

HALE

spa

TREATMENT MENU

+61 2 6273 3101
10-14 MACQUARIE STREET,
BARTON ACT 2600 AUSTRALIA

Hale Spa

FROM THE MOMENT YOU ARRIVE, YOU WILL BE CARED FOR BY OUR HIGHLY TRAINED AND QUALIFIED THERAPISTS IN ONE OF OUR NINE TREATMENT ROOMS.

Take advantage of our wet-room facilities, which include an infrared sauna, steam room and cave pool, and finish with a herbal tea in our dedicated lounge.

With state-of-the-art washroom amenities and lockers, we make it easy to spend the rest of your day, carefree, around the Realm Precinct at one of the award-winning restaurants or nearby hotels.

Perfect for brides-to-be, hen's and buck's parties, birthdays, anniversaries, new and expecting mums, or just spending the day catching up with friends – whatever the occasion, we will work with you to make your time with us one to remember.

Clear your schedule and surrender yourself to Hale Spa.

Massage

SIGNATURE MASSAGE

This full-body relaxation massage will de-stress you from head to toe. Our signature treatment starts with a heavenly warm-towel foot compress infused with essential oils, followed by a gentle rhythmic massage using Swedish techniques of long gliding, kneading and friction strokes to the muscles to restore balance.

60 minutes	\$130⁰⁰
90 minutes	\$180⁰⁰

DEEP TISSUE MASSAGE

Ideal for bodies overworked and stiff from daily life or working out. This massage will target every muscle group with firm pressured manipulations and strokes to aid removal of toxins and muscular tension.

60 minutes	\$145⁰⁰
90 minutes	\$195⁰⁰

REMEDIAL MASSAGE

A technique to help treat muscle and joint injuries commonly associated with pain management and injury rehabilitation. After a consultation the therapist will apply a treatment to the local and connective areas relating to your concerns and recommend a treatment recovery plan.

60 minutes	\$160⁰⁰
Initial consult + 90 minute massage	\$195⁰⁰

PREGNANCY MASSAGE

Beneficial for expectant mothers in their second and third trimesters, our pregnancy massage will relieve aches and pains and increase relaxation.

60 minutes	\$145⁰⁰
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AROMATIC STONE THERAPY

A full-body massage using warm Balinese stones and a sensual blend of oils infused with oriental spices. Harmonic movements and heat will help balance the body's energy.

90 minutes	\$185⁰⁰
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BACK MASSAGE

Tailored to meet your needs, this treatment can be a deep tissue tension-releasing massage or a gently pampering experience isolated to your back, neck and shoulders.

30 minutes	\$75⁰⁰
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Anti-Aging Facials

CAVIAR + PEARL HIGH PERFORMANCE ANTI-AGING FACIAL

This anti-aging treatment replenishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts. A luxurious thermal clay mask will improve elasticity, increase oxygenation of cells and the suppleness of skin. Counteract the imprint of time and reflect a youthful complexion as it dramatically reduces facial expression lines and wrinkles.

75 minutes

\$210⁰⁰

STEM CELLS INTENSE DE-AGING FACIAL

This anti-aging treatment is supercharged with collagen, retinol and elastin to visibly reduce lines and wrinkle depth instantly. This groundbreaking repairing and regenerative action of two different plant stem cells will have an accumulative effect when supported with the stem cells home treatment plan.

60 minutes

\$190⁰⁰

TRI POWER FACIAL

This triple action facial deeply hydrates and relaxes harsh wrinkles with plant-derived anti-wrinkle solution. The mask firms and brightens with organic extracts of sorghum and dactyl boldine. Other actives such as marine and caviar polypeptides self-repair and rejuvenate.

60 minutes

\$170⁰⁰

LUMINOUS C & SEA FACIAL

Utilising stabilised Vitamin C and freeze-dried seaweed, this high-performance facial includes a rubber mask to improve elasticity, reduces fine lines and brightens sun damage or pigmentation. The ultimate treatment for a luminous bridal glow.

75 minutes

\$185⁰⁰

Add Ons

Omnilux™	\$80⁰⁰
15min back massage	\$40⁰⁰
Collagen Eye Treatment	\$40⁰⁰
Eye Lash Tint	\$30⁰⁰
Eye Brow Tint	\$25⁰⁰

Specialised Facial Treatments

OXY VITAL SENSITIVE SKIN TREATMENT

This healing and desensitising treatment dramatically defuses redness and removes heat in the skin in one treatment, leaving your skin cool, soothed and refreshed.

60 minutes

\$165⁰⁰

RS2 ROSACEA CALMING FACIAL

The only professional spa treatment to target the problems associated with microcirculation, such as broken capillaries, persistent redness and congestion. The thermal mask component is like a gym workout for your skin—actively strengthening the capillary walls and repairing and soothing your skin. A home care routine of RS2 line is strongly recommended for optimum results.

60 minutes

\$175⁰⁰

HYDRATING ANTI-FREE RADICAL FACIAL

Perfect for thirsty dry skin that needs hydrating and nourishing. This high-performance treatment uses a rich ampoule packed with Vitamins A & E to deeply repair and protect against free radical damage. The thermal mask heats and then cools to lock in all the goodness to leave your skin hydrated and plump.

75 minutes

\$175⁰⁰

TEEN SPA FACIAL

Using gentle fruit enzymes, hydrating and calming ingredients, we normalise and balance teen skin to maintain overall health. This facial helps to prevent breakouts and keep the barrier intact to keep young skin strong throughout the teen years.

45 minutes

\$120⁰⁰

LUMINOUS C & SEA FACIAL

Utilising stabilised Vitamin C and freeze-dried seaweed, this high-performance facial includes a rubber mask to improve elasticity, reduces fine lines and brightens sun damage or pigmentation. The ultimate treatment for a luminous bridal glow.

75 minutes

\$185⁰⁰

MICRO-RETINOL FACIAL

Featuring an unsurpassed formula, this Spa Clinica Micro-Retinol facial combines deep cleansing, potent yet gentle peel and Micro-Retinol treatment to recapture smoother, firmer, brighter and younger-looking skin instantly.

60 minutes **\$190⁰⁰**

HYDRABRASION

Hydrabrasion is a microdermabrasion system that exfoliates with both a dry and wet system. The skin is deeply exfoliated with diamonds while simultaneously vacuuming and washing it.

30 minutes **\$130⁰⁰**

Add to facial treatment 20 minutes **\$80⁰⁰**

ADVANCED TREATMENT PEELS

Our therapist will ensure the right peel for your skin. Each treatment begins with a thorough skin assessment.

30-60 minutes **Starting at \$90⁰⁰**

Omnilux™

As we grow older, the skin's supportive structures begin to slow down and cause damage to the cells that produce collagen and elastin. Omnilux™ combination light therapy targets specific cells which are responsible for the synthesis and repair of the skin's supportive structures, leading to a softening of fine lines and improved skin tone.

30 minutes **\$115⁰⁰**

Add to facial treatment 20 minutes **\$80⁰⁰**

10 Pack **\$950⁰⁰**

Traditional Facials

SIGNATURE FACIAL

Inhale and exhale into a deep sense of calm while our therapists employ signature facial techniques to normalise and restore the pH of the skin. Our signature facial is personalised to your individual skin needs with a thorough cleansing, exfoliation, and steam treatment. This is followed by a long, relaxing face, neck and décolletage massage and a mask specifically designed for your skin's current needs. Continue to relax while your scalp, hands and arms are massaged, and finish your treatment with toning and moisturising.

60 minutes	\$140⁰⁰
90 minutes	\$180⁰⁰

CLARIFYING SKIN FACIAL

A powerful clarifying technique for oily and problematic skin. This treatment works in three phases: by exfoliating, deep cleansing using manual extractions, and clarifying with anti-bacterial actives. Plant extracts are used to regulate oil flow, freshen the skin and assist in healing.

60 minutes	\$150⁰⁰
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EXPRESS RADIANCE FACIAL

A beauty flash for those short of time but still after visible results. Perfect for a quick boost of only the essentials.

45 minutes	\$120⁰⁰
Add Omnilux™ treatment	\$80⁰⁰

Add Ons

Omnilux™	\$80⁰⁰
15min back massage	\$40⁰⁰
Collagen Eye Treatment	\$40⁰⁰
Eye Lash Tint	\$30⁰⁰
Eye Brow Tint	\$25⁰⁰

Body Treatments

SIGNATURE BODY GLOW

Beginning your ultimate revitalising dual treatment is Pevonia's ever-popular silky body scrub, a clear favourite for many reasons. Exfoliating beads ever-so-efficiently remove all those dry skin cells, leaving your body soft and smooth ready for the second component of your treatment—luscious Preserve Body Moisturiser.

45 minutes

\$95⁰⁰

DE-AGING ESCAPE WRAP

Drenched with papaya and pineapple, this tropical wrap is enriched with crème fraîche natural butter, calcium, magnesium, saccharides, vitamin A and pomegranate extract. Blended with ingredients such as collagen and elastin polypeptides, this formula glides smoothly over the skin. Experience a glorious sensory escape as you are enveloped by the enticing scent of vanilla and tropical fruits. The skin is left deeply nourished and rejuvenated.

60 minutes

\$140⁰⁰

SEAWEED DETOX BODY WRAP

Designed to detoxify and improve circulation. Beginning with a sea salt exfoliation, this smoothing micronised algae wrap improves skin tone on problem areas and remineralises the body.

60 minutes

\$150⁰⁰

DE-STRESS AROMATHERAPY COCOON WRAP

Let your mind drift away as your body is thoroughly exfoliated and left as smooth as silk. Allow your body to be a canvas for your therapist to lavish with a rich creamy blend of signature aromatherapy oils while you are enveloped into a cocoon of relaxed bliss.

60 minutes

\$140⁰⁰

Add onto massage

\$110⁰⁰

ANTI-CELLULITE TREATMENT

Slim and tone your body with a cutting-edge cellulite treatment. This stimulating treatment assists your body's ability to break down fat, increase metabolism and eliminate water retention. Pure 100% Micronised Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, Proteins, and Essential Oils, smoothes and enhances your skin's overall texture, visibly reducing spongy, dimply, cellulitic areas. Recommended weekly for six weeks.

60 minutes

\$140⁰⁰

STEM CELLS WRAP

The ultimate in body treatments. The Pevonia's Stem Cells Wrap treats cellulite, age spots, sun damage, unevenness, roughness and more. Renew and de-age your body with a unique blend of Argan and comfrey stem cells to contour and refine. Ready your body for intense repair for a more youthful, smoother you.

Note: this treatment creates the sensation of intense heat.

75 minutes

\$180⁰⁰

Hands + Feet

SIGNATURE MANICURE

Our Signature Manicure will leave your hands and nails feeling nourished and revitalised. Ease away stress and strain as we shape and buff nails, and restore cuticle health. Fingers, hands and arms are exfoliated, a nourishing mask is then applied to enhance hydration and restore vitality. Your nails are polished with your choice of colour.

60 minutes

\$90⁰⁰

SIGNATURE PEDICURE

Our exquisite Signature Pedicure treatment will completely restore picture-perfect nails. We begin by shaping, buffing your nails and restoring cuticle health. Your feet are then gently buffed with Hale's exclusive European electric drill and feet and calves thoroughly exfoliated then massaged into a state of total relaxation. To finish, a nourishing mask is applied to enhance hydration and restore vitality. Your nails are polished with your choice of colour.

75 minutes

\$100⁰⁰

GENTLEMEN'S MANICURE

Restore the condition of your hands and nails with our gentlemen's manicure treatment. Your nails will be shaped, buffed and cuticles trimmed before succumbing to a decadent and hydrating hand massage.

30 minutes

\$60⁰⁰

GENTLEMEN'S PEDICURE

Tired and aching feet are brought back to life with this luxurious pedicure treatment. Your feet will be soaked in our aromatic footbaths and gently exfoliated. Dry skin will be removed, nails shaped, buffed and cuticles removed to restore nail health.

45 minutes

\$80⁰⁰

EXPRESS MANICURE

30 minutes

\$60⁰⁰

EXPRESS PEDICURE

45 minutes

\$80⁰⁰

GEL POLISH

Gel polish gives you weeks of incomparable shine and wear.

This treatment can be added to any Manicure or Pedicure treatment.

** please specify if you require this technique when booking, as additional time is required.*

15 minutes

\$30⁰⁰

GEL POLISH REMOVAL

Specialised removal process of gel polish.

** please specify if you require this technique when booking, as additional time is required.*

15 minutes

\$20⁰⁰

Specialised Packages

PRESCRIBED SKIN CARE PACKAGES

Treating skin concerns is unique to each individual. The trained therapists at Hale Spa will discuss your concerns and work with you to prescribe a plan that will leave you looking and feeling confident.

Please contact Hale to arrange a prescribed skin care consultation. Price on application.

BUILD YOUR OWN RITUAL

Indulge in your own tailor-made spa experience. Our Ritual options allow you to choose from a range of exclusive offerings, with all packages complemented by a glass of Champagne, selection of teas and light refreshments.

Duration is 60 minutes per treatment

Two Rituals 120 minutes	\$250⁰⁰
Three Rituals 180 minutes	\$380⁰⁰
Four Rituals 240 minutes	\$510⁰⁰

FACIAL

Organic Signature Facial

BODY

De-Aging Escape Body Wrap or Aroma Cocoon Body Wrap

MASSAGE

Signature Massage

HANDS AND FEET

Signature Pedicure
or
Signature Manicure

Spa Etiquette

GIFT VOUCHERS

Our gift vouchers are perfect for any occasion. Choose from any treatment and package or simply nominate the value of the gift voucher, allowing the recipient to choose their ideal service sequence. Beautifully presented, our gift vouchers are valid for six months.

BOOKINGS AND CANCELLATIONS

Please contact the spa on 02 6273 3101 to make an appointment. Booking in advance is recommended to secure your preferred treatment time. A credit card number, gift voucher number or room number is required at the time of booking. Should you need to cancel or change your booking, we require a minimum of six hours notice prior to your scheduled treatment, otherwise the full price will be charged or the gift voucher deemed as void.

24 hours cancellation notice is required for all spa packages and group bookings.

We kindly ask that you arrive 15 minutes prior to your appointment to allow time to complete a brief health history form and change in preparation for your treatment. Should you arrive late, every effort will be made to accommodate you; however, as a courtesy to all of our clients, your treatment will be completed at the scheduled time and full treatment pricing will still apply.

OPENING HOURS

Monday: Closed

Tuesday: 8.30am — 7.00pm

Wednesday: 8.30am — 8.00pm

Thursday: 8.30am — 8.00pm

Friday: 8.30am — 6.00pm

Saturday: 8.30am — 4.00pm

Sunday: Closed

FACILITIES AND ATTIRE

An individual locker is assigned to you prior to the commencement of your treatment. We recommend you leave any valuables at home as the spa cannot be held responsible for any lost or misplaced personal items. Disposable underwear, robes and towels are provided.

There are designated male and female sauna and steam rooms, while the pool is open for all, and swimwear is required at all times. No children under the age of 16 are permitted.

HEALTH CONSIDERATIONS

For your safety, we ask all guests to complete a confidential 'Health History Form' prior to the start of your treatments. This form is compulsory for all guests and will only be required on your first visit. Some treatments may not be suitable depending on particular conditions, so please discuss any health issues with your therapist.

If you are pregnant, trying to get pregnant, or suffer from high or low blood pressure, please inform the receptionist when making your booking as some treatments may not be suitable.

PRICING

Prices and treatments are subject to change without notice.
We accept cash, EFTPOS and all major credit cards.

REFUND OR EXCHANGES

Please choose carefully as we do not provide refunds or exchanges if you change your mind.

SURCHARGE

20% surcharge for Public Holidays.



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pevonia™