

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.



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.

Invigorating body polish

50mins

\$129.00pp

Choose between the soothing revitalising polish with ginseng, lavender and bamboo beads or the rejuvenating contour scrub with coffee and sea kelp. After rinsing, superior hydration is smoothed into the body for soft and nourished skin.

Coco cream body wrap

80mins

\$189.00pp

(dry body brush/wrap/face & scalp massage/foot massage)

Therapeutic dry body brushing prepares the skin for a luxurious blend of warm cocoa seed and coconut oil infused with vanilla and bergamot. Relax in a warm wrap while enjoying an uplifting face and scalp massage with a customised aromatherapy elixir. After a relaxing foot massage, the wrap is further smoothed into the skin to reveal highly nourished and protected skin.

Coffee and sea kelp contour wrap 80mins \$199.00pp (scrub/wrap/face & scalp massage/shower/body hydration)

The ultimate skin detox treatment! Rich in vitamins, minerals and antioxidants, fine ground pumice and organic coffee gives the skin an invigorating exfoliation to revive sluggish skin. The body is wrapped to aid product absorption then shower off before a lymphatic body hydration with nut and jojoba oils to help further drain toxins from the body to reveal bright and healthy skin.

suggested	add-ons
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Relaxation massage	30mins	\$59.00pp
Mini facial	30mins	\$59.00pp
Aroma bath (subject to availability)	30mins	\$59.00pp



Age defying facial

50mins

\$119.00pp

Instant radiance with potent forms of Vitamin C. The Skin will be smoother, brighter, more even and hydrated.

Hydra max radiance facial

50mins

\$119.00pp

Rich botanical extracts to diminish dry and dehydrated skin along with redness and signs of premature aging. Skin will be plumper, more supple and hydrated.

Desensitising soothing facial

50mins

\$119.00pp

Soothing and balancing, this facial restores the skin by reducing redness and irritation with botanicals to calm and nourish.

AlphaH

Liquid laser prescriptive peel

50mins

\$129.00pp

A multi acid peel to resurface and regenerate the skin cells for more radiant, refined skin. Designed to treat pigmentation, loss of elasticity, post acne scarring and signs of ageing, fine lines and wrinkles. For best results, we advise a course of 6 treatments and the use of homecare products.

suggested add-ons

Extended facial massage and eye treatment

30mins

\$59.00pp

sensory packages

Essential Escape

80mins

\$159.00pp

(relaxation massage/facial)

Take time out to escape and unwind on this journey of relaxation and rejuvenation. Enjoy a Swedish style relaxation massage and customised facial to relax, rehydrate and regenerate your skin and body.

Mama to be

80mins

\$189.00pp

(foot bath/pregnancy massage/scalp treatment)

This specifically designed treatment for mamas to be begins with a grounding foot bath to ease tired swollen feet. Coconut oil and cocoa seed butter is massaged into the body to ease those over worked muscles. Finish this luxurious treatment with a conditioning scalp treatment and head tingling massage.

Girls Getaway

2hours

\$209.00pp

(relaxation massage/mini facial/pedicure)

Indulge with friends with a back, neck and shoulder massage and rejuvenating facial, rich in plant essences and botanical extracts for glowing, youthful skin. Complete with revived feet after a signature pedicure then enjoy a complimentary beverage. (Pedicure can be substituted for an extended massage or facial)

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

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 0437329678

Please arrive 10minutes 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.