

illuka

Day Spa



1 The Esplanade, Lakes Entrance VIC 3909 Australia
03 5150 9697 | dayspa@esplanaderesort.com.au

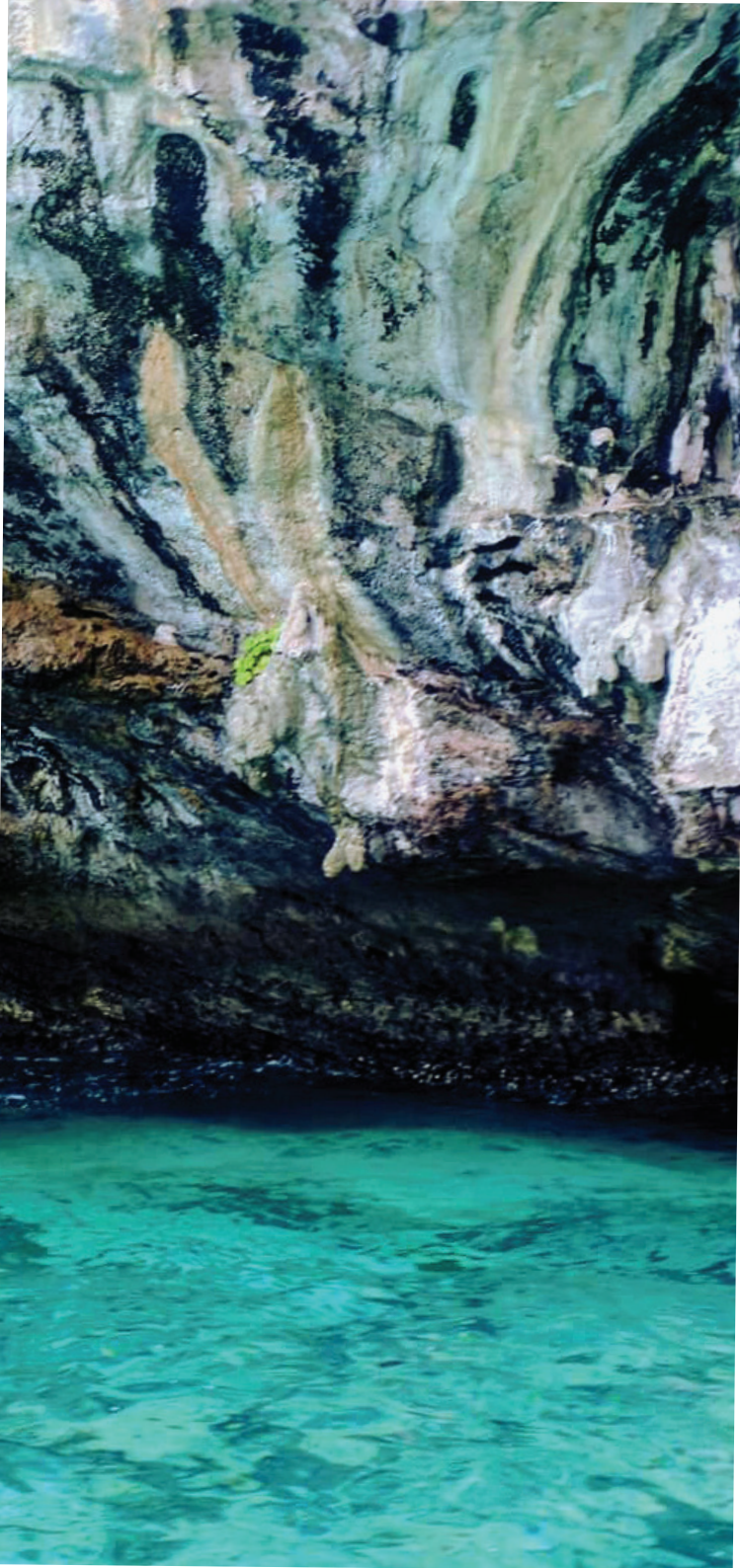


AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

Our mission at Aveda is to care for the world we live in, from the products we make to the ways in which we give back to society.

At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world.



CUSTOMISED FACIALS

AVEDA AROMA FACIAL

Dry, oily, aging, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customised Aveda facial treatment. After a thorough consultation, your skin therapist will provide the best combination of products, personalised Aveda aromas and techniques and design a customised treatment that will move your skin towards balance and reveal its natural beauty.

Facial treatments are recommended on a weekly or monthly basis to achieve and maintain optimal results. Your skin therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations.

90 Minutes - \$150

60 minutes - \$120

30 minutes - \$85

VITAMIN C FACIAL

This massage based facial treatment will leave your skin with an instant glow and clarity. Vitamin C is a multi function wonder nutrient designed to even the skin tone, reduce discolouration and assist in breaking down pigmentation.

Along with collagen production, it smooths the appearance of fine lines and wrinkles whilst infusing anti-oxidant protection to the skin.

60 minutes - \$120



THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

*Aveda's Plant powered alternatives to
microdermabrasion and chemical peels*

DUAL EXFOLIATION PEEL

This dual exfoliation peel is Aveda's latest advancement in non-invasive, skin renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation.

The treatment delivers immediate, visible results in improved skin texture, clarity and radiance; smooths appearance of fine lines and wrinkles; and refined pores, revealing fresher, younger looking skin. In a clinical study, the Dual Exfoliation Peel achieved better results than a combined microdermabrasion/30% glycolic peel treatment in both immediate smoothness and radiance, plus significantly better results in smoothness, radiance and skin tone one week later.

90 Minutes - \$155

60 Minutes - \$140



MASSAGE TREATMENTS

AVEDA AROMA MASSAGE

Our soothing Aveda aroma massage starts with a sensory journey to choose your aroma then drift off into a state of relaxation. We will relax your muscles, calm your mind and leave you with a true sense of wellbeing. Our highly trained therapists use special massage techniques to soothe away anxiety and stress, leaving you feeling deeply relaxed in body and mind.

90 minutes - \$150

60 minutes - \$120

30 minutes - \$70

HOT ROCKS MASSAGE

The benefits of hot stone massage are truly unique. The heat from the stones penetrates the muscles on a deeper level bringing warmth and relaxation to the body. Chronic pain can be relieved and joint stiffness alleviated from these heated stones. As the heat warms the body, circulation is improved, and a deep stage of relaxation is felt. Soothe your aches and pains away with the luxurious warmth of hot stone therapy.

75 minutes - \$145

MOTHER TO BE MASSAGE

A relaxing massage specifically designed for pregnant mothers to reduce the stress put on weight bearing joints. Assists with circulation and keeps the body relaxed before labour.

60 minutes - \$120

ILLUKA BALANCING MASSAGE

This balancing massage begins with your choice of our Aveda chakra oil blends. A full body massage that includes pressure points on the feet, hands and head to balance the whole body leaving you feeling centered and relaxed.

60 minutes - \$120

BODY TREATMENTS

AVEDA AROMA BODY WRAP

This divine package includes a sea salt body scrub using unique Aveda aromas, a warming full body masque and a soothing head massage. It finishes with a hydrating body moisturiser leaving your skin soft and glowing.

75 minutes - \$145

BACK BLISS

A customised treatment focusing purely on the back, neck and shoulders. Your skin will be thoroughly cleansed and exfoliated. Whilst a warm masque infuses you will unwind with a gentle head massage. This luxurious treatment is completed with a back massage to soothe tired muscles and leaves you relaxed and renewed.

60 minutes - \$120

AVEDA STEAMING RITUAL

A stimulating exfoliation treatment that rejuvenates the skin and senses. This aromatherapy treatment includes a sea salt body polish, warming body masque that activates with steam in our hydrotherapy capsule and includes a scalp massage and mini facial. It finishes with a hydrating body moisturiser that leaves the skin feeling soft and hydrated.

90 minutes - \$165

COUPLES TREATMENTS

All couples treatments are performed in our couples suite which is an extra large treatment room with two treatment beds, couples geisha tub, twin showers and an ensuite. Please note prices are per couple.

COUPLES MASSAGE

60 minutes - \$240

45 minutes - \$200

30 minutes - \$140

COUPLES GEISHA TUB

Japanese Style plunge tub, beautiful and relaxing for a couple to share.

30 minutes - \$80

ULTIMATE ILLUKA EXPERIENCE

Your experience begins in our couples suite with a sensory journey followed by a full body polish. Drift away with customised Aveda aromas as you are cocooned in a warming mud wrap. Enjoy a soothing facial followed by a nourishing scalp treatment. Be left alone to peacefully soak in our Japanese Geisha tub whilst sipping on our Aveda tea. Finish with a relaxing back massage and body moisturisation.

2 hours - \$480

NAIL TREATMENTS

AVEDA MANICURES AND PEDICURES

Aveda manicures and pedicures are treatments that care for the hands and feet, specifically addressing dry, aging skin; rough cuticles and nail health. All manicures and pedicures include an application of OPI nail polish.

MANICURE

File, buff, cuticles and paint

30 minutes - \$65

MANICURE

Grooming of nails and cuticles, personalised massage, exfoliation and masque

60 minutes - \$100

PEDICURE

File, buff, cuticles and paint

30 minutes - \$65

PEDICURE

Grooming of nails and cuticles, personalised massage, exfoliation and masque

60 minutes - \$100

TANNING, WAXING + TINTING

TANNING

Our professional spray tan liquids contain colour reflect technology which neutralises any orange undertones and contains pigment barrier against colour loss. Our professional liquids contain brown, green and violet based bronzers giving your skin a true to life tan.

Full body spray tan - \$40

WAXING

Eye Brow	\$18
Lip	\$12
Chin	\$12
Eyebrow & Lip combo	\$28
Brow, lip and chin combo	\$35
Underarm	\$25
1/2 leg	\$40
Full leg	\$55
Standard bikini	\$30
G-String	\$45
Brazilian	\$55

TINTING

Eye brow tint	\$15
Eyelash tint	\$30
Lash/Brow tint	\$35

PACKAGES

ALL ELEMENTS PACKAGE

2 1/2 hours of pure bliss and pampering. It all starts with a relaxing aroma massage where your muscles are soothed and tension eased. Followed by a customised Aveda facial catered to your specific skin concerns and finished with an express manicure OR pedicure to renew you from head to toe.

2.5 hours - \$270

HYDROTHERAPY BATH PACKAGE

Soak in our state of the art hydrotherapy tub whilst its many jets soothe and release tight muscles. Follow this with either a relaxing aroma massage or customised Aveda facial to leave you refreshed and relaxed.

1.5 hours - \$170

STRESS LESS PACKAGE

Start the relaxation process with a soothing Neck, Back and shoulder massage using our stress fix aroma then enjoy a customised 60 minute Aveda facial and a soothing scalp massage with Aveda hair treatment to wash out at home, you are sure to be de-stressed after this.

1.5 hours - \$180

CHOOSE ANY OF YOUR 3
FAVOURITES FOR \$140 OR
ADD 1 TO ANY TREATMENT
FOR \$65 EACH

HAND TREATMENT - Exfoliation, masque and massage of the hands (no nail work).

FOOT TREATMENT - Exfoliation, masque and massage of the feet (no nail work).

HYDROTHERAPY BATH - Soak in our hydrotherapy bath and soothe tension with its many jets.

SCALP MASSAGE AND HAIR TREATMENT - Enjoy a relaxing scalp and head massage followed by an Aveda hair masque to wash out at home.

NECK, SHOULDER AND BACK MASSAGE - Ease tension in these specific areas

ROSEMARY MINT FULL BODY DRY EXFOLIATION - Shed your dry, dead skin with this treatment. Perfect before a massage.

All treatments go for 30 minutes.

SPA ETIQUETTE



We require full details for booking including mobile phone number and credit card or gift voucher number to secure your booking.

24 hours notice is required for cancellations or a cancellation fee will be charged.

Please arrive 5 minutes early for your appointment. This will allow you time to settle and unwind and fill in your client card. If you arrive late, this may result in your appointment being shortened.

Please switch off mobile phones and leave valuables at home or in your hotel room.

GIFT VOUCHERS

Also make note that we have gift vouchers available and they are valid for 12 months.

Contact us today, or visit our website to purchase a gift voucher.

p: 03 5150 9697

e: dayspa@esplanaderesort.com.au

www.illukadayspa.com.au

illuka

Day Spa

Follow us on Facebook & Instagram for last
minute specials and promotions!

@illukadayspa

