

MASSAGE

RELAXATION MASSAGE

| 45 MIN - \$115- | 60 MIN - \$140- | 90 MIN - \$190- | (10% surcharge applies on Sundays)

(soft-medium/medium-firm pressure)

This full-body massage will leave you deeply relaxed from head to toe. Relaxation massage techniques with a blend of soothing, warm aromatic oils will be used to calm the nervous system, melt away tension and restore inner balance.

***45-60min Pregnancy massage is available. Please advise us how far along you are in your pregnancy. You must be in your second trimester (at least 13 weeks) to safely have a pregnancy massage at Canberra Day Spa.*

TENSION RELEASE MASSAGE

| 60 MIN - \$160- | (10% surcharge applies on Sundays)

(firm-hard pressure)

A therapeutic holistic massage that is intense and invigorating, it melts away deep-seated tension and fatigue. In combination with strengthening essential oils, it traces discomfort back to original cause, to address and alleviate symptoms.

FUSION STONE MASSAGE

| 60 MIN - \$155- | 90MIN - \$210- | (10% surcharge applies on Sundays)

(soft-medium/medium-firm pressure for the massage – for stones pressure will be light)

Experience the aromatic power of warm aromatic oils fused with the sensation of smoothing warm stones. This blissful therapy relieves muscular tension and improves circulation while energising the mind and body.

RECONNECTION MASSAGE (10% surcharge applies on Sundays)

| 45 MIN - \$130- | 75 MIN - \$180 (includes Chakra Alignment Head Massage) |

Immerse yourself in the tranquility of our Reconnection Massage, a therapeutic experience designed to renew your mind and body. Using slow and light movements whilst seamlessly gliding over one half of your body at a time you will be guided by a meditation of your choice. This harmonious approach allows for a profound reconnection, easing tension and promoting relaxation. Let the soothing rhythm of this massage transport you to a realm of tranquility, where every touch guides you towards a renewed state of balance and well-being.

To further your alignment and reconnection journey, indulge in our chakra head massage which incorporates techniques from our Indian Head Massage.

RELAXING SCALP MASSAGE

| 15 MIN - \$40- | (10% surcharge applies on Sundays)

Relax your senses with our stress-relieving scalp massage relaxing the mind and nervous system while reducing stress and anxiety. This is a great addition to any of our treatments.

INDIAN HEAD MASSAGE

| 30 MIN - \$75- | (10% surcharge applies on Sundays)

Indulge in a blissful escape where gentle, rhythmic strokes glide over your scalp, releasing all the tension from your head, neck, and shoulders. An Indian head massage isn't just a treat; it's a journey where warm, aromatic oils nourish your hair, and skilled fingers press away the noise of the world, leaving you in a state of serene tranquility. This is a great addition to any of our treatments.

INDULGENT FOOT MASSAGE

| 30 MIN - \$75- | (10% surcharge applies on Sundays)

Indulge by immersing your feet in a cleansing bath soak, add sugar exfoliation and end with a relaxing massage to relieve aching legs and feet. This is a great addition to any of our treatments.

YOUR SPA EXPERIENCE

We at Canberra Day Spa are here to provide a results-based, holistic well-being experience for the mind, body, and soul. Driven by the act of 'connection' we give our clients a space and experience where in a fast-paced, busy world they can *slow down, pause, and reconnect to self – with us.*

To ensure the comfort and relaxation of all guests, please keep all noise to a bare minimum (we ask that you keep all devices switched off or on silent mode). And though we love children, they are not permitted in the treatment rooms or spa lounge areas and their attendance is discouraged.

Please arrive 10 minutes prior to your appointment, this allows us to ensure you are relaxed, properly consulted and ready to make the most of your experience. Late arrivals will still finish on time so as not to inconvenience the next client and will be charged the scheduled fee as per the original booking.

(P) Identifies generally pregnancy safe. Please contact us to discuss pregnancy options

GIFT VOUCHERS

Vouchers can be purchased online or beautiful hard copies are available in the Spa. Vouchers are valid for 36 months from the date of purchase. Lost/stolen/expired vouchers cannot be reclaimed. If treatments in the Spa or prices change while you have a valid voucher, please rest assured that vouchers are always still treated as a dollar value (if you are unsure of the value, please email or call us and we can let you know). We can always accommodate an amazing treatment to your voucher value, or you are welcome to pay the difference for the treatment of your choosing.

CANCELLATION

If you are unable to make your appointment, we require 24 hours notice for all bookings scheduled Monday to Friday, and 48 hours notice for all bookings scheduled on Saturdays, Sundays and Public Holidays, if you cancel or make any changes within this time you will be charged 50% of the booking total to the credit card provided when making your reservation. This policy includes gift voucher bookings, which will then be deemed void.

PARKING there is also a parking map available on our website

Hillside Lne – This parking is off Akuna St and accommodates the Sebel and the Quest Hotels. There is 1 & 2 hr paid parking available.

300 Constitution Ave – This is an outdoor paid carpark that is within a short walking distance to the Spa.

Theatre Lne - This is an outdoor paid carpark that is within a short walking distance to the Spa.

Canberra Centre – The Canberra Centre has undercover paid parking available that is within a short walking distance to the Spa.

HOW TO GET TO US

2 Akuna St will take you to the front of the Nesuto Canberra Entrance, we are located on the opposite side of the building. If you walk either through the Nesuto Arcade or around the building you will find us. See the map below - *We are opposite Mingle Espresso Bar!*



CANBERRA DAY SPA

WELLNESS | SPA | RETREAT

SLOW DOWN | PAUSE | RECONNECT TO SELF

YOUR JOURNEY STARTS HERE



SHOP 6, NESUTO CANBERRA 2 AKUNA ST,
CANBERRA CITY
P 02 6257 9511
E ENQUIRY@CANBERRADAYSPA.COM.AU
WWW.CANBERRADAYSPA.COM.AU

SPA RITUALS

Come back to you with a day spa experience that will calm your breath, ground you and leave you rejuvenated. Rituals below are priced for ONE person, but can be customised for TWO.

MINI RESTORE

| 1 HR 15 MINS - \$190- |

45 MIN Relaxing massage, 30 MIN Signature Aroma Facial
Unwind with a luxurious relaxation massage with warm botanical oils, followed by a restorative custom signature aroma facial - the perfect treatment for anyone short on time but still wanting to melt away tension and restore inner calm.

MINDFULNESS RITUAL

| 1 HR - \$225- | 1HR 30 MINS - \$265- |

Aqua Salt Scrub, Hydrotherapy Shower, Aromatic Hair Infusion, Facial Cleanse (30 min Signature Aroma Facial included in 90 min treatment)
Embrace the essence of mindfulness as you emerge from this ritual feeling renewed, balanced, and connected to your inner calm.
Begin with a luxurious full-body salt scrub, an exquisite treatment that exfoliates and renews your skin. Continue your journey to tranquility with our hydrotherapy shower, a cascade of soothing water designed to wash away stress and tension. The aromatic hair infusion follows, offering a sensory escape as your hair is gently rinsed and a hair mask is applied to your hair. Our mindful journey concludes with a facial cleanse tailored to your unique skin needs.
For those seeking an elevated experience, opt for the full facial, a pampering session that adds an extra layer of radiance to your complexion.

INDULGE & ESCAPE

| 2 HRS 30 MINS - \$300- |

Hydrotherapy, 60 min Relaxing massage, 45 min Signature Aroma Facial, light refreshments
Indulge and escape with this restorative body ritual. The Hydrotherapy treatment will soothe your muscles, open your pores have your body feeling silky and relaxed. A rhythmic, warm botanical oil massage followed by a nourishing custom signature aroma facial will make you feel a million miles away.

GROUNDING RITUAL

| 2 HRS 30 MINS - \$300- |

Refining Sugar Scrub, Hydrotherapy, 60 min Relaxing massage, hands or feet hydrating treatment, light refreshments
Unwind and renew with this sensory and grounding body ritual. Luxurious organic cane sugar combined with exotic drift nut oils gently exfoliates the skin, followed by a nourishing and firming body mask applied gently and massaged into the skin using warm stone followed by a soothing hydrotherapy treatment. A Rhythmic relaxing massage will ground the mind, followed by nurturing hand or foot therapy.

AWAKENING RITUAL

| 3 HRS 30 MINS - \$450- |

Aqua Salt Scrub, Hydrotherapy, 60 min Relaxing massage, 60 min Signature Aroma Facial, hands or feet hydrating treatment, light refreshments
This blissful and restorative spa ritual reconnects the mind, body and soul. It seamlessly combines five treatments to revitalise from head to toe. Enjoy a luxurious full-body salt exfoliation, hydrotherapy to soothe your muscles, a full-body rhythmic relaxing massage, and a nourishing custom signature aroma facial followed by nurturing hand or foot therapy.

REVITALISE RITUAL

| 5 HRS 15 MINS - \$640- |

Aqua Salt Scrub, Hydrotherapy, 60 min Relaxing massage, 60 min Signature Aroma Facial, healing hands Manicure & Pedicure, Spa lunch
Begin this revitalising ritual with a luxurious full-body salt exfoliation followed by a hydrotherapy to calm the nervous system and relax the mind. A luxurious relaxation massage with warm botanical oils and a restorative custom signature aroma facial will follow leaving the body and skin feeling nourished, hydrated and completely restored. A healing hands manicure and pedicure brings about a profound feeling of well-being, leaving you feeling new and revitalised.

RITUALS FOR TWO PEOPLE

Journeys utilises TWO dedicated therapists and your own private spa room. Prices are for TWO people in the same Geisha Tub.

RENEW & INDULGE | 2HRS 15MIN - \$585 | (10% surcharge applies on Sundays)

Refining Sugar Scrub or Aqua Salt Scrub, Geisha Tub, 60 min Relaxing massage, light refreshments
The ritual of renewing together begins in our private coupled room with a choice between either our luxurious refining sugar scrub or aqua salt scrub, followed by a Geisha tub treatment (in the same tub) allowing your body and mind to relax and drift away. After refreshments together, you both be treated to a luxurious relaxation massage with warm botanical oils.

RECONNECTION RITUAL | 3HRS - \$740 | (10% surcharge applies on Sundays)

Refining Sugar Scrub or Aqua Salt Scrub, Geisha Tub, 60 min Relaxing massage, 45 min Signature Aroma Facial, light refreshments
This indulgent reconnection ritual begins in our private coupled room, choosing between our luxurious refining sugar scrub or aqua salt scrub, followed by a Geisha tub treatment (in the same tub). After refreshments, you will both be treated to a luxurious relaxation massage with warm botanical oils and a restorative custom signature aroma facial, leaving you hydrated and completely restored.

BODY TREATMENTS

AQUA SALT SCRUB (P)

| 60 MIN - \$170- | (10% surcharge applies on Sundays)

Bring your body back to hydration and balance. Your skin is drenched in warm aromatic oil and then sprinkled with Aveda sea salts to provide a luxurious skin exfoliation and refinement of the entire body. Included in this rejuvenating treatment is a relaxing scalp massage and either Hydrotherapy or Geisha Tub spa.

REFINING SUGAR SCRUB (P)

| 60 MIN - \$170- | (10% surcharge applies on Sundays)

Leave your whole body polished and rejuvenated. Organic cane sugar combined with exotic drift nut oils gently exfoliates the skin, followed by a nourishing and firming body mask applied gently and massaged into the skin using warm stone. Included in this beautiful treatment is a relaxing scalp massage and either Hydrotherapy or Geisha Tub spa.

HYDROTHERAPY

| 30 MIN - \$70- | (10% surcharge applies on Sundays)

A hydrotherapy spa session combined with a luxurious soak to increase body energy and relaxation. *A perfect accompaniment before any massage or facial.*

GEISHA TUB

| 30 MIN - \$70- | (10% surcharge applies on Sundays)

A spa built for ONE or TWO. *A perfect accompaniment to any massage or facial enjoyed in our luxurious couples room.*

FACIAL TREATMENTS

SIGNATURE AROMA FACIAL (P)

| 45 MIN - \$120- | 60 MIN - \$160- | 90 MIN - \$200- | (10% surcharge applies on Sundays)

Our signature facial is designed to optimise your skin health and radiance with an aromatherapy face massage & mask treatments that specifically address your skin type. Your therapist will assess your skin and customise your facial: Seavictive For Dry Skin, Lavandou for Sensitive Skin and Fundamentals for Combination Skin.

PLANT PERFECTING PEEL

| 30 MIN - \$110- | (10% surcharge applies on Sundays)

Advancing the science of chemical peels, this professional facial treatment helps retexturises skin; smooth fine lines; refine pores' look and restore radiance. The Perfecting Plant Peel™ can be performed as a standalone treatment or added to any other facial treatment.

PURIFYING BACK FACIAL

| 30 MIN - \$110- | 45 MIN - \$130- (includes massage) | (10% surcharge applies on Sundays)

Just like your face, your back needs love too!
This treatment is designed specifically for the back, because there is no shame in bacne!!
Using products to purify and deeply cleanse, you will be left with smooth and clear skin with the option of adding on a back and shoulder massage to further relax yourself.

HIGH PERFORMANCE FACIALS

PLATINUM FACIAL

| 60 MIN - \$199- | (10% surcharge applies on Sundays)

Our Platinum facial is a true treatment of innovation, delivering visible and immediate rejuvenating results. A relaxing facial that infuses the skin with active ingredients creates a more youthful appearance. At the end of the facial, our platinum age-defying platinum mask is applied to lift, brighten, rejuvenate, and firm the skin.

DEEP HYDRATING FACIAL (FOR DRY SKIN)

| 60 MIN - \$175- | (10% surcharge applies on Sundays)

A multi-level hydration treatment delivering intense nourishment for dry, thirsty skin. But also gentle enough to soothe and instantly calm inflamed and sensitive skin to aid skin recovery.

CLARITY FACIAL (FOR BLEMISHED SKIN)

| 60 MIN - \$175- | (10% surcharge applies on Sundays)

Deep cleansing actives are used to target oily, problematic and blemished skin. Rebalancing products are used throughout this facial to soothe, calm and generate a clearer complexion.

CALMING FACIAL (FOR SENSITIVE SKIN)

| 60 MIN - \$175- | (10% surcharge applies on Sundays)

A professional treatment to soothe and comfort sensitised, irritated skin while restoring comfort levels.

PORE REFINING FACIAL

| 60 MIN - \$190- | (10% surcharge applies on Sundays)

A skin-perfecting facial treatment with a 360 degree targeted approach to tackle the appearance of enlarged pores.

LED LIGHT SKIN THERAPY

| 15 MIN - added to facial \$40- | (10% surcharge applies on Sundays)

| 30 MIN - standalone \$100- |

Boost skin health and radiance, improve tone and texture, and reduce pigmentation with advanced LED skin care therapy. This specialised light therapy increases collagen and elastin production, boosts blood circulation and reduces inflammation to accelerate healing, for bright, dewy, radiant skin.

SPECIALITY ENHANCING EYE TREATMENTS

| 15 MIN - \$45- | (10% surcharge applies on Sundays)

For the delicate areas around the eye requiring immediate attention and specialised treatment added onto any facial:

- Gingko Biloba – Dark circles and puffiness
- Collagen Cryo – Lines and wrinkles

HOLISTIC WELLNESS

Heal your past, live in the present & create the future you desire.

REIKI HEALING

| 1 HR - \$140- | (10% surcharge applies on Sundays)

The Usui system of Reiki Healing is a holistic and nurturing therapy, Reiki boosts 'life force energy' to balance mind, body, spirit and emotions. Removing old blockages and stagnant energy, it allows energy to flow smoothly and in harmony, to energise, revitalise and deeply relax the whole being.

EMOTIONAL FREEDOM TECHNIQUE (EFT - 'TAPPING')

| 1 HR - \$160- | (10% surcharge applies on Sundays)

EFT provides a wonderful energetic 'reset' or rebalancing for those who have experienced CTC in the past, or simply for those seeking help identifying and clearing specific unresolved issues from their energy system.

CTC - COMBINED THERAPY COCKTAIL

| 2 HRS - \$595 - | 1 HR RESET - \$355- | (10% surcharge applies on Sundays)

CTC is a life transforming therapy encompassing a number of modalities including but not limited to NLP (neuro-linguistic programming), EFT (emotional freedom technique), Hypnosis and Reiki. By combining these modalities in such a way, an incredible transformation occurs on the level of the mind, body and spirit.

The session is designed to leave you feeling free of old emotional issues, lighter, empowered, more motivated, more certain of your direction and better able to deal with all situations - *Please call to speak to our therapist prior to booking.*