

HALE

spa

TREATMENT MENU

+61 2 6188 3299

10-14 MACQUARIE STREET,
BARTON ACT 2600 AUSTRALIA

Hale Spa

FROM THE MOMENT YOU ARRIVE, YOU WILL BE CARED FOR BY OUR HIGHLY TRAINED AND QUALIFIED THERAPISTS IN ONE OF OUR NINE TREATMENT ROOMS.

For treatments over one hour, take advantage of our wet-room facilities, which include a sauna, steam room and cave pool, and finish with a herbal tea in our dedicated lounge.

With state-of-the-art washroom amenities and lockers, we make it easy to spend the rest of your day, carefree, around the Realm Precinct at one of the award-winning restaurants or nearby hotels.

Perfect for brides-to-be, hen's and buck's parties, birthdays, anniversaries, new and expecting mums, or just spending the day catching up with friends – whatever the occasion, we will work with you to make your time with us one to remember.

Clear your schedule and surrender yourself to Hale Spa.

Massage

SIGNATURE MASSAGE

This full-body relaxation massage will de-stress you from head to toe. Rhythmic Swedish massage techniques will be used to calm and restore balance.

30 minutes	\$80⁰⁰
60 minutes	\$135⁰⁰
90 minutes	\$185⁰⁰

DEEP TISSUE MASSAGE

Ideal for bodies overworked and stiff from daily life or working out. This massage will target every muscle group with firm-pressured manipulations and strokes to aid removal of toxins and muscular tension.

60 minutes	\$150⁰⁰
90 minutes	\$199⁰⁰

REMEDIAL MASSAGE

A technique to help treat muscle and joint injuries associated with pain management and injury rehabilitation. Your therapist will apply specific techniques relating to your concerns and recommend a recovery plan.

60 minutes	\$165⁰⁰
Initial consult + 90 minute massage	\$199⁰⁰

PREGNANCY MASSAGE

Beneficial for expectant mothers. Our pregnancy massage will relieve aches, pains and increase relaxation.

60 minutes	\$150⁰⁰
90 minutes	\$199⁰⁰

HOT STONE THERAPY

A full-body massage using warm Balinese stones and a sensual blend of oils. Harmonic movements and heat will help balance the body's energy.

90 minutes	\$190⁰⁰
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AROMATIC + NOURISHING MASSAGE CREAM

Add this delightfully aromatic vitamin-enriched and nourishing massage cream to any massage to replenish skin, relieve dryness and prevent stretch marks for pregnant women.

Add-on	\$35⁰⁰
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Anti-Aging Facials

CAVIAR + PEARL HIGH PERFORMANCE ANTI-AGING FACIAL

This anti-aging treatment replenishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts. A luxurious thermal clay mask will improve elasticity, increase oxygenation of cells and the suppleness of skin. Counteract the imprint of time and reflect a youthful complexion as it dramatically reduces facial expression lines and wrinkles.

75 minutes

\$215⁰⁰

STEM CELLS INTENSE DE-AGING FACIAL

This anti-aging treatment is supercharged with collagen, retinol and elastin to visibly reduce lines and wrinkle depth. This groundbreaking repairing and regenerative action of two different plant Stem Cells will have an accumulative effect when supported with the Stem Cells home treatment plan.

60 minutes

\$195⁰⁰

TRI POWER FACIAL

This triple action facial deeply hydrates and relaxes harsh wrinkles with plant-derived anti-wrinkle solution. The mask firms and brightens with organic extracts of sorghum and dactyl boldine. Other actives such as marine and caviar polypeptides self-repair and rejuvenate.

60 minutes

\$175⁰⁰

LUMINOUS C & SEA FACIAL

Utilising stabilised vitamin C and freeze-dried seaweed, this high-performance facial includes a rubber mask to improve elasticity, reduce fine lines and brighten sun damage or pigmentation. The ultimate treatment for a luminous bridal glow.

75 minutes

\$190⁰⁰

LUMAFIRM LIFT + GLOW

Redefining radiance and facial contouring, this remarkable facial is exclusively formulated with the latest in freeze-dried technology to deliver instant results and cumulative skin care benefits. Performance driven, this treatment features the best anti-aging ingredients rendering skin firmer, tighter, lighter and visibly brighter. Ideal for any skin type showing signs of aging and pigmentation.

60 minutes

\$195⁰⁰

MENS SKINFIT FACIAL

A proven advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox™ replenish skin while counteracting aging aggressors. Visibly resurfacing, this mask promotes healthy, youthful skin.

75 minutes

\$195⁰⁰

High Performance Facials

ELASTO FIRING FACIAL

An excellent facial for those seeking tighter, more hydrated, and youthful-looking skin. Renowned for its firming benefits, elastin is recognised as the best skin strengthening protein. Recommended for any skin type with loss of elasticity.

60 minutes

\$170⁰⁰

RS2 ROSACEA CALMING FACIAL

The only professional spa treatment to target the problems associated with microcirculation, such as broken capillaries, persistent redness and congestion. The thermal mask component is like a gym workout for your skin—actively strengthening the capillary walls and repairing and soothing your skin. A home-care routine of RS2 line is strongly recommended for optimum results.

60 minutes

\$180⁰⁰

PLANTOMER FACIAL

Visibly enhancing your skin's texture and maximising hydration, this effective lift-off mask combines the replenishing benefits of seaweed with revitalizing Propolis, a natural healing and desensitising substance. Soothing, nourishing, and calming, it renders skin undeniably radiant. Excellent for a reactive or sensitive skin type, this treatment aids in reducing breakouts. It hydrates, heals, calms and reduces redness.

60 minutes

\$170⁰⁰

HYDRATING ANTI-FREE RADICAL FACIAL

Perfect for thirsty, dry skin that needs hydrating and nourishing. This high-performance treatment uses a rich ampoule packed with vitamins A & E to deeply repair and protect against free radical damage. The thermal mask heats and then cools to lock in all the goodness and leave your skin hydrated and plump.

75 minutes

\$185 00

OXY VITAL SENSITIVE SKIN TREATMENT

This healing and desensitising treatment dramatically defuses redness and removes heat in the skin in one treatment, leaving your skin cool, soothed and refreshed.

60 minutes **\$170⁰⁰**

MICRO-RETINOL FACIAL

A potent resurfacing peel using powerful Micro-Retinol to recapture smoother, firmer, brighter, softer, younger-looking skin.

60 minutes **\$195⁰⁰**

HYDRABRASION

A powerful combination of hydrabrasion and dermabrasion to deeply exfoliate, vacuum and clean the skin.

30 minutes **\$130⁰⁰**

Add to facial treatment 20 minutes **\$80⁰⁰**

YOUTH GLOW PEEL

Treat your skin to a smoother texture, minimized wrinkles, and a brightened complexion. Using a combination of pure, natural lactic acid and Hyaluronic Acid, this gentle peel unveils wonderfully hydrated and plump skin with a radiant, healthy glow. Perfect peel for pre-wedding or special events. Not recommend for hypersensitive skin.

60 minutes **\$170⁰⁰**

Omnilux™

Omnilux is scientifically proven light therapy that targets aging at a cellular level. With specific Omnilux light therapy combinations we can improve acne, deep wrinkles, enlarged pores, firmness of the skin, hydration, radiance and overall aging.

30 minutes **\$115⁰⁰**

Add to facial treatment 20 minutes **\$80⁰⁰**

10 Pack **\$950⁰⁰**

NOURISHING SCALP TREATMENT

This nourishing hair and scalp treatment will leave your hair silky-soft and smelling divine as vitamin-enriched oil is dripped through your hair and massaged into your scalp under the warmth of steam.

Note: your hair will require washing post treatment.

Add-on **\$39⁰⁰**

Traditional Facials

SIGNATURE FACIAL

Inhale and exhale into a deep sense of calm while our therapists employ signature facial techniques to normalise and restore the pH of your skin. Our signature facial is personalised to your individual skin needs and includes cleansing, exfoliation, a relaxing face, neck and décolletage massage and mask. Continue to relax while your scalp, hands and arms are massaged. Treatment creams are then applied to complete your experience.

60 minutes	\$145⁰⁰
90 minutes	\$185⁰⁰

CLARIFYING SKIN FACIAL

A powerful clarifying technique for oily, congested and problematic skin. Using high-performance enzymes to relieve deep congestion, special lymphatic drainage massage techniques, and the purifying benefits of charcoal, this treatment will leave your skin clearer and smoother. Best coupled with Omnilux Blue for ultimate results.

60 minutes	\$155⁰⁰
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SODASHI PURE RADIANCE FACIAL

A journey of total renewal and deep relaxation. This treatment begins with aromatic warm facial compresses to soften and exfoliate, followed by the application of a nurturing face mask rich in herbal extracts to purify and hydrate the skin. This facial experience can be tailored to individual skin needs, utilising Sodashi's luxurious Plant Essence Synergies to leave skin revitalised and fresh.

60 minutes	\$155⁰⁰
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Add Ons

Omnilux™	\$80⁰⁰
15min back massage	\$45⁰⁰
15min foot massage	\$45⁰⁰
Ginkgo or Collagen Eye Treatment	\$40⁰⁰
Eye Lash Tint	\$35⁰⁰
Eye Brow Tint	\$25⁰⁰
Nourishing & De-stress Scalp Treatment	\$39⁰⁰
Aromatic & Nourishing Massage Cream	\$35⁰⁰
30min Lactic Peel	\$95⁰⁰

Body Treatments

SODASHI BODY BALANCE SALT GLOW

Bring the body back to balance. This treatment begins with warm soothing oils massaged into the skin, followed by a Himalayan salt and plant essence therapy exfoliation. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following periods of travel or strenuous exercise. Not suitable whilst pregnant.

60 minutes

\$150⁰⁰

SODASHI VANILLA BODY BLISS SCRUB

This highly fragrant, gentle all over body exfoliation soothes and calms the mind and body while revitalising and hydrating the skin. Sodashi's Vanilla Body Exfoliant buffs away dry skin while Sandalwood eases tired and aching muscles. A closing application of Sodashi's Vanilla Body Butter infuses a beautiful fragrance into the skin. This treatment is safe and effective during pregnancy.

60 minutes

\$150⁰⁰

DE-AGING ESCAPE WRAP

Drenched with papaya and pineapple, this tropical wrap is enriched with crème fraîche natural butter, calcium, magnesium, saccharides, vitamin A and pomegranate extract. Blended with ingredients such as collagen and elastin polypeptides. Experience a glorious sensory escape as you are enveloped by the enticing scent of vanilla and tropical fruits. The skin is left deeply nourished and rejuvenated. Do not shave or wax 48 hours prior to treatment.

60 minutes

\$145⁰⁰

SEAWEED DETOX BODY WRAP

Designed to detoxify and improve circulation, this treatment begins with a sea-salt exfoliation. This smoothing micronised algae wrap improves skin tone on problem areas and remineralises the body.

Note: do not shave or wax 48 hours prior to this treatment.

60 minutes

\$155⁰⁰

DE-STRESS AROMATHERAPY COCOON WRAP

Let your mind drift away as your body is thoroughly exfoliated and left as smooth as silk. Allow your body to be a canvas for your therapist to lavish with a rich, creamy blend of signature aromatherapy oils while you are enveloped into a cocoon of relaxed bliss.

60 minutes

\$145⁰⁰

STEM CELLS WRAP

The ultimate in body treatments. The Pevonia's Stem Cells Wrap treats cellulite, age spots, sun damage, unevenness, roughness and more. Renew and de-age your body with a unique blend of argan and comfrey stem cells to contour and refine. Ready your body for intense repair for a more youthful, smoother you.

Note: this treatment creates the sensation of intense heat.
Do not shave or wax 48 hours prior to this treatment.

75 minutes

\$185⁰⁰

Hands + Feet

SIGNATURE MANICURE

Our Signature Manicure will leave your hands and nails feeling nourished and revitalised. Ease away stress and strain as we shape and buff nails, and restore cuticle health. Fingers, hands and arms are exfoliated, a nourishing mask is then applied to enhance hydration and restore vitality. Your nails are polished with your choice of colour.

60 minutes

\$95⁰⁰

EXPRESS MANICURE

30 minutes

\$65⁰⁰

SIGNATURE PEDICURE

Our exquisite Signature Pedicure treatment will completely restore picture-perfect nails. We begin by shaping and buffing your nails and restoring cuticle health. Your feet are then gently buffed with Hale's exclusive European electric drill, and feet and calves are thoroughly exfoliated and massaged into a state of total relaxation. To finish, a nourishing mask is applied to enhance hydration and restore vitality. Your nails are polished with your choice of colour.

75 minutes

\$110⁰⁰

EXPRESS PEDICURE

45 minutes

\$85⁰⁰

GEL POLISH

Gel polish is a longer-lasting, super-shiny cured polish that can be added to any manicure or pedicure treatment.

** please specify if you require this technique when booking, as additional time is required.*

15 minutes

\$35⁰⁰

GEL POLISH REMOVAL

Specialised removal process of gel polish.

** please specify if you require this technique when booking, as additional time is required.*

15 minutes

\$35⁰⁰

GENTLEMEN'S MANICURE

Restore the condition of your hands and nails with our gentlemen's manicure treatment. Your nails will be shaped, buffed and cuticles refined before being treated to a decadent and hydrating hand massage.

30 minutes

\$65⁰⁰

GENTLEMEN'S PEDICURE

Tired and aching feet are brought back to life with this luxurious pedicure treatment. Your feet will be soaked in our aromatic footbaths and gently exfoliated. Dry skin will be removed, nails shaped, buffed and cuticles refined to restore nail health.

45 minutes

\$85⁰⁰

Specialised Packages

BUILD YOUR OWN RITUAL

Indulge in your own tailor-made spa experience. Our Ritual options allow you to choose from a range of exclusive offerings, with all packages complemented by a glass of sparkling wine, selection of teas and light refreshments.

Two Rituals 120 minutes	\$260⁰⁰
Three Rituals 180 minutes	\$390⁰⁰
Four Rituals 240 minutes	\$520⁰⁰

FACIAL

Organic Signature Facial

BODY

Aroma Cocoon Body Wrap

MASSAGE

Signature Massage

HANDS AND FEET

Signature Pedicure

or

Signature Manicure

Free gel polish with Manicure or Pedicure

** please advise if you choose this option at time of booking for us to allow extra time.*

SODASHI ARABIAN OUD RENEWAL THERAPY

This deluxe treatment works on both face and body to provide a complete head-to-toe experience, delivering incredible results including released muscular tension, improved digestion, detoxification and skin radiance. The benefits of this exceptional holistic treatment extend far beyond the physical. It has a profound ability to release stored emotions and alleviate negativity to improve emotional, energetic and spiritual wellbeing.

90 minutes

\$260⁰⁰

COUPLES PACKAGE

Indulge your senses together in our couples room starting with a bath filled with a blend of divinely scented moisturisers and aromatherapy oils. Melt your cares away with a 45-minute massage, while your mind continues to drift and unwind as we pamper your skin with the Express Radiance Facial. Relax after your treatment in the client lounge with complimentary sparkling wine and chocolates.

120 minutes

\$485⁰⁰

Spa Etiquette

Please refer to our website for information on gift vouchers, health considerations and surcharges.

BOOKINGS AND CANCELLATIONS

Please contact the spa on 02 6188 3299 to make an appointment. Booking in advance is recommended to secure your preferred treatment time. A credit card number, gift voucher number or room number is required at the time of booking. Should you need to cancel or change your booking, we require a minimum of six hours notice prior to your scheduled treatment, otherwise the full price will be charged or the gift voucher deemed as void.

24 hours cancellation notice is required for all spa packages and group bookings.

We kindly ask that you arrive 15 minutes prior to your appointment to allow time to complete a brief health history form and change in preparation for your treatment. Should you arrive late, every effort will be made to accommodate you; however, as a courtesy to all of our clients, your treatment will be completed at the scheduled time and full treatment pricing will still apply.

To complete your experience at Hale Spa, all treatments 60 minutes and over are accompanied by access to the Hale wet areas including the cave-like plunge pool, sauna, and steam room. Clients are welcome to use these facilities prior to, or after, qualifying treatments – subject to spa opening hours. Swimwear required.

FACILITIES AND ATTIRE

An individual locker is assigned to you prior to the commencement of your treatment. We recommend you leave any valuables at home as the spa cannot be held responsible for any lost or misplaced personal items. Disposable underwear, robes and towels are provided.

There are designated male and female sauna and steam rooms, while the pool is open for all. Swimwear is required at all times. No children under the age of 16 are permitted.

OPENING HOURS

Monday: Retail only 8.30am – 7.00pm

Tuesday: 8.30am – 7.00pm

Wednesday: 8.30am – 8.00pm

Thursday: 8.30am – 8.00pm

Friday: 8.30am – 6.00pm

Saturday: 8.30am – 4.00pm

Sunday: Closed

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