, younger-looking skin without blotchiness or redness.

#### Introductory Jurlique Experience 15mins \$25

A mini-facial consultation introducing you to the features of the Jurlique products that will suit your skin's individual needs.

*This treatment is free with skin care product purchase on the day.*

#### Skin Cleanse Facial 30mins \$50

A purifying facial to cleanse and balance the skin with gentle exfoliation, mask and hydrating moisturiser for radiant, healthy skin. Also includes a moisturising hand massage.

#### Anti-Stress Facial 30mins \$50

A relaxing, calming facial to unwind and re-energise you. Features a comforting massage for your face, neck and shoulders. Cleanse, tone and nurturing moisturise to rebalance your skin.

#### \*Results Series of 30 mins Facials 6 treatments \$250

#### Refresh Facial 45mins \$70

A refreshing facial to nourish and hydrate your skin with steam, mask and balancing moisturiser. Revitalising massage for your face, neck, décolletage and hands. Leaves your skin enlivened and silky.

#### Scent-Sational Facial 60mins \$90

A classic, nurturing facial for all your senses with steam and relaxing massage for your face, neck, shoulders, décolletage and hands. Your skin will be revitalised with a nourishing mask and balancing moisturisers. Hydrating and harmonising, leaves your skin refreshed, velvety soft and supple.

#### Deep Cleanse Facial 60mins \$90

This results-based facial targets your skin's needs featuring steam and a gentle, deep exfoliation with mask to eliminate excess oil, roughness and skin impurities. Soothes, clarifies and purifies your skin leaving it radiantly clean and revitalised. (Includes extractions or facial massage).

#### Rejuvenate Facial 60mins \$90

A potent, restoring facial with an enriched, antioxidant intense recovery mask. Includes steam, a hand, décolletage and facelift massage and protective eye care. Firms, tones and improves texture leaving your skin intensively replenished and visibly glowing.

#### \*Results Series of 60 mins Facials 6 treatments \$450

#### Signature Facial 75mins \$110

A holistic indulgence to revitalise the mind, body and soul as you experience the benefits of uplifting aromatherapy with this deluxe treatment for your face and body. A luxurious, harmonising facial with two nourishing, balancing masks and steam combined with a pampering massage to face, neck, shoulders, hands and feet.

**Jurlique**  
Beauty from Beauty

