

JOURNEYS

SELF-RENEWAL EXPERIENCE – 2 HRS <ul style="list-style-type: none">• Aveda Signature Facial Treatment• 30mins Relaxation Massage	\$195
INDULGENT BEGINNINGS – 2 HRS 30 MINS <ul style="list-style-type: none">• Geisha Tub or Hydrotherapy Treatment• 60mins Relaxation Massage• Aveda Pure Focus Facial	\$200
CLEOPATRA'S RITUAL – 2 HRS 15 MINS <ul style="list-style-type: none">• Aqua Salt Glow• Geisha Tub or Hydrotherapy Treatment• Fusion Hot Stone 60mins Massage	\$215
BODY REJUVENATION – 2 HRS 30 MINS <ul style="list-style-type: none">• Caribbean Therapy Body Treatment• 60mins Relaxation Massage• Your Choice of Hand or Foot Hydrating Treatment	\$220
GODDESS RITUAL – 3 HR 15 MINS <ul style="list-style-type: none">• Aveda 60mins Elemental Nature Facial• Healing Hands and Feet Manicure and Pedicure• Paraffin Hands and Feet Treatment	\$255
RELAXATION – 3 HRS 30 MINS <ul style="list-style-type: none">• Aqua Salt Glow• Geisha Tub or Hydrotherapy Treatment• 60mins Relaxation Massage• Aveda 60mins Elemental Nature Facial• Paraffin Hands and Feet Treatment	\$340
SANDS OF THE DESERT RITUAL – 4 HRS 30 MINS <ul style="list-style-type: none">• Geisha Tub or Hydrotherapy Treatment• 60mins Relaxation Massage• Aveda 60mins Elemental Nature Facial• Healing Hands and Feet Manicure and Pedicure including paraffin treatment	\$390
ANTONY AND CLEOPATRA RITUAL – 2 HRS 15 MINS <p>This Journey utilises two dedicated therapists and your own private spa room. Prices are for two people.</p> <ul style="list-style-type: none">• Aqua Salt Glow for 2• Geisha Tub for 2• Fusion Hot Stone 60mins Massage for 2	\$430
JEWEL OF THE NILE – 5 HRS 15 MINS <ul style="list-style-type: none">• Aqua Salt Glow• Geisha Tub or Hydrotherapy Treatment• 60mins Relaxation Massage• Aveda 60mins Elemental Nature Facial• Revitalising Eye Treatment• Healing Hands Manicure and Pedicure including paraffin treatment• Spa Lunch	\$500
QUEEN OF THE NILE RITUAL – 6 HRS 15 MINS <ul style="list-style-type: none">• Geisha Tub or Hydrotherapy Treatment• Caribbean Therapy Body Treatment• Aveda 90mins Elemental Nature Facial• 60mins Relaxation Massage• Healing Hands & Feet Manicure and Pedicure including paraffin treatment• Spa Lunch	\$560

Shop 6, 2 Akuna St
Canberra ACT
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CANBERRA
DAY·SPA

MENU OF SERVICES

TREATMENTS FOR MEN

EXECUTIVE SKIN FACIAL 45 MINS	\$85
Manicure	\$50
Pedicure	\$60
MENS EXECUTIVE PACK A combination of an Executive Skin Facial and a relaxing back massage to de-stress and rejuvenate. 90 MINS	\$140
KING OF THE NILE – 3 HRS 30 MINS <ul style="list-style-type: none">• Relaxation 60mins Massage• Aveda Pure Focus Facial• Manicure and Pedicure	\$255

AVEDA MISSION

"Our mission at Aveda is to care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world."
Horst Rechelbacher, Founder.

YOUR SPA EXPERIENCE

Our goal is to design treatments to bring you back into balance; results oriented therapies using nurturing, high-touch approaches and unique sensory experiences. Our therapists are caring and attentive professionals committed to fulfilling your every need. The information below will help you make the most of your time with us.

CANCELLATION POLICY

24 hours notice is required or full charges will apply. A credit card is required to secure all bookings. Group bookings require 72 hours notice or full charge will apply.

LATE ARRIVALS

Please arrive 10 minutes prior to your appointment time to allow time to change and complete necessary information. Late arrivals will still finish on time so as not to inconvenience the next client and will be charged the scheduled fee as per original booking. By making your booking you agree to our terms and conditions.

REFUNDS

Please choose carefully as we do not issue refunds.

PACKAGES

Packages include a relaxation massage. For deep tissue and remedial massage an extra fee applies.

GIFT CERTIFICATES

Beautifully packaged gift certificates may be arranged by phone or email. Our gift certificates are available for all treatments, packages, or a specified dollar amount.

TRADING HOURS

• Monday and Friday	8:30am–6pm
• Tuesday, Wednesday and Thursday	8:30am–8pm
• Saturday	8:30am–4pm

All prices are inclusive of GST

AVEDA
the art and science of pure flower and plant essences



WAXING, TINTING AND PERMING

LADIES WAXING

Eyebrow	\$18
Lip	\$12
Chin	\$15
Underarm	\$18
Lower 1/2 Leg	\$35
Lower 1/2 Leg & Bikini	\$48
Top 1/2 Leg & Bikini	\$50
3/4 Leg	\$38
3/4 Leg & Bikini	\$48
Full Leg	\$58
Full Leg & Bikini	\$68
Standard Bikini	\$25
G-String	\$35
Brazilian	\$55
Full Arm	\$35
1/2 Arm	\$28
Eyebrow, Lip, Chin	\$40

GENTLEMEN'S WAXING

Eyebrow	\$18
Chest	\$40
Underarm	\$20
Lower 1/2 Leg	\$40
Top 1/2 Leg	\$50
Full Leg	\$65
Back & Shoulders	\$50
Full Arm	\$38
1/2 Arm	\$28

TINTING

Eyebrow	\$18
Eyelash	\$22
Eyebrow & Eyelash	\$30

PERMING

Eyelash	\$50
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MASSAGE

Reduce tension, restore your well-being and coax tired and aching muscles back into condition with the power of touch.

RELAXATION MASSAGE

30 MINS	\$48
45 MINS	\$60
60 MINS	\$80
90 MINS	\$115

*Customised Pregnancy Massage also available on request

REMEDIAL OR DEEP TISSUE MASSAGE

30 MINS	\$55
45 MINS	\$65
60 MINS	\$85
90 MINS	\$120

FUSION STONE MASSAGE

Experience the aromatic power of plant perfumes fused with the sensation of smooth warm stones. Essential oils encompass the senses, while the stones comfort, de-stress and melt muscle tension.

60 MINS	\$110
90 MINS	\$155

CHAKRA BALANCING MASSAGE

An innovative treatment that focuses on centering the body's chakras using a variety of massage techniques. This includes chakra reflexology massage for the feet, energy work for each of the chakras and meditation for stress relief.

60 MINS	\$90
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STRESS RELIEVING SCALP MASSAGE

Discover the benefits of the Canberra Day Spa stress relieving scalp massage. Relaxes the mind and nervous system while reducing stress and anxiety. Perfect accompaniment to a relaxation massage of facial treatment.

15 MINS	\$25
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INDULGENT FOOT MASSAGE

Relieve aching legs and feet with a soft and creamy walnut and coconut exfoliation combined with a relaxing massage

30 MINS	\$50
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HANDS AND FEET

Our pedicures are performed in pedicure thrones, with your choice of:

CARIBBEAN THERAPY HAND AND FEET TREATMENTS

Mouth watering ingredients from the Caribbean including sugar cane, ginger, avocado, seaweed, coconut and lime will exfoliate, smooth, stimulate and nourish your hands or feet. Rejuvenating and nurturing, the treatments smooth, soften, relax and renew.

HEALING HANDS AND FEET TREATMENTS

Soothe and moisturise your arms and hands with citrus extracts, or refresh tired aching feet and legs with sea salts and aroma of peppermint. A walnut scrub will smooth your skin.

Deluxe Manicure	\$55
Deluxe Pedicure	\$70
Opulent Manicure (including customised masque)	\$70
Opulent Pedicure (including customised masque)	\$85
HYDRATING PARAFFIN TREATMENT HANDS OR FEET	\$15
FRENCH POLISH	\$15

FACE

ELEMENTAL NATURE FACIAL

A focused treatment customised to target your skin's needs. Based on Aveda's Elemental Nature Philosophy, our experts to personalise products, using essential oil aromas and facial techniques to address your specific skin concerns.

60 MINS	\$110
90 MINS	\$140

OUTER PEACE™ BLEMISH RELIEF FACIAL

A total solution personalised for your skin that treats not only the blemish symptoms but the causes, so skin stays clear. Includes professional exfoliation, pore extractions and redness reduction.

60 MINS	\$110
90 MINS	\$140

BOTANICAL RESURFACING FACIAL

An innovative alternative to microdermabrasion for glowing results. Botanical Skin Resurfacing with our hands-on approach and the power of tourmaline to smooth your skin's texture. Reduce the appearance of fine lines and diminish pore size while significantly increasing radiance.

60 MINS	\$120
90 MINS	\$150

ENBRIGHTENMENT FACIAL TREATMENT

Aveda have harnessed the power of plants to help achieve a more luminous and even looking skin tone – regardless of the cause. Enbrightenment is equally effective for all skin types. Incorporating botanically-derived ingredients to assist in reducing the appearance of dark spots – without the use of harsh brightening ingredients.

60 MINS	\$130
90 MINS	\$160

GREEN SCIENCE™ SKIN-RENEWING FACIAL TREATMENT

This unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science™ and combines it with high-touch skin therapy to renew, repair and regenerate your skin. Clinically proven to lift and firm the skin, reducing fine lines and wrinkles, improve skin's smoothness, tone and clarity, and significantly improve the skin's barrier strength while reducing the appearance of age spots.

60 MINS	\$130
90 MINS	\$160

AVEDA PURE FOCUS FACIAL

This introductory facial provides a quick and instant pick-me-up for all occasions.

45 MINS	\$85
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PERFECTING PLANT PEEL

An intensive deep exfoliation
Added onto any facial
*A series of three treatments is recommended.

MICRODERMABRASION

Microdermabrasion, sometimes called the 'lunch time peel' is a non-invasive, gentle process of using crystals accelerated onto the skin's surface to abrade layers of dead and damaged skin cells. On completion of the abrasive process, a vacuum suction whisks away the fired crystals and the unwanted abraded skin particles leaving your skin smoother, brighter, firmer and with a course of procedures blemish free.

ONE TREATMENT	\$110
PACKAGE OF SIX	\$600

BODY TREATMENTS

AQUA SALT GLOW

Your skin is drenched in warm aromatic oil and then sprinkled with sea salts to provide a luxurious skin exfoliation and refinement of the entire body. A customised hydrating formula will smooth and condition the skin.

60 MINS	\$95
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BODY POLISH

A full body exfoliation using soft walnut granules in a creamy coconut base. Your skin is deeply cleansed, polished and softened, before an application of your customised hydrating formula.

60 MINS	\$95
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ESSENTIAL BACK TREATMENT

The hard-to-reach area of your back is treated to during this deep-cleansing masque and massage. Shoulders, neck and back are purified and refined to ensure well cared-for skin.

45 MINS	\$80
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ROSEMARY MINT AWAKENING BODY WRAP

Awaken body and mind with this stimulating boost of vitality. Essences of rosemary and peppermint invigorate your senses while scalp and foot massage bring balance. Revives energy levels if you are feeling run down or sluggish.

60 MINS	\$100
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CARIBBEAN THERAPY BODY TREATMENT

This self warming seaweed mud will smooth the skin and detoxify your body, while the face and scalp massage will calm the mind while you are cocooned. Your body will be enriched with beautiful Caribbean butters to soften the skin and muscle tension will be relieved by soothing massage movements.

75 MINS	\$140
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SPA TREATMENTS

HYDROTHERAPY

A hydrotherapy spa session is a concentrated treatment of muscle exercise and aeration of water to increase body energy and relaxation which is achieved by the placement of multiple targeted jets. A perfect accompaniment to a massage therapy treatment.

30 MINS	\$55
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GEISHA TUB

A spa built for two. Enjoy a treatment together in our couples room.

30 MINS	\$65
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