



essenza

day spa

Essenza Day Spa is the perfect antidote to today's jam packed lifestyles, giving you a tranquil 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 treatments 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 treatments. 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 for. 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.

Waterlily Facials

PETIT SPA FACIAL \$80

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. **40mins**

SEASONAL BOTANICAL FACIAL \$115

A replenishing 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 blended with seasonal botanicals & pure vitamin C to energise the skin. **60mins**

FACIAL RITUAL \$170

This beautiful ritual begins with a warm foot cleanse, soak & foot exfoliation, followed by a relaxing back, neck & shoulder massage and seasonal botanical facial. This treatment is finished with a hydrating foot treatment. **90mins**

ENHANCE ANY OF OUR FACIALS WITH:

Anti-Ageing Eye Treatment	\$35
Super Bright B3 Infusion	\$35
Super Clear B3 Infusion	\$35
Super Proof B3 Infusion	\$35
Orange Creme Hair Treatment	\$35
Relaxing Scalp Massage	\$25

Performance Facials

POWER FACIAL

A premium collection of innovative performance power facials delivered in convenient 30 minute appointments to visibly transform the skin. Three unique treatments featuring cosmeceutical actives including AHA's, BHA, potent antioxidants and anti-ageing vitamins to deliver a series of corrective skin rituals to refine, rejuvenate and repair...

CLEAR and confident for acne prone, congested, oily and combination skin types. **30mins** \$80

BRIGHTEN and refine pigmentation, fine lines, wrinkles, uneven skin tone. **30mins** \$80

REJUVENATE and repair dry, mature, sun damaged and dehydrated skin. **30mins** \$80

ROSE QUARTZ FACIAL \$140

A luxurious performance spa facial targeting firmness, lines and wrinkles. Activated with smart peptide, Heptapeptide-7 with advanced cosmeceuticals of resveratrol and hyaluronic acid in an anti-ageing vitamin complex with a nurturing infusion of pure rose oils, crushed quartz and crystal essences to intensify transformation at a cellular level. **70mins**

Massage

INDIAN HEAD & SHOULDER MASSAGE \$65

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.

30mins

RELAXATION MASSAGE

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

30 min \$65

60 min \$100

SIGNATURE MASSAGE

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. This is finished off with a soothing hot towel foot infusion.

70mins

BODY EXFOLIATION +\$50

Enhance any of our massages with an add on seasonal body exfoliation.

Massage

AROMATHERAPY MASSAGE

\$130

Begin with a warm foot soak & exfoliation to create silky smooth skin. This is followed with a personalised aromatherapy massage to help reduce muscle tension & increase circulation, creating a totally peaceful state.

70mins

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.

60mins

*Not recommended in first trimester.

EAR CANDLING

\$50

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.

30mins

Spa Packages

LIME CAVIAR BODY RITUAL

\$180

Warm Foot Cleanse & Soak
Full Body Dry Body Brush
Lime Caviar Body Balm Wrap
Waterlily Petit Spa Facial
Relaxing Scalp Massage

SPA ESCAPE

\$210

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

AROMA ESCAPE

\$230

Warm Foot Cleanse & Soak
Aromatherapy Massage
Seasonal Botanical Facial
Relaxing Scalp Massage

PREGNANCY BLISS

\$200

Warm Foot Cleanse & Soak
Relaxing Pregnancy Massage
Relaxing Scalp Massage
Indulgence Pedicure

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

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.

Hands

PETIT MANICURE

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

Polish Application	\$50
Shellac Application	\$65
Shellac Removal From:	\$10

INDULGENCE MANICURE

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

Polish Application	\$70
Shellac Application	\$85
Shellac Removal From:	\$10

Feet

PETIT PEDICURE

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

Polish Application	\$65
Shellac Application	\$80
Shellac Removal From:	\$10

INDULGENCE PEDICURE

This aromatic foot treatment relieves stress & tension while enhancing relaxation & general wellbeing, leaving feet smooth & hydrated. Feet & legs will be treated to a warm foot soak, exfoliation & hydrating masque. This indulgent treatment finishes off with a foot & leg massage & colour application

Polish Application	\$85
Shellac Application	\$100
Shellac Removal From:	\$10

Body Treatments

SEASONAL CRÈME BODY EXFOLIATION

\$85

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

\$85

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. Finished with a hydrating crème treatment to lock in moisture. **50 min**

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**

Waxing

Brow Shape	\$15
Lip	\$15
Chin	\$15
Lip & Chin	\$25
Underarm	\$25
Arms	\$35
1/2 Leg	\$35
1/2 Leg & Bikini	\$50
¾ Leg	\$45
Full Leg	\$55
Full Leg & Bikini	\$70
Bikini	\$25
Extended Bikini	\$40
Brazilian	\$55
Follow Up Brazilian	\$40

Tinting

Brow Tint	\$15
Lash Tint	\$20
Lash & Brow Tint	\$30
Henna Brow Tint & Shape	\$50

Make-up

Make Up Trial	\$70
Casual Day Make Up	\$70
Bridal/Special Occasion Make Up	\$80
Add On Lashes	\$20

Tanning

TUSCAN SPRAY TAN	\$40
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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.

Food & Beverages

Enhance your experience with our delicious drinks and platters.

Choice of Red, White or Sparkling wine	\$8 glass \$25 bottle
Cheese Platter with crackers	\$8 pp
Fresh Fruit Platter	\$8 pp

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.

Water

COMMUNAL HOT POOL \$10

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.
Loyalty Card Available

INFARED DETOX BOX \$20

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.
Loyalty Card Available

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.

SPA BATH RITUAL \$40

For 1 or 2 People
Allow your body to unwind & your mind to completely let go as you relax in our private spa bath. Enjoy on your own or with a partner, as a luxurious addition to any treatment.



Get In Touch

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Check website for updates



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