

Dry Heat Infrared Body Treatment

Please Note: Dry Heat Infrared does have contra-indications, please discuss with your therapist before treatment.

This service begins with a shower as our Infrared Treatment is a direct heat therapy and the skin must be free from body moisturisers, deodorants, perfumes, etc. You are then cocooned in a capsule to totally relax with the warmth from the Infrared. The infrared used in our cocoon produces a dry form of heat that penetrates deeply into tissues, muscles and joints, increasing circulation and oxygen through the body. Infrared heat therapy can be an effective treatment for arthritis or sports injuries.

Treatment: 20mins (allow 45mins) \$90

Dry Heat Infrared Body Treatment + Steam

Please Note: Infrared does have contra-indications, please discuss with your therapist before treatment.

This treatment is identical to the Infrared Body Treatment above with the additional benefits of a Steam Treatment.

Treatment: 60mins (allow 75mins) \$120

BODY EXFOLIATIONS

Full Body Exfoliation

Beautiful skin takes work. We may remember to exfoliate our face to keep it healthy and glowing, but what about the rest of our body?

Body scrubbing removes dead cells, unblocks pores and allows moisturizers to nourish and to be absorbed into our skin. This keeps our skin hydrated and prevents ageing.

This treatment begins with a whole body exfoliation with relaxing massaging movements. As each side of your body is exfoliated, you are washed over by the Therapist with a hand held shower. Finish with a light moisturising application.

Treatment: 60mins (allow 75mins) \$130

Back Facial Treatment

An effective back treatment for those prone to breakouts or dry skin. A thorough cleanse, exfoliation, steam, extractions (if needed) and purifying mask. Finishing off with a moisturiser.

Treatment Time: 60mins \$140

Please note:

1. A shower may be required In-salon before some treatments.
2. Clients must arrive at least 10 minutes prior to appointment to have a consultation.
3. You may choose to wear swimmers for Spa Services. Your comfort is important to us and your privacy is protected at all times.

beauté 2 suit

Salon and Day Spa

Menu for Hydro-Spa / Body Treatments



SALON HOURS

Monday 10.00am – 5.00pm
Tuesday 9.00am – 6.00pm
Wednesday 9.00am – 6.00pm
Thursday 10.00am – 7.00pm
Friday 9.00am – 6.00pm
Saturday 9.00am – 3.00pm
Sunday & P/Holidays Closed

For appointments

Phone 6257 7789

or

Book Appointments online at

www.beaute2suit.com.au

33 Ainslie Place
Canberra City 2600

Prices subject to change effective from March 2018
(T&Cs apply)

Other Menus Available:

- Menu for Women
- Menu for Men

Hydro-Therapy Spa Treatments

Pre Spa advice - Information:

1. *The following Hydrotherapy Services cannot be performed on two clients at the same time.*
2. *There may be contraindications with some Hydrotherapy Spas. Before you make your appointment we ask that you ring and speak with a Therapist for more information.*
3. *Only your body will be enclosed within the cocoon capsule. That is, your head will not be enclosed.*
4. *We ask clients to arrive 10-15 minutes prior to your appointment to have a consultation with your Therapist.*
5. *To ensure optimal health standards are maintained, the Spa Cocoon is cleaned both before and after all treatments in accordance with Health Regulations.*
6. *A shower may be required in-salon prior to some treatments.*
7. *A credit card deposit may be required at the time of booking.*
8. *Spa services need to be set up prior to your appointment. So you will need to confirm your appointment when you receive your SMS reminder.*

What to wear:

1. *For Women, you may choose to wear swimmers for water spa services. We do supply disposable underwear; however, one size may not fit all. Your comfort is important to us.*
2. *For Men, we ask you to wear swimmers or your own underwear. Your comfort is important to us.*

Spa Treatment Programs

If you are seeking Spa Therapy Treatments that are related to advice provide by your practitioner, a program of sessions will need to be set up for you. In which case, a 30 minute consultation will be needed to assess your

requirements. This consultation will be at cost. Treatments will not be able to commence on the same day as your consultation as the spa will need to be prepared for your particular program treatment.

Beaute 2 Suit reserves the right not to undertake treatments if there are contraindications or the treatment may not be in your best interest.

Treatment program sessions must be confirmed after receipt of your SMS reminder, two days prior to your appointment or the appointment will be cancelled.

SPA / BODY SERVICES

Relaxing / Mineralised Hydro Spa Bath Soak

Our relaxing Hydrotherapy Spa Bath with body jets are designed to massage your whole body while soaking in relaxing mineralised waters to melt away your tension and stress and with the added benefits of Light Therapy. To finish, a Hydrating Moisturising Body Cream is applied leaving your skin well hydrated.

For this treatment we ask you to read the Pre-Spa advice and advice on what to wear.

Treatment: 30mins (allow 45mins) \$90

Vichy Shower with Full Body Exfoliation

The Vichy Shower is an ideal therapeutic water spray massage for the whole body. The Vichy Shower sprays the whole body making you come alive. This service begins with a full Body Scrub. This is followed by the Vichy Shower to wash away the Body Scrub along

with your stress. We finish with a light application of a Moisturising Body Cream. If

you would prefer your therapist can use a hand held shower to remove the product, instead of the Vichy Shower, please let your Therapist know prior to your service.

Treatment: 60mins (allow 75mins) \$125

Vichy Shower, Full Body Exfoliation + Steam.

Treatment: 75mins (allow 90mins) \$150

Light Therapy for your Whole Body

The benefits from Light Therapy work by balancing the energy of your physical and emotional systems. Bringing about a state of relaxation that helps to heal.

Treatment: 15mins (allow 30mins) \$30

Steam with Light Therapy

Steam Therapy is ideal for cleansing the whole body. Steam opens the pores and releases stored toxins. Your body is scrubbed and then a hand held shower is used by the Therapist to shower away the scrub. The cocoon capsule is closed and the warmth of the steam drifts around you. While you are being steamed a rainbow of changing lights energies your body. To finish, you are lightly moisturised with a Hydrating Body Cream.

Treatment: 60mins (allow 75mins) \$130

Steam with Light Therapy & Body Mask Wrap

The benefits of Steam and Light Therapy are combined with the benefits of a Body Mask Wrap.

Treatment: 75mins (allow 90mins) \$150