

## Rituals

**Sublime** **\$320**

Experience the perfect Body Wisdom trio to revive mind, body & soul. To start, a Seaweed Wrap to refine, detoxify and deeply relax. Your wrap is followed by Vitaminic and Seaweed Boost Facial to rehydrate, brighten and firm. Conclude with a 30 minute relaxation massage. Allow 3 hours.

**Heaven** **\$300**

Exhale and relax as you enjoy 60 minute Sabai Stone massage that will destress your whole body. A specialized Aroma Facial will be performed using rich ingredients from the earth and the sea to provide outstanding results, a blissful experience! Last but not least a Spa Pedicure, a true sole therapy! You will be walking on clouds! The perfect package for couples, enjoy this little piece of heaven in our couples room for just \$550. Allow 3.5 hours.

**Detox Package** **\$195**

Your journey will start with 30 minutes in our Far Infrared sauna where you will relax, unwind and detox! Following a shower, a invigorating full body massage will stimulate your lymphatic and circulatory system. Then, delight in an Express Spa Pedicure as you enjoy a detoxifying herbal tea! Allow 2 hours.

**Mother To Be - Blissful Beginnings** **\$195**

Ideal from three months onwards, let us nurture you, ease your mind and uplift the spirit. Balance and refresh skin with a Deep Cleanse facial, and then let us do the work to restore those hard to reach hands and feet to perfection with an Express Spa Manicure and Pedicure. Allow 2 hours.

**For Him** **\$245**

Rejuvenate and regroup. We have you covered from head to toe with this package including a detoxifying Infrared Sauna session, Shower, 30 minute Relaxation Massage and Men's Signature Facial. Conclude with an Eyebrow Tidy & Express Man'icure . Allow 3 hours.

## The Balanced Bride

**1 The Six Month Preparation** **\$570**

Program of six monthly Balancing Facial Treatments customised over the 6 month period leading up to the wedding. These series of treatments address the specific needs and concerns of the skin and are results focused for the big day. The treatments can address concerns such as sensitivity, pigmentation and dehydration.

**2 The Day Before** **\$390**

Be the Balanced Bride, and let Body Wisdom prepare you for your special day. Begin your experience with a Salt Glow full body exfoliation, to prep you for your tan. Follow this with a personally diagnosed skin specific high performance facial, spa manicure and spa pedicure. Conclude with a perfectly golden tan. Allow 4.5 hours.

**3 On The Big Day** **Add \$110**

Champagne on arrival, Professional Makeup Application, touch up polish, take home Jane Iredale lip gloss to match.

## Makeup by Jane Iredale

The first full makeup line on the market to offer not just colour enhancement but also benefits to the skin. Known as The Skin Care Makeup, the Jane Iredale line is so safe and beneficial to use that it is recommended by Plastic Surgeons and Dermatologists throughout the world.

**School Ball Makeup. Allow 45 minutes** **\$55**

**Bridal Makeup (Including Trial)** **\$100**

**Professional Makeup Application. Allow 1hour** **\$95**

(\$40 of cost redeemable on product)

**Professional Makeup Lesson. Allow 1.5 hours** **\$150**

(\$40 of cost redeemable on product)

## Hands & Feet

**Spa Pedicure** **\$110**

A facial for your feet! Enjoy this ultimate experience and your feet will thank you. Includes invigorating soaking, exfoliation, rasping and callus softening. A rejuvenating mask will be applied and take you into a state of deep relaxation. You will also enjoy having your lower legs and feet massaged with rich invigorating creams. Conclude with a polish of your choice and you will be walking on clouds!

**Spa Manicure** **\$70**

The works for your hard working hands! This therapeutic treatment is formulated to repair and restore your hands and nails. Includes file, buff, cuticle work, a deeply relaxing exfoliation and massage of your arm and hands. Conclude with polish of your choice.

**Express Spa Manicure or Pedicure** **\$55**

This classic manicure includes file, buff to a shine and cuticle work. Conclude with a nourishing moisture protection for your nails and hands. Polish is of your choice.

## Gift Vouchers

A gift voucher from Body Wisdom is the perfect gift for any occasion. Gift Voucher can be purchased in salon or via email at [info@bodywisdomcontour.com.au](mailto:info@bodywisdomcontour.com.au). Choose from one or our purpose designed packages, or let us help to create the perfect gift. Vouchers for treatments are valid for 12 months and vouchers for dollar value are valid for a lifetime.

### Booking Policy

We require 24 hours notice from the time of your appointment and 48 hours for evenings and Saturdays or a cancellation fee of 50% of your treatment will be applied. Please note a credit card number is required to secure your reservation when booking 2 or more hours.

### Late Arrival

As a courtesy to all our clients' late arrival may mean that we are unable to perform your treatment or treatment time may be reduced. The full treatment cost will still be charge.

### Prices

Prices subject to change without notice, correct at the time of printing.

### Body Wisdom Etiquette

For tips to make the most of your visit to Body Wisdom or to book online go to: [www.bodywisdomcontour.com.au](http://www.bodywisdomcontour.com.au)

To book online visit  
[www.bodywisdomcontour.com.au](http://www.bodywisdomcontour.com.au)



# Body Wisdom

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## Face

<b>Photorejuvenation Facial</b>	<b>\$340</b>
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The ultimate in reversing the signs of ageing, combine the power and technology of IPL photorejuvenation with the incomparable soothing and repairing benefits of the Pevonia Oxy Vital Mask. Decrease pigment and pores, even the skin tone and boost collagen production to smooth fine lines and wrinkles. Consultation required and course recommended.

<b>Caviar De-Ageing &amp; Rejuvenating</b>	<b>\$190</b>
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You don't have to age gracefully or even apparently! Counteract the ageing process with this proven-effective advanced treatment specifically formulated for men and women... Rejuvenating Caviar and repairing freeze-dried Escutox™ replenish skin while counteracting ageing aggressors.

<b>Skin Specific High Performance</b>	<b>\$150</b>
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Your skin is as individual as you are. In order to maintain its health and radiance, your skincare needs must be properly addressed. Pevonia's in-spa corrective facial series offers you a collection of treatments formulated to provide serious solutions for your specific concerns.

<b>Vitaminic &amp; Seaweed Boost</b>	<b>\$140</b>
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Drench your skin with this phenomenal, non-greasy, micro-emulsified Vitaminic Concentrate. Naturally aromatic, it combats excessive dryness, dehydration, and premature ageing. Radically effective, a seaweed mask is then applied to seal and lock in the antioxidants while also firming and hydrating the skin.

<b>Body Wisdom Signature Facial</b>	<b>\$95</b>
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Optimize your skins health and radiance with mask treatment that specifically address your skin type. Whether your skin is dry, sensitive, combination or oily, the Pevonia essential mask series provides the perfect mask for your skin.

<b>Deep Cleanse</b>	<b>\$75</b>
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Designed to deep cleanse and brighten your complexion. Includes cleanse, tone, exfoliate, steam, extractions if required and mask. Whilst your mask is on enjoy a relaxing head and neck massage.

<b>Spa Teen Acne or Balance</b>	<b>\$75</b>
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Pevonia SpaTeen for blemished skin delivers active ingredients that gently rebalance, deep cleanse and refine problematic skin. Pevonia SpaTeen for normal/combination skin combines natural fruit extracts such as strawberry and papaya to cleanse, balance and keep skin clear and healthy.

## Added Touches

<b>Lip Treatment (Smooth, Plump &amp; Hydrate)</b>	<b>\$35</b>
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<b>Gingko Biloba Eye Treatment (Puffiness &amp; Dark Circles)</b>	<b>\$35</b>
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<b>Collagen Cryo Eye Treatment (Fine Lines &amp; Wrinkles, Dehydration)</b>	<b>\$35</b>
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<b>Customised Ampoule</b>	<b>\$30</b>
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<b>Scalp Treatment (Incl massage)</b>	<b>\$30</b>
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<b>Neck &amp; Bust Treatment</b>	<b>\$45</b>
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<b>Sabai Hand &amp; Foot Stone Massage</b>	<b>\$30</b>
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<b>Eyebrow &amp; Lip Wax</b>	<b>\$30</b>
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<b>Eyelash Tint</b>	<b>\$25</b>
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<b>File Buff &amp; Polish</b>	<b>\$30</b>
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\*\*Your skin care specialist will advise you on the most suitable active ampoule to rehydrate, soothe, brighten or refine.

## Body

<b>Back Treatment</b>	<b>\$115</b>
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Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, and masque therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or preparing for a special occasion.

<b>De-Ageing Yoghurt</b>	<b>\$220</b>
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Combining the tropical extracts of mango and passion fruit, this wrap leaves your senses gently awakened while phenomenal visible results are obtained. Your skin emerges revived, refreshed, smoother, firmer, and vividly brighter.

<b>Green Coffee Body Wrap</b>	<b>\$190</b>
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Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. Visibly reduce spongy, dimply, cellulitic areas.

<b>Seaweed</b>	<b>\$140</b>
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Capture the detoxifying riches from the ocean .This effective treatment detoxifies and re-mineralizes dry, depleted skin. As stress and toxins are eliminated, your entire body resurfaces youthful, replenished and hydrated. Take your cures from the sea.

<b>Tropical Salt Mousse</b>	<b>\$140</b>
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An aroma-sensory experience with tropical fruits of papaya and pineapple essential oils and rich sea salt from Brittany France. This glorious mousse scrub is lathered and broken down over the body to remove impurities, dead cells, toxins, to reveal a smoother, supple skin. Your skin is left softer, smoother, radiant and youthful.

## Massage

The power of touch to create pleasure and wellness to deeply heal your mind and body.

<b>30 Minute</b>	<b>\$50</b>
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<b>60 Minute</b>	<b>\$90</b>
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<b>90 Minute</b>	<b>\$120</b>
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### Lomi Lomi Massage\*\*

\*\*Speciality Massage subject to the availability of qualified therapist

Also known as the Hawaiian Heart Lomi Lomi is a beautiful and flowing Hawaiian Massage. It is one of the oldest and most powerful forms of healing, this massage uses long flowing and rhythmical strokes with the hands as a tool of the heart to connect with healing spirits. This therapeutic treatment is believed to heal the systems which bring balance, restoration and heart-opening peace to the body.

<b>60 Minute</b>	<b>\$110</b>	<b>90 Minute</b>	<b>\$150</b>
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### Sabai Stone

\*\*Speciality massage subject to the availability of qualified therapist (60 or 90 minutes)

Exhale and relax as your therapist administers an advanced tri-phase stone massage therapy far exceeding traditional stone massage. Sabai's® synchronized therapeutic massage with micronized minerals de-stresses your entire being...mind, body and spirit.

<b>60 Minute</b>	<b>\$120</b>	<b>90 Minute</b>	<b>\$180</b>
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## Hair Removal

### Intense Pulsed Light (IPL)

IPL is a revolutionary treatment for a variety of conditions: sun spots, freckles, birthmarks, skin imperfections, spider veins, Rosacea, acne and permanent hair reduction.

Body Wisdom incorporates The Lynton Lumina medical grade Intense Pulse Light technology, to deliver long lasting results. At Body Wisdom we strive to offer premium treatments that effectively treat the following concerns.

<b>Full Leg</b>	<b>\$550</b>	<b>1/2 Arm</b>	<b>\$180</b>
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<b>Half Leg</b>	<b>\$300</b>	<b>Underarm</b>	<b>\$150</b>
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<b>Brazilian</b>	<b>\$250</b>	<b>Snail Trail</b>	<b>\$95</b>
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<b>G-String</b>	<b>\$180</b>	<b>Nipple</b>	<b>\$80</b>
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<b>Bikini</b>	<b>\$120</b>	<b>Lip</b>	<b>\$80</b>
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<b>Full Arm</b>	<b>\$300</b>	<b>Chin</b>	<b>\$80</b>
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### Hair Removal For Men

<b>Full Back</b>	<b>\$400</b>	<b>Chest</b>	<b>\$300</b>
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<b>Chest &amp; Stomach</b>	<b>\$400</b>	<b>Stomach</b>	<b>\$150</b>
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### Vascular, Pigmentation, Facial Rejuvenation & Acne

<b>Full Face</b>	<b>\$280</b>	<b>Décolletage</b>	<b>\$250</b>
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<b>Butterfly</b>	<b>\$200</b>	<b>Hands</b>	<b>\$150</b>
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## Waxing

<b>Full Leg &amp; G-String</b>	<b>\$80</b>	<b>Brazilian (Maintenance)</b>	<b>\$49.50</b>
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<b>Full Leg &amp; Bikini Standard</b>	<b>\$71</b>	<b>G-String</b>	<b>\$38</b>
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<b>Full Leg Wax</b>	<b>\$56</b>	<b>Bikini Line Standard</b>	<b>\$24</b>
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<b>3/4 Leg &amp; G-String</b>	<b>\$74</b>	<b>Full Arm Wax</b>	<b>\$43</b>
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<b>3/4 Leg &amp; Bikini Standard</b>	<b>\$69</b>	<b>3/4 Arm Wax</b>	<b>\$35</b>
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<b>3/4 Leg Wax</b>	<b>\$47</b>	<b>1/2 Arm Wax</b>	<b>\$31</b>
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<b>Upper Leg &amp; G-String</b>	<b>\$62</b>	<b>Underarm</b>	<b>\$20</b>
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<b>Upper Leg &amp; Bikini Standard</b>	<b>\$56</b>	<b>Eyebrow, Lip &amp; Chin</b>	<b>\$45</b>
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<b>Upper Leg Wax</b>	<b>\$38</b>	<b>Eye brow &amp; lip Wax</b>	<b>\$34</b>
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<b>Lower Leg &amp; G-String</b>	<b>\$61</b>	<b>Eyebrow Wax</b>	<b>\$20</b>
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<b>Lower Leg &amp; Bikini Standard</b>	<b>\$54</b>	<b>Sides of Face</b>	<b>\$18</b>
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<b>Lower Leg Wax</b>	<b>\$37</b>	<b>Lip or Chin</b>	<b>\$16</b>
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<b>Brazilian Wax</b>	<b>\$55</b>		
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## Tanning

<b>Body Glow Tanning</b>	<b>\$80</b>
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Silky Body Scrub followed by Full Body Spray Tan.

<b>Spray Tan Full Body</b>	<b>\$30</b>
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## Boot Camp

Body Wisdom remedies for face and body.

### Face

Specifically designed programs to work with anti - aging pigmentation, fine lines and wrinkles and uneven skin tone. Book and appointment to discuss your most suitable program, and then let Body Wisdom do all the work.

Boot Camp for your face - Lets get your skin into shape!

### Peels

<b>Floracide - Lighten &amp; Refine</b>	<b>Program of 10 - \$700</b>
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<b>Lacto Flora - Heal &amp; Decongest</b>	<b>Program of 10 - \$750</b>
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<b>Lacto Peel - DeAge &amp; Rehydrate</b>	<b>Program of 10 - \$800</b>
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### Combination Facial Therapy

Combination of multi action peel and IPL Photo-rejuvenation to achieve ultimate results in achieving more youthful and flawless skin.

Your skin therapist will custom design a program specific for your skin concerns.

Program over 10 weeks including four piece PEVONIA product pack

<b>Floracide CFT</b>	<b>Program of 10 - \$3850</b>
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<b>Lacto Flora CFT</b>	<b>Program of 10 - \$3900</b>
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<b>Lacto Peel CFT</b>	<b>Program of 10 - \$3950</b>
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### Skin Plumping - Your Alternative to Botox

<b>Escutox™ Freeze Dried Therapy</b>	<b>Program of 10 - \$1000</b>
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Escutox™ Natures Own Botox this course of Freeze Dried Facials work to rebuild the protein layers within the skin, holding maximum moisture and plumping out fine lines and wrinkles. Call this your "Non-Surgical Face Lift".

### Body

<b>Endermologie &amp; Lipomassage</b>
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Unique and proven non invasive way of shaping your body and reducing the appearance of cellulite.

Course prices available upon consultation.

<b>Regen</b>
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Offering the most advanced development in TriPollar targeted skin tightening and volume reduction. Melt fat, regenerate collagen production in the non invasive, painless procedure.

<b>Detox Box &amp; Jet Vibe</b>
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Compliment your Body Contouring routines with the Detox Box Far Infrared Sauna and Jet Vibe whole body vibration machine.

ASK FOR MORE INFORMATION ON BODY WISDOM BOOT CAMP FOR BODY AND BODY WISODM ULTIMATE SLIMMING SOLUTIONS

Course prices available upon consultation. Please phone or ask at reception for further details.