

# PACKAGES

## Day Packages

**Special Occasions/Wedding Day** 5.25 hours . . . \$476.  
Body Exfoliation, Spa Bath, Swedish Massage, Indulgence Facial, Manicure, Pedicure, Light Snack

**Thermal Buffed Body** 2.25 hours . . . . . \$368.  
Foliation Therapy, Power Recovery Wrap, Mud Massage, Spa Bath

**Recovery** 3.5 hours . . . . . \$365.  
Body Exfoliation, Hydro Wrap, Spa Bath, Swedish/Remedial Massage, Rejuvenating Facial

**Zen Indulgence** 3.5 hours . . . . . \$311.  
Body Exfoliation, Spa Bath, Mani-Pedicure, Rejuvenating Facial

**Stress Relief** 3.25 hours . . . . . \$310.  
Spa Bath, Aromatherapy Massage, Aroma-Stone Facial

**Maternity** 3.5 hours . . . . . \$299.  
Pregnancy Massage, Mani-Pedicure, Rejuvenating Facial  
**w/ Aromatherapy** . . . . . \$305.

**Rejuvenating** 3 hours . . . . . \$273.  
Swedish/Remedial Massage, Mani-Pedi, Rejuvenating Facial

**Ayurvedic** 2.25 hours . . . . . \$266.  
Ayurvedic Massage, Shirodhara, Herbal Linen Wrap

**Herbal Aroma-Stone** 2 hours . . . . . \$212.  
Herbal Linen Wrap and Aroma-Stone Massage

**Renewal** 2 hours . . . . . \$186.  
Swedish/Remedial Massage and Rejuvenating Facial

**Pure Body** 1 hour . . . . . \$139.  
Body Exfoliation and Hydro Wrap

## Zen Skin Bar

Analysis + mini-treatment . . . . . \$27.  
(skin bar rebate available on select products)

Prices are GST Inclusive

## ZEN OUT

to your hotel, home or office;  
Zen will deliver treatments to you  
(Pre-bookings required; pricing available on request)

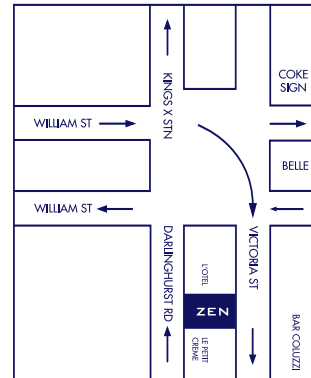
Ring 9361 4200

**Gift Certificates available for most Zen Treatments and Packages, ring 9361 4200**

**or order online at [www.zendayspa.com.au](http://www.zendayspa.com.au)**

**( We Courier or Express Post for a small fee )**

Visit the Zen Website for our electronic brochure which describes all treatments & services



## ZEN DAY SPA

[ THE ART OF BODY MAINTENANCE ]

116-118 Darlinghurst Road  
Darlinghurst NSW 2010  
p: 9361 4200 f: 9361 4590  
e: [sales@zendayspa.com.au](mailto:sales@zendayspa.com.au)

## Opening Hours

**Monday-Friday 9AM-9PM**  
**Saturday 8AM-8PM**  
**Sunday 10AM-7PM**

### Cancellation and Late Policy

Please give us 24 hours notice for a cancellation or to change your appointment. A 100% cancellation fee is applied to late cancellations or "no shows". Inside 24 hrs. + same day bookings are confirmed at time of booking. Late arrivals are subject to reduced treatment time. We require a credit card to secure your bookings.



is located at

118 Queen St. Qn's Ct. Woollahra p: 9328 1656

ZEN

DAY

SPA

The  
**art**  
of  
**body**  
maintenance

TREATMENT GUIDE

Phone: 9361 4200

[www.zendayspa.com.au](http://www.zendayspa.com.au)

PROFESSIONAL

# NATURAL THERAPIES

**Aromatherapy, Pregnancy, Deep Tissue, Ayurvedic, Lymphatic, Shiatsu, Aroma-Stone, Rei-ki, Reflexology**

2 hours . . . . .	\$204.
1.5 hours . . . . .	\$158.
1 hour . . . . .	\$114.
30 mins . . . . .	\$69.

**Swedish, Remedial, Sports**

2 hours . . . . .	\$194.
1.5 hours . . . . .	\$146.
1 hour . . . . .	\$108.
30 mins . . . . .	\$63.

**Massage for two in our 'Together Rooms' or Four Hands Massage for one**

2 hours . . . . .	\$381.
1.5 hours . . . . .	\$288.
1 hour . . . . .	\$214.
30 mins . . . . .	\$125.

**Indian Head Massage**

30 mins . . . . .	\$54.
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**Ayurvedic Shirodhara**

30 mins . . . . .	\$77.
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**Naturopathic Herbal Medicine**

1 hour consultation, diagnosis, prescription . . . . .	\$108.
30 mins follow up consultation . . . . .	\$64.
Flower Essence Therapy, Chakra Balancing, Meditation	
1 hour . . . . .	\$108.

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SPECIALISED

# SKIN CARE

**Indulgence Facial** (incls. EB shape & tint + EL tint)

1.5 hours . . . . .	\$146.
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**Aroma-Stone Facial**

1.25 hours . . . . .	\$141.
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**Re-Hydrating Facial**

1.25 hours . . . . .	\$132.
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**AGE smart Facial** (for premature aging, sun damaged and mature skin)

1.25 hours . . . . .	\$185.
Course of 6 treatments . . . . .	\$995.

**Chroma White Facial** (for sun spots & uneven pigmentation)

1.5 hours . . . . .	\$195.
Course of 6 treatments . . . . .	\$1,053.

**Power Plus Exfoliation** added to any facial . . . . . \$32.

**Rejuvenating Facial**

1 hour . . . . .	\$100.
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**Men's Facial or Purifying Facial**

45 mins . . . . .	\$79.
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**Teen Time**

30 mins . . . . .	\$64.
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**Back Revitaliser** (a deep cleansing facial for your back)

45 mins . . . . .	\$79.
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**Micro Zone Treatments** (eye rescue, flash exfoliation, hand repair, lip renewal, men's oily-congested, men's sensitised, rapid spot clearing, congestion relief)

15 mins ea. . . . .	\$52.
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**Eyezone Treatment**

45 mins . . . . .	\$79.
15 mins addition to any facial . . . . .	\$30.

**Eyelash & Eyebrows**

Eyelash Extensions . . . . .	\$200.
One half Extensions. . . . .	\$115. Fills . . . . . from \$60.
Eyebrow Shape & Eyebrow and Eyelash Tint . . . . .	\$55.
Eyebrow & Eyelash Tint . . . . .	\$39.
Eyelash Tint. . . . .	\$28.
Eyebrow Shape or Tint. . . . .	\$26.
Eyelash Perm and Tint . . . . .	\$72.

SPA AND

# BODY TREATMENTS

**Thermal Body Therapies**

Deep Thermal Therapy w/Poultice Stamp or Mud Massage  
1 hour each. . . . . \$191. 1.5 hours each. . . . . \$269.

Mineral Salt Scrub or Body Foliation + Power Recovery or Nourishing Sea Mud

1 hour p/combo . . . . . \$190.

Aroma-Salts Exfoliation, Body Foliation, Mud Back Massage, Hydro Wrap, Herbal Linen Wrap, Sea Mud Wrap

30 mins each . . . . . \$77.

**Thermal Touch Therapy**, an add-on to any treatment

Hands & Arms, Decollete, Back purification, Legs & Feet, Scalp  
15 mins ea . . . . . \$33.

**Aroma Mineral Salts Spa Bath**

15 mins. . . . . \$26. 30 mins. . . . . \$44.

**Full Body Tanning**

30 mins Spray Tan. . . . . \$44.  
w/dry body brushing . . . . . \$57.

**Hair Removal Waxing Treatments**

Full leg, bikini line and underarm . . . . .	\$82.
Full leg and bikini line (or underarm) . . . . .	\$73.
Half leg, bikini line and underarm . . . . .	\$66.
Half leg and bikini line (or underarm) . . . . .	\$54.
Half leg . . . . .	\$38.
Full leg . . . . .	\$56.
G-String bikini line . . . . .	\$45.
Brazilian . . . . .	from \$73.
Lip and Chin . . . . .	\$26.
Chest and Stomach or Back and Shoulders. . . . .	\$52.

**Aromatic Manicure**

1.5 hours including paraffin . . . . .	\$88.
1 hour . . . . .	\$71.
45 mins . . . . .	\$58.
30 mins Express . . . . .	\$42.

**Aromatic Pedicure**

1.5 hours including paraffin . . . . .	\$103.
1 hour . . . . .	\$82.
30 mins Express . . . . .	\$54.