



0401 509 506

ebbandflow.com.au

natalie@ebbandflow.com.au

facebook.com/EbbandFlow.DaySpa

742 Waterworks Rd, The Gap, 4061

Massages



Health Fund Rebates available on Remedial Massage.

- Hot Stone Massage
90 min \$140 / 60min \$105
- Pregnancy
90min \$140 / 60min \$105
- Swedish/Relaxation
90min \$130 / 60min \$90 / 30min \$60
- Remedial/Deep Tissue
60min \$99 / 30min \$65
- Reflexology 60mins \$95
- Moroccan Oil Scalp Massage
15mins \$30

Heated stones help to massage away tension and promote a deeper sense of relaxation.

A nurturing but therapeutic massage using warmed organic coconut oil for the Mum to be.

A full body relaxation massage to reduce stress, calm nerves and promote a sense of well being.

Focusing on specific muscle concerns helping to release tension and restore muscle function.

(Including foot soak and scalp massage), 30min \$55 Treatment add on.

A relaxing Indian head massage with exquisite Moroccan Oil. Treatment add on.

Spa Packages



Begin spa treatments with a complimentary champagne or herbal tea.

- Recovery Refresher 3hrs \$325
- Luscious Retreat 2.5hrs \$255
- Essential Rejuvenation 2.5hrs \$210
- Urban Rescue 2hrs \$190
- Deluxe Pamper 1.5hrs \$185
- Rest & Relaxation 1.25hrs \$135

Sea Salt Scrub, Algae Marine Wrap, Booster Facial & Relaxation Massage.

Body Brushing, Coconut Lemongrass Body Wrap & Foot Ritual.

Ultra Revitalising Facial, Moroccan Oil Head Massage & Spa Pedicure.

Therapeutic Back Massage, Vitamin Skin Facial & Foot Ritual.

Calming Facial, Moroccan Oil Scalp Massage, Lash Tint, Brow Wax & Tint.

Back Massage, Booster Facial & Moroccan Oil Scalp Massage.

Body Treatments



Any Scrub/Wrap Combo for \$210

- Sea Salt Scrub
75min \$110
- Coconut and Lemongrass Wrap
60min \$160
- Cocoa Bean Wrap 90min \$160
- Algae Marine Wrap
90min \$160

Re-mineralising marine sea salt full body scrub to work on those stubborn areas. Followed by a warm rain shower then a Vitamin Oil hydration leaving skin silky smooth.

Organic Coconut oil wrap with a hint of zesty lemongrass leaving your skin polished, hydrated and nourished. Enjoy a relaxing face and scalp massage while cocooned.

Dry Body Brush, then a deliciously nourishing chocolate wrap is applied, energising the senses and hydrating the skin.

Dry Body Brush, then a purifying seaweed and clay wrap is applied. It stimulates the Circulatory and Lymphatic System, relieving muscle soreness, joint ache and helps to eliminate toxins and impurities. A total detox.

Eyes



- Collagen Eye Mask \$25
- Intensive Eye Therapy 30mins \$45
- Brow Tint \$15
- Lash Tint \$25

Collagen infused patches brighten and plump the delicate eye area. Treatment add on.

Restores moisture and elasticity to fine fragile skin whilst delivering necessary vitamins and minerals to the skin. A specific massage helps to soften fine lines and reduce fluid retention and puffiness. (Treatment add on)

Tints are custom blended for the perfect result.

Make Up with jane iredale



We use and recommend

- 60min \$65
- 45min \$40

Formal/Special Occasion.

Colour Consultation & Application - redeemable on 2 or more products.

Spray Tan



- \$35
- \$60

Single Spray Tan.

Series of Two Spray Tans.

Algologie Facials



Age Defying 90mins \$155

High performance and anti-ageing. The active ingredients work to combat signs of sun damage, environmental stress and ageing. Enzyme Peel resurfaces the skin, concentrated serums infused into the skin improve cellular vitality and a marine collagen mask delivers a smoother, firmer skin. A series of facials is brilliant for mature skins.

Illumination 75mins \$135

A solution to loss of firmness, lack of radiance and pigmentation in sun damaged or mature skins. AHA's, anti pigmentation serums and professional masks are designed to obtain a plumper more radiant skin. After a relaxing massage Youthfulness is restored! Follow up home care will maximise results.

Ultra Revitalising 75 mins \$135

Algologie's complete moisturising solution for the skin, preserves, protects and boosts hydration. Deep acting formulas improve suppleness and elasticity. Nourishing oils and hydrating professional masks are applied to achieve an instant result.

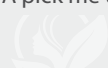
Calming 60mins \$120

Algologie's Seaweed Laminaria protects and comforts the most sensitive of skins strengthening and improving, the skin's tolerance to the environment while calming irritation and inflammation. An even complexion is achieved. Home care is essential.

Booster Facial 30mins \$65

A pick me up facial designed to be added to other treatments.

Environ Facials



DF Collagen Induction Therapy (CIT)
90mins \$190

Taking the step to the ultimate in healthy collagen production with effective anti ageing skin management. This treatment involves dermal needling with your own CIT roller followed by an infusion with the DF machine. Collagen and elastin will be stimulated at the dermal level creating healthier stronger cells. Clients must be using Environ products prior to stepping up to this intense treatment.

Collagen Induction Therapy Kit
\$140

A one time purchase when undertaking Collagen Induction Therapy. The take home dermal rolling kit encourages collagen production and intensifies penetration of the active ingredients contained in Environ's Intensive Serums. Used in conjunction with our Collagen Induction Therapy Treatment and your home care regime.

Age Management 90mins \$165
Mature Photo Aged and Sun damaged

Advanced Vitamin A and C Serums plus Growth Factors are infused using Sonophoresis and Iontophoresis delivered via the Environ DF Machine. This treatment helps to tighten, brighten and restore skin texture. Skin will appear firmer, radiant and more hydrated.

Clear Skin 60mins \$130
Problematic Skin

A treatment specifically designed to purify, soothe and balance oily and congested skin. An effective anti-bacterial treatment targeting breakouts to help to calm the skin, while essential vitamins assist in healing and restoring balance. Includes extractions and Peel.

Vitamin Treatment 60mins \$130
Tailored to your skin type

This facial is designed to repair, hydrate and nourish the skin. A gentle exfoliation is performed to remove dead skin cells then specific serums are applied to treat your skin concerns. Alginate Masque is included.

Mini Treatment 45mins \$85

5 Point cleanse, AHA exfoliant, Antioxidat Serum and Hydrating Clay Masque with head and shoulder massage.

Intense Hand and Arm Therapy
30mins \$45

This vitamin cocktail will help improve dry, rough and sundamaged skin. Specifically targeting hydration levels and reversing years of over exposure to the sun. Designed as an add on.

Add Ons

Lactic Peel \$30 - Hydrating and Exfoliating

Alginate Masque \$25 - Infusing

Microdermabrasion



A series of five for the price of four

Micro Infusion 45min \$120

Includes an infusion of Serums suited to your skin type.

Micro Deluxe 60min \$150

Enzyme or Lactic Peel + Infusion for maximum results.

Micro of Decolletage 15mins \$45

Designed as an add on.

Waxing



Men Women

Brow Shaping	\$15	\$30	Bikini	\$30
Lip or Chin		\$15	G-Wax	\$40
Full face		\$40	Brazilian	\$68
½ Leg	\$40	\$35	Brazilian 4 wk maintenance	\$58
¾ Leg Wax		\$40	Tummy line	\$12
Full Leg	\$65	\$55	½ Arm	\$30
Back or Chest	\$45		Full Arm	\$45
Shoulder or neck	\$15		Under Arm	\$18

Hands & Feet



Express Manicure - 45min \$50

File, cuticle treatment, massage, polish.

Deluxe Manicure - 60min \$65

Nail soak, cuticle treatment, Enzyme exfoliation, massage, hot towel & polish.

Spa Pedicure - 60min \$65

Foot soak, nail & cuticle treatment, heel buff, massage and polish.

Deluxe Pedi - 75min \$80

Foot soak, nail & cuticle treatment, organic foot and calf scrub, AHA exfoliation for callused soles, heel buff, foot and calf massage and polish. Sole Heaven!

Foot Ritual - 30min \$45

De-stress with a foot soak, exfoliation, buff & massage. Treatment add on.

Add/remove Shellac - 15min \$15

Warm Paraffin Mask - 15mins \$15

Deliciously Hydrating.

Ebb & Flow Day Spa have recently introduced the latest in IPL Hair Reduction and Photo Rejuvenation technology to our range of treatments with a new 'ELIS 2' SHR IPL & BBL Machine.

WHAT IS BBL with Photo Rejuvenation?

BBL is an innovative light-based technology that sets new standards for treating skin conditions associated with ageing, active life-styles and sun damage. BBL photo rejuvenation is noninvasive and treatments can be personalised to treat age and sun spots and small facial veins. The treatment also stimulates Fibroblast Cells in the skin promoting Collagen production.

WHAT IS BBL with SHR?

SHR stands for Super Hair Removal. It's a huge step forward in permanent hair reduction and is the most advanced way of removing unwanted hair. SHR is faster than traditional IPL and Laser, it's safer and its pain free in comparison.

HOW DOES BBL/SHR WORK?

BBL is essentially an updated version of IPL. BBL deposits pulses of light energy that gently heat the upper layers of skin or hair follicle. Within the skin, the light energy is absorbed by targets, such as fine, broken vessels, pigmented lesions and hair pigment. This process destroys the target, eliminating it from the skin and restoring it to its natural beauty or in the case of SHR reduces the hair growth.

IS SHR SUITABLE FOR ALL SKIN AND HAIR TYPES?

SHR is suitable for all hair types, including light, white and grey hair.

BBL is suitable for most skin types, including olive skin, this is achievable because of the newer technology.

HOW MANY TREATMENTS ARE NEEDED?

Every Case is individual and specific. A four week regime is important to maintain so that the SHR treatments get the hair at its four week re-growth. Near the end of the treatments, 6-8 week intervals will be needed to finish off your course. Some hair growth may need further touch up treatments.

IS THERE ANY PAIN WITH HAIR REDUCTION?

Relatively pain free, this is achieved by new SHR technology and In-Motion techniques, to give a faster pain free treatment.

Initial Consultation 30 min \$60

Redeemable off your 1st treatment

BBL/IPL Photo Rejuvenation

For the treatment of pigmentation, sun damage, broken capillaries and for overall collagen stimulation. Test results have shown that combining Photo Rejuvenation with our normal facial treatments increases and lengthens your results for a fresher and healthy looking skin.

Includes Cleanse, BBL Photo Rejuvenation and an application of moisturiser and sunscreen.

Full Face	\$180	Décolletage	\$120
Neck	\$90	Neck & Décolletage	\$170
Full Face when paired with a facial treatment	\$150		

Pigmentation Treatment

Full Face	\$160	Décolletage	\$150
Back of Hands	\$100	Per Zone	\$100

Acne Treatment

Full Face	\$160	Back	\$180
Shoulders	\$100	Per Zone	\$100

Vascular (Rosacea/Capillary) treatment

Cheeks	\$120	Per Zone	\$100
Chin	\$60	Body Areas	POA

SHR/IPL Permanent Hair Reduction

Women

Lip	\$40	Chin	\$45
Full Face	\$110	Underarms	\$80
Brazilian	\$95	Bikini/GString	\$75
Tummy	\$45	Full arms	\$150
Half legs	\$140	Full legs	\$180

Men

Full chest	\$150	Full Chest & Abs	\$190
Full back	\$190	Back, Neck & Shoulders	\$260

