

*Arabella*

DAY SPA



# packages

## **Pure Essentials Package (90 minutes) \$130**

This popular package will leave you feeling completely refreshed and revitalised. We begin with an aromatic foot bath and scrub followed by a rhythmic aromatherapy back neck & shoulder massage and refining back polish. A petite facial is performed and a prescribed mask is applied while we massage your hands and feet leaving you feeling completely relaxed from head to toe. An Arabella favourite.

## **Oceanic Escape Package (3 ½ hours) \$280**

This package is a tribute to our beautiful town Shellharbour Village. Beginning with a full body exfoliation using nutrient rich salts and warmed aromatic oils, whilst performing a hot oil air treatment and scalp massage to nourish and hydrate. Then feel yourself drift away as we massage the body with hot stones sourced from our local bushrangers bay using long, rhythmic strokes to release tension. To complete the treatment, experience the botanical balance facial followed by lunch on our deck with views of Shellharbour's seaside.

## **Coastal Freedom (2 hours) \$200**

Coastal Freedom is an elegant escape created to ease mental fatigue and balance the mind, body and soul. Fall into a meditative state, with a full body aromatherapy massage using hot stone chakra placement to heal energies and ease muscular pain. Finishing with a personalised facial including pressure point and rose quartz crystal massage connecting the body and mind. Complete your experience with herbal tea and refreshments looking over our water views to truly experience our coastal freedom.

## **Bella Baby Moon (3 hours) \$225**

Our Bella Baby Moon is a package specifically designed to pamper and relax our expectant mother and baby during this special time. Treatment begins with a pregnancy massage which we have personally customised to relieve the unique aches and pains experienced during the second and third trimester. Treatments are performed on our specialised pregnancy bed ensuring complete relaxation. We will then perform a therapeutic facial to energise and restore balance to the skin. This will be followed by a pedicure looking over the ocean whilst enjoying light lunch and herbal tea to finish off a truly nurturing experience.

### **Romantic Escape (90 minutes) \$275 per couple**

For couples wanting a romantic escape. Begin your journey together with a warm milk foot bath, foot scrub and pressure point massage whilst enjoying champagne, chocolates and the fresh sea breeze and ocean views from our balcony. We will then whisk you away to a place of tranquillity with a full body aromatherapy massage in our couples suite relaxing your entire body from head to toe. Relax and reinvigorate with the one you love.

### **Eternal Indulgence (4 ½ hours) \$450**

The ultimate Indulgence is our most decadent package. Treatment begins with a stimulating seaweed and salt scrub to refine and invigorate the body. Whilst wrapped in a cocoon enjoy a hot oil hair treatment and scalp massage. Rinse off under a tranquil spa shower to reveal smooth supple skin and relax with an aromatherapy massage using our signature oil blends. Finish off with a luxurious facial including pressure point and rose quartz massage, leaving your skin replenished and hydrated. To further indulge we will recover the hands and feet with a manicure and pedicure performed on our balcony while enjoying light lunch and refreshments taking in our serene ocean views. The ultimate indulgence to truly spoil yourself.

gift  
vouchers  
available



# body treatments

## **Body Treatments (1 hour & 45 min) \$165**

Our body treatments are completely customised for each individual. Our scrubs are made on arrival, naturally removing dead skin cells to enable our masks to penetrate deeper. With all treatments your body will be cocooned with the healing powers of clay, seaweed and essential oils, followed by a shower, then relax with a full body hydration massage and petite facial to leave you feeling invigorated, refreshed and glowing.

### **Choose from one of the following:**

#### **Vanilla & Honey**

A walnut vanilla bean exfoliation with nourishing honey body cocoon.

#### **Sugar & Spice**

A Refining Sugar polish with ylang ylang, mandarin and coconut oils.

#### **Seaweed & Sea Salt**

Full body sea salt exfoliation with detoxifying seaweed body cocoon.

#### **Cinnamon Latte**

A walnut, white Clay and Coffee exfoliation with a hydrating cinnamon body cocoon.

# add on

## **\$35 each / 20 minutes each**

- + Dry Body Brush
- + Hot Oil Hair Treatment
- + Full Body Salt Scrub
- + Foot Soak & Scrub
- + Back Scrub
- + Microdermabrasion
- + Peel
- + Bath with Himalayan Salt, Milk Powder & Rose Petals Shower

# massage

## **Swedish Aromatherapy**

Our Arabella Aromatherapy massage is a Swedish technique using warm oils with our own personalised blends to calm, relax and relieve the body of tension, aches and pains.

30 minutes \$55

60 minutes \$95

45 minutes \$75

75 minutes \$110

## **Pregnancy Massage**

Our Arabella Pregnancy massage is specifically customised to relieve the unique aches and pains experienced during the 2nd & 3rd trimester. All massages are performed on our specialised pregnancy bed allowing our expectant mothers to lay comfortably on their bellies whilst using warm oils to perform a rhythmic and relaxing massage.

30 minutes \$55

60 minutes \$95

45 minutes \$75

75 minutes \$110

## **Hot Stone**

Hot Stone massage is a mixture of Swedish technique accompanied by heated basalt stones to ease muscle tension, heal & ground the body leaving you feeling recharged & empowered.

45 minutes \$85

75 minutes \$125

60 minutes \$110

## **Elements of Arabella (90 minutes) \$140**

Elements of Arabella is our Signature massage.

Feel stress and tension melt away with a combination of rhythmic movements and Swedish techniques to relieve stress and tension whilst comforting your muscles with the heat of hot stones and warm bamboo.

A truly blissful experience.



# facials

## **Intro Facial (30 minutes) \$60**

A relaxing & rejuvenating facial to cleanse, exfoliate and nurture the skin. An introduction to our facials which is suitable for all skin types.

## **Botanical Balance (60 minutes) \$95**

Reveal a clear, refreshed, naturally beautiful complexion with this deluxe facial. Personalised to each individual skin type and concern.

Natural active ingredients used to cleanse, rebalance and hydrate while essential oil capture your mind, leaving your skin feeling invigorated and radiant. Experience a truly luxurious treatment whilst we massage your arms, legs décolletage and scalp to ease tension and re-energise your body.

### **Intensive Treatments:**

#### **45 minute facial \$95**

This treatment begins with a consultation discussing skin concerns and includes either a microdermabrasion or a peel suited to each individual skin condition, prescribed mask and intensive serum.

*Purchase a series of 6 x 45 minute facials  
for \$475 = 1 FREE*

#### **60 minute facial \$110**

This treatment begins with a consultation discussing individual skin concerns and includes either a microdermabrasion or a peel, double mask and intensive serum to target specific skin concerns.  
Also includes a face and décolletage massage.

#### **75 minutes facial \$125**

This treatment begins with a consultation to discuss skin concerns and includes a microdermabrasion with peel, prescribed mask, intensive serum and a face, arm, décolletage massage.

**“ Personalised to each  
individual skin  
type and concern.”**



# pedicure

## **Pedicure (45 minutes) \$65**

A decadent foot ritual including exfoliation and massage of the feet and legs, treating the cuticles and buff, shape and polish of the nails.

# manicure

## **Manicure (45 minutes) \$55**

An intensive hand and nail treatment. Your treatment includes exfoliation, nail shaping, cuticle work and a hand and arm massage with colour of choice. Enjoy the experience whilst looking over Shellharbour Harbor.

## add on

### **\$20 each**

- + Shellac
- + Parrafin
- + AHA
- + Hot stone

### **\$25 extra**

- + Buff, Shape  
& Polish

### **\$40 extra**

- + French Nails

### **\$45 extra**

- + Shellac  
with French

### **Paraffin:**

Paraffin wax is an intensive hydrating mask added to a pedicure to infuse oils and moisturisers into the deeper layers of the skin. Paraffin is a natural emollient helping to make the skin soft and supple and also helps to relieve pain such as rheumatoid arthritis, fibromyalgia and osteoarthritis.

### **AHA:**

AHA Refining peel is a mask added to a pedicure to aid in loosening the bonds of dead skin cells. An intensive treatment for those with very dry skin and a skin build up around the heels.

### **Stone:**

A Luxurious add on to make a pedicure even more relaxing. We will use the hot stones in the massage to warm the muscles and feet whilst using them as an extension of our arms.

# waxing

Eyebrow Wax \$18

Lip \$10

Chin \$12

Sides \$10

EBW/Lip/Chin \$35

EBW/Lip/Chin/Sides \$42

Underarms \$18

Half Arm \$26

Full Arm \$ 36

Male Back \$40

Male Chest \$40

Male Full Leg \$70

Male Half Leg \$40

Male Full Arm \$50

½ Leg \$28

¾ Leg \$35

Full Leg \$50

Bikini Wax \$25

G String \$38

Brazilian (Maintenance) \$50

Brazilian

(First time/over 6 wks) \$60

½ Leg & Brazilian \$70

Full Leg & Brazilian \$80

## Tinting

Eyebrow Tint \$14

Eyelash Tint \$19

Eyebrow Wax, Eyelash Tint & Eyebrow Tint \$40

Eyebrow Wax & Eyebrow Tint \$28

Eyelash Lift & Eyelash Tint \$85

Arabella Day Spa lash lift technician uses a unique technique combining a lifting solution and silicone rods to lift your natural eyelashes, making them look longer and fuller. Treatment includes a tint that will last 8 – 12 weeks.





# spray tan

## **Spray Tan \$40**

We offer 2 different tans one with a green base and one with a violet base to cover all skin types to avoid orange under tones. For the best results, exfoliate well and do not wear deodorant, moisturiser or perfume before spray tan.

# make up

**Make Up \$80**  
Special occasion

# group bookings

For a Hens Party or Group, Create your own package or choose from one of our popular group packages:

## **Package 1 - (1 ½ hours) \$130**

Enjoy a foot soak and exfoliation followed by a back, neck and shoulder massage and finished with an introductory facial.

## **Package 2 - (1 ½ hours) \$140**

Indulge yourselves with a Neck and Shoulders Hot Stone Massage completed by a Manicure or Pedicure.

## **Package 3 - (2 hours) \$150**

Be Pampered with a Delux Pedicure or Delux Manicure followed by a Delux Facial or 1 hour Massage

***“ Arabella Day Spa can assist  
to arrange your own  
special package. ”***

# about us

## Our Promise

Situated in the beautiful Shellharbour Village, our promise to you is that you will be:

*Beautifully relaxed, enjoying the serenity, being pampered and indulging in all that our Spa has to offer, at an affordable price.*

## Our Location

35 Wentworth Street, Shellharbour Village



With plenty of parking behind our shop front.

## Gift Vouchers

Spoil someone with a relaxing day at Arabella Day Spa. Valid for 3 Years, Gift Vouchers can be purchased online in store or over the phone for your convenience.

## Spa Etiquette

We endeavour to create a relaxing and stress free environment for all clientele.

- Please arrive on time for your appointment.
- If you are late, your appointment will still end on allocated time.
- Turn off/Put on Silent Mode all Mobile Phones.

## Bookings and Cancellations

For bookings of two or more people, credit card details or a Gift Voucher Number is required to secure booking. If less than 12 hours notice is given with any cancellation a 50% charge on weekdays and 100% charge on Saturdays will be issued. Vouchers will be void for no-show appointment.

## Trading Hours

## Contact Us

Mon 9am-5pm

Tue 9am-5pm

Wed 9am-5pm

Thu 9am-8pm

Fri 9am-5pm

Sat 9am-4pm

Sun Closed

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