

## Your Therapist

Sarah is a fully qualified Beauty Therapist with 8 years experience in the day spa and beauty salon industry. Bringing her expertise to the Burn Fitness and Lifestyle centre, Sarah offers a relaxing and professional approach in all her treatments.

Sarah recommends and uses organicspa, a luxurious skincare range formulated with 100% naturally derived ingredients and medicinal levels of certified organic plant extracts.

Independently certified organic by The Organic Food Chain and a member of the Vegan Society in the UK, organicspa has been carefully formulated to provide not only amazing results from our signature treatments but allows you to take the organicspa experience home with a compact range of homecare products.

organicspa providing luxury through nature.

## spa etiquette

Please arrive 10-15 minutes prior to your appointment. This allows time to complete your client record, and to relax before your treatment. To ensure a peaceful environment for all clients, we ask that you switch your mobile phone off prior to entering the Spa.

## terms and conditions

**Late fee:** Arriving late for an appointment could reduce your treatment time. Unfortunately if you are more than 10 minutes late your treatment may be rescheduled, and 25% of the treatment cost will be charged.  
**Cancellation policy:** We require 24 hours notice to cancel appointments. Late cancellations may be charged 25% of the treatment, and 'no shows' will be charged at full cost.

**Gift certificates:** Gift certificates must be used by the expiry date, and can be used on services or products. They are not redeemable for cash.



## Hours of operation

Treatments are available on Thursdays, Fridays and Saturdays and are by appointment only. Other appointments times by arrangement.

For appointments please contact the Burn Fitness and Lifestyle centre.

## Sarah Winstanley

Organic Skin and Body Care  
ABN: 31 100 177 324

## Burn Fitness and Lifestyle centre

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## Facial Treatments

All facials are tailored to individual needs and include a skin analysis, skin care advice and product recommendations according to skin type.

### Mini facial 20mins \$20

Having trouble deciding which organicspa products to take home? This is the perfect treatment to feel, smell and experience organicspa on your skin, and find out what products are perfect for you.

### Signature organicspa facial 45mins \$60

The perfect maintenance facial. This treatment includes a deep cleanse and exfoliation, appropriate mask, massage, serum and completed with eye treatment and hydrator.

### Organicspa specialty facial 75mins \$100

An indulgent skin treatment combining intensive masks and concentrated ingredients for amazing results. This facial includes a deep cleanse and exfoliation, an intensive mask for your face, neck and décolletage, a hand and arm massage followed by a lymphatic and pressure point face massage. The treatment is completed with a eye treatment, serum and hydrator.

### Organicspa AHA rejuvenate peel 45mins \$60

This advanced combination of natural AHA's and fruit enzymes will help smooth and resurface your skin without irritation or redness. Containing Aloe Vera and Olive Leaf Extract, this soothing formula will help your skin feel cool, hydrated and smooth. A series of peels can be helpful in lightening pigmentation, improving tone, increasing elasticity and refining the skin. Series of 6 peels (pay for 5) \$300  
Include a peel with your facial \$20

## Ear Candling

Ear Candling has been used for centuries by tribal and Asian cultures as a relaxing and non-invasive way of cleaning inside the ear. It is a stress relieving treatment designed to help relieve conditions in the head and ear area such as compacted ear wax, headaches, sinus problems, tinnitus and pain in the ears following flying or diving.

45mins \$40



## Hands and Feet

'polished' hands or feet 20mins \$20  
(file and paint)

'refresh' your hands 40mins \$35  
(nail and cuticle tidy, massage and polish)

'indulge' hand treat 60mins \$50  
(nail and cuticle tidy, exfoliation and mask, massage and polish)

'relieve' your feet 30mins \$30  
(foot soak, exfoliation and massage. No polish)

'indulge' feet treat 60mins \$55  
(foot soak, nail and cuticle tidy, callous removal, exfoliation and mask, massage and polish)

## Body Treatments

Body exfoliation 45mins \$55

We begin with a body salt scrub to smooth the skin and reveal healthy new skin cells, once removed your treatment will be finished with the luxurious organicspa body butter leaving you feeling wonderfully relaxed, smooth and hydrated.

Body cocoons 60mins \$75

Both of these treatments include a body exfoliation, body mask and are completed with the organicspa hydrating body butter. While cocooned you will receive a relaxing scalp massage. Choose from either of the following treatments, or let Sarah decide which one is best suited to you and let your cares driftaway.....

### Hydra-herbal body indulgence

Give your skin that summer glow all year round. This Aloe Vera and Calendula infused body mask is a deeply hydrating treatment, leaving your skin feeling soft and supple.

### Clay-renewal body cocoon

Renew your skin with this detoxifying body treatment. This White Clay body mask encourages cell renewal and deep cleansing, leaving you feeling refreshed and rebalanced.

## Massage

A true relaxation massage using organic massage and essential oils, and tailoring the treatment to individual needs.

30mins \$40

45mins \$50

60mins \$60

75mins \$70

### Indian Head Massage 40mins \$50

Indian head massage is a seated massage and can be done through clothing or directly on the skin. It is a massage of the upper back, neck, head and face to relieve tension, relax and stimulate the body.

The treatment is based on ancient Indian healing system 'Ayurveda', and is a combination of natural therapies believed to help restore balance to a person's mind, body and spirit.

## Waxing

Sarah only uses high quality non-reusable hot and strip wax designed to reduce the pain, inflammation and irritation generally associated with waxing.

Applying a body cream daily and regular exfoliation will minimize breakage and ingrown hairs, and therefore ensures the best waxing result possible.

### Face

eyebrow shape 15mins \$14

lip or chin wax 15mins \$10

2 x facial areas 15mins \$21

3 x facial area, full face or neck 30mins \$29

### Body

underarm or bikini 15mins \$15

'g' bikini 30mins \$23

1/2 leg 30mins \$20

full leg 45mins \$35

full leg and bikini 60mins \$46

full leg and 'g' bikini 75mins \$53

arms 30mins \$20

### Men

chest and stomach 30mins \$35

back incl. shoulders 30mins \$35

chest, stomach & back 60mins \$61

neck 15mins \$14

### Tinting

lash tint 15mins \$15

brow tint 15mins \$12

lash and brow tint 30mins \$25

brow tint and shape 15mins \$20

## Packages

hands + feet 100mins \$80

- 'refresh' hands

- 'indulge' feet

facial + body massage 90mins \$95

- signature organicspa facial

- 45min massage

head + feet treat 70mins \$70

- Indian head massage

- 'relieve' feet treatment

body exfoliation + massage 90mins \$90

top to toe 3hrs \$185

- organicspa specialty facial

- body cocoon

- 'polished' hands + feet