



essenza

day spa

Essenza Day Spa is the perfect antidote to today's jam packed lifestyles, giving you a tranquil time out spa experience in an intimate and luxurious setting, where the only person who matters is you.

Our professional and experienced spa therapists will help you to choose the perfect experience just for you.

Take your time in our relaxation lounge following your treatment to return slowly and gently, refreshed and restored to the world outside.

At Essenza we also tailor treatments to couples, mothers to be, hens parties, wedding groups and other special occasions.



Spa Etiquette

ARRIVAL

Welcome to Essenza Day Spa.

We recommend that you arrive 10-15 minutes prior to your treatment/s. This allows time for you to check in, relax & take full advantage of your reserved time in the spa. Please understand that late arrivals may result in the reduction of your treatment time.

We respectfully request that all mobile phones be switched off during your visit. Please be aware the spa is a smoke free licenced 18+ facility. We advise that the over consumption of alcohol prior to treatment is not advisable.

ATTIRE

We will provide you with a robe to wear around the Day Spa and also a locker to put your clothing and belongings in. Swimwear must be worn at all times when using our Hot Pool Detox Box and Sauna areas.

GROUP BOOKINGS

Maybe romance is your focus, perhaps a pre-wedding gathering, a girl's weekend or that unique corporate function you wish to cater. Essenza offers guests the unique opportunity to indulge in many treatments in the company of colleagues, friends or loved ones. Please enquire at front reception about our double treatment rooms or group function availability

GIFT VOUCHERS

Give the ultimate gift with an Essenza Day Spa Gift Voucher. Gift Vouchers can be tailor made for a particular treatment or stated amount.

Our gift vouchers are beautifully presented & make an ideal gift for any occasion. Gift vouchers can be organised over the phone or collected from Essenza Reception.

HEALTH CONSIDERATIONS

Some treatments may not be suitable given certain circumstances or medical conditions. If you are pregnant, have a heart condition or high blood pressure we recommend you seek medical advice prior to your visit. Additionally our experienced reception team will be happy to discuss any special requirements you may have & advise you on which treatments may be most suitable for you.

When making your spa booking please let reception staff know if you are pregnant as some treatments are not recommended during the first trimester of pregnancy.

CANCELLATION POLICY

We kindly request that 24 hours notice be offered in the event of cancellation or treatment re-scheduling. In the event of less than 24 hours notice being given a cancellation fee will apply.

Spa Packages

BOTANICAL BLISS

\$150

Warm Foot Cleanse & Soak
Back Facial Treatment
Indian Head & Shoulder Massage
90 min

PREGNANCY BLISS

\$190

Warm Foot Cleanse & Soak
Relaxing Pregnancy Massage
Indulgence Pedicure
130 min

SPA ESCAPE

\$200

Warm Foot Cleanse & Soak
Seasonal Body Exfoliation
Full Body Hydration Treatment
Seasonal Botanical Facial
Relaxing Scalp Massage
120 min



Spa Packages

PURE INDULGENCE

\$360

Detox Box or Hot Pool
Warm Foot Cleanse & Soak
Full Body Relaxation Massage
Seasonal Botanical Facial
Relaxing Scalp Massage
Waterlily Hand Treatment
Indulgence Pedicure
240 min

DOUBLE INDULGENCE

\$400

Detox Box or Hot Pool for 2
Warm Foot Cleanse & Soak for 2
Seasonal Body Exfoliation for 2
60 Minute Relaxation Massage for 2
\$100 Stonegrill Dining Voucher

We use and recommend Waterlily. Waterlily is an Australian Spa Collection formulated exclusively for Day Spas using the purest of therapeutic Aromaceuticals and Phytonutrients to create a performance driven sensory journey. Each formulation is botanically pure and bursting with aromatic essential oils, anti-ageing vitamins, exotic fruit concentrates, herbal infusions, French clays and rich omega serums to deliver the ultimate skin treatment.

SPA RETREATS

For a weekend of indulgence ask us about our Spa Retreats & you will receive discounted accommodation rates. One person per room must book an Essenza Spa Package from this page.

Waterlily Facials

PETIT SPA FACIAL

\$75

A facial designed to offer a quick pick-me-up to brighten, nourish & revitalise the complexion. Using a selection of nourishing cold pressed plant oils, exotic fruit enzymes & replenishing botanicals, french clay & a hydrating infusion of aromatic essential oils.

SEASONAL BOTANICAL FACIAL

\$110

A refreshing facial infusing fresh seasonal ingredients to refresh & revitalise the skin. Each facial is infused with an intense massage emulsion layered with omega oils, vitamins & pure essential oil concentrates. Once infused the treatment is finished with a performance contour masque infused with seasonal botanicals & pure Vitamin C to energise the skin.

FACIAL RITUAL

\$160

Warm Foot Cleanse & Soak
Bamboo & Spearmint Foot Exfoliation
Spearmint & Gingko Foot Hydration Treatment
Back, Neck & Shoulder Massage
Seasonal Botanical Facial



Waterlily Facials

YOUTH ELIXIR SPA FACIAL

\$130

Anti-Aging | Replenishing | Enriching

For mature, dry and sensitive skin types.

A deeply rejuvenating youth ritual rich in potent omega oils, molten nut butters, anti-aging vitamins, antioxidants and precious floral concentrates. Skin is visibly hydrated and softened while cell regenerating botanicals recondition tone and texture.

FRUIT ENZYME SPA FACIAL

\$130

Exfoliating | Brightening | Resurfacing

For pigmentation, fine lines and dull skin types.

Lashings of smoothing fruit enzymes steeped in an aromatic professional Spa Facial exfoliates, brightens and refines leaving skin luminous and hydrated. Boosted with pure concentrates of crushed citrus, exotic berries and anti-aging vitamins to brighten the complexion and recondition skin tone.



ENHANCE ANY OF OUR
FACIALS WITH A...

ANTI AGING EYE TREATMENT

+\$35





Massage

INDIAN HEAD & SHOULDER MASSAGE

\$60

This relaxing but stimulating massage ritual is aimed at increasing the blood & lymphatic circulation to the head, neck & shoulders. It clears the mind, uplifts the senses & recharges the physical body.

RELAXATION MASSAGE

A slow full body massage. Promoting the diffusion of tension, re-alignment of energy flow & re-balancing of the body, mind & spirit.

30 min \$60

60 min \$100

PREGNANCY MASSAGE

\$100

A truly relaxing massage aimed at enveloping & nurturing the one that envelopes & nurtures another. A must have experience additionally assisting in alleviating back pressure & reducing the swelling & stress on weight bearing joints.

*Not recommended in first trimester.

EAR CANDLING

\$45

Ear candling is an ancient holistic treatment that has been practised for centuries. It is deeply relaxing & offers many therapeutic benefits to those suffering headaches, sinus, tinnitus, itchy ears & stress. To increase the benefits & complete this treatment a sinus pressure point massage will be performed.



Massage

SIGNATURE MASSAGE

\$120

We begin with a warm foot soak & exfoliation to create silky smooth skin. Following with a slow full body massage, to help reduce muscle tension & increase circulation, creating a totally peaceful state. Finished off with a smoothing foot hot towel absorption.

HOT STONE MASSAGE

\$135

Using heated stones & a combination of massage techniques, this treatment can aid in the release of tension deep in the muscle core. The alternation of hot stones provides a therapeutic & healing state of deep relaxation. Hot stone massage additionally assists detoxification of the body & re-alignment of energy flow, restoring a heightened state of physical & emotional balance.

+ ENHANCE ANY OF OUR
MASSAGES WITH AN ADD ON
SEASONAL BODY EXFOLIATION

+\$50





Body Treatments

SEASONAL CRÈME BODY EXFOLIATION \$80

Reveal luminous beautiful skin with a smoothing infusion of tropical papaya & polished walnut, whipped into a mineral rich French clay crème. An indulgent exfoliation treatment to leave skin silky smooth. Finished with a hydrating crème treatment to lock in moisture.

50 min

SEASONAL SUGAR BODY EXFOLIATION \$80

A deep exfoliating spa ritual to create silky smooth skin. Enjoy an intense invigorating treatment to not only effectively smooth skin but stimulate circulation to gently detoxify the body. Ideal to combat cellulite & uneven skin while locking in moisture. Finished with a hydrating crème treatment to lock in moisture.

50 min



Body Treatments

WATERLILY SEASONAL BODY WRAP \$150

Deeply emollient for dry, sensitive & sun kissed skin. Safe for use during pregnancy. Experience the ultimate full body rejuvenation ritual. Begin with a papaya crème & walnut smoothing exfoliation, followed by a French clay cocoon of rich cocoa & organic honey steeped in vanilla crème masque. Once removed this sensory journey is complete with a full body treatment & head massage.

80 min

BACK FACIAL \$80

A back facial treatment will help to cleanse, exfoliate the skin, while treating any congestion and reveal a brighter and smoother skin. A mask is applied to clarify and soften the skin while providing a deeply moisturizing treatment massage.

50 min



Hands

PETIT MANICURE

\$50

A basic hand treatment including nail, cuticle work, buffing, moisturising & colour polish application.

INDULGENCE MANICURE

\$75

This indulgent manicure has your nails filed & buffed with cuticles pushed back & tided. You will then finish with a pampering scrub, mask, hand & arm massage & colour polish application.

+ ADD TO ANY MANICURE

SHELLAC ADD ON

\$25

Shellac is a longer lasting, zero dry time colour application.

SHELLAC REMOVAL

FROM \$10

FRENCH POLISH APPLICATION

+\$15

Feet

PETIT PEDICURE

\$60

A basic foot treatment including foot soak, nail and cuticle work, buffing, moisturising & colour polish application.

INDULGENCE PEDICURE

\$85

This aromatic foot treatment relieves stress & tension while enhancing relaxation & general well being, leaving feet smooth and hydrated. Feet & legs will be treated to a warm foot soak, bamboo & spearmint exfoliation followed by a stimulating french clay masque. This decadent treatment finishes with a rich spearmint & ginkgo foot treatment. Includes nail & cuticle work, buffing & colour polish application.

+ ADD TO ANY PEDICURE

SHELLAC ADD ON

\$25

Shellac is a longer lasting, zero dry time colour application.

SHELLAC REMOVAL

FROM \$10

FRENCH POLISH APPLICATION

+\$15

Upgrades

Upgrade your spa treatments with our value add ons.

| | |
|---------------------------|-------|
| BACK AND SHOULDER MASSAGE | +\$50 |
| ANTI AGING EYE TREATMENT | +\$35 |
| WATERLILY HAND TREATMENT | +\$20 |
| WATERLILY FOOT TREATMENT | +\$20 |
| SCALP MASSAGE | +\$20 |
| DETOX BOX | +\$10 |
| HOT POOL | +\$5 |

Make-up

We use & recommend Jane Iredale. Jane Iredale use the highest quality ingredients to ensure satisfaction with performance, coverage, application & texture. Their minerals conform to the most current technology available that ensure broad spectrum sun protection.

| | |
|--------------------------------|------|
| MAKE-UP TRIAL | \$60 |
| CASUAL DAY MAKE-UP | \$60 |
| BRIDAL/SPECIAL OCCASION MAKEUP | \$70 |
| LASHES | \$20 |

Tanning

| | |
|------------------|------|
| TUSCAN SPRAY TAN | \$45 |
|------------------|------|

The safer, more time effective alternative to achieve that gorgeous golden glow. This spray on body tan provides an instant, natural & even colour that lasts up to ten days.



Waxing

| | |
|---------------------|-------|
| BROW SHAPE | \$15 |
| LIP | \$10 |
| CHIN | \$15 |
| LIP & CHIN | \$20 |
| UNDERARM | \$20 |
| ARMS | \$30 |
| 1/2 LEG | \$30 |
| 1/2 LEG & BIKINI | \$45 |
| FULL LEG | \$45 |
| FULL LEG & BIKINI | \$60 |
| BIKINI | \$20 |
| EXTENDED BIKINI | \$35 |
| BRAZILIAN | \$55 |
| FOLLOW UP BRAZILIAN | \$40 |
| MENS | \$POA |

Tinting

| | |
|------------------|------|
| BROW TINT | \$15 |
| LASH TINT | \$20 |
| LASH & BROW TINT | \$30 |



Water

COMMUNAL HOT POOL RITUAL

\$10

Loyalty Card Available

For centuries the healing & restorative properties of water have been known, not just for physical rejuvenation but additionally for the relaxation & re-connection of the body & mind. Singularly indulge as a time effective body/mind recharge or as a perfect addition to any treatment.

DETOX BOX

\$20

Loyalty Card Available

The detox box uses safe & naturally occurring far infrared rays to safely & effectively detoxify the body. The holistic effects of the detox box are far reaching for both body & mind. The physical benefits include strengthening of the immune system, fatigue reduction, metabolic acceleration, increased blood flow & assistance in weight loss. Additionally the detox box stimulates endorphins creating stress reduction & an overall positive feeling of wellbeing.

30 min

SAUNA

\$20

Experience the healing properties of heat & steam through the metabolic effects of the sauna room. The sauna experience results in a heightened sense of wellbeing through invigoration of the skin, letting go of emotional build up & enhancing the circulatory system.

30min

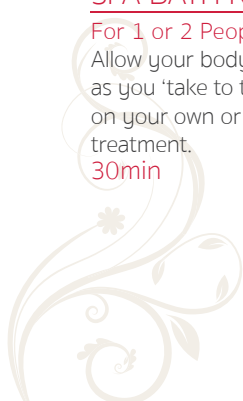
SPA BATH RITUAL

\$40

For 1 or 2 People

Allow your body to unwind & your mind to completely let go as you 'take to the waters' in your private spa room. Enjoy on your own or with a partner, as a luxurious addition to any treatment.

30min



Food & Beverage



ENHANCE YOUR EXPERIENCE & DELIGHT YOUR TASTEBUDS

BOTTLE OF SPARKLING WINE \$22

Enjoy a bottle of our house Sparkling wine

BOTTLE OF RED OR WHITE \$22

Enjoy a bottle of our house Red or White wine

GLASS OF SPARKLING WINE \$6

Enjoy a glass of our house Sparkling wine

GLASS OF RED OR WHITE \$6

Enjoy a glass of our house Red or White wine

BOOSEY CREEK CHEESE PLATTER \$15

Our chefs selection of the award winning Boosey Creek Cheeses, accompanied by Rich Glen olives, dried fruits & strawberries. With a side of water crackers.

FRESH FRUIT PLATTER \$15

Sliced seasonal fresh fruit

CHOCOLATE PLATTER \$15

A selection of mini chocolate éclairs, rich chocolate brownie slice, white gnache covered mud cake bites & fresh strawberries to dip into a silky chocolate sauce.

PLEASE NOTE

For catering purposes we require at least 48 hours notice for any food orders. Please advise at time of booking if you would like any food to accompany your treatment.





*Relax
Revive
Rejuvenate*



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