



reflections
day spa

healthy skin, body & mind

At reflections we are dedicated to the health of your skin, body and mind. We promote wellbeing, relaxation, self-care and togetherness. Whether you chose to visit alone, with a partner, your friends or family, we will tailor your experience to be just that, YOUR experience!

With single and double treatment rooms, all treatments can be experienced on your own or alongside a loved one. With ample indoor and outdoor relaxation spaces and a quiet surrounding of pure nature, we welcome extended stays before or after your treatment so you can truly unwind and savour the moment.

Through our treatments and products, we strive to promise a sensory journey, a transition from one state to another as a haven for physical and emotional replenishment.

Uspa- Botanical, active, aromatic, clean. 100% Australian made and owned. Uspa creates a sensory experience through its face, body and hair products that contain botanical ingredients, are sulphate and paraben free, free from artificial fragrance and colour, mineral oils free, cruelty free and vegan friendly.

AlphaH- Liquid Laser Prescriptive- a cosmeceutical range that repairs the past, corrects the present and prevents future damage by delivering a combination of highly active ingredients to the skin to treat specific concerns and conditions.

massages

Relaxation massage	50mins	\$109.00pp
--------------------	--------	------------

Relaxation massage	80mins	\$159.00pp
--------------------	--------	------------

A light to medium pressure massage using free flowing, Swedish style movements to improve circulation, relieve muscular tension and promote general relaxation.

Aromatherapy stress relief massage	50mins	\$119.00pp
------------------------------------	--------	------------

Aromatherapy stress relief massage	80mins	\$169.00pp
------------------------------------	--------	------------

A relaxation style massage with the added benefits of an aromatherapy oil blend to relieve stress, rejuvenate and soothe all the senses.

Therapeutic hot stone massage	80mins	\$179.00pp
-------------------------------	--------	------------

A deeply relaxing, detoxifying and healing treatment using warm volcanic stones to melt away muscular aches and assist to release tightness and tension.

Couples Retreat (price per couple) 2.5hours \$540.00pc
(body scrub/massage/concept facial/scalp treatment)

Spend some quality time side by side while we treat you from top to toe. A fine ground pumice blend will exfoliate and invigorate the skin before drifting away with an aromatherapy stress relief massage. Followed by a complexion boosting facial to concentrate on improving the texture and glow of the skin and a warm towel infused scalp treatment to finish.

Half Day Heaven 3.5hours \$429.00pp
(body scrub/wrap/concept facial/relaxation massage/pedicure)

Begin with a rejuvenating body scrub for a skin softening exfoliation then a warm shower to prepare for a body wrap. A luxurious coconut cream with uplifting vanilla and bergamot essential oils is smoothed into the skin and cocooned in a cloth wrap while the hair and scalp are treated to a nourishing massage from roots to tips. Relax with a tension relieving back neck and shoulder massage before completing the ritual with our signature pedicure.

enhancements

Lip or chin wax		\$20.00pp
Eyebrow wax		\$25.00pp
Eyebrow or eyelash tint		\$25.00pp
Spray tan		\$40.00pp
Manicure or Pedicure	50mins	\$99.00pp

food and beverages

Local cheese and fruit platter (Local Binnorie Dairy cheese, nuts and fruits)	\$35.00
Local sparkling wine or rose' (Glass)	\$10.00
(Bottle)	\$35.00

All fruit infused water, herbal tea, biscuits and snacks are complimentary as part of your booking.

Tuesday - Saturday

9:00am to 5:00pm

Sunday

9:00am to 3:00pm

At Adina Vineyard

492 Lovedale Rd

Lovedale 2325

(02) 4930 9006

Please arrive 15minutes prior to treatment start time.

Bookings essential. Public holiday surcharge applies.

All treatments and add ons to be selected at time of booking

Credit card details are required to secure all bookings.

24hour cancellation policy applies. Failure to arrive without 24hrs notice will result in 100% charge to credit card.

24 hours' notice required for cheese and fruit platters.