

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.

Aspect - Aspect delivers high-performing cosmeceuticals, formulated with pure active ingredients and calming antioxidants proven to enhance, restore and cosmetically correct the skin without irritation. The range is engineered with the latest actives from science and nature to rejuvenate and revitalise through professional in-spa treatments and homecare products to deliver an abundance of goodfor-your-skin ingredients that deliver results.

massages

Relaxation massage 50mins \$114.00pp

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 \$124.00pp

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.

The right pressure for you soft - medium - firm

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
Aspect peel or blueberry facial	30mins	\$89.00pp
Aroma bath (subject to availability)	30mins	\$59.00pp

face

Uspa Hydra facial

50mins

\$119.00pp

Instant radiance with the power of botanicals. This customised facial will treat any skin type and condition to reveal, smoother more hydrated and balanced skin.

Luxe facial

50mins

\$129.00pp

The ultimate nutrition infusing treatment for all skin types. With active fruit enzymes and probiotics, this treatment is customised to give your skin an intense hydration and vitamin boost.

Dermablading

50mins

\$129.00pp

Primarily used to soften the feel of the skin, a fine blade removes vellus hair and surface dead skin cells, leaving the skin remarkably smooth allowing enhanced penetration of products.

Cosmedix blueberry smoothie

30mins

\$89.00pp

A refreshing scrub that invigorates the skin with the use of gentle acid and active blueberry extracts to exfoliate the skin to restore a youthful looking glow. This treatment is great for congested, rough, lifeless skin.

peels

Illuminating peel

30mins

\$89.00pp

Suitable for all skin types, especially those that are dry, dehydrated, or problematic. This lactic acid peel combined with botanicals is an ideal introduction to peels to exfoliate, refine and illuminate the skin.

Triple action rejuvenating peel 30mins \$89.00pp A multi action, resurfacing peel for all skin types. Combining retinoid-like response ingredients and the exfoliating action of lactic acid, the triple action peel helps to improve the appearance of fine lines and wrinkles.

Brightening pigment peel 30mins \$89.00pp Formulated with salicylic acid and vitamin c, this peel is ideal for dull, thickened, ageing skin types and helps to improve the appearance of dark pigmented areas for a smooth, even complexion. Also suitable for oily skin.

suggested add-ons

Enhance the results of a peel.....

Oxygenating mask

15mins

\$45.00pp

This warming treatment brightens the skin while stimulating blood flow to intensify the results of a peel. Ideal for lack lustre, dehydrated skin, and also beneficial for problematic skin and those prone to breakouts

Rejuvenating peptide sheet mask 15mins \$45.00pp Plumping, firming, and cooling. The ultimate skin pick-me-up to refine the skin before a special occasion or to soothe the skin after a peel.

sensory packages

Essential Escape

80mins

\$169.00pp

(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

\$219.00pp

(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 complimentary beverage (Pedicure can be substituted for an extended massage or facial)

Men's Zone 2hours \$219.00pp

(massage/facial/foot or back treatment)

Take some time to zone out with the guys or your girl!

Begin with a relaxation massage on your areas of concern, followed by a deep cleansing facial. Continue with your choice of an invigorating foot treatment including soak, scrub and nail work, OR an exfoliating back treatment.

Couples Retreat (price per couple) 2.5hours \$560.00pc (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.

sensory package upgrades

Upgrade to Aspect facial

\$15.00pp

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

\$35.00ea.

(Local Binnorie Dairy cheese, nuts, and fruits)

All fruit infused water, herbal tea, biscuits, and snacks are complimentary as part of your booking. Platter's feed 2-3 people.



Tuesday - Sunday 9:00am to 5:00pm

At Adina Vineyard

492 Lovedale Rd Lovedale 2325

phone: 0437329678 admin@reflectionsdayspa.com.au

Please arrive 10minutes prior to treatment start time.

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.

Public holiday 10% surcharge applies.

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