



millewa

spa retreat

treatment menu



Facial Resurfacing

Peels are designed and tailor made to each individual, as we realise that no two skins are the same. To achieve a thorough understanding of your true skin type, condition and concerns a skin analysis will be performed via woods lamp which enables vision into the deeper layers of the skin, determining the ideal treatment and homecare regime for a visibly different, healthy skin.

Aspect Facial Peel

30 minutes \$110 Series 3 \$300 / Series 6 \$550

Utilising only the best, Medical Grade, Chirally Correct products packed full of active ingredients to slow down the ageing process and turn back the hands of time. These facial peels will address sun damaged, blotchy pigmented skin, fine lines, lack of vitality, poor tone, texture and acne.

Retinol Brulee

30 minutes \$130 Series 3 \$340 / Series 6 \$550

Fine lines, wrinkles, visible pores, minor discoloration and muddy complexions can't but surrender to this powerful rehab program for time damaged skin.

Benefit Peel

30 minutes \$130

The ultimate antioxidant peel for hypersensitive, ageing, or acne prone skin. Benefit peel is gentle enough for patients with sensitive skins.

Timeless Peel

30 minutes \$220

The CosMedix chirally-correct Timeless Peel helps to rejuvenate the skin by improving the visible signs of ageing including dark pigmentation spots and other signs of sun damage, fine lines and wrinkles.

Microdermabrasion Face

60 minutes \$130

Upgraded in combination with a facial or \$90

Series of 3 \$350 | Series of 6 \$650

Safe, gentle and highly effective!

Microdermabrasion is a unique system of intense resurfacing treatment that deeply exfoliates and polishes the skin and increases its lymphatic drainage. Collagen and elastin production is stimulated which results in firmer, younger looking skin. Unlike laser, the procedure is not traumatic with no down time yet the results are every bit as exciting. Microdermabrasion can be used to treat various skin conditions such as acne scarring, blackheads and pigmentation and is wonderful for dull or rough skin and to reduce fine and deep lines.

MicroPlus+

90 minutes \$180

Enjoy the benefits of a specialised paramedical skin resurfacing treatment using specialised equipment. The combination of a deeply exfoliating Microdermabrasion treatment followed by Sonophoresis that delivers a concentrated dose of active vitamins and anti-oxidants deep into the skin gives a healthy, radiant looking glow every time.



Paramedical Skin Treatments

Enzyme Facial

90 minutes \$140



DMK Enzyme Therapy utilises a unique group of transfer messenger enzymes. These specialised treatments improve the skin's functioning by hydrolysing away dead cells and impurities trapped in the skin, stimulating the vascular and lymphatic system, restoring vital cellular nutrition and oxygenation required for the proliferation of healthy new skin cells. Enzyme therapy stimulates new collagen production and restores structural integrity and cellular organisation. For all skin types and conditions.

Muscle Banding

90 minutes \$140

The DMK Muscle Banding treatment provides breathtaking results. Desired by many for its instant tightening qualities, perfect for a special occasion. You will see visible results with just one treatment.

Acne Correcting Facial

90 minutes \$110 - 150

Cleans out blocked follicles and balances the skin for ultimate healing. Includes pre-exfoliation, enzyme therapy, Vitamin C and Beta Gel Infusion.

MelanoZone

90 minutes \$150

The Melanazone treatment is designed to treat pigmentation on the skin's surface and inhibit Melanin production in the deeper layers of the skin. Utilising Alkaline or Prozyme and Melanin inhibitors. This will provide fast results and noticeable improvement after one treatment.

Instant Lift Treatment

90 minutes \$250

The Enzyme Therapy and Muscle Banding treatment provides breathtaking results. Desired for its instant results, it is perfect for special occasions. A Transdermal Infusion finishes the treatment by locking integral nutrients into the skin, ensuring optimal skin functioning.

Pro-Alpha 6 layer Peel

Face \$1100 Face & Neck \$1300

Face, Neck & Decolletage \$1500



A superior resurfacing procedure, designed for those who want a dramatic result with minimal downtime (approximately 14 days). The treatment is inclusive of 2 Pro Alpha Six-Layer Peel applications, a Lift-Off Treatment, Transdermal Nutrition Infusion, a DMK essentials home care pack including Retosin, DMK EFA+ & a serum of choice.

*PAYMENT PLANS AVAILABLE

Pro Peel Program

6 Weeks \$750

Revitalise thickened, uneven, sun-damaged, sluggish or congested skins with **this 6 week** progressive resurfacing and rebuilding program.

A-Lift Program

12 Weeks \$2800

The A-lift is a **12 week** program that is non-invasive and pain free. Reveal your inner glow and bring back that youthful appearance to your skin. The A-lift treatment works by rebuilding and strengthening the underlying structures of the skin. This is achieved by giving the skin its own work-out, similar to toning and tightening the body with exercise. The DMK muscle banding technique is used in the A-lift to tighten and tone the skin, restoring a healthy youthful appearance. Give your skin a work over!

Includes: Direct delivery Vitamin C serum
Night firming essentials pack
Revise-A
EFA+

*PAYMENT PLANS AVAILABLE

Alkaline Wash Hair Removal

\$30 - 95

Alkaline Wash is an effective painless and harmless hair removal procedure for the face and body.

MediPedi Basic

45 minutes \$70

Put the spring back into your step. MediPedi® dissolves dry, hardened and crusty skin build up from the feet without the use of any blades or sharp tools.



MediPedi® Full Pedicure

60 minutes \$120

A deluxe pedicure that utilises the MediPedi® method, with the added luxury of massage, paraffin wax treatment and nail painting.

Spa Facial Treatments

Essential Facial

30 minutes \$70

This mini treatment is designed for the time poor person who appreciates the value of regular facials to maintain their skin.

Classic Facial

60 minutes \$110

Indulge yourself, rejuvenate your skin and mind while eliminating the signs of stress and tiredness. Your skin is will be left feeling cleansed and nourished after the 'spa style' facial.

Nutrition Facial

60 minutes \$110

Our therapist will deliver a spa style treatment using quality products and ingredients to help generate change at a cellular level whilst improving the appearance of the skin. Transdermal Nutrition Treatments are a great introduction to paramedical skin care and are a great gift if you are looking to spoil someone special.

Medi-Facial

60 minutes \$110

This Medical grade facial combines a cellablation exfoliation using bamboo extract to rid dead cuticle build-up, then a Fruit enzyme mask. You'll notice huge results within your skin everytime.

Institute Facial

75 minutes \$145

Let your therapist take you above and beyond your expectations and show you the true beauty and natural balance of your skin. Your Therapist will advise you on which of the specific institute treatments will give you the best results, "Expect to be amazed".

Add ons:

Hydrating Eye Treatment \$20

Hydrating Lip Treatment \$15





Massages

Relax and enjoy a signature body massage using aromatic oils to relieve and reduce tension and the negative effects of everyday stresses.

All our massages commence with a luxurious footbath to begin the relaxation process.

Relaxation Massage

30mins \$75 60mins \$99

A treatment based on soothing, nurturing and comforting the body using oils to relax your skin and soothe your mind.

Hot Stone Massage

30mins \$80 60mins \$105 90mins \$150

This heavenly treatment uses heated stones to therapeutically massage and melt away tension and fatigue. Complimented with aromatic steamed towels.



Pregnancy Massage

30mins \$80 60mins \$105

Using our specialised pregnancy mattress, this allows you to once again relax on your stomach, a must for every pregnant woman. This is a treatment totally safe for both mother and baby and is highly recommended as it will ease the aches and pains associated, while relieving any stress and pressure placed on one's back during this special time.

PLEASE NOTE: Massage is only recommended in the 2nd and 3rd trimester, and must be avoided in the early stages of any pregnancy

Hand and Feet Treatments

Shape & Paint

15 minutes \$30

Nail shape and polish application

Manicure

30 minutes \$50 With shellac \$65

The basic manicure including filing, buff moisturiser and polish application

Spa Manicure

60 minutes \$90 With shellac \$105

An indulgent hand and nail treatment including hand soak and exfoliation, filing, cuticle work, buffing, relaxing hand and arm massage followed by a warming paraffin wax treatment, then complimented with a colour polish of your choice.

*French Shellac Upgrade \$15

* Shellac Soak Off \$20

(Please inform staff when booking appointment so extra time can be allocated)

Pedicure

30 minutes \$60 With shellac \$75

The basic pedicure including footbath, filing, buffing, moisturiser and your choice of colour polish application.

Spa Pedicure

60 minutes \$95 With shellac \$110

An indulgent foot and nail treatment including footbath and invigorating exfoliation, filing, cuticle work, buffing, relaxing foot and leg massage followed by a warming paraffin wax treatment, then complimented with a colour polish of your choice.

Foot Massage

30 minutes \$55

Includes Foot Soak, exfoliation and massage.

Body Treatments

Sugar Body Exfoliation 45 minutes \$100

Relax and enjoy as milk from the coconut combined with macadamia and coconut oil are gently massaged into the skin followed by an application of pure cane sugar and tropical nut oils ridding the body of dead cells, as well as strengthening the skins elasticity and replenishing moisture loss.

Hydrating Coconut Ritual 60 minutes \$150

Your treatment begins with a deep pore-cleansing body exfoliation using a sugar cane scrub, followed by the application of nourishing tropical body butter, then wrapped and treated to a mini facial and scalp massage.

Coconut, Milk & Honey Wrap 75minutes \$170

Organic Cane Sugar and Nut oils gently exfoliate the skin followed by a soothing warm shower. The highly nourishing milk & honey body masque is applied onto your body as you doze off to the delicious sweet scent, while being treated to a mini facial and scalp massage. The masque is then removed followed by application of milk & honey body butter.

Luxury Escape 75 minutes \$180

Experience the ultimate in relaxation within the comfort of our specialized hydrotherapy cocoon. Treatment begins with a total body exfoliation and Vichy massage, whilst your therapist performs a mini facial treatment and scalp massage. The body is then nourished with a warm body balm.

Hydrotherapy Bath Soak 30 minutes \$55

Enjoy a soothing bath soak infused with coconut and lavender in the comfort of our specialized hydrotherapy tub.



Beauty Treatments

Tanning

Velocity \$50

The Worlds No 1 Rapid Tan - Velocity offers the world's quickest, darkest, longest lasting tan, guaranteed. With clinically proven delivery and speed- it gives a deep, rapid, wash and wear tan in as little as an hour.

Fusion \$45

The Rolls Royce of tanning. Liquid Sun provides a deep, honey-dipped glow with potent age fighting, skin firming and cell rejuvenation properties- all in one innovative product.

Tinting

Eyelash Tint \$20

Eyebrow Tint \$15

Lash and Brow Tint \$32

Makeup

The most beautiful cosmetic you can wear is healthy skin. That's way everything in the Jane Iredale mineral makeup range is a true extension of skin care, they offer superior coverage suitable for every skin tone and type. The makeup is not just a refinement of conventional makeup; It's NEW TECHNOLOGY. It's so effective it is used and recommended by plastic surgeons, dermatologists and skincare professionals around the world.

Makeup Trial (45 minutes) \$80

Special Occasion \$75

Bridal \$75

Student \$55

False Lashes From \$10





Waxing Sugaring

Eyebrow	\$20	\$25
Lip	\$15	\$19
Chin	\$15	\$37
Eyebrow and Lip	\$30	\$37
Full Face	\$39	\$49
Half Leg	\$38	\$45
3/4 Leg	\$43	\$53
Full Leg	\$52	\$60
Bikini	\$30	\$37
Underarm	\$26	\$30
G-String	\$38	\$45
Brazilian (1st time)	\$65	-
Brazilian (maintenance)	\$50	
Half Arm	\$30	\$37
Full Arm	\$38	\$45

Combinations

Full Leg & Bikini	\$75	\$85
Half Leg & Bikini	\$60	\$72
Half Leg & G-String	\$70	\$87
Full Leg, Bikini & Underarm	\$100	\$120

Manscaping

Full Leg	\$68	POA
Half Leg	\$48	POA
Chest	\$45	POA
Back	\$57	POA

Luxury Packages

Spa Escape

1.5 hours \$160

- 30min Relaxation Massage
- Classic Facial

The Tempting Package

2 hours \$190

- 60min Relaxation Massage
- Classic Facial

Dream Retreat

2 hours \$230 pp

- 60min Hot Stone Massage
- Sugar Body Exfoliation
- Private Spa Soak
- Champagne and Fruit Platter

Yummy Mummy

2 hours \$180

- 60min Pregnancy Massage
- Spa Pedicure

Beauty Indulgence Package

4 hours \$440

- 30min Relaxation Massage
- Coconut Milk & Honey Wrap
- Classic Facial
- Pedicure with SHELLAC polish
- Manicure with SHELLAC polish
- Champagne & Fruit Platter

Male Maintenance Package

1.5 hours \$160

- 60min Hot Stone Massage
- Male Maintenance Facial

Booking Conditions

Bookings

In order to offer you the best in service and to avoid disappointment, it is recommended that you book your treatments in advance. Credit Card details or a deposit are required at the time of booking for all spa treatments to secure your booking.

Please note that group bookings require a 50% deposit upon booking. We keep a waiting list for the convenience of our clients and will call you should an appointment become available at your preferred time.

Arrival At The Day Spa

We recommend that you arrive at least 10 minutes prior to your treatment time so that you have enough time to fill out your consultation form and allow yourself time to relax and enjoy a complimentary beverage.

Please note that late arrivals unfortunately reduce the time of your treatment. If you are running late, please phone us so that we can do our best to accommodate you. In the event that you are so late that we cannot provide your service as well run to time for our next guest, our cancellation policy will apply.

Health Considerations

Some Spa services may not be recommended with certain health conditions, therefore it is always recommended that you inform our friendly staff of any health concerns when booking your treatment. You will be asked to fill out a confidential consultation form prior to all treatments to ensure it is suitable to you. If you are pregnant, please advise us at the time of booking so that we can recommend the most suitable treatment for you.

Payment Options

We accept Cash, Eftpos, Bankcard, MasterCard, Visa and Amex (3% surcharge). Millewa Spa Retreat reserves the right to alter treatment prices without notice.

Gift Vouchers

Gift Vouchers, Prepaid courses and treatment programs are valid for 6 months from date of purchase (some courses run for 12 months). As we are an automated system, beyond the expiry date, unused courses and vouchers are forfeited. When booking please quote the gift voucher number to secure your booking. Millewa Spa Retreat will not take responsibility for lost gift vouchers.

**Gift Certificates will not be accepted on public holidays or public holiday weekends.*

Cancellation Policy

In order to be able to offer our clients the very best, a credit card number or gift voucher number is required at the time of booking to secure all reservations. A deposit is required for ALL treatments. We understand that schedules do change, however we do ask that you please give us a minimum of 24 (business) hours notice if you need to alter or cancel your appointment, otherwise you will forfeit your deposit.

If something unexpected happens we are happy for you to offer your appointment to another friend or family member in your place. No-Shows will be charged 100% of the treatment cost.

Spa Etiquette

To ensure all guests at the spa receive maximum benefits from their visit we request that all mobile phones and electronic devices be switched off before you enter the spa. Please keep noise to a minimum to respect the relaxation and privacy of other guests. Smoking is prohibited within the spa vicinity.

What To Wear

When visiting the spa comfortable, loose clothing is recommended. It is important that swimwear be worn at all times in the spa. With all body treatments you will be escorted to the locker rooms where you can change into disposable underwear or your own swimwear, and also be provided with a robe and slippers. We suggest that valuable items not be brought to the spa.

Rewards Program

The Millewa Spa Retreat Rewards Program is how we reward our wonderful clients for their loyalty. You'll receive 1 reward point for every \$20 you spend on products, treatments or gift voucher purchases. You can then redeem your points against any full priced treatment from our menu or even use them to purchase a gift certificate for a friend. Each reward point is valued at \$1.

Points cannot be used to purchase products or treatments on promotion or a special offer, and are non-transferable. Points can be used at any time of the week and the treatment must be paid for by points (no part payments allowed). Points do not expire as long as you remain a Millewa Spa Retreat client and have visited within the previous four months. Points are automatically tracked on our computer system.

Spa Facilities

Millewa Spa Retreat features five single treatment rooms (one featuring a spa), one double treatment room with spa, one wet treatment room, a spa lounge looking over the Campaspe River with outdoor spa on the balcony, mini kitchenette for functions or group bookings, and private male and female change rooms featuring showers, personal lockers and grooming essentials.



Opening Hours

Monday	10:00am – 5.00pm
Tuesday	10:00am – 6.00pm
Wednesday	9:30am – 6.00pm
Thursday	9:30am – 8.00pm
Friday	9:30am – 6.00pm
Saturday	9.00am – 4.00pm
Sunday	CLOSED

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