

elements  
d a r w i n

day spa  
massage  
beauty

menu

pamper yourself

elements  
d a r w i n

## OUR VISION

**elements day spa** was designed with the vision of providing an environment where dynamic women and men can alleviate stress and achieve a sense of well-being – an urban oasis.

At elements, you can choose from a wide variety of day spa treatments. We are focused on creating a friendly atmosphere where you can kick off your shoes and float from one treatment room to another.

pamper yourself

## **PAMPERING HANDS**

Express Manicure	\$40
Manicure	\$55
Deluxe Manicure with Paraffin	\$65
Mummy and Me Manicure (1 child + adult)	\$70
Add Nail Art	\$10
Men's Manicure	\$50
Men's Deluxe Manicure	\$60
Gel Nails	\$70
Gel Nails with Tips (over natural nails full set w/tips)	\$90
Broken Nails	\$10ea
Refills	\$50

## **PAMPERING FEET**

Pedicure	\$65
Mummy and Me Pedicure (1 child + adult)	\$80
Deluxe Pedicure with Paraffin	\$85

## **WAXING**

Lip or Chin	\$15
Sides	\$15
Eyebrow	\$18
Eyebrow Reshape	\$30
Underarm	\$18
Half Arm	\$25
Full Arm	\$30
Half Leg	\$25
Three Quarter Leg	\$35
Full Leg	\$45
Bikini	\$20
G-String	\$40
Brazilian	\$65

## **MEN'S WAXING**

Stomach	\$25
Neck/Shoulders	\$25
Chest/Stomach	\$45
Full Leg	\$55
Back	\$40
Back/Neck/Shoulders	\$65

### **Tint**

Eye Brow Tint	\$20
Eye Lash Tint	\$20

## **COMBINATION WAXING**

Lip/Chin	\$25
Face (including Brow)	\$50
Full Leg/Bikini	\$55
Full Leg/Bikini/Underarm	\$70
Full Leg/Bikini/Brow	\$70
Half Leg/Bikini/Brow	\$55
Half Leg/Bikini/Underarm	\$55
Eye Brow Wax & Tint	\$35
Eye Brow Tint and Eye Lash Tint	\$35

## **IPL - Intense Pulsed Light (price upon consultation)**

For the treatment of permanent hair reduction Photo rejuvenation, Acne Photo Clearance, Vascular Lesions and Pigmented Lesions.

## **MAKE-UP**

Consultation	\$45
Day Wear	\$65
Evening Wear	\$85
Bridal Make-up & Trial	\$125

## **TANNING**

Full Body Tan	\$60
½ Body Tan	\$30
Tanning Exfoliation	\$30

## **EYELASH EXTENSIONS**

Outer Corner Lashes (5 – 8 Lashes)	\$ 30
15 – 20 Lashes	\$110
20 – 30 Lashes	\$150

## **TEETH WHITENING**

Cosmetic Bright	\$100
Six treatments	\$500

The Cosmetic Bright whitening system is the result of in-depth scientific research at the molecular level. It contains all the components required for effective whitening. Cosmetic Bright is an in-salon administered treatment utilising the latest UV whitening technology.

## FACIAL TREATMENTS

Express Facial 30mins	\$60
Deluxe Facial 60mins	\$95
Add Skin Bella	\$50
Add Galvanic Treatment	\$30
Ultimate Facial 90mins	\$150
Mens Express Facial 30mins	\$50
Mens Deluxe Facial 60mins	\$95

## BODY TREATMENTS

Body Wrap	From	\$115
Spoil your body with a head to toe body polish, customised body wrap and finish by immersing yourself in a wonderful hydrotherapy spa.		
Full Body Exfoliation 45 mins		\$70
Hydrotherapy Spa 30 mins		\$50
Your total body well-being would not be complete without immersing yourself in a spa. Available with treatments only.		

## MASSAGE

Back, Neck, Shoulders	30 mins	\$55
	45 mins	\$75
Full Body Massage	60 mins	\$95
Relaxation Massage	75 mins	\$120

### COMBO MASSAGE      45 Mins    \$80

Relaxing back massage with a luxurious scalp massage.

### SIGNATURE MASSAGE    90 Mins    \$140

A blend of Swedish and circulatory massage strokes promoting body/mind relaxation. Your therapist will use specialised oils leaving you refreshed and rejuvenated. This style of massage can be experienced in a lighter or stronger style.

**For more Facial and Body Treatments explore our Payot, Thalgo and Dermalogica pages.**

## SPA PACKAGES

Special Packages to treat yourself or someone you love, we may not say it but the gift of pampering is the nicest present you can receive any time of the year! Choose from:

### **Indulgence Package 4-Hour**

**\$375**

Begin with a body Exfoliation, hot toweled leaves skin soft then treat your senses to a Full Body Massage to relax & nourish. Once you are fully relaxed your therapist will begin a Deluxe Facial to delight your face, neck & décolletage, using concentrated targeted ingredients. The effects act on skin tone & tissue renewal, smooth & relax features. Complete with pedicure & manicure – a complete nourishing treatment for the feet & hands, finished with colour polish of choice.

### **Relax Package 3-Hour**

**\$250**

Massage, Deluxe Facial and Deluxe Pedicure. Pamper yourself with a relaxing body massage. Followed by prescriptive derma facial which helps to restore firmness & improves elasticity for radiant skin and finish with a Warm Wax Spa Pedicure.

### **Pampering Package 2-Hour**

**\$185**

Ease your aches and pains with body massage followed by Prescriptive Derma Facial - treating the face, neck & décolletage. This treatment requires the use of highly concentrated, specifically targeted ingredients. Its effects are threefold, acting on skin tone and tissue renewal, working to smooth and relax facial features.

### **Retreats & Bridal Packages**

Choose from our extensive range of treatment options, then, leave it to our skilled staff to create the perfect package.

**Group bookings taken.**

# THALGO TREATMENTS

Escape from the stresses of every day life with Thalgo. Created in 1976, Thalgo has developed an experience and mastery of the sea, which has placed it at the forefront of International Spa Therapy. All Thalgo salon treatments incorporate the purest natural active ingredients from marine or plant origin and are suitable for all skin types. We offer a wide selection of salon programmes with easy to follow home care routines. The exceptional body treatments refine, tone and ease tensions, while the facials purify, hydrate and firm. Immerse yourself in Marine beauty and let the sea take care of you!

## **Marine Algae Rebalancing 60 Mins \$95**

For sensitised/combination and oily/problem skins. Based on active marine elements, marine extracts and a mask of Microdispersed Algae, this treatment deep-cleanses and provides all the elements for healthy skin, while stabilising the skin's pH.

## **SENSITIVE SKINS**

### **Cold Marine Treatment 60 Mins \$95**

For reactive, sensitive and couperose skins. A new concept combining a cold technique with Marine Actives, creating an 'aerobic workout' for the capillary vessels. A specific formula allows the skin to assimilate perfectly both marine and plant extracts. This technique, particularly adapted to delicate skins, soothes, calms and has a 'tightening' effect which relaxes the skin.

## **DEHYDRATED SKINS**

### **Absolute Rehydrating Treatment 60 Mins \$110**

For extremely dehydrated and/or sun damaged skin. A wonderful facial with a double mask treatment, that deeply replenishes whilst the skin regains its radiance and softness. The ultimate hydrating treatment - diminishes fine lines and improves the skin's resistance.

## **ANTI-AGEING**

### **Thalgogive 90 Mins \$135**

Firming for loss of elasticity. A resculpting and lifting treatment adapted to face shape. Round face becomes refined and facial contours sharpened. Density and softness restored to hollow faces.

## **EXCEPTIONAL CARE**

### **Skin-Ageing Control 90 Mins \$120**

Targets mature skin 40plus and skin suffering menopausal changes. This treatment will meet the expectations of women who wish to preserve a more youthful complexion.

**Hydrotherapy Spa 30 Mins** **\$50**

**Including Neck and Scalp Massage**

A customised selection of algae and essential oils combine with continuous under water massage, from the soles of the feet to the base of the neck. Powerful water and air jets ensure full lymph drainage and detoxifying benefits. While your body is immersed and invigorated by the under water massage, your therapist will treat you to a deeply relaxing neck and scalp massage.

**Aqua Package 120 Mins** **\$165**

Indulge for a couple of hours with our very special aqua therapy. This package includes a personal Hydrotherapy Bath including neck and shoulder massage with a choice of Algae or Aromatherapy additives. Finish off with a skin smoothing Body Scrub and Vichy Treatment.

**Slim and Sculpt Wrap 105 Mins** **\$170**

Personalised solution to combat cellulite and skin lacking firmness. The dual action treatment based on the principle of the Russian School of Massage using the effective active ingredients of Marine Pro-Collagen and Cocoa.

**Marine Prelude 60 Mins** **\$130**

For an intensive remineralising exfoliation containing natural sea salts and marine mud to eliminate dead skin cells, refine skin texture and invigorate the entire body by activating your microcirculation.

**Aromaceane 60 Mins** **\$130**

This treatment combines the wellbeing of the ocean, natural mud minerals and natural essential oils to assist in silhouette refining, detoxifying, reviving and aiding relaxation.

**Micronised Marine Algae 90 Mins** **\$160**

This relaxing treatment gives a feeling of general well being and relieves aches and pains. It will assist in the reduction of fatty deposits, fluid retention and toxins by detoxifying the skin tissue.

**Frigi-Thalgo Wrap 60 Mins** **\$125**

A cold wrap highly effective for the elasticity of the skin. Tightens, firms and tones the silhouette. Excellent relief for tired legs and circulation problems, further assisted by a foot scrub and lower leg massage.

## **THALGO TREATMENTS FOR MEN**

### **Ocean Treatment**

**Thalgomen                      60 Mins                      \$105**

Thalgo has created the Ocean Treatment, for stressed skin. This "hi-tech" professional facial is based upon relaxing massage movements and the application of a purifying mask infusing the essence of the highly energising Algue Bleue Vitale, directly to the heart of the skin. Relaxed and recharged, your skin regains its energy and balance.

### **Body Treatments    60 Mins                      \$110**

Frigi-Thalgo - Partial Body-Wrap, Plus Scrub Hypothermic Treatment. A simple cold wrap highly effective for the skin's elasticity. Tightens, firms and tones the silhouette — particularly inside thighs and arms, and the buttocks. Excellent relief for tired legs and circulation problems, further assisted by a foot scrub and lower leg massage.

## **MER & SENS HOT & COLD STONE THERAPY**

Thalgo has created mer & sens Face and mer & sens Body. The mer & sens method uses the decongesting action of heat followed by the astringent action of cold to stimulate tissue oxygenation and enhance the sensory experience of the treatment.

**Hot Stone Facial 1 Hour 15 Mins                      \$130**

**Hot Stone Body Exfoliation 45 Mins                      \$80**

**Hot Stone Body Massage 1 Hour 15 Mins                      \$110**

**Hot Stone Exfoliation  
& Massage 1 Hour 30 Mins                      \$175**

**Hot Stone Face &  
Body Massage 2 Hours                      \$225**

## **PAYOT - for the face**

Created in 1927 to give you the best skin care for visible and effective results. This biotechnologically advanced skin care system is developed from plant, herb and algae extracts in which the textures, aromas and sensations are adapted to every skin type and condition.

### **Discovery Treatment Facial 45 Mins \$80**

Introduction to the Payot beauty world, focusing on radiance and vitality for all skin types.

### **Classic Treatment Facial 60 Mins \$100**

Feel the luxury of an in-depth facial cleanse and double mask. With the added benefits of our unique facial massage.

### **Eye Firming Treatment 30 Mins \$45**

Boosting skin cell renewal our treatment smoothes, hydrates and tightens eye contour.

### **Lip Firming Treatment 30 Mins \$35**

Deep hydrating treatment leaving your lips smooth and even textured. Institute Mask Treatments Stimulate and tone skin tissue while reviving skin cells. These treatments using super concentrate levels of active ingredients ensure immediate results and long-term effectiveness.

### **Purete Treatment 90 Mins \$140**

Combines Sebum absorbing clay with green tea extracts to draw impurities out and detoxify skin to eliminate blemishes.

### **SOS Treatment 90 Mins \$140**

Featuring a wide variety of calming ingredients. Over active cells will be re-trained to relax.

### **Collagen Treatment 90 Mins \$140**

Provides maximum hydration, infusing collagen on a cellular level plumping your skin, leaving your complexion smoothed, energetic & luminous.

### **Collagen Treatment System \$1190**

Purchase 10 treatments (\$1400 value)

### **Intense Lifting Treatment 90 Mins \$140**

Active anti-aging and firming ingredients are absorbed deep into the skin reducing the appearance of lines. Your skin will look and feel more radiant and refreshed.

### **Froid Treatment 90 Mins \$145**

Spoil mature skin with this unique cold masque for face, neck and décolleté impregnated with active ingredients, instantly leaves the skin looking brighter, calmer, smoother and firmer. Institute Mask Treatments stimulate and tone skin tissue while reviving skin cells. These treatments using super concentrate levels of active ingredients ensure immediate results.

**Microabrasion Facial 60 Mins** **\$115**

For supple refined skin Payot have formulated an exfoliant that penetrates the surface of the skin. This treatment eliminates impurities, promoting cell renewal, improving poor circulation, elasticity and texture. This treatment can be tailored to suit all skin types. The result is a visibly smoother skin and instantly brightened complexion.

## **PAYOT - for the body**

**Reinvigorating Body Exfoliation 45 Mins** **\$80**

Enjoy your body being pampered by applying fine grain marine mineral crystals mixed with semi-precious balm smithsonite extract from your toes to your neck. This will result in your skin feeling firm, soft and smooth.

**Purifying Body Exfoliation 45 Mins** **\$85**

Enjoy your body being pampered with a detoxifying and purifying exfoliation. While it removes impurities from the body it also is used to fight cellulite, eliminate toxins and smoothes skin tissue. The marine crystals have traces of potassium and sodium, which stimulate cell renewal. They also have antibacterial and astringent action resulting in the skin feeling soft and smooth.

**Vivifying Body Exfoliation & Wrap 75 Mins** **\$150**

This body treatment is recommended for dry and sensitive skin types. It begins with exfoliation cream being massaged over the body. Then relax while the white stone mineral clay wrap is applied and then finished with a Vichy Shower treatment.

**Harmonising Wrap 75 Mins** **\$150**

This treatment is highly recommended for tender, sensitive and reactive skins. Rich in oligo-elements, this treatment has smoothing properties and gives energy to fragile skins and is indicated to stimulate blood microcirculation. Rich in iron, potassium and magnesium it will aid to rebalance and relax those with problem skin conditions.

**Reenergising Back Treatment 60 Mins** **\$95**

Your back will feel rejuvenated and relieved of any tension. It involves cleansing and exfoliation of the back and is then followed by a relaxing massage. This treatment is tailored to your skin type and the therapist will choose a suitable mineral clay mask for you.

## DERMALOGICA

Target your most pressing skin concerns and improve the health of your skin with a professional face treatment. We'll create a treatment that's customized to meet the needs of your skin, and using Dermalogica professional products, we'll deliver healthier skin with a fresh appearance.

### **AGE smart™ treatment 75 mins \$135**

Combined vitamin and hydroxy acid exfoliation resurfaces and retextures skin while energizing massage techniques release tension in the facial muscles and a specialized masque make this the ultimate skin therapy for prematurely-aging, dry or devitalized skin. Skin will be noticeably firmer, smoother and revived.

### **mediBac clearing™ 60 min \$100 treatment**

This powerful treatment jump-starts acne clearing and helps prevent acne well beyond the treatment. We'll focus on deep-cleansing, purification and extractions to help clear current breakouts along with a soothing masque system that will detoxify the skin and soothe redness. Oil-free hydration and solar defense will leave the skin hydrated and control excess surface oil while keeping the skin protected.

### **Environmental control 60 min \$100 treatment**

Is your skin looking red and inflamed or feeling itchy? Settle in for our super-smoothing treatment that includes gentle cleansing, a calming masque and therapies that help instantly calm redness and reduce inflammation.

### **Skin Brightening 60 Mins \$105**

Help stop your uneven pigmentation at its cause. This treatment, when combined with proper home care, actually regulates pigment production on a cellular level, helping to balance the complexion. This treatment balances areas of uneven pigmentation from hormonal imbalance, UV exposure and pregnancy by helping to regulate melanin production. Combining regular professional visits with a scrupulous home regimen, including sun protection. It will provide phenomenal results.

## **Dermalogica - for the body**

### **Body Polish 30 Mins \$55**

When mixed together the ancient sea salts and balms create a treatment to gently slough away the dead skin cells leaving skin surface free of unwanted debris.

### **Body Wrap 75 Mins \$125**

Beginning with a body polish you will then be cocooned in unique warm clay to infuse natural moisturizing minerals into the skin.

### **Intense Body Indulgence 120 Mins \$185**

Combining the body polish and wrap with a 45minute body massage this treatment truly appeals to all of the senses.

### **Purifying Back Treatment 45 Mins \$90**

A deep cleansing scrub followed by an antibacterial mask and finished with a stress relieving back massage.

### **Exfoliating Body Scrub 45 Mins \$70**

Hydro active mineral salts customised with aromatherapy essential oils that will help smooth skin, relax stressed muscles and sooth the senses.

### **Deep thermal therapy 75 mins \$140 with stamp thermal**

Inspired by the practices of 14th century Thai Therapy, this Thermal Body Therapy Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, remineralize, de-stress, exfoliate and relax. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin.

The deep manipulations along the pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

# SPA ETIQUETTE

## **Full Day 6.5 Hours**

Full day retreats include morning or afternoon tea and lunch.

## **Half Day 4 Hours**

Half-day retreats include morning or afternoon tea, consisting of fresh juice or herbal tea with a healthy snack of tropical fruit.

## **Health Considerations**

During pregnancy please notify the staff member at time of booking to discuss available options. Also during your consultation let your therapist know any health concerns, so treatment can be customized accordingly. We also do not recommend the consumption of alcohol before, during or directly after your spa treatment.

## **Cancellation or Reschedule of Appointment**

We understand that sometimes you may need to reschedule or cancel your appointment. Please give us 24 hours notice, therefore another guest may have your time, or a cancellation fee may apply. Our policy is to charge for no show appointments at full price and gift vouchers may be voided. Thank you for your consideration of other guests and our company.

## **Gift Voucher Purchase**

Gift Vouchers of Indulgence for someone special are available and can be mailed at your request. All gift vouchers are valid for six months.

## **Sundays**

Elements will open on Sundays for your convenience, by appointment only. We ask that you request your appointment a minimum of 24 hours prior. A 20% surcharge applies for all treatments. Gift vouchers cannot be redeemed.



**relax,**

**indulge,**

**enjoy**

# elements

darwin

**Shops 8/10**

**West Lane Arcade Darwin**

**P: 0889 411 977**

**F: 0889 421 311**

**Business Hours**

**Mon-Wed 9.00am-6.00pm**

**Thurs 9.00am-7.00pm**

**Friday 9.00am-6.00pm**

**Saturday 9.00am-6.00pm**

**Sunday 10.00am-3.00pm  
(by appointment)**

**[www.elementsdarwin.com.au](http://www.elementsdarwin.com.au)**

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