

THE SPA NOMAD

TREATMENT MENU

PAMPER PARTY

Designed with groups of 3 or more in mind.

Our Pamper Parties are perfect for Hens and Bridal Parties, Baby Showers, Mother's Groups, 'Ladies' nights in, taking some time out to refresh with friends or just because you can.

- **60 minutes per person (\$158)**

Pick any 2: 30 mins Express Facial AND 30 mins Swedish/Relaxing Massage

- **90 minutes per person (\$200)**

60 mins Facial + 30 mins Swedish/Relaxing Massage

- **120 minutes per person (\$245)**

60 mins Advanced Facial (Oxygen, Brightening, Collagen, Prenatal/Postnatal) + 30 mins Swedish/Deep Tissue Massage + Eye Trio Treatment (Eyebrow Shape, Eyebrow and Eyelash Tint)

FACIAL TREATMENTS & MASSAGES

- **Simply Wellness (\$388) - 135 mins**

This tranquil premium VIP package involves a luxurious massage and our signature Classic Facial. Enjoy a full-body relaxing massage to release tension and stress from tight muscles and our signature Classic Facial to bring hydration and revitalisation to your skin.

- **Simply Wellness (\$225) - 75 mins**

30 mins of luxurious massage and 45 mins signature Classic Facial to bring hydration and revitalisation to your skin.

FACIAL TREATMENTS (60MINS)

- **LUXURIOUS CLASSIC RELAXING FACIAL (\$178)**

This treatment is designed for all skin types. This is a specialised relaxing aspect treatment customised to your specific skin needs with all the essentials including: cleanse, exfoliate, and masks to deliver excellent results. It includes relaxing Shoulder and Facial Massage.

ADVANCED FACIAL TREATMENTS (60MINS)

Includes relaxing shoulder and facial massage.

- **BRIGHTENING FACIAL (\$188)**

Target skin concerns: Dry or Rough Skin, Dull and Tired Skin, Fine Lines and Wrinkles

Revitalising and brightening facial is perfect for dry, dull and tired skin. Beginning with an enzyme peel, the process removes the outermost layer of dead skin cells, followed by the application of vitamin A, C and E ampule product boost. The LED light therapy machine and a brightening mask will leave your skin softer and brighter.

- **COLLAGEN FACIAL (\$188)**

Target skin concerns: Fine Lines, Wrinkles and Pigmentation, Dull and Tired Skin

Ultimate anti-ageing treatment for plumping skin and reducing fine lines. It involves a hot and cold machine that applies collagen ampule product on your skin. The heat increases blood and lymphatic circulation and stimulates the growth of new collagen and elastin. The cold temperature boosts skin metabolism and energy, resulting in visible skin renewal.

- **HOLLYWOOD FACIAL (\$268) (known as the "Red Carpet Facial")**

Target skin concerns: Acne Scarring, Fine Lines and Wrinkles, Pigmentation, Acne Scarring, Acne Reduction, Blackheads and Breakouts, Dry or Rough skin, Enlarged Pores, Redness and Rosacea

The Hollywood Facial is a 60-minute intensive treatment using two professional masks from IS Clinical. It is designed to resurface the skin, reduce fine lines, wrinkles and hyper-pigmentation, help clear acne and improve acne scarring. It provides instant brightening, tightening and smoothing effects with no downtime.

EYE TREATMENTS - ADD ON INDIVIDUAL OR CAN BE A PACKAGE

- **PREMIUM EYE TREATMENT WITH COLLAGEN AND COLD MACHINE (\$50)**

Upgrade any facial with this treatment to address fine lines, wrinkles, dark circles and puffiness. It involves massaging the eye area with a machine using high temperature to stimulate blood circulation and reduce eye bags. It will end with a collagen-boosting eye mask which will lift your skin and reduce fine lines around your delicate eye area to reveal brighter, and more refreshed eyes. Suitable for Sensitive Skin.

- **BROW TINT (\$40)**

Application of semi-permanent dye to enhance, shape, and define your brows. \$40

- **EYELASH TINT (\$40)**

Eyelash tint consists of adding a special dye to your eyelashes, giving you dark, full lashes without the assistance of mascara.

- **EYEBROW SHAPE (\$40)**

Eyebrow shape with tweeze and trim.

MASSAGES

- **SIGNATURE RELAXING MASSAGE WITH ULTIMATE FACE RITUAL (\$220) - 75 MINS**

This full-body massage has been designed to promote general relaxation, relieve muscular tension, and improve circulation and movement range, leaving you feeling deeply relaxed and indulged. This treatment works from your head to your toes and concludes with the relaxing facial dissolving away all of your stress and tension.

- **SWEDISH/RELAXING/FIRM MASSAGE (\$158) - 60MINS**

A Swedish massage focuses on muscle relaxation, targeting superficial muscles and increasing the level of oxygen in the blood. It helps to improve circulation and flexibility while easing tension. This massage incorporates several specific techniques, including long, gliding strokes to help break up trigger points and rhythmic tapping with cupped hands to facilitate relaxation. These techniques combine to relax the entire body by warming up the muscle tissue, releasing tension and gradually breaking up any knots.

- **SPORTS MASSAGE (\$178) - 60MINS**

Sports massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, lower back pain, leg muscle tightness, and sore shoulders. Some of the same strokes are used as classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles).

COUPLE RITUALS

- **COUPLE ESCAPE (\$398) 75 MINS PER PERSON**

Relax and unwind with someone by sharing a Couples Massage and Relaxing Facial experience. Choose from between our highly regarded Relaxing Massage, Swedish Massage or Deep Tissue Massage. The treatment will be an hour and a half per person.

**T H E S P A
N O M A D**