




treatment menu

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retreat & restore your skin, body & soul

Welcome to **aura**

au-ra (ôr') definition : *a feeling or character that a person or place seems to have; the ever-changing flow of life energy around one's body.*

Escape the rigors of daily life in the sanctuary that **aura** provides. Your **aura** experience will leave you feeling nurtured, rebalanced, & reenergised. Take some time to relax & unwind in our recovery lounge either before or after your treatment - or both.

All treatments are provided by professional staff who love to make you feel relaxed & rejuvenated while ensuring great results from your treatments.

aura provides a range of skin & body care from organic **priority** & JANE IREDALE to cosmeceutical ENVIRON. Your therapist can help you choose what is best for your skin & customise your treatments to suit your needs on the day.

With an extensive menu of services at **aura** we can prepare a Bespoke Experience catering to wedding parties, groups, couples, expectant mothers, men and those with specific needs or preferences.

We look forward to helping you discover your inner beauty while enhancing the outer - retreat & restore your skin, body & soul with an **aura** experience

Spa Etiquette

Please arrive 10 minutes before your treatment is scheduled. This gives you and your therapist time to plan the perfect treatment experience. If you arrive late we may have to reduce your treatment time. We will do our best to avoid that, but it isn't always possible.

We create a tranquil environment at **aura** and ask that you please switch your mobile phone to silent to avoid disturbing your treatment and other guests.

To ensure the daily flow is not interrupted, 24 hour notice of a cancellation is appreciated.

Cancellation fees apply to appointments alterations within 24hrs 50% deposit is required when booking appointments longer than 2hrs.

Facial Therapy

We take skin care seriously!
Our qualified **aura** skin therapists specialise in treating skin conditions and will customise your treatment to target your concerns. Here you can see the range of advanced skin treatments we offer:

Rejuvenate Facial

Every skin care treatment is customised specifically for your skin, lifestyle and relaxation needs. Skin care products are selected for their benefit to you and your skin. Cleansing, exfoliation and product infusion techniques are used according to your skin condition followed by an application of our bespoke mask and of course it wouldn't be complete without a face, neck and shoulder massage.

Re-surfacing Epidermal Leveling

Using the technique of dermaplaning techniques, this precise manual exfoliation treatment gives super smooth skin & vellus hair removal in the one comfortable treatment. The thorough exfoliation encourages cell renewal & absorption of active serums to smooth, hydrate & rejuvenate the skin.

Enzyme Lymphatic Therapy

A detoxifying skin treatment incorporating Microdermabrasion to aid thorough exfoliation & stimulation of lymph flow, followed by a tightening treatment mask that increases blood circulation & promotes detoxification. For optimum results & relaxation, a lymphatic drainage leg massage is performed whilst the active

treatment mask is setting. Simultaneously transferring active, vitamin-rich plant extracts that make for healthy, glowing skin.

Diathermy

A direct current uses heat to cauterize capillaries or keratinised skin for the treatment & removal of broken capillaries & skin tags.

IPL Photo-rejuvenation

IPL can effectively treat uneven pigmentation, age spots, freckles, capillaries of the face, birthmarks and vascular lesions, such as Rosacea. The IPL emits light that breaks up pigment in the skin cells. It may cause temporary reddening while new healthy cells are rebuilding. Soothing skin care will be used in conjunction with the IPL treatment.

PlasmaLift

Plasma skin tightening is the only cosmetic treatment to use plasma to eliminate excess skin. Low risk, minimal downtime & more affordable than surgery. Plasma skin tightening is known for its success with non-surgical eye lift (blepharoplasty), frown lines, crows feet, lip creases & more. Book your complimentary consult prior to treatment.

HIFU Face Lift

High Intensity Focused Ultrasound stimulates both the muscle layer & connective tissue effecting contraction & tightening in the muscle & new collagen & elastin being produced. The process of regeneration takes place progressively &

gradually, from the deeper tissue towards the skin surface, working naturally to both uplift & rejuvenate the skin. The result is a lasting significant visible skin firming & tightening, with clients excited to look 5 to 10 years younger!

Results Plus

Enhance the results from your facial treatment by adding....

Vitamin Infusion

Repair, hydrate, nourish and feed the skin with Environ's signature vitamin infusion facial. Perfect for first time users of Environ Skin Care, as an anti-ageing boost or a maintenance treatment for young skin.

ENVIRON Peel

Rejuvenate, revitalise and strengthen the skin with an ENVIRON Cool Peel. Ideal for undamaged, cystic acne, rosacea, uneven pigmentation, or just feeling drab. Your skin will be noticeably smoother, plumper, brighter with a more even tone.

Alginate Mask

This anti-inflammatory mask treatment will promote hydration and has calming and soothing effects on the skin.

Firm & Bright Eye Treatment

A marine collagen treatment to help regenerate, refresh and hydrate the eye area with instantly visible results.

High Frequency

Germicidal light therapy to clear congestion and have a drawing and healing effect on acne.

Galvanic

Infusion via galvanic current and iontophoresis allows active serums to be infused deeply into the skin for long term treatment results.

Ultrasonic

A deep dermal massage technique using ultrasound current to improve collagen production and infuse active serums.

Microdermabrasion

The famous resurfacing treatment to smooth scarring, refine enlarged pores, reduce lines and wrinkles, lighten pigmentation and generally improves skin function*.

Diathermy

A direct current uses heat to cauterize capillaries or keratinised skin for the treatment & removal of broken capillaries & skin tags.

MESO Dermal Needling

Targeted dermal needling treatments for Collagen Induction Therapy deliver progressive results for slackened skin, expression lines & wrinkles, pock marks & scars*.

SSLED

Seven Spectrum Light Emitting Diode is a non-invasive light therapy that can treat a wide range of skin conditions. It encourages cell rejuvenation, improves sluggish and stressed skin, calms red capillaries and reduces acne including Rosacea*.

**Packages of treatments are recommended & offered at a reduced price ask about our package prices with our concierge.*

Massage Therapy

All massage treatments are also customised to treat your concerns on the day of your treatment, we call it a bespoke experience. . . .

Re•new Body Massage

A complete body and soul soothing treatment incorporating Swedish, Thai, Reflexology and Aromatherapy techniques. The feet, legs, lower and upper back, hands, arms, décolletage and shoulders are massaged, finishing with a neck and scalp acupuncture massage.

Choose to enjoy either 30, 60 or 90 minutes of massage magic

Re•vive Bamboo Massage

Warm Bamboo Massage is an ancient muscle relief technique, used to release tight, tense muscle fascia and to improve circulation. Warmed Bamboo sticks are rolled firmly over muscles to instantly soften and soothe. A brisk yet rejuvenating massage.

Re•lax Hot Stone Massage

Warm basalt stones are placed in specific zones on your body to induce relaxation by soothing nerve endings and clearing lymphatic pathways. Slow rhythmic massage follows using the smooth stones to allow a deeper pressure. Hence, a deep tissue massage is achieved without the 'ouch'.

Re•lieve Pregnancy Massage

Relaxation massage specific to nurturing an expectant mum, assisting with relief of back and leg pain, headaches and sciatica. Using a beneficial pregnancy blend of essential oil.

Shirodahra

Shirodahra is the Ayurvedic technique of pouring pure warm oraginic oils on the third eye of the forehead. This treatment creates a deep sense of relaxation and balance of physical, mental, emotional and spiritual levels of the body. During your Shirodahra treatment your therapist will stay with you and massage your hands, feet, face and neck. Recommended for profound body relaxation and total peace of mind.

Indian Head Massage

This traditional and effective massage is excellent for relieving stress and also promotes relaxation and general wellbeing. Use of warm oil or without is optional.

Chinese Cupping

Negative pressure is used to soften tight muscles and connective tissue, bringing blood flow to body tissues and drain excess fluids and toxins by opening lymphatic pathways. Cupping is combined with traditional massage techniques & can be added to any of the above treatments.



Body Treatments & Wellness Rituals

Re • smooth

A cellulite smoothing treatment using ENVIRON body products to strengthen & smooth the skin. Vigorous massage & Chinese Cupping is utilised to encourage cellulite breakdown & the bodies lymphatic system to eliminate wastes. Package of 6 treatments & use of homecare is recommended for best results.

HIFU Body Sculpting

HIFU is the quickest non-invasive treatment to remove stubborn 'hard-to-shift' fat deposits whilst also toning & tightening the skin; with visible results after just one treatment & NO down time, HIFU offers a real natural alternative to surgery. Prices vary depending on the size of the area to be treated, please book a complimentary consult for your quote.

Re • vitalise Body Polish

Tantalise the senses with a complete dry body brushing, followed by our Fruit Tingle Body Scrub – a fresh cocktail of super fruits and Australian Native Hibiscus granules to soften and smooth. This rejuvenating skin treatment is complete with an effleurage application of a sumptuous, rich body cream to nourish and restore your skin's radiance.

Re-flex Feet Treat

Beginning with a foot bath soak & exfoliation to refresh & enliven the senses. Then, laying back on the shaped treatment bed, delight in a 20minute foot & lower leg massage using lymphatic drainage, reflexology techniques & Thai stretching to clear energy pathways, stimulate circulation in the feet & legs to relieve tired, achy legs whilst using pressure points to sooth the nervous system. This truly is a "treat" for the feet that affects total body wellness.

Ear Candling

There are many benefits of ear candling. It has helped people with sinus congestion, colds, ear aches and infections, candida, headaches, lymphatic congestion, sore throats, mucus, sinus infections, balance and equilibrium. It is safe, simple and natural. It is a soothing experience that reduces stress and tension and also sharpens mental functions.

Hydrotherapy Spa Bath

Soak your worries away & sooth muscle aches in your personal spa bath with hydrotherapy jets to relieve tension. We prepare your bath with good dose of priority Margarita Bath Salts for a magnesium & essential oil infusion.

Organic Cocoa Cream Wrap

Banish dry skin with this moisture rich concoction of organic cocoa and shea butter infused with calming chamomile, mandarin and ylang ylang. While you are cocooned in decadence, your mind will be transported with an Indian head massage. After a steam towel removal your skin will then be lavished in your choice of delightful body cocktails.

Guarana & Coffee Detox Wrap

Stimulate your body's lymphatic system and aid toxin removal with this souped up clay wrap. After dry body brushing, your body is lathered in hot clay and cocooned in a thermal blanket. After an acupressure scalp massage, shower yourself clean and send those toxins down the drain. Your therapist will complete the treatment with a balancing oil application. Expect to feel energised afterwards!



Spa Packages

Re•juvenate & Re-new

The perfect combination of a Rejuvenating Facial and Renew Body Massage. Using the divine blend of natural ingredients and organic essential oils, priority skin care products and nurturing massage will leave you feeling sublime... from head to toe.

Re•store

Make yourself a PRYORITY with this complete body restoration. This pampering package includes a Rejuvenating Facial, Renew Body Massage, Pedicure, Manicure and Eyebrow Shape and Tint. A package to ensure you'll float out the door.

Re•treat

Experience the ultimate day spa package – Retreat to relaxation heaven with a revitalising Dry Body Brushing, our delightful Organic Cocoa Cream Body Wrap, Eyebrow Shape and Lash and Brow Tint. Soak your troubles away in the Hydrotherapy Bath, then enjoy a Relax Hot Stone Massage and Rejuvenating Facial Treatment. The finishing touch is a Nail Revive on both fingers and toes while you nourish the insides with a Cheese and Fruit Platter and Sparkling Wine.

pRe•natal Glow

Mums-to-be deserve some me time more than anyone! Enjoy your special state and celebrate with a Re-balance Facial, Full Body Relieve Pregnancy Massage and Spa Pedicure...glow from head to toe and be ready to go!

Re•vive Detox Package

Help to rid the body of toxins with this powerful combination of detoxifying treatments. Begin with Coffee & Guarana Detox Wrap & enjoy an Indian Head Massage while this active wrap works its magic, shower off the remains of the wrap before your Re-vive Warm Bamboo Massage while your massage therapist uses Lymphatic Drainage techniques to stimulate your body's natural waste removal system. Complete this toxin disposal with an Magnesium Salt Foot Spa while sipping on a Body Cleanse Herbal Tea.

dRe•am Date

Take your friend or lover on the dRe-am Date...in our double treatment room indulge in a relaxing Back, Neck & Shoulder Massage to relieve tension, Re-balancing Skin Treatment to brighten your skin & complete your shared experience by treating your feet to a Spa Pedicure while enjoying a glass of bubbles. . .Cheers!

pRe•teen Pampering

Start your children on the right foot by teaching them the benefits of looking after yourself & good grooming habits so they can grow to be confident, balanced & well groomed young adults.

Mini Mani

Nail file & paint with chemical free Zoya Polish. We provide an extensive choice of colours, glitters & transfers for a fun, fashionable finish.

Pretty Pedi

Includes a foot bath, nail file & paint. Enjoy a Hot Chocolate or Apple Cider while we pretty up your toes.

Mini Facial

A feel good skin treat especially for young skin. While we use our priority organic skin care we will show you how to maintain healthy skin & prevent future skin problems.

Pamper Party Package

Enjoy all of the above treatments for a package price. We can cater for a number of little ones for an aura pamper party with invitations included.

Makeup Know How

Learn how to use makeup the correct way to enhance your features while looking after your skin, lips & lashes with your personalised makeup lesson. The price of your Makeup Know How is redeemable on makeup purchased on the day. Over \$150 after purchased.

Skin Consult

Have a skin analysis with your own skin care coach & she will share with you the secrets to get your skin on the right track with an effective skin care routine.

Hair Removal

We recommend Sugaring to remove unwanted hair on young people. A gentle, all natural sugar paste is used to remove hair & encourage the reduction of hair growth. The only way to start hair removal without irritation or skin damage. Your therapist will also teach you how to ensure healthy skin on your body for life. . . . your welcome

Makeup

At **aura** we believe inner beauty comes from within, but with outer beauty comes confidence and personal empowerment. *Makeup service costs are redeemable on Jane Iredale purchases over \$150.

Makeup Know How*

Participate in your very own personal makeup tutorial. While giving you a makeover your therapist will guide and teach you how to apply makeup to complement your features so you can feel confident in your makeup application.

Special Occasion Makeup*

Special occasions can include anything from a night out on the town through to proms, formals, balls or bridal makeup. You can opt to add Model Rock professional False Lashes to enhance your look.

Re-define Package

Add natural definition to your eyes & prepare for your Special Occasion Makeup the previous day of your occasion with Brow Shape, Lash & Brow Tint at a packaged price.

Bridal Packages

Consult with us about your needs and that of your Bridal Party. We will be very happy to create customised packages in preparation of your special day.

Glamourise Package

For a perfectly polished look, in the week prior to your occasion enjoy a Nail Revive with Gel Polish, a Revive Pedi with Gel Polish & a Full Body Spray Tan & we'll package your price to include your Special Occasion Makeup with False Lash Application for extra vavoom!

Tanning

The only safe tan is a fake one!

We use the award-winning Solaire – a natural bronze Spray Tan system. Your therapist will help you choose from a selection of base colours for your spray tan to ensure a perfect result.

Define Your Eyes

The eyes are the window to your soul...

Eyelash and Eyebrow Tinting

Using natural vegetable dyes this is a simple, relaxing procedure to darken and define lashes and brows.

Lash Lift and Tint

A gentle solution is applied to lashes once they are accurately positioned to set your lashes to give the illusion of extra length. Followed by a lash tint for maximum impact. Lasts 4-6 weeks.

Eyelash Extensions

Eyelash Extensions are a revolutionary application that adds instant length and thickness to lashes. Silk or mink lashes are selected and individually applied to each lash one at a time, for a natural, elegant and luscious lash-look lasting 4-6 weeks. (Infills recommended within 4 weeks).

Henna Brows

A longer lasting hair tint for the brows using natural henna (up to 6 weeks on the hair) & leaves a shadow on the skin for up to 10 days to create a defined powder brow look. Henna treatment can also help to encourage hair growth in the brows & is a conditioner to existing brow hair.



Perfect Grooming & Nail Care for Hands & Feet

Hands Nail Re•vive

Trim, file and polish of the fingernails for a professionally groomed result. Add LED Polish for a longer lasting polish finish.

Manicure

For perfectly shaped nails, cuticle management & nourished hands. Your aura Manicure includes a Reflexology Hand Massage using our organic Hand, Nail & Cuticle Treatment. Your choice of no polish, Zoya Nail Lacquer or Add LED Polish for a longer lasting polish finish.

Deluxe Pedicure

All of the above deliciousness with a Tropical Sugar Scrub hand exfoliation & hot oil cuticle treatment for hands that need that little bit extra!

Gel Nail Extensions

The latest technology in nail extensions with absolutely no acrylic in sight! Cured to the nail with gel & LED light, Gel Nail Extensions are lightweight & slightly flexible to be less likely to snap, lift or chip than previous nail extension systems. Can last 2 - 4weeks depending on your hand tasks. Finished with LED Gel Polish or ADD Nail Art \$20 - \$40 depending on design.

Feet Re-vive PEDI

Includes a refreshing foot soak, trim, file & polish of the toenails.

Pedicure

After a foot soak nails are trimmed & filed to shape, cuticles gently pushed back & excess dry skin around the nails clipped, the removal of dry, rough skin with Tropical Sugar scrub & Foot File. Followed by Reflexology Massage of the feet & lower legs & your choice of Zoya Nail Lacquer or without or Add Led Polish for a long lasting super glossy finish.

Deluxe Pedicure

All that our regular pedicure offers plus your choice of either a super nourishing, skin softening Sooth The Sole hot foot balm mask with Hot Stone Massage or a Glycolic Callus Peel Treatment to smooth rough, dry heels.

Our pedicure treatments may be performed in our spa pedicure chairs at the front of the clinic or indulge in a private pedicure in one of our luxurious treatment rooms.



Hair Removal

At **aura** we have all your Hair Removal options covered, so you can get uncovered with confidence.

Waxing

In all waxing treatments, Organic Wax is used to ensure your skin doesn't suffer from chemical sensitivity. Organic Almond Wax is selected for superfluous hair removal on the legs and arms (and Men's chest, back and stomach). For other areas of stronger hair growth we use Organic Hot Wax to be gentle on fragile skin (and it smells delight)

Sugaring

An age old method of hair removal making a come back due to the benefits for the skin & a precise technique to remove hair comfortably. The sugaring paste used is a blend of natural ingredients and is extremely gentle on the skin. Leaving the skin soft & reducing ingrown hairs. Regular sugaring treatments can reduce hair growth. Ask about our Hair Reduction Program.

Threading

An ancient Middle Eastern method of hair removal using cotton thread to remove superfluous facial hair. Ideal for sensitive skin intolerant to waxing.

IPL Hair Removal

Intense Pulsed Light is emitted into the hair follicles via the pigment in the hair shaft and converted to heat. The heat then loosens the hair and disables the cells responsible for growing new hair resulting in permanent hair reduction. Thanks to SHR treatment time is faster and more comfortable than other light based hair removal systems.

Electrolysis

An alternative permanent hair reduction technique. During electrolysis a tiny probe the same size as the hair is gently inserted into the hair follicle to reach the dermal papilla (the part of the hair bulb that nourishes the hair). A very low electrical current destroys the papilla ceasing further hair growth. Effective on all hair types, but ideal for small areas of coarse hair.



Men's Workshop

Show & Shine

A deep cleansing treatment for the face targeting specific skin problems. Includes wash, scrub, steam clean and massage with a pore refining, skin smoothing mask to have your skin looking in top gear!

Buff & Polish

A perfectly manufactured combination of Sea Salt Therapy body scrub which includes a muscle easing soak in the hydrotherapy spa, followed by a lavish application of energising oils. You'll be looking and feeling Buff!

Panel Beating

Men, you'll love the Warm Bamboo Massage – a Deep Tissue Rub, great for preparing for or recovering from that gruelling training session.

Wheel Alignment

Get those feet prepped and feel the total body rebalance with a Pedicure. Includes foot soak, cut, file and clean of toenails and cuticles, foot scrub and reflexology massage.

Overhaul Package

Get the total vehicle overhaul with a combo of all of the above!

Man-icure

There is a lot to be said about a man with well groomed hands (& even more about those without) For perfectly shaped nails, cuticle management & smooth hands. Your aura Man-icure includes a Reflexology Hand Massage relieving tight joints & achey hands.

Wax Finish

Choose between Organic Wax or Sugaring for super smooth hair removal.

Re-Spray

The only safe tan is a fake tan! Our Man Tan is a natural bronze colour by Solaire, sprayed in an even coat to make your skin glow for that 'healthy' tanned look.



aura Club

We encourage regular treatments to get the best results for your personal grooming, healthy skin & complete wellness.

To reward you for your regular custom we invite you to join the **aura** Club.

As an **aura** Club member you will receive a complimentary Brow Shape or Lash Tint every month & a selection of special offer vouchers for you to use throughout the year.

aura Club members receive priority newsletters & information on new products & services, & of course you're the first to hear of our VIP events. "Aura Member Only" specials on products & services are also on offer.

Gift Vouchers

An **aura** gift voucher is the perfect gift for your colleagues, friends & loved ones to let them know you care. Gift vouchers can be spent on either treatments or products & take the hard work out of deciding what to buy as a gift or staff reward & we can vouch that an **aura** gift voucher is always well received!

Treatment Price List

To view our current price list please visit our website:
www.auraclinicandspa.com.au



To find out more about **aura's**
story visit our website:
www.auraclinicandspa.com

You will also find an online store
to purchase gift vouchers and
selected products.

Book online by following the link
or feel free to call and speak
to our concierge on 08 8087 4887.

We look forward to providing
your next **aura** experience.



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