

SAMEDAWA DAY SPAS Treatment Menu

Retreat your mind to a place forgotten by time....A Paradise where you are overwhelmed with peace and aromas.... Restore your body.....Balance your mind.... Nurture your soul in truly beautiful mysticism.....Where ancient traditions spoil you with exotic experiences

Why Samedawa & Eminence?

Eminence Organic Skin Care products contain the highest possible levels of all-naturally organic grown herbs, fruits and vegetables. Over 40 years experience & research have proven the effectiveness of these superior products, a combination of hand picked fresh ingredients mixed with pure waters drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else in the world. All products handmade without heating or hydrogenating processes. Vitamins, actual seeds, pulps and peels begin the regenerative and healing powers that only nature can produce - guaranteed 100% natural & not tested on animals

Why Samedawa & Pure Fiji?

For centuries South Pacific Islanders have used a blend of pure coconut oil and local nut extracts infused with tropical flowers to soften, moisturise and protect the skin. Exotic nut and floral extracts blended with fresh coconut milk to hydrate, condition and protect your skin for the ultimate tropical spa experience

Massage Rituals Massage therapy is a sacred ritual which encourages your body's own natural healing ability to restore normal function to the nervous, circulatory, digestive, lymphatic and musculo-skeletal systems. Massage eases fatigue, soothes soreness and releases tension. Samedawa Day Spas are dedicated to invigorating your senses and awakening wellbeing.....

NOTE: Fresh Blends may be added to any massage or facial treatment for nourishing hair treatments during head massage - Fresh Blends do not need to be shampooed out of hair - leave hair feeling strong and soft - great for swimming & sun - additional \$15

Synergie Mineral Makeup may be applied after any Facial or Massage treatment - additional 15 mins \$30 or 30 mins \$55 [Redeem 50% of additional cost on Synergie Minerals purchased over the value of \$100] Synergie Minerals are a TOTAL sun block & will not wash off in water. Synergie Minerals designed to work in perfect 'synergy' with your skin, offering powerful antioxidants to nurture and improve skin health, natural broad spectrum UV protection and amazing natural results - free of chemicals, fillers, no talc, clay or kaolin

TREATMENT SELECTION

SAMEDAWA NATURAL - Relaxation full body massage - Pressure foot massage & head massage included - Please specify relaxation or firm massage - Optional Fresh Blends Hair treatment

\$70 allow 30 mins - \$110 allow 1 hour - \$150 allow 1 ½ hours - optional Fresh Blends \$15

SAMEDAWA INDULGENCE - *heals body, relaxes mind* Using beautiful Pure Fiji oils and body butters for your choice of massage technique to relieve stress, sinus, anxiety and fatigue - Indulgence massage includes a luxurious foot soak and exfoliation using Pure Fiji Scrub & massage using 100% Pure Fiji natural oils and body butters - head massage included - Optional Fresh Blends Hair treatment - Specify relaxation or firm massage

\$125 allow 1 hour - \$175 allow 1 ½ hours - optional Fresh Blends \$15
\$185 Indulgence massage with mini facial allow 1 ¼ hours - optional Fresh Blends \$15
\$205 Indulgence massage with full facial allow 1 ½ hours - optional Fresh Blends \$15

SAMEDAWA REVIVAL - rejuvenating & cleansing - Invigorating exfoliating back scrub, foot soak & scrub & head massage included - ultimate aromatic massage using soothing fragrances of Fiji 100% natural oils & nourishing body butter to increase wellbeing & circulation. - head massage included - Optional Fresh Blends Hair treatment additional \$15 - Optional Synergie Total Block Makeup additional \$30/15 mins \$55/30 mins - Treatments including facials use beautiful Eminence Organics - Specify relaxation or firm massage

\$165 allow 1 hour - \$195 allow 1 ½ hours - optional Fresh Blends \$15
\$195 including mini facial allow ¼ hours - optional Fresh Blends \$15
\$220 including full facial allow 1 ½ hours - optional Fresh Blends \$15
Optional Synergie Total Block Makeup additional \$30/15 mins \$55/30 mins

SAMEDAWA INFUSION 360deg of total nourishment - A scalp infusion of Fresh Blends included during a pressure point head massage, full body scrub/massage, hot shower - head to toe nourishment with invigorating scrubs, soothing Body butters & Fresh Blends. Treatments including facials use beautiful Eminence Organics & Squalene natural serums - \$190 Scrub/Massage/Shower & body butter infusion to feet, hands & neck, allow 1 ¼ hours \$250 Scrub/massage/shower/ & body butter infusion including mini facial, allow 1 ½ hours \$270 Scrub/massage/shower & body butter infusion including a full facial, allow 1 ¾ hours
Optional Synergie Total Block Makeup additional \$30/ 15 mins or \$55/30 mins

SAMEDAWA HEAD MASSAGE Stimulating & relaxing tension release Shiatsu techniques - using warm Fresh Blends to relieve pressure & tension headaches - releases stresses of life - facial cleanse & moisturise with Eminence Organics incl

\$75 allow 30 mins - optional Synergie Total Block Makeup additional \$30/15 mins or \$55/30min
Shiridara oil technique \$95

PRE-NATAL PAMPERING -soothing massage to relieve pressure & tension - an extremely comfortable and specifically designed safe pregnancy bed allows tired mums to lay on tummy for this luxurious massage

\$95 allow 30 mins - consider Fresh Blends Hair treatment additional \$15
\$145 allow 1 hour - includes luxurious foot soak & exfoliation - consider Fresh Blends Hair treatment additional \$15

HOT STONE or WARM BAMBOO MASSAGE Optional extra with any massage - Please request at time of booking treatment - additional \$25

SHIATSU TRADITIONAL MASSAGE - relaxation & pressure point treatments

10 min Shoulder & neck	\$20
20 min Shoulder, neck, head	\$45
20 min Pressure point foot	\$45
30 min Reflexology foot	\$65

FACIAL RITUALS Samedawa facials allow you to experience new depths of relaxation as your skin is cleansed, refined and rejuvenated. Samedawa use traditional Hungarian massage & facial techniques to improve skin texture, health and radiance. Eminence Organics are hand made from pure fruits, herb & vegetables. Our experienced therapists will provide a thorough consultation to customize your treatment and restore beauty, balance and healthy functioning to your skin - Ask our therapist for the latest seasonal facial promotion - specially designed for the humid or cooler climate changes.

All facials have the option of the application of beautiful Synergie Minerals total block makeup - 15 min application additional \$30 - 30 min application additional \$55.

50 % of the Synergie application cost may be redeemable off the cost of Synergie Minerals purchased over the value of \$100

EMINENCE EXPRESSION -- light yet invigoration exfoliation followed by a masque packed with a selection of fresh pulps & juices of peaches, cherries, carrots, blueberry, garlic, tomato or pumpkin. A serum & fresh whipped moisturiser leaves your skin balanced & revitalised. Eminence organic ingredients assist the skin's oxygen, cellular repair & metabolism. Detoxifies & evens the complexion - perfect for blemished, mature, hyper-pigmented or sun damaged skin

\$120 allow 1 hour

Add a lip treatment + \$20 Add an eye treatment+ \$20

Optional Synergie Total Block Makeup additional \$30/ 15 mins or \$55/30 mins

Optional Fresh Blends Hair treatment + \$15

CHOCOLATE with ROSES/ PEACHES/ BLUEBERRY/ CRANBERRY/ POMEGRANATE/ CHERRIES or NASEBERRY - Indulge your skin & senses with rich cocoa & nutrient rich red roses. Hydrating scrub & moisturiser made from fresh herbs, rose petals or fruit to give skin a supple appearance. Fragrant, garden-fresh roses combined with lightly steamed rosehips, brimming with Vitamin C for this anti-aging treatment - the ultimate hydrating treatment

\$145 allow 1 hour

Add a lip treatment + \$20 Add an eye treatment+ \$20

Optional Synergie Total Block Makeup additional \$30/ 15 mins or \$55/30 mins

Optional Fresh Blends Hair treatment + \$15

ORGANIC MEN - Designed to meet the demands of male skin through crushed almonds & minerals to gently exfoliate, detoxify & cleanse. Masque specifically chosen to from cactus or genko extracts re-hydrate through massage & fresh organic ingredients for long lasting looks

\$125 allow 1 hour

OXYGEN TREATMENT FACIAL - Assists the skin's oxygen, cellular repair & metabolism. Detoxifies & evens the complexion - perfect for blemished, mature, hyper-pigmented or sun damaged skin. Nourishing Eminence Organics with natural serums of 100% Olive Squalene & Rose to heal & replenish.

\$145 allow 1 hour

Or \$25 extra when added to any other facial treatment

Add a lip treatment + \$20 Add an eye treatment+ \$20

Optional Synergie Total Block Makeup additional \$30/ 15 mins or \$55/30 mins

Optional Fresh Blends Hair treatment + \$15

SAMEDAWA ULTIMATE FACIAL - An intensely nourishing facial using pure Rose from France & Olive Squalene serum from Portugal - exclusive to Samedawa Day Spas. Oxygen application, specialized treatment masques selected for your skin from Eminence Organics - exclusive serums & oils with extensive facial massage to encourage circulation & hydration for cellular repair. An intensely nourishing anti-aging treatment - Lip & eye treatments + Synergie Minerals application included

\$210 allow 1 ½ hours

Add Fresh Blends Hair treatment + \$15

SPA RITUALS – Scrubs assist in revealing healthy glowing new skin rich in moisture & vitality. These luxurious exfoliations & wraps remove impurities, increase circulation & improve skin texture

PURE FIJI SCRUBS & WRAPS

Body treatments from the heart of the Fijian Islands - Traditional exfoliation & soothing wrap, steaming cloths to infuse exotic oils & body butters, relaxing tires muscles & nerves while rejuvenating the body & mind. A luxurious scrub/massage & wrap & for treatments including facials total indulgence with the beautiful Eminence Organics

\$205 Scrub/massage/wrap/shower - allow 1 ¼ hours

\$260 Scrub/massage/wrap/shower + mini facial - allow 1 ½ hours

\$290 Scrub/massage/wrap/shower + full facial - allow 1 ¾ hours

Add a lip treatment + \$20 Add an eye treatment+ \$20

Optional Synergie Total Block Makeup additional \$30/ 15 mins or \$55/30 mins

Optional Fresh Blends Hair treatment + \$15

EMINENCE SCRUBS & WRAPS Delicious organic wraps & exfoliation detoxify, nourish & soothe - aromatic watermelon, blueberry, pumpkin, coconut, mango - Full body scrub/massage & for treatments including facials using Eminence Organics

\$205 Scrub/massage/wrap/shower - allow 1 ¼ hours

\$260 Scrub/massage/wrap/shower + mini facial - allow 1 ½ hours

\$290 Scrub/massage/wrap/shower + full facial - allow 1 ¾ hours

Add a lip treatment + \$20 Add an eye treatment+ \$20

Optional Synergie Total Block Makeup additional \$30/ 15 mins or \$55/30 mins

Optional Fresh Blends Hair treatment + \$15

BEAUTY RITUALS - Waxing, Tinting, Polish

Lip \$15, Brow \$20, Eyelash tint \$25, Eyebrow tint \$10 Polish On/Off \$25 - French \$35

SAMEDAWA HANDS TREAT - softening hand soak & exfoliation followed by relaxing hand & arm massage, nail shaping & buffing finished with OPI polish of our choice - \$95 - allow 1 hour

SAMEDAWA FEET TREAT - an intense treatment that includes a soothing foot soak, aromatherapy foot & leg exfoliation followed by massage, nail shaping & buffing, finished with OPI polish of our colour choice \$95 - allow 1 hour

Hours of operation - Mon - Sun - 9am - 5pm - For appointments 6pm-8pm \$25 surcharge please pre-book

For bookings please email carrington@naturalhealth.net.au or phone 07 5579 4444 Extn 1244

If leaving message on our answer phone, please leave your name, approx date required & mobile number

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