



# *Tranquility*

BEAUTY & MASSAGE

for women & men



*An escape from the ordinary*



# Massage Therapy

Encourages your body's own natural healing ability. It restores balance and well-being, releases muscular tension and allows your body to move more freely. If you are feeling tired, stressed, muscle-sore or simply need pampering, our fully qualified and highly experienced therapists (male and female) can personalise an individual treatment to suit your needs.

**Please note:** Therapists are accredited with most health funds, however, if you are requiring a receipt for private health fund rebate it is essential that you mention this when booking your appointment so that you can be allocated the appropriate therapist for your fund.

## Customised Massage

**Request your favourite or a combination**

Tranquility's most requested massage - 'Relaxation Hot Stone.'

- Relaxation
- Aromatherapy
- Pregnancy
- Therapeutic
- Lymphatic
- Reflexology
- Remedial
- Sports

## Rates

½ hr	\$60	1 ¼ hrs	\$135
1 hr	\$110	1 ½ hrs	\$165

Incorporate 'Hot Stone Therapy' with any massage for an additional \$10. (Tension melting and deeply relaxing!)

## Express De-Stress 20 mins \$40

Designed for the busy professional or anyone on limited time. Relieves stress related tension in the neck and shoulder area.

## Corporate Recharge ¾ hr \$85

An invigorating massage using uplifting oils designed to refresh, renew and recharge the person on the go!

## Couples Massage ½ hr \$130 – 1 hr \$230 (per couple)

Indulge in the company of your partner whilst enjoying the massage treatment of your choice with your own personal therapist. Inhale the aromas and unwind in the candlelit surrounds.

## Foot Therapy Massage ½ hr \$60 – 1 hr \$110

**Indulge with a friend over a glass of bubbly – \$5pp extra**

Relax, unwind, indulge. Your feet will be pampered in an aromatic bath of essential oils, followed by a revitalising foot massage.

**With paraffin treatment (add \$15 and 15 mins extra).**

### Floatation Tank 30 min session \$40

Discover new depths of relaxation as your body is suspended in highly concentrated salt water, enabling you to reach peak levels of relaxation while your muscles and joints are freed from the forces of gravity.

### Float and Massage Package Single \$95 Couple \$190

(includes 30 min float and 30 min massage).

If you are tired, stressed, tense or sore, this one is for you!

### Poolside Massage Available

During Christmas Holidays - Phone Tranquility on ext 8503 for enquiries.

## Tranquility Specialised Massage

### Pohaku Hot Stone Therapy

#### 1 ½ hrs full body massage \$190

Imagine a warm room, dimly lit with candles and soft music. A heated, oiled stone glides across your skin, another follows... Feeling yourself relax, you take a deep breath and your stress melts away. The 'tension melting', deeply relaxing heat from the stones act as a powerful muscle relaxant as layers of stress and tension literally 'melt' away. A warm, deeply relaxing and nurturing massage using smooth basalt stones from the Hawaiian Island with pressure to suit your needs.

Wouldn't you just love one, right now?



## Treatments For Face

*'Deep within the sea lies the world's most precious secrets'*

Thalgo has explored all the riches of the ocean to extract vital active ingredients. These mineral rich extracts, together with natural fruit and marine acids, living plant concentrates, micro thalgosomes and eco friendly proteins form the basis of Thalgo Skin Range.



Relax with an option of hand, scalp or foot massage, integrated with our personalised and exceptional care facials. To ensure your skin receives maximum treatment benefits, we suggest using home care products recommended by your therapist.



### Intensive Personalised Facial | 1 hr \$130

*Tranquility's* personalized facials include the use of Thalgo skincare, a personalised skin analysis and home care prescription. Each facial is customized to your individual skin needs, leaving your skin looking and feeling radiant and healthy.



### Organic Personalised Facial | 1 hr \$130

Using Thalgo's new certified organic range *Terre & Mer*, (a blend of plant & algae from the Mediterranean).

### Ageing Skin Facial | 1 hr \$150

Anti-age facial treatments to restore youthfulness and radiance, plump skin wrinkles and smooth lines. Choose your own or consult with your therapist:

- > Brightening
- > Wrinkle control
- > Derma peel
- > Exceptional care

### Express Facial ¾ hr \$80 (all skin types)

A skin pick-me-up for people with little time to spare or an introduction to further treatments. This treatment includes cleanse, exfoliation and mask. Your skin will be left feeling refreshed.

### Treatments For Your Eyes ½ hr \$55 Choose from:

**Collagen Velvet** - To help combat wrinkles and give in-depth hydration.

**Algomega** - A warm and infusing treatment to help combat dark circles, congestion and puffy eyelids.

### TRANQUILITY is a Man's World Too!

Here at *Tranquility*, we recognise that looking good and feeling great is important to men too! Our therapists are trained to advise you on what treatment will be of most benefit to you.

All our treatments are suitable for male clients, however we have devised some specific ones just for you!



### Thalgomen Ocean Facial | 1 hr \$130

A 'hi-tech' professional facial based upon relaxing massage movements and the application of a purifying mask, infusing the essence of the highly energising 'Algue Bleue Vitale' directly to the heart of the skin. Relaxed and recharged, your skin regains its energy and balance.

### Express Male Affair ¾ hr \$140

Includes a 30 minute foot massage and an express facial (two therapists at the same time). Designed for the male on the run – this mini package introduces you to the world of pampering!



## Exfoliating Treatments for the Body

### Full Body Exfoliation 1 hr \$100

Body Exfoliation assists in revealing healthy glowing, new skin, rich in shine and moisture. This treatment will cleanse and invigorate the body. An aromatic, hydrating moisturizer will be applied to complete the radiant skin benefits.

### Cleansing Back Treatment ¾ hr \$85

A treatment designed not only to re-balance the skin, but also to treat an area which is hard to reach and often neglected. The back is deeply cleansed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a gentle massage.

### Mer and Sens 75 mins \$150 For stress

The exfoliating and sculpting techniques of this treatment are carried out with hot and cold stones using slow, spiral movements. The sculpting massage creates a sensation of tranquility and evokes a floating sensation. This is a complete purifying, remineralising and relaxing treatment.



## Body Tanning

### Spray Tan 15 min \$50

### Body Exfoliation and Spray Tan 1 hr \$100

The success of any spray tan relies on thorough skin exfoliation.

- > Instant natural tanned colour
- > Odourless
- > Complete in 15 minutes
- > Lasts 7–10 days depending on skin condition.

### Body Rejuvenation 1 hr \$110

#### Nurture your body - heal your mind

1 hour pamper includes:

- > Body Exfoliation
- > Hotstone Massage



*the sea inspires a return to nature*

## *Thalgo New Generation Body Treatments*

### **New Generation Marine Treatments | hr \$150**

Thalgo's new generation body treatments detoxify, refine, tone and relax the body. The riches of the sea have been captured to revitalize, rebalance and heal the body with these therapeutic and pampering treatments.

New Generation Marine Body treatments include full body exfoliation, scalp massage and application of a rich aromatic hydrating lotion at the conclusion to seal in the benefits of your treatment.

Choose your own wrap, or consult with your therapist for a treatment specific to your body's needs.

- › Tone and slim
- › Detox and remineralise
- › Nourish and hydrate





## Pamper Your Feet

### Feet On The Go ½ hr foot revamp \$65

A quick one for busy feet. Includes a soak in Thalgo's new Precious Milk Bath, exfoliation with Sweet and Savoury Scrub, toenail shape, buff and polish.

### Heel Scrub with Pedi Paddle \$10 extra

### Tranquility Signature Pedicure 1 hr \$95\*

#### Shimmering luxury for your feet

A luxurious foot treatment which includes a soak in Thalgo's new Precious Milk Bath with soothing musky scents (from the land of Egypt). Exfoliation with Sweet and Savoury Scrub followed by removal of rough dead skin using a Swedish pedi-paddle. Foot massage, nail trimming, filing and cuticle detailing. Nail colour of your choice. (\$20 extra for OPI Gel Polish).

\*Moisturising paraffin treatment for an additional \$15 (allow 15 min extra on any hand or foot treatment).



## Hand & Nail Treatments

### Manicure By OPI 1 hr \$70

#### Luxury treatment for the hands and nails

Our OPI manicure includes a skin renewal scrub, an effervescent soak in a mineral rich hand bath, rejuvenating serum which begins to erase the visible signs of skin damage and age spots. Finally, a hand massage with a finishing butter that protects with sunscreen, while enveloping skin in a veil of velvet. We complete your hand treatment with an OPI polish - colour of your choice! (\$20 extra for OPI Gel Polish).

### Nails

Nail shape, buff and polish (does not include cuticles)	½ hr	\$35
Buff and Repolish	20 mins	\$25
Shape and Polish	20 mins	\$25
Nail Repolish	15 mins	\$15
OPI Gel Polish application		\$50



## *Tinting, Makeup & Waxing*

### Tints

<b>Eyelash tint</b>	\$25
<b>Eyebrow tint</b> (allow 15 mins)	\$20

### Makeup

<b>Special occasion makeup</b> (approx ½ hr)	\$55
<b>Wedding makeup</b>	from \$80
(A travel fee applies for all off-site makeup.)	

### Waxing

All waxing is performed in compliance with health regulations. Only disposable spatulas are used.

Lip	\$15
Eyebrow	\$20
Chin	\$15
Arm	\$30
Underarm	\$20
Chest	\$45
Back	\$45
Stomach	from \$25
Bikini line	from \$25
G-String	\$35
Brazilian	\$65
½ Leg	\$35
½ Leg and bikini line	\$55
¾ Leg	\$40
¾ Leg and bikini line	\$60
Thighs	\$40
Thighs and bikini line	\$60
Full leg	\$55
Full leg and bikini line	\$70





## Signature Packages

Indulgence heals, so we have created packages to help soothe the body and soul.

**Couples Escape... or do it alone!**

### Yummy Mummy Package 1½ hrs \$175

Relaxation massage, mini facial and feet to go, the perfect pick me up and easy on the budget. Includes a glass of bubbly (or herbal tea) and a Ferrero chocolate.

### Express Indulgence 1 hr \$205

Includes a personalised facial, foot, hand and head massage with two therapists. Designed for those wanting ultimate indulgence – in limited time! In just 1 hour you will be pampered by two therapists simultaneously. Sheer luxury!!

### Tranquility Pamper Sampler 2¼ hrs \$210

This package is for those who want it all, but just can't have it – includes 30 minute relaxation massage, express facial, nail shape, buff and polish of the fingers and toes. A great start to any holiday!

### Re-balance 2½ hrs \$265

This package will leave you totally relaxed, whilst restoring your energy levels. Begins with a 75 minute aromatherapy massage, combining the powerful properties of pure essential oils – the perfect antidote to the stress of everyday life. Next, enjoy a Cold Marine Facial treatment to refresh and soothe the skin, including a de-stressing scalp massage to harmonize and relax.

### Revive and Renew 2½ hrs \$280

Turn back the hands of time. Begin your anti-ageing programme with a Marine Collagen Facial (an intensive moisture recovery treatment targeting the entire face, neck and eye-contour area – designed to soften lines, hydrate, smooth and improve skin suppleness). Included is an eyebrow shape, tint and eyelash tint to give your eyes greater definition. A *Tranquility* manicure follows, including an envelopment of warm paraffin wax to leave your hands nourished, hydrated and youthful!

### Time Out Together 2 hrs \$500 per couple

**Relax, indulge, unwind with your partner... together!**

Your 2 hour couples indulgence includes an intensive personalised facial, customised to suit your individual skin's needs and a couples massage with hot stones (includes a *tranquility* essential oil bathbomb for you to enjoy in the spa later on).

### Tranquility Pedicure Retreat 1½ hrs \$150 per person

**Great for couples – or do it alone!**

Imagine spending 1½ hrs with someone special, chatting over a bubbly whilst your therapist treats your feet to the ultimate pedicure – includes a hydrating clay mask with cooling menthol. You will leave walking on air!

**(includes a glass of bubbly)**

### Marine Retreat Escape 2 hrs \$280

#### 'An escape from the ordinary'

Your indulgence begins with a Marine Algae body treatment to assist in the reduction of fatty deposits, fluid retention and toxins by detoxifying the skin tissue, followed by an Absolute Rehydrating facial... pure indulgence from the sea! Also includes a 20 minute foot massage!

### Pohaku Body Bliss 2 hrs \$220

#### Combines marine algae, essential oils and hot volcanic stones

Experience a body exfoliation with Marine Algae Exfoliating Powder, to leave the skin glowing and radiant... followed by a massage of your choice using gently heated and oiled basalt stones. As the heat penetrates tight muscles relax and the tension melts away... and you drift into an almost meditative state.

### Men's Zone 2½ hrs \$285

#### Maximum pamper with 2 therapists at the same time.

Your escapade begins in the gym with a 30 minute float and 30 minute massage to release tension and stress in muscles and joints. Then it's back to *Tranquility* for an Ocean Treatment Facial – especially created for the male skin – while a second therapist treats your feet to a 30 minute foot massage – you may never feel the same again!

### Executive Revival 3½ hrs \$330

Escape to a sanctuary free from stress and strain. Start your programme with a 30 minute float as your body is suspended in highly concentrated salt water, enabling you to reach peak levels of relaxation. We follow this with a 90 minute massage using oils specially selected to uplift and recharge. We complete this package with an aroma essential facial combining the purest essential oils, plant extracts and a cool marine algae mask for the ultimate in relaxation (includes a 20 minute head massage).





### Time For You Package 4 hrs \$415

**Includes cheese and fruit platter and a glass of bubbly.**

So you finally have time for yourself – but don't know where to start! This package will not only nourish your skin, but recharge your body. We begin with a 1 hour aromatherapy massage, with oils specifically chosen for your needs. An aroma-essential facial to soften lines and relieve facial tension follows. Next we relax in tranquil surrounds with a fruit platter; tea, coffee or glass of bubbly, while your therapist completes the final part of your pamper journey – our own *Tranquility* Signature Pedicure and Manicure with nail polish of your choice.

### Teenage Mini Retreat 1 ¼ hr \$140

**An introduction to the world of relaxation and pampering.**

Includes Hot Stone massage, skin analysis, refresher facial and skin care samples suited to your individual needs. You won't believe the difference!

### Mini Me Package 1 hr \$100

**Little Miss Precious will be looked after and pampered whilst she sips away on a glass of lemonade.**

Includes hand and foot massage, nail shape buff and polish of the fingers and toes and a mini nail polish to take home.

### Girl's Day Out 3¾ hrs \$390 per person

**Friendship and time are precious. Enjoy a cheese and fruit platter and a glass of bubbly together.**

Indulge with a friend... choose between Mer and Sens Body Exfoliation or Hot Stone massage. An intensive personalised facial targeting your skin's needs follows. Complete this pamper with our own signature pedicure whilst enjoying your cheese and fruit platter and a glass of bubbly with your friend! You will leave walking on air.

### Group Affair 3½ hrs \$340 per person

**Includes cheese and fruit platter and a glass of bubbly.**

This package is designed for up to 4–5 people at one time.

Begin your relaxation with a 15 minute soak in the fitness centre spa, followed by 15 minutes in the sauna. Then, after showering, it's back to *Tranquility* where the real pampering begins.

This package includes a 75 minute aromatherapy massage combining the properties of pure essential oils and a specific treatment facial, specially selected for your individual requirements.

An eyebrow wax, eyebrow tint and eyelash tint is also included. Your day is completed with a glass of bubbly and cheese and fruit platter down on the boardwalk.







## Terms & Conditions

### Gift Certificates and Mail Order Service

At Tranquility we have a comprehensive gift certificate service for your convenience. These certificates can be customised for all occasions. Simply telephone or email us with your requirements, along with your credit card details and we will promptly arrange delivery of whatever you may require!

### Bookings – Cancellations – Payment Options

Our therapists are reserved just for you, therefore a minimum of **24 hours notice** is required to cancel or reschedule an appointment. Cancellations or rescheduling within this time will result in a 50% fee being charged. **'No show'** appointments are charged at full price of treatments booked.

Credit card details are required at time of booking to secure package, couple treatments, early morning appointments or after hour appointments.

**Please note:** After hour appointments can be pre-arranged, however are subject to a 25% surcharge.

**Accepted cards:** Eftpos, Amex, Diners, Visa and Master Card.

In our Beauty and Massage Retreat, we offer the opportunity for you to not only enjoy beautiful treatments, but a tranquil and peaceful escape from the outside world. Please respect the quiet and privacy of other clients by using a lowered voice and turning off your mobile phone.

Times are approximate. **Prices subject to change without notice.**

*Thank you for choosing us!*



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**Open:** Mon-Sat 8.30am–6.30pm,  
Sun 10.00am–3.00pm

**Appointments essential**