

## massage - relaxation and relief

Bring body, mind and spirit into a state of relaxation where healing begins, or experience a remedial massage targeting the relief of knots and tight muscles. For maximum benefits for the body a course of massages is recommended.

90min	\$150
60min	\$100
30min	\$75

### Remedial Massage

A deep massage used to treat muscle tightness, pain and injury.

90min	\$130
60min	\$85
30min	\$65

### Renewal Massage

Smooth flowing massage to help reduce stress, improve circulation & provide deep relaxation to recharge & rejuvenate.

90min	\$140
60min	\$90
30min	\$70

### Aromatherapy

A relaxing & healing massage utilising essential oils.

90min	\$140
60min	\$90
30min	\$70

### Lymphatic Drainage

Superficial pressure to assist in the movement of lymph fluid.

90min	\$170
60min	\$130

### Hot Stone Massage

Using hot stones in combination with massage techniques to bring about a feeling of deep relaxation & well being.

## body treatments

45min	\$80
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### Perfectly Polished

Full body exfoliation using a coconut sugar scrub designed to gently buff and rehydrate. Leave skin feeling soft and smooth with a lather of nourishing body butter.

75min	\$130
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### Warm Oil Wrap

This hydrating wrap utilises exotic oils combined with luxurious body butter to leave skin feeling soft and smooth.

75min	\$120
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### Relaxing Clay Wrap

Draws toxins from the body whilst replenishing essential minerals through infusion. Complete with hydrating body butter.

## Hands and Feet

Treat your fingers & toes with luxurious manicures & pedicures.

20min	\$30
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### File and Polish

We will shape your nails and finish them with the polish colour of your choice.

30min	\$45
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### Express Manicure

File, buff, cuticle care and then finished off with the polish colour of your choice.

30min	\$55
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### Express Pedicure

File, buff, cuticle care and then finished off with the polish colour of your choice.

45min	\$60
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### Maintenance Manicure

File, buff, cuticle care, a massage, finishing off with the polish colour of your choice.

45min	\$70
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### Maintenance Pedicure

File, buff, cuticle care, a massage, finishing off with the polish colour of your choice.

60min	\$75
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### Deluxe Spa Manicure

File, buff, cuticle care, exfoliation and massage, finishing off with a polish colour.

60min	\$82
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### Deluxe Spa Pedicure

File, buff, cuticle care, exfoliation and massage, finishing off with a polish colour.

15min	\$20
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**Add Ons** - add Paraffin or a Hot Stone foot massage to the above treatments.

## THE ESSENTIALS - from head to toe

We take our waxing seriously! No double dipping or recycling of wax here. We pride ourselves on high levels of hygiene standards, using gloves and only disposable utensils.

\$29	Half Leg Wax
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\$45	Full Leg Wax
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\$60	Brazilian - 1st time
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\$45	Brazilian - 4-6 weekly
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\$20	Bikini
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\$18	Eyebrow Shape
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\$34	Face
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\$20	Under Arm
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\$25	Arm
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## VPL - permanent hair reduction and skin rejuvenation

The Energist Ultra™ is the most advanced hair removal and skin rejuvenation product available, utilising state-of-the-art variable pulsed light VPL technology.

6584 2255	Book for a complimentary consultation.
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## spa etiquette

**Arrival** - to ensure that we can give you the treatment you deserve, it is best that you arrive 15 minutes prior to your appointment. As a courtesy to other guests your treatment will still finish on time if you are late.

**Cancellations** - a deposit will be required upon booking. We kindly ask you to provide 24 hours notice if you are unable to attend your appointment.

**Gift Vouchers / Corporate Rewards** - give the gift of tranquility with a beautifully packaged gift voucher. They can be purchased online or by phone. In addition we can post or email the voucher to you if required.



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Email | [guestinfo@portdayspa.com.au](mailto:guestinfo@portdayspa.com.au)

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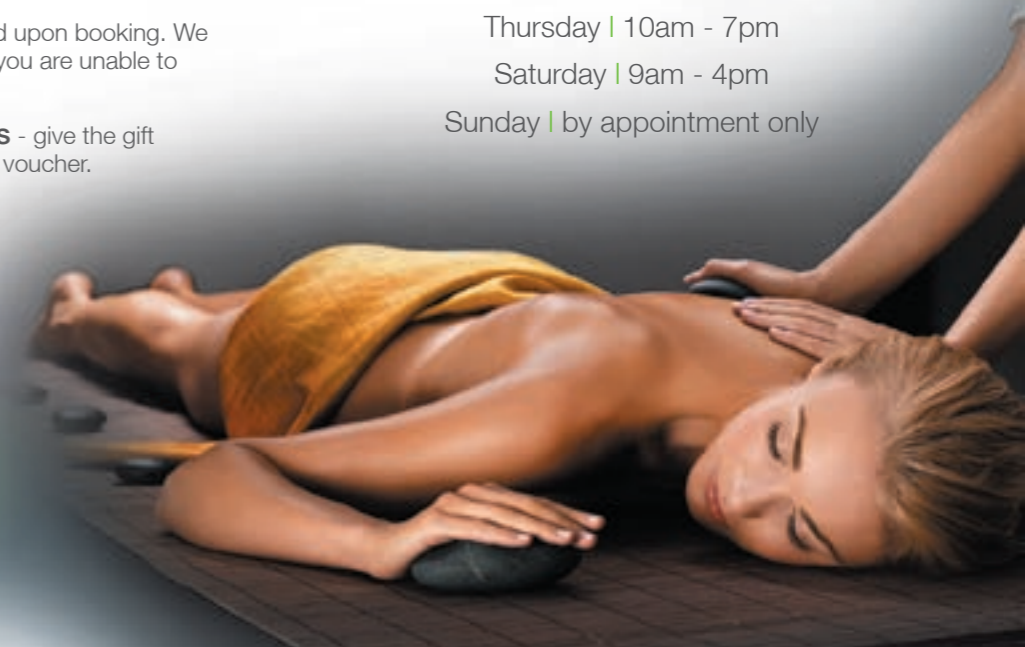
escape...  
you deserve it!

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## spa packages - indulge and enjoy


Indulge with our signature spa packages designed to relax, restore and re-energise. **Can't find a package that suits?** No problem, we are happy to combine different treatments if you so desire.

  **Romance Escape** - your private retreat in our dual room begins with 2 full body exfoliations followed by 20 minutes in our hydrotherapy spa. Continue the journey with 2 renewal massages to revive tired bodies and relieve tension. Finally enjoy 2 divine indulgence facials which will leave you skin feeling refreshed and rehydrated.



  **Ultimate Indulgence** - pamper your body with a coconut sugar scrub followed by a soak in the spa. Then drift away to a state of total bliss with a one hour full body massage and divine indulgence facial including eye treatment. After enjoying a light lunch, finish off with your choice of a deluxe spa mani or pedi.



  **Mind, Body and Spirit** - this indulgent treatment will leave you feeling completely rejuvenated and refreshed. Beginning with a full body exfoliation then continue with your choice of hot stone massage or warm oil wrap. Your skin will be left glowing after a 90 minute rose quartz facial including scalp, hand and foot massage. Also includes an eyebrow wax and lash tint.

  **Taste of Heaven** - this beautiful spa escape begins with a one hour renewal massage to sooth and relax. Then melt away with a divine indulgence facial where your skin will be left feeling rejuvenated and radiant. And lets not forget the hands and feet, finish off with a deluxe spa manicure or pedicure.



  **Hot Stone Sensation** - a truly amazing experience, incorporating the use of smooth, flat, heated rocks and exotic oils to provide you with a new energy & vitality. Complete with a one hour divine indulgence facial or a half hour pick-me-up facial. A truly amazing experience!

  **Yummy Mummy Package** - the perfect pamper package for the expecting mum. Let us rejuvenate the skin with a luxurious facial including décolletage, neck, shoulders and scalp massage. Then relieve swelling and fluid with a relaxing pedicure.

  **Holiday Treat** - for that well deserved getaway. Experience a 30min renewal massage followed by a 30min pick-me-up facial. Finish with your choice of express manicure or pedicure.



  **Spa Revival** - a luxurious full body exfoliation using a coconut sugar scrub followed by a relaxing soak in our hydrotherapy spa. Then to complete, enjoy the blissful experience of a 1 hour renewal massage.



  **Girls Spa Retreat** - get the girls together for a day of spa pampering. Enjoy 30 minute facials, 30 minute renewal massages and express pedicures. Includes spa refreshments. Approximately 90 minutes. Minimum of 4 people. 24 hours notice is required.



  **Bath Rituals** - hydrotherapy spa infused with coconut milk bath soak. **Add to a treatment for just \$40**



## for men - even guys need time out

Whether you're sporty, an executive, a macho or metro you will enjoy these great treatments especially for men!

  **Hot Stone Massage** - a relaxing experience using exotic oils coupled with the deep penetration of hot stones. Great for aching muscles and legs. Add 30min facial for an extra \$40.

  **Mens Fountain of Youth Facial** - a treatment to relax, treat and thoroughly hydrate the skin. A luxurious treatment for the discerning male client wishing to achieve relaxation and anti-aging in the one treatment.

  **Mens Sports Massage** - targeting specific muscle groups and improving overall flexibility, ideal for the active athlete. Available in for 1 hour or 1.5 hours.



  **Mens Balancing Facial** - This deep cleansing & hydrating treatment will help to revitalise skin in need of clarifying & calming.



  **Mens Maintenance Pedicure** - a treat for your feet and save the socks.

## facials - for beautiful, healthy looking skin



Using only the most advanced salon strength skin care products to promote beautiful healthy looking skin. Our professionally trained therapists will deliver the highest results and teach you how to accurately care for your skin at home. A course of 3-6 facials is recommended.

  **Collagen Facial Therapy** - the ultimate treatment for plumping the skin and reducing the appearance of fine lines and wrinkles.



  **Rose Quartz Facial** - a re-awakening of the skin. In this treatment the skin is massaged with the healing powers of rose quartz crystals which give energy to the skin and mind. Relax your worries away whilst your skin enjoys the attention it needs and deserves. Your skin will be glowing and will have a fresh youthful appearance.

  **Mimical Control & Q10 Facial** - anti-aging, hydrating and rejuvenating. Using coenzyme Q10 to leave your skin relaxed, smooth and fresh.

  **Complex C** - using vitamin C, E and A this treatment is great for brightening the complexion, evening out skin tones and repairing sun damaged skin.

  **Smooth Skin Surprise** - using glycolic based products to help with pigmentation, congestion and anti-aging.


  **Divine Indulgence Facial** - our signature facial personally prescribed to leave skin feeling fresh and rehydrated.


  **Troubled Skin Facial** - a deep cleansing facial targeting congestion, breakouts and excess oil.

  **Pick-me-up Facial** - a quick fix for people on the go. Includes double cleanse, exfoliation and mask.

## add ons - enhance your facial

Take your facial to the next level with any of these enhancers!

 **Intensive Hydration Fluid Booster** Hydrates the skin with the application of 5 additional ampoules. **\$45**

 **Bright Eyes** This quick fix treatment will re-hydrate and protect the eye area. **\$20**  
**\$30** Bright Eyes treatment on its own.




## facial peels

  **Lactic Peels** Course of 6 **\$375** single **\$70**



  **aha/bha Peels** Course of 6 **\$520** single **\$95**

## make up - look great on your day

We know how important it is to look your absolute best on your special day.




 **Formal Makeup** **\$50**  
 **Bridal Makeup** **\$60**  
 **Trial Makeup** **\$40**

## ear piercing

 Make your ears sparkle.  
 **Ear Piercing** - includes solution and earrings **\$35**

## spray tan - get the bronzed look

Achieving a sexy bronzed look has never been easier.

 **Full Body** **\$35**  
 **Full Body including exfoliation** **\$85**  
 **Course of 6 visits** **\$180**