



earth & skin

# TREATMENT MENU





# A DAY SPA WITH A DIFFERENCE

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Our clients enjoy mindful spa treatments without negative impact to their health or the environment.

Our full range of facials, body therapy and beauty treatments are vegan, cruelty free, toxin free and with the sustainability of our planet in mind. In fact, everything we do at Earth and Skin is done with care for you, planet Earth and your skin.

Situated in our gorgeous Queenslander building, iconic to the heritage village of Mudgeeraba. Our location is ideal for your Day Spa Gold Coast Hinterland retreat.

Our light filled space is decorated with natural decor, living greenery and soothing music which helps to create a relaxing atmosphere.

Come and see how we are different.

Because beauty does not have to compromise your health.

# FACE

Our skilled therapists will ensure that every skin type gets a tailor-made treatment to suit your skin concerns. We have specifically designed our organic facials with both your skins wellness and your relaxation in mind.

## REFRESH

CLEANSE . BRIGHTEN . TONE  
\$145 | 30 MIN

Refresh and nourish all skin types with an infusion of Organic Australian Skincare. Purify the skin with a deep exfoliating mask to cleanse without stripping away the skin's natural oils. Combined with a relaxing scalp massage, high antioxidant plant serums are applied and massaged into the skin using Ancient Rose Quartz rollers, helping to restore the skin's natural healthy glow.

## VEGAN COLLAGEN

REHYDRATE . STIMULATE . REVITALISE  
\$195 | 45MIN

A cruelty-free, vegan, organic facial designed to support the skin's regeneration. Using our Bio-active Enzyme Peel infused with pomegranate, papaya and white willow bark will gently remove dead skin cells and promote cellular renewal. High protein plant based Omega-rich oils and serums are applied and are absorbed into the skin using the traditional Gua Sha. Revitalizing dull skin while activating and stimulating collagen and elastin production.

## ELEMENTAL

EARTH, FIRE, WATER AND AIR.  
\$235 | 60 MIN

Featuring deeply-moisture replenishing ingredients, derived from Australian Botanicals are used to deeply cleanse and exfoliate while our signature raw Kaolin Clay Mask is hand blended and customised to target any elemental imbalances in the skin. Designed to relieve congestion, soothe irritation and nourish dehydration. This result-driven facial is complemented with a luxurious lymphatic facial massage revealing radiance and restoring harmony to the skin's dermal layers.

## CALM SKIN

REPAIR THE SKIN MICROBIOME  
\$245 | 60 MIN

This facial is designed to rebuild and repair the skin's natural microbiome and barrier function. Designed with naturopathically formulated ingredients to help fight against free radicals while assisting in restoring lipid function and reducing irritation and redness. Bio-fermented hyaluronic, prebiotics, calendula, antioxidants and Omega-rich oils are delivered into the skin, rebalancing Micro-flora while soothing and protecting skin from further environmental damage.



## RADIANCE

PREPARE . REHYDRATE . GLOW .  
\$199 | 50 MIN

### 30 MIN FACIAL + 20 MIN LED LIGHT SESSION

A preparation facial a few days before a special event. Radiate glowing beautiful skin. Beginning with our LED light lounge to recharge the skin's cells where a therapist's hands cannot reach. Your therapist will then guide you through a gentle exfoliating facial. Our Bio-active Enzyme Peel infused with pomegranate, papaya and white willow bark will soften and brighten the skin, ensuring just the right amount of exfoliation before your event. Followed by our Cyro plumping blend of ice cold serums that will drench your skin cells with hydration for the ultimate glow!

*Headphones to listen to your own meditation or a podcast whilst under the LED light is recommended.*

## BIO MARINE

ADVANCED AGE SUPPORT & REPAIR.  
\$255 | 60MIN

An ultra-restorative facial designed to switch on collagen and elastin production, alongside adding plumpness and brightness to the skin. Enhance your skin's natural regeneration process with an infusion of natural actives, antioxidants, enzymes and peptides. Our age-defying signature myofascial lymphatic facial and neck massage is combined with our resurfacing peel and pore steam before a hydrating and calming Alginate Mask application. A Micro-Vibration Wand is then used to deeply infuse our antioxidant lifting serum and support the structural integrity of the skin.





# FACE ENHANCEMENTS

## LEVEL I

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Upgrade your facial with these luxury enhancements to be enjoyed with any facial treatment for only \$45.

### EYE REJUVENATION

Soothe tired, puffy eyes with products specifically designed to suit this delicate area of the face. Applied with a soothing eye massage to relax and rejuvenate.

### SHEET MASK

Hydrating and restoring, our sheet mask helps to lock in moisture that traditional masks cannot. Our sheet masks contain all natural ingredients infused in a fully biodegradable

### CRYO PLUMPING

Our ice cold blend of serums increase oxygen and nutrients in your skin cells whilst constricting blood vessels to reduce redness and provide a plumper, more even appearance.

### LIP THERAPY

Enhance the texture and fullness of your lips with our lip therapy treatment add-on. Perfect for an upcoming event when wearing lipstick is a must. Hydrated, plump lips are the perfect base for flawless lip colour.

### HAND OR FOOT SALT THERAPY

Hydrating and lightly exfoliating feet or hands using Organic raw pink himalayan salt scrub with a warm towel removal and a hydrating massage.

### VEGAN LUNCH (GF)

Enjoy a delicious Vegan and Gluten Free lunch delivered by our catering provider. Featuring seasonal ingredients fresh from the farm to the plate. Your tummy will be full, and your tastebuds satisfied.



# FACE ENHANCEMENTS

## LEVEL II

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Upgrade your facial with these luxury enhancements to be enjoyed with any facial treatment for only \$65.

### SEASONAL UPGRADE

Upgrade your facial to our Seasonal Facial. Your skin requires different support depending on the seasons, so let us customise a seasonal upgrade to suit your skin concerns.

Speak to our team for details on this seasons upgrade.

### ACTIVATED CHARCOAL PORE TREATMENT

Our custom-made charcoal mask is designed to target the often problematic T-Zone. Our experienced facialists will also perform blackhead treatment and extractions if necessary.

### UNDERARM DETOX

Toxins in deodorant really are the pits! Our specialised treatment is designed to detoxify your underarms and kick-start your healthy lifestyle change to a safer deodorant.

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### LED DERMALUX LIGHT THERAPY

ADD ON \$55 | 20 MINS

Add onto any treatment LED Light Therapy session giving your skin immediate visible results. BettLight-emitting diode (LED) therapy is a non-invasive, pain-free, rejuvenating treatment for the skin.

This incredible treatment has no downtime and targets most skin concerns.

### SKIN CONSULTATION

\$50 FULLY REDEEMABLE IN PRODUCT  
ADDITIONAL 15 MINS

Unsure what your skin needs? Our highly trained therapists can offer advice on skincare and treatment options during one of our private skin consultations. Best of all, the cost of the consultation is fully redeemable in product from our retail store. We have over 1000 products available to treat all types of skin conditions and stages. This is the perfect way to ensure the products you purchase are right for your skin type and skin goals.





# MASSAGE

Using rhythmic movements, your therapist will knead out tightness within your muscles and promote relaxation within your mind.

## EARTH

RELAXATION AND DE-STRESS.

30 MIN \$140 | 50 MIN \$175

**Swedish Style** - Our signature massage assists in harmonising the energy within by releasing muscle tension and calming the mind. Beginning with deep therapeutic breath inhalations this fluid and relaxing full body massage will restore inner peace and provide deep relaxation.

*Enjoy as a couple for \$350 (50 MIN)*

## BALANCE

HARMONISE AND INTEGRATE.

60 MIN \$210

**Aromatherapy** - Deeper layers of the energy body are restored with a signature Crystal Chakra Balancing Meditation, combined with the soothing tones of a Tibetan Singing Bowl. Essential oils are customised and integrated into a full sensory body relaxation massage, designed to unwind different levels of tension and stress. This therapeutic massage is holistic and rebalancing leaving the corporal vessel calm and receptive to a sense of inner presence.

*Enjoy as a couple for \$420*

## ANCIENT STONE

UNWIND AND RELEASE.

60 MIN \$210

**Hot Stone** - Let the naturally therapeutic energy of warm volcanic earth stones balance and soothe the body back to its natural circadian rhythm. Using placement stones along the meridian lines, resistance is melted away while intuitive hands deliver long massage strokes using warm stones to smooth out knots in the fascia and deeper muscle fibres.

*Enjoy as a couple for \$420*

## CONTOUR

SCULPT AND ELIMINATE.

60 MIN \$210

**Lymphatic Drainage** - A body contouring massage designed to achieve visible results through activating the lymphatic system. Using stimulating and vigorous massage techniques such as Gua Sha body scraping, lymphatic drainage massage and purifying essential oils of grapefruit, cypress and juniper extracts. This high definition body treatment facilitates the elimination of toxins, reduces inflammation and minimises the appearance of cellulite while increasing blood flow and circulation in the body.

*Enjoy as a couple for \$420*



## PACIFIC

ISLAND LUXURY ESCAPE

60 MIN \$210

A signature ritual massage inspired by a variety of body therapies from the Polynesian Islands.

This treatment begins with the natural healing benefits of a herbal steam inhalation. Acupressure compressions and stretches are applied along the meridian lines to promote circulation, followed by a full body massage with warm botanical infused oil. Each massage stroke is intuitive, flowing and rhythmic reflecting the natural movement patterns in the rippling ocean waves. The ultimate luxurious jet setters island spa treatment without leaving home.

*Enjoy as a couple for \$420*



# MASSAGE ENHANCEMENTS

Choose one of our enhancements to make your massage even more targeted to your needs.

\$45

(Can only be used in addition to a massage treatment)

## THE DRY BRUSH

Designed to excite the lymph, stimulate blood flow and increase the detoxifying benefits of the massage.

## RECOVERY PLUS

Soothe tired aching muscles with high magnesium compressed into the skin. This solution will be readily absorbed into the body to target muscle release and healing.

## HAND OR FOOT SALT THERAPY

Hydrating and lightly exfoliating feet or hand treatment using organic raw pink Himalayan salt scrub with a warm towel removal and hydrating massage.

## WARM STONES

Warm Stones placed on your individual areas of concern to soothe tired aching muscles, letting the heat of the stones melt away tension.

## MORE TIME...

Want a longer massage? Add 20 minutes to any one of our specialty massages to extend the time of your experience.

\$80 | 20 MINS





# SIGNATURE EXPERIENCES

Our signature spa experiences were created to give you a relaxing and mindful experience whether you enjoy these solo or with a friend in our beautiful couples treatment room.

## EARTH AND SKIN

REPLENISH THE FACE AND BODY.  
60 MINUTE | \$245

*Earth Massage / Refresh Facial*

Our 60-minute signature ritual begins with a Swedish-style relaxation oil massage focusing on the back, neck and shoulders designed to release muscle tension and ease the body into deeper restoration. This is followed on with our signature Refresh Facial customised with organic Australian botanical actives to replenish, rehydrate and refresh all skin types.

*Enjoy as a couple for \$490*

## MOUNTAIN DREAMER

TAKE ME TO THE STARS.  
90 MINS | \$340

*Earth Massage / Elemental Facial*

We begin this sensory journey with the relaxing and grounding signature touches of our Earth Massage. A full body nourishing warm oil massage will rejuvenate and soothe muscle tension while boosting the lymphatic system. Perfectly paired with our Elemental Facial that uses restorative powers of organic plant actives, bio-antioxidants and Omega-rich essentials leaving you as your most beautiful and radiant self.

*Enjoy as a couple for \$680*

## WILD MOON

DETOXIFY CLAY COCOON PACKAGE

*Detox Clay Cocoon / Earth Massage/ Elemental facial with Ancient Rose Quartz rollers.*

150MIN | \$530

This invigorating ritual begins with Dry Body Brushing assisting in stimulating circulation and removing dry skin cells. Our handmade Detox Kaolin Clay Mask (rich in minerals and phytonutrients) is applied, then the body is wrapped in a cocoon wrap helping the mask to penetrate key ingredients deeper into the skin. Enhanced with a relaxing scalp massage, rain shower and followed on with a nourishing body hydration. This treatment will leave you floating on a cloud of bliss.

Includes optional Guided Chakra Meditation and Crystal Balancing Ritual on request

*Enjoy as a couple for \$1060*



## BLOOM AND BUD

*Adult: 30 Min Facial or Massage*

*Child: Scalp and Foot Massage + Clay Mask Application*

30MIN | \$280 FOR TWO PEOPLE

A sweet introduction to being pampered at the spa, made especially for you and your little ones. While you enjoy a Refresh Facial or Earth Massage, we will pamper your little one with a scalp and foot massage with a Pink or Green Clay mask application. Designed specifically for young people aged 7 – 12 and their adult caregiver.

*While we aim to provide all of the above, we sometimes find our young friends are ticklish or shy. Our gentle therapists will work with them to make their experience fun and enjoyable. This experience is held in one of our couples rooms so you will enjoy it together, side by side.*

Children aged 13 or over are required to book one of our facial treatments.

## FUSION

REJUVENATE AND RENEW  
90 MIN | \$295

Three signature massages combined to deliver all of the therapeutic benefits while invigorating and stimulating all of the senses. The best techniques from our signature Ancient Stone, Balance and Earth massage. Incorporated with dry body brushing, a foot soothing treatment and a luxurious lymphatic facial massage with Ancient Rose Quartz rollers. This incredible fusion of body therapy will leave you floating as light as a feather. Why choose one when you can have it all?

*Enjoy as a couple for \$590*



# sensana

The ultimate Organic Spa pampering experience.  
Touch, Sight, Sound, Smell, Taste, Intuition

*Dry Body Brushing / Pacific Ritual Massage  
/ Organic Lunch / Calm Skin Facial / Maidenhair treatment.*

A journey designed to touch all of the six senses encompassing  
a complete mind, body, soul and skin experience in a heavenly  
Organic Day Spa escape at your doorstep .  
On request we begin with a Guided Crystal Chakra  
Balancing Meditation to still the mind.

Dry Body Brushing is performed to promote skin  
regeneration and lymphatic stimulation, followed on with  
flowing and rhythmic signature moves of The Pacific Ritual  
Massage. A light vegan, organic lunch is served with herbal  
tea and water to replenish.

Our Calm Skin organic facial follows, which will repair and  
rejuvenate your skin, complemented with a nourishing  
Maidenhair Ritual using our signature Argan Oil Hair Mask  
to feed dry, brittle hair and replenish locks back to life.

4 HOURS | \$670



# tidal eclipse

Purify and Cleanse.

*Green Clay Detox Scrub / Contour Massage / Vegan Lunch /LED Treatment /  
Bio Marine - Deep Sea Facial / Underarm Detox treatment*

Fortify your connection with the healing benefits of the  
ocean, the earth and its rich mineral content by  
experiencing our custom designed cleansing package.  
We begin with our natural sea salt body scrub and a warm  
application of Green Kaolin Clay body mask that assists  
in releasing toxins while buffing away dry skin to create a  
silky smooth finish. Enjoy a gentle finger dance on the scalp  
while being encompassed in a warm body cocoon wrap.

Rinsing off in our tranquil rain shower, the treatment is  
followed with our signature Contour Massage promoting  
lymphatic drainage and hydration to the body. Enjoy  
a brief intermission to replenish the body with a  
vegan, organic lunch and herbal tea.

We return with our facial journey, beginning with LED  
Light Therapy designed to rejuvenate skin from the  
deeper dermal layers, perfectly paired with our Advanced  
Age-repair Bio Marine-Deep Sea Facial. Rich with ocean  
sourced sea minerals, enzymes and peptides, alginate  
hydration mask and signature myofascial  
lymphatic facial massage.

Our cleansing therapy is completed with our famous  
Detox Underarm Treatment using activated charcoal to  
remove toxins and impurities from your system.

This luxurious package promotes deep cellular skin repair  
while cleansing and detoxing the vessel from the inside out  
resulting in radiant skin and a youthful irresistible glow.

4.5 HOURS | \$825



# PREGNANCY

To ensure the safety and wellbeing of our clients all of our pregnancy treatments are only available for clients who have entered the second trimester of pregnancy.

## MOTHER MASSAGE

RELAX . SURRENDER . CALM .  
60MIN | \$220

Enjoy a safe and supportive massage designed for mothers-to-be after their first trimester. Surrender to a full body relaxation massage using “fragrance-free” pregnancy safe massage oil. The treatment is customised with a supportive pregnancy cushion or the option of side lying massage techniques to relieve body aches, tired muscles and unwind mental tension and fatigue.

## MOTHER FACIAL

SOOTHE AND REPLENISH.  
45MIN | \$199

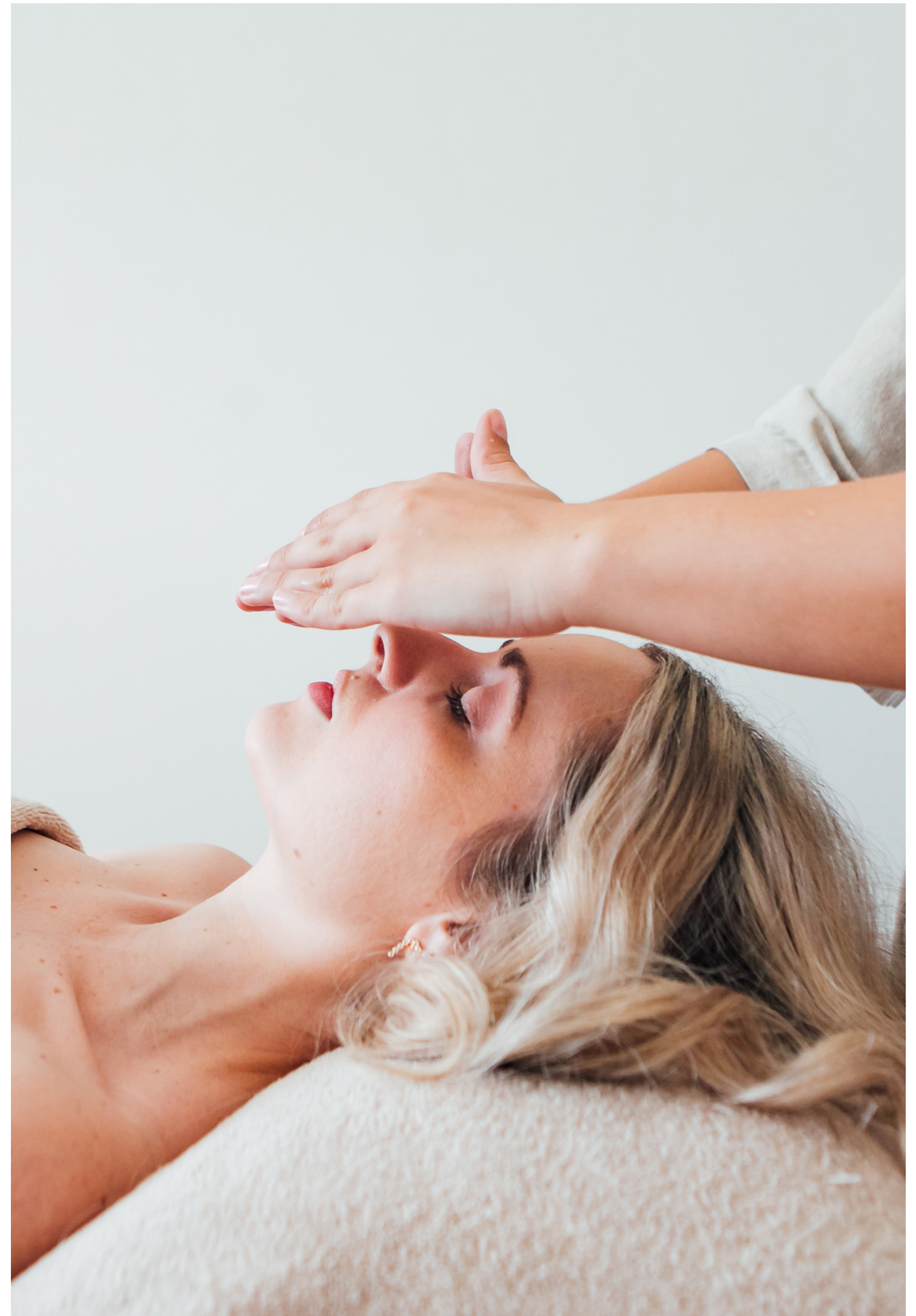
This customised pregnancy safe organic facial uses elevated support to ensure the utmost safety of both the baby and mother. An enriching facial delivers exceptional nutrient dense elixirs to revitalise dry, sensitive or hormonal skin. The treatment is infused with advanced antioxidants and essential fatty acids to support and hydrate the skin, fight free radical damage and protect from visible signs of ageing.

## MOTHER NURTURE

THE PREGNANCY SIGNATURE EXPERIENCE  
90MIN | \$355

Designed as a gentle nurturing treat for Mum-to-be. We start with our customised pregnancy safe Mother Facial, specifically designed to gently nourish and replenish all skin types. We follow on with our Maidenhair Ritual providing a soothing scalp massage and hair treatment. Finishing at the feet with an exfoliating salt foot scrub and gentle foot massage to ease tired limbs, edema ,swollen feet and ensure pampering from head to toe.

*Not just for pregnant mummies – anyone can enjoy this treatment*







# MENS TREATMENTS

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Whether you are cleanly shaven, have stubble, three-day growth or a healthy beard, our professional beauty therapists will work around your facial hair to ensure your skin gets the best benefit from your treatment.

## MANKIND FACIAL

CLEANSE . PURIFY . REFINE  
60MIN | \$235

An organic clean skin pore refining facial designed to treat male-specific skin concerns such as an oily t-zone and open pores as well as barrier damage from sun and harsh weather exposure. We deep cleanse and exfoliate the skin using alpha hydroxy fruit acids helping to balance the natural oils in the skin. Warm facial compressions feature sandalwood, cypress and lime essentials help to soothe dry skin combined with a purifying White Kaolin Clay Mask. Give in to a relaxing neck, shoulder and facial massage using our Gua Sha to release muscle tension and tone the skin.

Why not add our...

### ***Activated Charcoal Pore Treatment | \$65***

Our custom made charcoal mask designed to target the often problematic T-Zone. Our experienced facialists will also perform blackhead treatment and extractions if necessary.

## BEARDED MAN

REJUVENATION FOR THE BEARDED MAN.  
45 MIN | \$190

Designed for the bearded man to promote softening of facial hair and healthy hair growth, relax tired eyes, relieve clogged pores resulting in glowing skin and a more youthful appearance.

## PEPPER CROWN

SCALP AND HAIR TREATMENT  
30 MIN | \$135

Designed to stimulate hair growth and soothe a dry scalp whilst locking in essential moisture. We start with an invigorating scalp massage using our dry body brush followed by a stimulating peppermint hair oil, scalp, neck and shoulder massage and hot towel treatment. Leave with our therapeutic oil through your hair for best results.



# BODY THERAPY

Our selection of Body Treatments have been individually created so that they each focus on a particular healing modality.

## DETOX COCOON SCRUB

INVIGORATE AND CLEANSE.

60 MIN | \$250

Eliminate the non essential with a sea salt and lemon body scrub followed by being lathered in a warm Kaolin Clay body mask to soften and detoxify the skin. Wrapped in your very own warm body wrap cocoon, your therapist performs a soothing scalp massage. Completed with a Rain shower to rinse off and a full body application of body moisturiser.

*Add Earth Massage 30 MIN | \$60*

## CLARITY BACK CLEANSE

DRY BRUSH AND HYDRATE.

30 MIN | \$150

Start with a professional cleanse which detoxifies and removes debris, oil and impurities. A dry body brush and sugar scrub exfoliation helps remove dead skin build up. Soothing hot towels are used to relax the skin. A mask is applied while you enjoy a scalp and neck massage. We finish with therapeutic moisturiser application.

## MAIDENHAIR

STIMULATE HAIR GROWTH.

30 MIN | \$135

Designed to stimulate hair growth and soothe a dry scalp, lock in moisture and protect hair strands from environmental damage. We start by pouring warm nourishing oil over your scalp then run a rich mask through your hair ensuring each tress is cocooned. Your head is then wrapped in a hot towel while your therapist gently massages your neck and shoulders. You will leave your treatment with our therapeutic oil through your hair to shampoo in the comfort of your own home.

## UNDERARM DETOX

CLEANSE, DETOX AND REFRESH

15 MIN | \$90

Toxins in deodorant really are the pits! Our specialised treatment is designed to detoxify your underarms and kick-start your healthy lifestyle change to a safer deodorant.

*Option to add to any facial or massage | \$65*





# LASH AND BROWS

To create the look of fullness and rich colour to your brows you can choose from traditional tint or all natural henna and all our brow tints include a head and scalp massage.

## REGULAR LASH OR BROW TINT

\$49

Subtly matched to your natural lash and brow colouring to enhance and add volume.

*\*This tint is not organic or natural*

### **Add on Eye Rejuvenation | \$45**

Soothe tired, puffy eyes with products specifically designed to suit this delicate area of the face. Applied with a soothing eye massage to relax and rejuvenate.

## PROFESSIONAL EYEBROW SHAPE

\$62

Our professionals will create the perfect brow shape for your face Using all natural sugar paste to work with your ideal shape.

## HENNA BROW TINT

\$79

## HENNA BROW WITH SHAPE

\$120

**Henna** is a natural plant based colour pigment that has been used for thousands of years to temporarily stain colour onto the skin and hair. It is 100% natural and made out of crushed leaves without any nasty ingredients like lead, ammonia or hydrogen peroxide in it's formulation.

Henna pigments look very natural on the skin and the colour lasts much longer than regular tint.

# SPRAY TAN

Eco Tan is Australia's first certified Organic, non-toxic, vegan, cruelty free tanning range. Leaving no nasty smells – no stained sheets or clothes.  
It's easy to see why we love it!

## ONE COAT

\$60

Our standard spray tan. Perfect for that 'just back from an island holiday' look.

## EXTRA COAT

\$30

For a special occasion where you want a darker look. We will do one coat, dry you off and do another coat. Still a very natural look – just darker.





# SUGARING

Sugar paste is 100% natural and is made from a combination of sugar, water and lemon juice. The sugar paste is applied against the hair growth and removed with the hair, which results in better hair removal and less pain than waxing.

## PRICE LIST

FULL LEG	\$175
1/2 LEG	\$99
3/4 LEG	\$135
BIKINI*	\$55
G-STRING*	\$75
BRAZILIAN*	\$95
FULL ARM	\$95
HALF ARM	\$65
UNDERARM	\$50
LIP OR CHIN	\$35
JAWLINE	\$50
FULL FACE	\$125
<i>Including eyebrows exc. forehead</i>	
SNAIL TRAIL	\$30
NOSTRIL	\$20
OTHER	POA
MENS SUGARING	POA

\*Women only





SKIN CLINIC

# ORGANIC SKIN PEEL

Certified organic skin peel with naturally sourced AHA's and Glycolic acid.  
Results in the elimination of dead skin cells and a faster regeneration of new skin cells.  
Designed to target specific skin concerns such as acne scarring, reduces pigmentation,  
reduces pore size, smooths out wrinkles and fine lines, softens and tones skin.

45 MIN | \$250  
PACK OF FOUR | \$880



SKIN CLINIC

# SKIN NEEDLING

The best of beauty technology for deeper skin transformation boosting collagen for plumper, more even textured and glowing skin.

## BENEFITS

- Reduces acne scarring
- Minimises fine lines, ageing and dehydration
- Increases plumpness
- Improves texture
- Increases smoothness
- Reduces pigmentation
- Reduces dilated capillaries and redness

For best results, we recommend a series of four collagen induction therapy treatments, 4 - 6 weeks apart.

## PRICE LIST

### SINGLE SESSION

- Full Face | \$290
- Neck and Decolletage | \$320

### CONCESSION PRICES

- Four Sessions | \$870 (Save \$300)
- Six Sessions | \$1,300 (Save \$630)

### ADD ON'S

- Hands | \$55
- Neck | \$55
- Decolletage | \$110



SKIN CLINIC

# LED LIGHT THERAPY

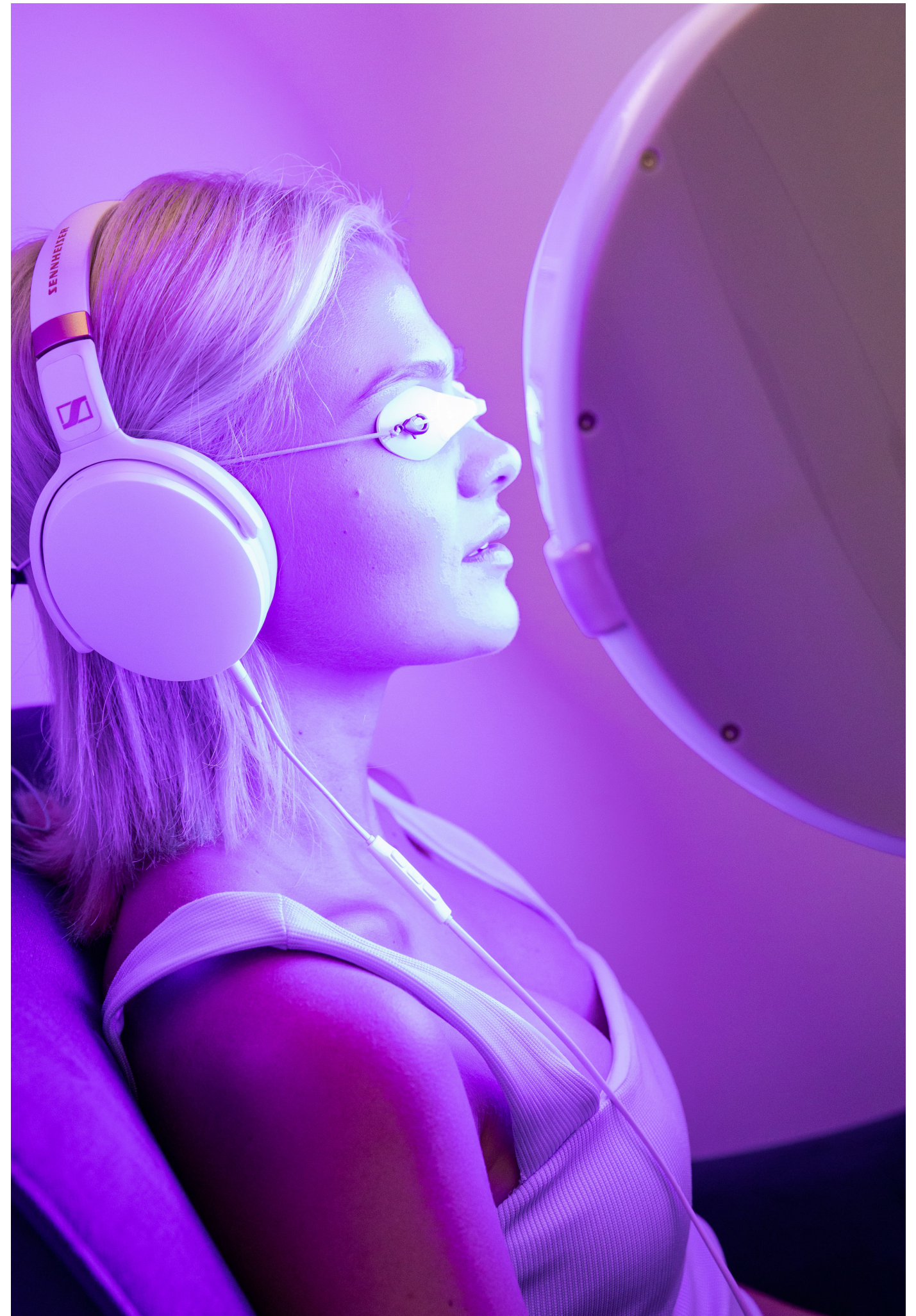
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LED Therapy is a non -invasive rejuvenating skin treatment to correct and target a variety of skin concerns.

SINGLE SESSION  
20 MIN | \$85

UNLIMITED CONCESSION  
To be used within 4 weeks | \$550

ADD ON  
Add on to any of our treatment services | \$55







join us on  
the cleaner  
side of beauty.

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