



Beauty and Spa Menu

"At Tarraleah Day Spa we pamper the body and refresh the soul"

Tasmanian Signature Treatment (90 mins) \$190

Mission *Relax "connect with the sacred ground of Tasmania"*

Experience the Elements...relaxing and healing harmonizing and invigorating your spirit, immersing yourself in nature's magic.

Consultation, hot towels, choice of oils, body brushing, hot rock therapy (optional), aromatherapy massage with clients choice of oils, Tasmanian herbal teas

Products used are all 100% Tasmanian

Oils used:

Tasmanian lavender: one of the rarest and considered by many as being the best lavender in the world. It is the most popular oil used in aromatherapy used for relaxation and easing tension, fatigue and restlessness.

Tasmanian Peppermint: this perennial herb is grown and produced in Tasmania producing a soft clean aroma. Inhale the refreshing and stimulating aroma of peppermint and feel refreshed. It is helpful in relieving jet lag and is useful as an inhalation as a temporary relief of nasal congestion and sinusitis.

Clary Sage: distilled in Tasmania and is recognised as one of the most powerful relaxants, valuable in assisting with all kinds of stress and emotional tension.

Kunzea: from north east Tasmania refreshing, clean, stimulating and invigorating is useful for the temporary relief of pain.

Tea Tree: outstanding it is best known for its anti-infectious action.

Vision *Indulge in a relaxing – healing and harmonising body and mind treatment, featuring essential oils from Tasmania*

Treatment designed for the ASPA conference in Tasmania2008

DAY SPA TREATMENTS

Nirvana at Tarraleah \$650

Full day spa treatment including lunch. Body exfoliations, aromatherapy massage and a deluxe facial. Eyelash tint, eyebrow shape, eyebrow tint, manicure and pedicure

Half Day Spa Treatment \$500

Body exfoliation then a 60 minute aromatherapy massage, aromatherapy facial treatment, eyebrow shape, eyelash tint followed by a manicure and pedicure treatment.

Indulgence Spa Treatment \$400

30 minutes aromatherapy massage, consultation to choose blend of oils followed by aromatherapy facial, manicure and pedicure

Serenity Day Spa Treatment \$350

Aromatherapy mud wrap and aromatherapy facial or aromatherapy body massage and aromatherapy facial

Stress Relief Treatment Massage \$150

Includes body brushing, effective massage technique targeting the stress prone back neck and shoulder area including a scalp massage (60 min)

REVITALISING BODY MASSAGES

A relaxing anti stress massage to reduce tension, relief stress and restore your overall sense of well being

Celestial body Massage \$150

Relaxing and healing full body treatment including a warm foot bath or spa with essential oils consultation to establish which oils are to be blended for the desired effect. Full body massage warm compress to face and head and full nurturing scalp massage (60 min)

Pregnancy Massage (70 min) \$170

Full body therapeutic individually tailored massage that will relieve muscle fatigue, lower back pain and leg tension associated with the trimesters of pregnancy

Tarraleah Signature Treatment \$190

Herb tea and consultation, body brushing, half hour aromatherapy massage, customised one hour facial treatment including lash and brow requirements, finishing touch make-up and sample pack, envelope on departure.

BODY TREATMENTS

Body Polish (30 mins) \$100

Body Polish and Self Tan application (70 min) \$170

Full Body Peel and Massage (90 min) \$190

Full Body Massage (90 min) \$190

Full Body Massage (60 min) \$150

Hot Stone Massage (90 min) \$190

Hot Stone Massage (60 min) \$150

Hot Stone Massage (30 min) \$100

FACIALS

Deluxe Facial Treatment (90 mins) \$190

Multi-vitamin Treatment (60 min) \$150

Dermalogica skincare treatment specially formulated to combat the signs of aging by restoring skin elasticity tone and texture while restoring softness and suppleness, ideal for stressed and dehydrated skin

Hour Facials

Intensive moisture \$150

Nutrient-rich moisture restoring, helps refine dry lines, energises stimulates the circulation and helps revitalise dry skin

Botanical \$150

Gentle hydrating treatment that restores suppleness with a soothing blend of bitter orange hops and horsetail

Firming \$150

Super concentrated to visibly firm and smooth the skin surface, seaweed extract, vitamin c and protein peptides are used to help reinforce the firming effect

HANDS and FEET

Manicure Treatment (60 min) \$100

includes exfoliation, cuticle treatment, hand and nail massage completed with file and polish to complete beatification of hands

Pedicure Treatment (60 min) \$100

includes exfoliation, cuticle treatment, deep cleansing and luxurious foot and lower leg massage followed by file and polish

EYES

Eyebrow shape \$30

Eyebrow shape with tint \$40

Eyelash Tint \$30

Eyebrow shape and tint, eyelash tint \$70

Permalashes \$80

MAKE-UP

Formal or special occasion \$100

Wedding \$100 per person

(Pre wedding makeup can be perform at Papillon Health and Beauty Centre on request, group bookings at special price)

HAIR REMOVAL

On request

THERAPISTS

Our therapists are highly professional and have been trained to pamper and nurture you; our focus is to restore balance to the mind, body and spirit

SPA ETIQUETTE we encourage you to arrive 10 minutes before your scheduled treatment time to relax and complete your consultation form

dermalogica[®]



ASPA
PASS OF EXCELLENCE
Italian Spa Association

Tarraleah Tasmania