

THERAPEUTIC MASSAGE

Relaxation Massage (30mins)	\$75
Relaxation Massage (60mins)	\$105
Relaxation Massage (90mins)	\$150
Remedial or Pregnancy Massage (30mins)	\$80
Remedial or Pregnancy Massage (60mins)	\$120
Remedial or Pregnancy Massage (90mins)	\$165
Hot Stone Massage (60mins)	\$125

Ancient Therapies

Indian Head Massage (45mins)	\$100
Reflexology Feet (45mins)	\$100
Lymphatic (60mins)	\$120

HAND AND FEET TREATMENTS

Express Hands or Feet (30mins)	\$65
Signature Manicure (45mins)	\$85
Signature Hot Stone Pedicure (60mins)	\$115
Bubbles Indulgence for two - Signature Pedicure	\$205
& refreshments in our gorgeous couples room (60mins)	

FOR YOUR EYES

Eyebrow Wax	\$25
Eyebrow Tint	\$22
Eyelash Tint	\$25
Eyebrow Wax & Eyelash Tint	\$40
Eyebrow & Eyelash Tint	\$37
Eyebrow Wax / Tint & Eyelash tint	\$55

BODY WAXING

Chin or Lip	\$15
Underarm	\$25
Full Leg	\$60
Half Leg	\$40
Half Arm	\$26
Bikini (from)	\$35
Intimate Bikini from	\$45
Brazilian	\$65
Back or Chest	\$60

FIVE STAR PACKAGES

THE UNWINDER (1 1/4HRS) \$155

Signature Facial • Relaxation Massage

GODDESS ZIVA (1 1/2HRS) \$165

Restore Full Body Exfoliation • Relaxation Massage

Add Signature Facial \$60

WEEKEND WARRIOR (1 1/2HRS) \$175

Back Exfoliation • Back Massage • Back Mud Mask • Signature Facial

Add a Full Body Mud Wrap \$60

TAPAS TREATS (2HRS) \$225

Rose Petal Foot Soak & Pedicure • Back Exfoliation

Back Massage • Signature Facial • Scalp Massage

Add lash and brow tint and brow tidy. \$40

SIMPLY HEAVEN (2HRS) \$250

Aromatic Stone Massage • Signature Facial

Add a Full Body Exfoliation \$60

FRAZZLED TO FABULOUS (2 1/4HRS) \$270

Full Body Relaxation Massage • Signature Facial

Organic Coconut Scalp Treatment

DREAM TIME (3HRS) \$365

Full Body Exfoliation • Aromatic Hot Stone Massage • Signature Facial

Organic Coconut Scalp Treatment

THE DIVINE (5HRS) \$495

Full Body Exfoliation • Full Body Massage • Signature Facial • Signature

Manicure • Organic Coconut Scalp Treatment • Signature Pedicure

Includes Gourmet Lunch

SPA DAY / HENS / BABY SHOWERS BIRTHDAYS / STAFF REWARDS

Let us create a wonderful experience for friends & family by celebrating special occasions in the spa. **Enjoy a mini High Tea while you unwind in our private relaxation room which is yours to enjoy for the duration of your treatment.**

AN EXAMPLE OF TREATMENTS...

Choose 2 of the following 1 hour treatments

• Signature Facial

• Signature Hot Stone Pedicure

• Relaxation Massage

• Body Exfoliation & Aroma Emulsion

\$240 per person

BOOKINGS / SPA ETIQUETTE & CANCELLATIONS

Please arrive a minimum of 15 mins prior to your

appointment to ensure optimum relaxation. Unfortunately late arrivals

result in shorter treatment times. Appointment confirmations are

made by SMS or a phone call. At times you may need to cancel your

appointment, 24/48hrs notice is greatly appreciated, no shows are

unfortunately not.

Gift Voucher bookings are considered paid when the

booking is made, therefore “no shows” will forfeit the

treatment amount. Mobile phones are to be on silent as a courtesy

to others and the spa.

During busy periods we do require a deposit to

secure your booking. This deposit is non-refundable if you

fail to keep your appointment time. This also applies to

treatments where a gift voucher is used.

RELAX ~ UNWIND ~ INDULGE



FIVE STAR DAY SPA

Step inside our award winning premises, and allow yourself to relax, unwind, indulge. Rediscover the inner peace you deserve.

Escape to the Central Coast's hidden diamond.

Allow our dedicated team to make you feel refreshed, youthful, recharged, invigorated and nurtured.

WELCOME TO YOUR JOURNEY.

HOURS

Monday	9.00am - 5.00pm
Tuesday	9.00am - 5:00pm
Wednesday	9.00am - 5:00pm
Thursday	9.00am - 7.00pm
Friday	9.00am - 6.00pm
Saturday	9.00am - 3.00pm

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& receive the latest Five Star exclusive promotions.

SIGNATURE FACIALS

Our luxurious signature facial treatments incorporate potent active ingredients, vitamin infusion and massage to treat key skin concerns including premature skin ageing, pigmentation/ uneven skin tone and problematic, congested skin.

VITA-CLEAR FACIAL

This deep cleansing treatment incorporates BHA and potent antioxidants to penetrate deep into the pores to clear congestion. Works to calm inflamed skin, help control excessive oiliness, mattify the complexion and minimise future skin breakouts.

30 min - \$85 **60 min - \$125**

VITA-REPAIR FACIAL

Works to repair stressed and dehydrated skin, this essential moisture boost treatment balances and restores skin's natural hydration levels. Features Ultraceuticals' Vitamin B2 moisturising complex (Pro Vitamin B5 and Vitamin B3) to visibly nourish skin and plump fine lines and wrinkles.

30 min - \$85 **60 min - \$125**

VITA-GLOW FACIAL

This multi-action facial visibly reduces the appearance of pigmentation, uneven skin tone and dark spots. A powerful combination of 5 hyperpigment blockers, skin brighteners and exfoliants to synergistically work to restore skin luminosity and radiance.

30 min - \$85 **60 min - \$125**

VITA-LIFT ACE POWER FACIAL

Featuring our triple-action anti-ageing powerhouse ingredients Vitamin A, Vitamin C and AHAs & BHA, this treatment combines pure indulgence with skin rejuvenation. Actively works to reverse the visible signs of ageing by perfecting and refining the skins overall appearance.

60 min - \$155

~ MICRODERMABRASION UPGRADE ~

You can upgrade any of our signature facial 60 min treatments with a Microdermabrasion for an additional \$30

SKIN WORKOUTS

Skin Workout treatments (often referred to as skin peels) aim to rejuvenate skin through accelerated exfoliation. These treatments have been developed to quickly refresh and restore skins youthful appearance.

VITA-CLEAR SKIN WORKOUT

This Mandelic Acid Peel utilises AHAs to quickly decongest, clarify and help control oil production. With proven anti-ageing ingredient Niacinamide and potent anti-oxidant Clove Oil, this peel improves surface congestion and reduces inflammation.

30 min - \$99 **incl INFUSION** **60 min - \$155** **incl INFUSION**

VITA-REPAIR SKIN WORKOUT

Reveal refreshed, youthful, radiant skin in just one treatment. This high-powered Lactic Acid peel deliver fast results and actively works to dramatically re-surface and instantly improve the skins moisture levels whilst restoring clarity and luminosity.

30 min - \$99 **incl INFUSION** **60 min - \$155** **incl INFUSION**

VITA-GLOW SKIN WORKOUT

Ideal treatment for ageing or sun damaged skin, this potent Vitapeel features high-strength AHAs & BHAs. This skin brightening treatment works to rapidly exfoliate surface congestion whilst diminishing the appearance of dark spots, pigmentation and blotchiness.

30 min - \$99 **incl INFUSION** **60 min - \$155** **incl INFUSION**

VITA-INFUSION SONO WORKOUT

This treatment utilises a low frequency ultrasound to infuse active ingredients into the deeper layers of the skin. Beneficial to all skin types to provide hydration, nourishment and plumping of the skin.

30 min - \$99 **incl INFUSION** **60 Min - \$155** **incl INFUSION**

~ VITA-EYE BOOSTER UPGRADE ~

You can upgrade any of our fantastic treatments with a rejuvenating Vita-Eye Booster for an additional \$25

PARAMEDICAL TREATMENTS

Performed by highly trained clinicians, these treatments provide remarkable regenerative effects on the skin and allow for maximum results.

VITA-BRASION TREATMENT

Total skin treatment incorporating deep exfoliation and Vitamin infusion of potent anti-ageing and antioxidant Vitamin A & C to refine, smooth and plump the complexion.

30 min - \$99 **incl INFUSION** **60 Min - \$155** **incl INFUSION**

HYDRO-BRASION TREATMENT

Incorporates simultaneous skin resurfacing and Vitamin infusion technology to deliver potent anti-ageing ingredients to smooth, plump and boost skin's hydration levels.

30 min - \$109 **incl INFUSION** **60 Min - \$165** **incl INFUSION**

RADIANCE PLUS+

This radiance-boosting mask combines a powerful blend of 8 skin brightening agents to rapidly reduce the appearance of hyperpigmentation, dark spots and blotchiness to reveal a luminous complexion.

45 min - \$145

LED-BRASION TREATMENT

Incorporates the most advanced skin resurfacing and Vitamin infusion technology, LED Light therapy to stimulate collagen production and potent anti-ageing ingredients to smooth, plump and boost skins hydration levels.

75 min - \$175 **incl INFUSION + LED**

A-ZYME TREATMENT

The power house of all anti-ageing treatments. This fast-acting non-invasive treatment combines proven anti-ageing ingredients Retinol and Bromelain to refresh, refine, hydrate and plump your skin. Works quickly to dramatically diminish fine lines and wrinkles, even skin tone, and improve skin luminosity.

45 min - \$175 **incl INFUSION**

INTENSIVE BODY TREATMENTS

Body Polish & Hydrating Emulsion (60mins) \$120

Vanilla and Coconut Body wrap (75mins) \$145

Exfoliation, Steam, Vanilla and Coconut Infused Wrap

Add on a 30 min Signature Facial \$60

Add on a Organic Coconut Oil scalp treatment (20mins) \$40

Spray Tan (20mins) \$45

TREATMENTS NOTE:

Course treatments are highly recommended to obtain the best results possible. When a course of 4 treatments is purchased, you receive an additional treatment complimentary.

TERMS & EXPLANATIONS

INFUSION (ULTRA-SONOPHORESIS)

Our Infusion technology utilises low frequency ultrasound that has been shown to increase transdermal penetration of various ingredients up to 1,000 times than achieved with manual facial massage. Our skin workouts and paramedical treatments include an ultra-sonophoresis deep cleanse for the perfect pre-treatment skin preparation and if suitable include a vitamin infusion to boost penetration of potent actives into the deeper layers of the skin.

MICRODERMABRASION

Microdermabrasion is an advanced technique to exfoliate the skin. This treatment removes dead skin cells and increases cellular turnover leaving the skin looking more radiant and youthful. Microdermabrasion on the face and body improves the overall look, feel, texture and tone of the skin and helps products penetrate more easily.

L.E.D

LED Light Therapy stimulates cellular activity to deliver outstanding results for all skin types and conditions.

Red Light – Stimulates Collagen, repairs skin damage and ideal for ageing skin.

Green Light – Calming, ideal for redness and sensitivity

Blue Light – Anti-bacterial, best suited for Congested skins

Violet Light – Treats Psoriasis and Dermatitis

~ CLARITY ~

~ HYDRATE ~

~ RADIANCE ~

~ REJUVENATE ~