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### Welcome

As life gets busier it is important to make time for you. Located only 10 minutes from the CBD, Masque Day Spa is an urban retreat committed to ensuring Your Time is well spent in relaxing and invigorating your mind and body.

To help us make the most of Your Time at Masque Day Spa, we appreciate on time arrival. Being mindful of noise levels will enhance the experience for all and where possible please make alternative arrangements for children.



## **Mary Cohr Face Care Treatments**

At the forefront of skincare research, Mary Cohr is a unique professional range that effectively combines science with nature. Using high performance active ingredients, essential oils and dermo-aesthetics techniques, Mary Cohr facials produce immediate visible results while immersing you in a relaxing and sensorial experience. All Mary Cohr facials include a skin consultation and analysis to allow us to best serve you and your skin.



#### Catiovital

# For healthy and rejuvenated skin \$165 // ① 1h 15m

A customised treatment that deeply cleanses and rejuvenates the skin by infusing cells with energy and active ingredients that target specific skin concern including dehydration, pigmentation, break outs, sun damage and signs of ageing.

### Catiolift

Instant lifting treatment \$180 // ① 1h 15m

A workout for your face, this treatment assists in building muscle tone by contracting and stimulating facial muscles combating sagging, slackening skin. Features are lifted and facial contours are re-sculptured.

#### Beaute Aromatique Personalised treatment with Essential Oils \$135 // ① 1h

This treatment combines effectiveness with pleasure of the senses. Tailored specifically for you, a blend of essential oils is applied using the expert techniques of your Mary Cohr therapist. Ideal for anyone who wants to unwind but still have a result driven treatment.

#### **Beaute Lifting**

Firming and smoothing treatment with Pro-Collagen \$170 // ① 1h

This intensive skincare treatment with pro-collagen has a tensor action that helps to plump and firm facials contours. It helps to re-establish the skin's tone and natural luminosity for a brighter, more radiant and lifted complexion. Ideal for tired, slackening skin that is showing signs of ageing.

#### Peel And Lift Skin renewal treatment with fruit acids and vitamin C. \$95 // ① 45m

This treatment helps to eliminate and regenerate the skin, leaving it radiant and luminous. The complexion is visibly more even and brown spots are diminished. This treatment is ideal for those seeking quick and instant results. Ideal as a course of treatment or before a special occasion.

#### **Age Repair**

The ultimate solution for signs of ageing \$190 // ② 1h

An exclusive treatment that targets signs of ageing; wrinkles and fine lines, loss of firmness, lack of radiance and dark spots. After one treatment, wrinkles and fine lines are smoothed; the skin is firmer and radiant, left with a bright luminous smooth appearance.

#### Eye Repair Intensive eye treatment \$85 // ② 45m

This intensive treatment is designed to cater for the three main concerns with the eye area; dark circles, puffiness, deep lines and wrinkles. Using ionization and patented active ingredients, crows feet are minimised, puffiness and dark circles are attenuated, signs of fatigue are erased leaving you with youthful looking eyes. Perfect as an add on treatment or on its own.

# **Face Time Rituals**

All of our facials include a skin consultation and diagnosis to allow us to best serve you and your skin.

#### Express Facial \$69 // @ 35m

This express facial is ideal for when your skin needs a little TLC but when time is of the essence.

Tailored to suit your concerns, we will cleanse, exfoliate and treat the skin with a customised masque.

# Better than Botox Facial \$180 // ① 1h 30m

Visible results after just one treatment. Inspired by microinjections this facial is a fast and effective solution especially for expression wrinkles. Using Germaine de Capuccini's unique peptide formula Micro-Dermoxine, this treatment helps to correct and deter further signs of ageing.

# Your Time Facial \$125 // (2) 1h

This facial is all about you and for you. Whether you have dry, sensitive, combination, oily, acne concerns or mature skin, this tailored treatment with active serums and tailored masques will leave your skin refined and rejuvenated.

# Photo-Rejuvenating Facial \$185 // ① 1h 15m

Intense Pulsed Light (IPL) photorejuvenation facial treats the effects of sun damage such as pigmentation and redness, as well as other concerns such as rosacea, hyper pigmentation, uneven skin texture and discolouration. It minimises wrinkles and fine lines leaving the skin with a radiant complexion.

#### Anti Ageing Facial \$145 // (2) 1h 15m

This anti-ageing facial treatment with a professional strength AHA peel to refine the skin, stimulates cell regenerating and minimises fine lines and wrinkles.

#### Exfoliating Peel \$80 // @ 45m

A professional strength exfoliating treatment that promotes cell renewal, perfect for uneven skin tone, pigmentation, flakiness and dull, tired skin. Your skin is left smooth, radiant, and more youthful in appearance. For best results we recommend a course of 6 weekly treatments.

### Add Ons

#### Microdermabrasion \$35 – add to any facial

Microdermabrasion is a skin resurfacing treatment to rejuvenate and restore natural glow to the skin. The microdermabrasion procedure is simple and painless.

#### Masque Eye Moments \$12.00 – add to any facial

Targeting superficial fine lines, firming and toning of the eye contour. For refreshing eye effect add this to your next facial.

#### **Extractions** \$12.00 – add to any facial

Unclog pores and refine skin texture by removing dry sebum impactions. Black heads be gone.

#### File and Polish \$25.00 – add to any facial

Time poor but want more than just a facial, add a file and polish where your nails are filed to your preferred shape and polished with your colour choice.

## **Body Time Rituals**

#### Masque Leg & Feet Revival \$65 // @ 45m

A fabulous treatment for those aching legs and sore feet. This treatment includes a foot bath, exfoliation, a masque and a massage from the ankle to the knee to improve circulation to the legs and wash away sensations of tiredness and discomfort to your feet.

#### Moisturising Body Treatment \$120 // O 1h

This treatment begins with a scrub, a stunning mineral mud is then applied to the entire body. While cocooned allowing the clay to infuse your skin, a scalp massage will relax you. We finish with a shower and moisturiser. The final result is super-soft and glowing skin.

#### Purifying Back Treatment \$75 // ② 45m

Take a load off, de-stress your shoulders and purify your back of any impurities with this treatment. A deep cleansing scrub is followed by a clarifying masque to draw out impurities. The treatment is finished with a massage to relieve tension and leave you feeling relaxed.

#### Exfoliating Body Treatment \$95 // @ 45m

This exfoliating body scrub will remove dead skin cells and rough patches allowing the skin to regenerate. After a shower, a deep hydrating moisturiser is massaged leaving your skin soft and supple.

#### Nourishing Body Experience \$135 // O 1h 15m

A revitalising scrub, followed by a nourishing and repairing wrap and a final touch of ÉLIXIR with extracts of myrrh and amyris which will leave your skin feeling soft, nourished and beautified.

# Firming Body Treatment \$140 // ② 1h 15m

An invigorating body scrub prepares the skin, followed by a firming body wrap and a specific massage that tones and leaves your skin supple and hydrated.

## **Hands and Feet Time Rituals**

#### Your Time Pedicure \$70 // ② 1h

Renew your feet with our deluxe pedicure which includes a soak, exfoliation, callous removal, cuticle care, buff, a regenerating and hydrating masque, a foot and leg massage and polish.

#### Your Time Manicure \$70 // O 1h

The ultimate in hand indulgence this treatment includes a soak, exfoliation, cuticle work, a hydrating masque, a hand massage with a highly regenerating cream that protects the hands, then nails are shaped and polished.

#### Shellac Manicure or Pedicure \$48 // @ 40m \$20 Shellac removal

Hands or feet, we'll take care of your nails with cuticle care, file and polish, then apply a Shellac nail colour for a finish that does not chip and lasts twice as long as normal nail polish.

## **Body Time Ritual: Massage**

#### Head and Shoulder Massage \$65 // @ 30m

Focusing on your head, neck and shoulders, this massage uses pure essential oils and pressure points to soothe and release tension.

#### Sports Deep Tissue Massage \$80 // @ 30m \$120 // @ 1h

Combining specific deep tissue techniques with healing ointment, this massage relieves muscle tension, reduces pain and discomfort associated with soft tissue ailments.

#### Pregnancy Massage \$105 // (2) 1h

A gentle, nurturing massage designed specifically for changes on the body during this precious time. Suitable only after the first trimester.

#### Pure Essential Oils Reiki Massage \$125 // ① 1h \$165 // ① 1h 30m

Using Reiki techniques and tailored CPTG essential oils to pinpoint highly stressed areas of the body, this treatment works to move energy blockages and restore balance, bringing a peaceful relaxation to the mind and body.

#### Your Time Relaxation Massage \$65 // ② 30m \$105 // ③ 1h \$150 // ② 1h 30m

Allow us to relieve tension and let you relax and totally unwind. All movements are slow and rhythmic, leaving a deep sense of calm and wellbeing.

### **Masque Packages**

#### Your Time Package \$245 // (2) 2h 30m

This package is about giving YOU a little escape from the everyday hustle and bustle. It includes a spa soak, body polish, clay masque wrap, a full body massage and a light facial.

#### Couples Urban Time Out \$145 per person // ② 2h

Unwind in our courtyard or retreat room for a drink and a cheese platter. Enjoy a footbath and choose from a Your Time facial or massage.

#### **Girls' Get Together** \$125 per person // ① 1h + catch up time with the girls

Catch up with a friend or a group of pals in our retreat - suitable for up to 6 people. Includes a 30 minute facial and 30 minute massage, as well as a platter of nibbles and sparkling wine/juice.

#### For the Mum To Be \$195 // @ 2h

Spoil the expecting mum to a pregnancy massage, a light facial and an express pedicure. Suitable only after first trimester.

#### Masque Signature Package \$410 // @ 4h

Let us indulge your senses and take you on a total body and mind experience. This package includes a spa soak, full body salt scrub, body clay masque and head to toe massage. With a break for a delicious lunch, we then complete your treatment with a premium facial, manicure and pedicure. You will feel relaxed and rejuvenated.

## **Brow Bar/ Waxing**

### **The Brow Bar**

**Lash Lift** \$90 // ⊙ 1h +\$20 – Eyelash Tint

Enjoy beautifully lifted lashes that open the eye and enhance length and shape of your lashes. Treatment lasts 6-8 weeks.

#### **Eyelash Extensions**

\$160 – Glamour Set \$125 – Natural Set \$95 – Lite Set \$55-80 – Infills

Available in different lengths, curls and thickness. Tailored to suit your desired look.

### Brow Sculpting

#### \$75 // ② 40m: First consult \$55 // ③ 30m: Return consult +\$20 – Eyelash Tint

Transform your brows with a complete brow make over. Includes consultation, custom shape using waxing, tweezing, trimming and tinting.

**Tinting** \$15 – Eyebrow Tint \$20 – Eyelash Tint

### Waxing

#### **Facial Waxing**

\$22 – Eyebrow Shape \$15 – Chin \$18 – Eyebrow Tidy \$15 – Lip Wax

#### **Body Waxing**

\$15 - Underarm \$30 - Arms, Half \$30 - Bikini \$45 - Chest \$45 - Brazilian \$45 - Back \$45 - Legs, Full \$30 - Shoulders \$30 - Legs, Half

# **IPL Hair Removal**

Tired of the never ending cycle of shaving and waxing? IPL (Intense Pulsed Light) utilises a broad spectrum of light which is transformed into heat energy to destroy the hair at its root, assisting with permanent hair removal. All treatments for this service require a consultation with a patch test to properly assess and determine the most appropriate course of treatments in accordance to your hair growth and skin type. This treatment also assists by improving skin texture, reducing pore size and assist with inhibiting the growth of ingrown hairs. Our treatments utilises advanced technology to safely, effectively and permanently remove unwanted hair.

#### Consultation with Patch Test \$35.00

\$35.00 (redeemable against treatment) \$70 – Lip \$70 – Chin \$50 – Tummy Strip \$85 – Underarm \$85 – Basic Bikini \$120 – G-String Bikini \$145 – Brazilian \$145 - Arms \$210 - Half Leg \$350 - Full Leg \$220 - Back and Shoulders \$220 - Chest and Stomach \$145 - Chest \$120 - Shoulders

#### **Gift Cards**

Gift cards are available for a value amount or for a specific treatment. They can be purchased at the spa or online through our website, www.masque.com.au

### **Spa Events**

Ask us about how we can tailor for groups, hen's parties and corporate packages.

#### **Cancellation Policy**

We kindly request 24 hours notice for cancellation of any treatment. A 50% fee will be imposed for late cancellations.

#### **Sunday Surcharge**

Please note a 10% surcharge applies to all treatments on Sundays.



103 Victoria Avenue, Albert Park VIC 3206 P: 03 9686 6000 – E: info@masque.com.au – www.masque.com.au