



**reflections**  
*day spa*

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## Hunter Valley, Lovedale

*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.

Come, enjoy your sensory journey and experience and take in the tranquil surroundings. Relax and replenish your energies with a fruit and cheese platter and complimenting beverage.

### 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 good-for-your-skin ingredients that deliver results.

### 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.

# Sensory Packages

*relax & rejuvenate*

## **Essential Escape** relaxation massage + Uspa facial

80mins	Weekday \$179.00	Weekend \$194.00	(price per person)
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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.

## **Rejuvenating Ritual** body scrub + relaxation massage

80mins	Weekday \$179.00	Weekend \$194.00	(price per person)
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Rejuvenate and refresh with this treatment designed purely for the body. Begin with a coffee and sea kelp or lavender and ginseng body scrub to smooth the skin and revive the senses. Rinse and continue with a relaxation massage to nourish the skin and soothe tired muscles.

## **Pregnancy Glow** pregnancy massage + uspa facial

80mins	Weekday \$179.00	Weekend \$194.00	(price per person)
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This pregnancy pick me up will ease the stress on your body and skin, from first trimester onwards. Tailored to your needs, we will reduce tension in your entire body, from face to feet, with a relaxation massage and a soothing, hydrating facial.

## **Mama to be** foot bath + pregnancy massage + scalp treatment

80mins	Weekday \$184.00	Weekend \$199.00	(price per person)
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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 relax those over worked muscles. Finish this luxurious treatment with a conditioning scalp treatment and head tingling massage.

# Sensory Packages

*relax & rejuvenate*

**Girls Getaway** relaxation massage + mini facial + pedicure

120mins	Weekday \$229.00	Weekend \$244.00	(price per person)
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Indulge 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)

**Men's Zone** relaxation massage + facial + foot or back treatment

120mins	Weekday \$229.00	Weekend \$244.00	(price per person)
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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.

**Half Day Heaven** body scrub + wrap + Aspect facial + relaxation massage + pedicure

210mins	Weekday \$439.00	Weekend \$454.00	(price per person)
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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 vanilla and bergamot essential oils is smoothed into the skin and cocooned in a cloth wrap while the hair and scalp are treated. Relax with a tension relieving back neck and shoulder massage, and a customised facial before completing the ritual with our signature pedicure.

# Couples/Group Packages

*friendship & romance*

**Romantic Ritual** foot scrub + hot stone massage + mini facial + mini cheese platter

80mins	Weekday \$190.00	Weekend \$200.00	(price per person)
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Escape the daily routines and take some time out together in one of our couple's rooms! Begin with a foot scrub and hot towel infusion before a hot stone massage, focusing on any areas you need most! Continue the journey with a rejuvenating facial and finish with a mini cheese and fruit platter while relaxing on the deck or in our lounge area.

**Couples Retreat** body scrub + aromatherapy massage + facial + scalp treatment

150mins	Weekday \$285.00	Weekend \$295.00	(price per person)
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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.

**Online Booking:** Ensure you book the same date and time for each person for couples' packages.

**Sensory Package Upgrade** upgrade your sensory package facial to Aspect Facial

Aspect upgrade \$15.00

# Relaxing Massages

*relaxation & destress*

## **Relaxation Massage** relax & unwind

50mins	Weekday	\$124.00	Weekend	\$139.00	(price per person)
80mins	Weekday	\$169.00	Weekend	\$184.00	(price per person)

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** relax & destress

50mins	Weekday	\$134.00	Weekend	\$149.00	(price per person)
80mins	Weekday	\$174.00	Weekend	\$189.00	(price per person)

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** relax, warmth & escape

80mins	Weekday	\$189.00	Weekend	\$204.00	(price per person)
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A deeply relaxing, detoxifying and healing treatment using warm volcanic stones to melt away muscular aches and assist to release tightness and tension.

## **Massage For Pregnancy** pregnancy relaxation (after first trimester only\*)

50mins	Weekday	\$124.00	Weekend	\$139.00	(price per person)
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A relaxation style massage that provides targeted relief for those pregnancy aches and pains, leaving you feeling refreshed and rejuvenated.

# Signature Facials

*brightening, glow & beauty*

## **Hydra Facial** Uspa skincare

50mins	Weekday \$129.00	Weekend \$139.00	(price per person)
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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** Aspect skincare

50mins	Weekday \$139.00	Weekend \$149.00	(price per person)
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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.

## **Illuminating Facial** Aspect skincare

50mins	Weekday \$139.00	Weekend \$149.00	(price per person)
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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.

## **Brightening Pigment Facial** Aspect skincare

50mins	Weekday \$139.00	Weekend \$149.00	(price per person)
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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.

# Invigorating Body

*exfoliation & detoxifying*

## **Invigorating Polish** body scrub + moisture infusion

50mins	Weekday	\$134.00	Weekend	\$144.00	(price per person)
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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** dry body brush + wrap + face & scalp massage + foot massage

80mins	Weekday	\$194.00	Weekend	\$204.00	(price per person)
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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 & Sea Kelp Contour Wrap** scrub + wrap + face & scalp massage + body hydration

80mins	Weekday	\$199.00	Weekend	\$209.00	(price per person)
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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.



# Rejuvenating Boost

*recharge & explore*

Give new life and energy to your day with a short treatment to make you feel rejuvenated and refreshed. Relax and unwind after a day of traveling or wine tasting in the beautiful Hunter Valley. Book a singular treatment or as an **add-on** to one of our great packages.

## Relaxation Massage

30mins	Weekday \$69.00	Weekend \$79.00	(price per person)
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A light to medium pressure massage using free flowing, Swedish style movements to improve circulation and relieve muscular tension on targeted areas.

## Scalp & Shoulder Treatment

30mins	Weekday \$69.00	Weekend \$79.00	(price per person)
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Feel like the weight of the world is on your shoulders? Let us help by easing the tension on these key stress areas with the power of massage and essential oils to relax your muscles and state of mind.

## Uspa Mini Facial

30mins	Weekday \$79.00	Weekend \$89.00	(price per person)
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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.

## Cosmedix Blueberry Smoothie

30mins	Weekday \$89.00	Weekend \$99.00	(price per person)
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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.

# Enhancements

*life essentials*

## Lip or Chin Wax

Wax	Weekday \$20.00	Weekend \$25.00
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## Eyebrow Wax

Wax	Weekday \$25.00	Weekend \$30.00
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## Eyebrow or Eyelash Tint

Tint	Weekday \$25.00	Weekend \$30.00
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## Spray Tan

Tan	Weekday \$40.00	Weekend \$45.00
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## Manicure or Pedicure

50mins	Weekday \$109.00	Weekend \$119.00
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## Dermablading

30mins	Weekday \$59.00	Weekend \$69.00
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# Platters & Beverages

*scenery, food & relax*

**Cheese, Fruit & Crackers** local Binnorie Dairy cheese, fruit, nuts\* & crackers

1 person	Platter	\$30.00
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2 person	Platter	\$45.00
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3 person	Platter	\$60.00
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All fruit infused water, herbal tea, biscuits and snacks are complimentary as part of your booking. Platters and treatments noted come with complimentary small tasting glass of local wine. *\*please let our friendly team know of any allergies when booking.*

## Opening

Reflections Day Spa operates 7 days a week - 9am to 5pm. Mon-Sat, 10am to 5pm Sun

## Contact

P: 0437329678    E: [admin@reflectionsdayspa.com.au](mailto:admin@reflectionsdayspa.com.au)

## Cancellation & Booking Policy

Treatment/service times are reserved especially for you. You are required to provide a minimum of 24 hours' notice if you need to change or cancel your appointment. For group bookings please allow a minimum of 48 hours' notice to reschedule or cancel your appointment. Failure to follow this policy will result in gift cards becoming void and/or loss of your booking payment or deposit.

All online appointments require a 50% deposit with a credit/eftpos card or gift card to secure your booking timeslot.

1.5% surcharge for credit/visa cards for onlinebookings.

492 Lovedale Road, LOVEDALE NSW 2325  
(Adina Vineyard & Olive Grove)