

Steam Therapy

Steam Therapy is ideal for cleansing the whole body. Steam opens the pores and releases stored toxins.

Steam with Light Therapy

Your body is scrubbed and then a hand held shower is used by the therapist to showers the scub away. The cocoon capsule is closed and the warmth of the steam drifts around you. As you are being steamed a rainbow of lights falls onto your body. To finish, you are lightly massaged with a hydrating body cream.

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

Add to your Spa Treatment

The benefits of a body mask wrap can be added to this treatment.

Total Treatment Time: 75mins (allow 90mins) **\$145**

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 Water Spa Services. Your comfort is important to us and your privacy is protected at all times.

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 moisturiser to nourish our skin. This keeps our skin hydrated and prevents ageing.

This treatment begins with your whole body being exfoliated 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 off with a light moisturising massage.

Your choice of tropical scrubs can be used or mix it up with spices of the tropics.

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

Back Only Exfoliation (Back Facial)

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

Treatment Time: 45mins \$100

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Salon and Day Spa

Menu for Spa and Body Treatments



SALON HOURS

Monday, Tuesday - Temporarily Closed
Wednesday & Friday 9.00am – 6.00pm
Thursday: 10.00am - 7.00pm
Saturday: 9.00am - 3.00pm
Sunday & Public 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 February 2017
(T&Cs apply)

Hydro-Therapy Spa Treatments

Please note:

1. *The following hydrotherapy treatments cannot be performed on two clients at the same time.*
2. *There may be contraindications with hydrotherapy spa treatments.*
3. *Please ring and speak to a therapist to make an appointment.*
4. *To ensure optimal health standards are maintained, the spa is cleaned both before and after all treatments.*
5. *A 50 percent credit card deposit may be required at the time of booking.*

Spa Hydro-Therapy

All our wonderful hydro-therapies are performed in a specially designed cocoon which encloses the body in a temperature controlled environment. Indulge yourself in the neoQi Cocoon. For a revitalising, stimulating and invigorating combination of therapies which may include: aromatherapy, steam, water jet vibration massage, vichy shower, light therapy and infra-red which are used to detoxify and cleanse the body, relieving stress and fatigue.



Mineralised / Relaxing Hydro Spa Soak

Our relaxing Hydrotherapy Cocoon bath jets are designed to massage your whole body while soaking in relaxing mineralised waters to melt away your tension.

To finish, you are lightly massaged with a moisturising body cream leaving you refreshed and your skin well hydrated.

Treatment Time: 45mins (allow 60mins) \$90

Vichy Shower

The Vichy Shower is an ideal therapeutic water massage for the whole body. The Vichy Shower sprays tropical rain drops that massage the whole body, making you come alive, then a totally relaxing experience.

Vichy Shower with Full Body Exfoliation

This treatment begins with a full body exfoliation, with relaxing massage movements. This is followed by the Vichy shower to wash away the scub along with your stress and finish with a light massage and moisturising body cream.

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

Light Therapy (Chromotherapy) for your Whole Body

Light therapy gives balance of energy. Colour and light are active powers which help bring our physical and emotional systems into balance. Light therapy has many benefits; some of these include rebalancing the body, relaxation of the nerves and lymphatic systems, helping to heal emotions and improving skin renewal.

A great treatment to add to a facial or massage.

Treatment Time: 15mins (allow 30mins) \$25

Infrared Sauna

Infrared is simply a form of energy and heat that can be directly transmitted into the body using specific wave lengths though the air. The Medi Grade infrared that we use in our Cocoon produces a dry form of heat that penetrates deeply into tissues, muscles and joints, increasing circulation and speeding up oxygen flow through the body. Infrared heat therapy can be an effective treatment for chronic pain, arthritis and sports injuries.

Infrared Body Treatment

This treatment begins with a full body exfoliation followed by a shower to stimulate and promote blood circulation. You are then cocooned in a capsule to totally relax with the warmth from an infrared treatment.

Treatment Time: 45mins (allow 60mins) \$125

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