

TREATMENT MENU



**keishi** spa

The ultimate in spa therapy for ladies and gentlemen



**keishi** spa

### THE KEISHI SPA DIFFERENCE

What sets us apart from other spas?

The moment you walk into Keishi Spa you begin to feel more relaxed because of the calming atmosphere and decor.

Keishi Spa is located within the resort near the fitness centre, performing only within their areas of excellence each therapist strives to ensure we meet your expectations. Whether it's a bridal party, corporate event or girl's day out, the day spa is the ideal location to take time out and receive a pampering. Relax on our spa terrace overlooking the picturesque golf course whilst enjoying refreshments from our in-spa menu.

Our passion - We constantly strive to offer stellar service through education, attention to detail and quality products such as BABOR, Aromatherapy Associates London, and Fragonard perfumery, to help you enhance your overall well-being, the ultimate spa experience in an award winning luxury boutique spa.



## BABOR SKIN CARE

BABOR's products philosophy is based on natural plant extracts and advanced technology. Catering for the various demands and needs of your skin, BABOR cosmetics offer premium and luxury skin and body care products that combine state-of-the-art scientific knowledge and the beneficial effects of natural active ingredients at the highest possible level. The unique formulas, based on precious substances derived from natural sources, guarantee the highest degree of skin compatibility whilst achieving amazing results for your skin and relaxation. Furthermore, BABOR's extensive research for more than 55 years and scientific development ensures the effectiveness and results for your skin.

## BABOR FACIALS

### SKINOVAGE<sup>PX</sup> FACIAL

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The SKINOVAGE<sup>PX</sup> treatment developed and tailor made to your skin type in line with the unique BABOR method. This is a synergy of professional beauty care and the exceptional new BABOR Effective Touch massage, which combines world-renowned massage therapies in a completely new way.

The SKINOVAGE<sup>PX</sup> treatment takes a holistic approach to beauty. The special massage techniques used in BABOR Effective Touch, treat more than just the skin of the face. Massaging the face, the scalp and the nape of the neck also activates the entire body. At the same time, the body's own systems are brought back into perfect balance—resulting in radiant beauty and total inner harmony.

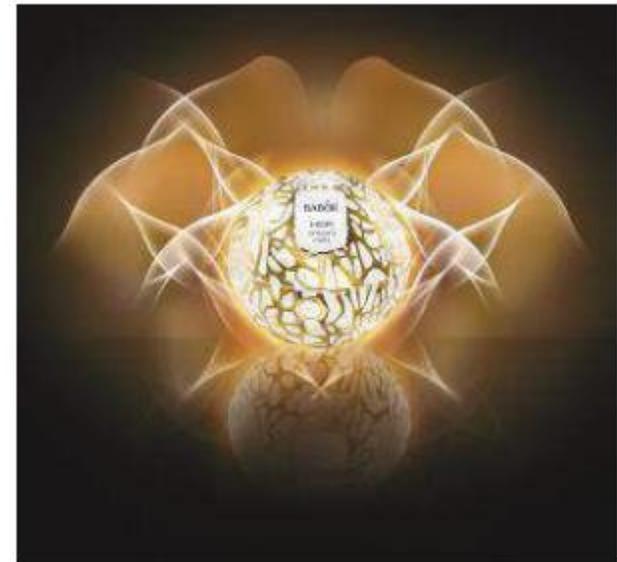
*Treatment duration 90 mins \$150*

### HSR LIFTING FACIAL

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With HSR revolutionary lifting and firming complex, BABOR scientists have succeeded not only in reducing the visible signs of ageing but also slowing down the process. High tech formulations with active substances based on Nobel Prize Winning research, make it possible to extend the life span of your skin cells. A revolutionary discovery, firming and lifting facial at the highest level.

*Treatment duration 90 mins \$230*



## SEA CREATIONS FACIAL

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Treat your skin to a luxurious expedition of the sea. This facial is designed to slow down the ageing process using Green Caviar Algae Extract, Pearl Proteins and Sea Silk from the depths of the ocean. Begin this luxurious facial journey with a highly concentrated serum that is applied with a sea conch followed by an exclusive massage with heated obsidian stones and cool coral stones. A truly amazing treatment, leaving your skin looking firmer, smoother and more youthful.

*Treatment duration 120 mins \$390*



## REVERSIVE FACIAL

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Turn back the clock on skin ageing. This facial starts with a 10% AHA peel followed by specific massage techniques to lift, firm and relax muscles deep down. A hand and arm exfoliation and massage, finishing with progressive muscle relaxation meditation music. Instant visible results, smoother and firmer skin.

*Treatment duration 90 mins \$250*



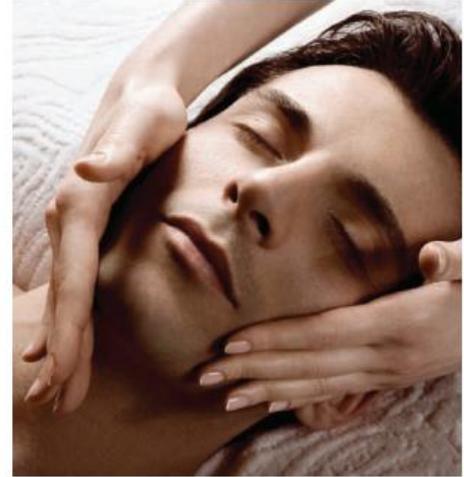
## MAN POWER

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BABOR MEN is precisely tailored to the needs of male skin. It protects the skin against shaving stress, is easy to use, absorbs fast and—above all—makes grooming efficient. The active Taurec complex which is formulated with hops and Siberian ginseng, provides vitality and energy and helps razor cuts regenerate faster. Skin looks smoother, is well protected and reacts less sensitively to environmental influences.

***Treatment duration 90 mins \$150***

**We recommend that gentlemen shave at least 1 hour prior to your appointment to ensure optimal effect**



## KEISHI SPA SIGNATURE FACIAL

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This holistic facial incorporates the finest of products suited to your skin type with the healing powers of real Rose Quartz crystals, which are known as the stone of love. The beautiful Rose Quartz crystal wands massage your skin, helping to balance chakras and improve your skins vitality functions. Your scalp, hands and feet are massaged while you relax under your organic facial mask. This facial experience will leave you feeling relaxed and in a positive frame of mind with beautiful glowing skin.

***Treatment duration 90 mins \$165***



## MAKEUP

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Relax in our spa while your therapist applies our BABOR face design makeup to suit your occasion. Whether it's for a special day, evening or bridal party, our therapist can accommodate your needs.

**Treatment duration 30 mins \$100**

**Optional: False eyelash application 15 mins \$20**

## TINTING

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Eyelash Tint .....	<b>\$30</b>
Eyebrow Tint .....	<b>\$23</b>
Eyebrow Tint & Eyelash Tint .....	<b>\$45</b>

## WAXING

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Sides of Face .....	<b>\$20</b>
Lip or Chin .....	<b>\$23</b>
Eyebrow .....	<b>\$25</b>
Lip & Eyebrow .....	<b>\$33</b>
Face Wax .....	<b>\$40</b>
Bikini .....	<b>\$31</b>
Extended Bikini .....	<b>\$35</b>
Underarm .....	<b>\$29</b>
Half Arm .....	<b>\$36</b>
Full Arm .....	<b>\$46</b>
Lower Leg .....	<b>\$39</b>
Full leg .....	<b>\$57</b>
Lower Leg (including Bikini) .....	<b>\$62</b>
Full Leg (including Bikini) .....	<b>\$75</b>
Back or Chest .....	<b>\$45</b>

## TANNING

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Lay back and relax in the ambiance of the spa with our luxurious crème tan treatment. Let our therapists massage you with a smooth even application of tan, leaving your skin with a beautiful natural glow.

**Treatment duration 30 mins \$45**



## PETITE MANICURE OR PEDICURE

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Enjoy our petite manicure or pedicure, beginning with a light exfoliation, followed by your nails being shaped, a massage using warm obsidian stones and your nails painted with the colour of your choice. For ages 16 years and under only. Receive a complimentary Keishi Spa signature bear.

***Treatment duration 30 mins \$60***

## BABOR SPA MANICURE

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A luxurious manicure beginning with your nails being shaped followed by a light exfoliation with your cuticles and hands being treated in a warm cocoon wrap. Enjoy a relaxing hand and arm massage with heated obsidian stones, followed by a polish of your choice being applied to your nails and a refreshing glass of sparkling.

***Treatment duration 60 mins \$85***

## BABOR SPA PEDICURE

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Relax in our pedicure lounge while your feet are emerged in our mineral foot bath and our therapist massage your neck and shoulders, then your nails are shaped, cuticles are treated, and heels buffed. Complete this with a relaxing heated obsidian stone massage with your choice of polish and a refreshing glass of sparkling.

***Treatment duration 60 mins \$85***

**NOTE:** For French polish please allow an additional 15 mins and an extra cost of \$15. Please request on booking.

We do not offer Gel or Shellac Polish in our Manicure and Pedicure services. Please advise receptionist on booking if you need Gel or Shellac Polish removed.

## SALT MILK BODY EXFOLIATION

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Canadian salts exfoliate the body and replenish lost minerals in the skin whilst milk extracts leave the skin feeling velvety soft.

***Treatment duration 30 mins \$80***

## BESPOKE SKIN POLISH

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This relaxing all over body exfoliation and layering of richly nourishing products will leave your skin looking radiant and feeling wonderfully smooth. Includes your personal selection from our exclusive Aromatherapy Associates fragrance collection.

***Treatment duration 30 mins \$80***



## MASSAGES

### BLISSFUL BACK MASSAGE

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Enjoy our blissful back, neck, head and shoulder massage while we ease away those aches and pains, sending you into a deep state of relaxation. Recommended for those golfers.

*Treatment duration 30 mins \$70*

### BABOR SWEDISH MASSAGE

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A classic European massage using long strokes and kneading to massage the superficial layers of muscles. This soothing massage helps to improve circulation and ease muscle aches and tensions, improves flexibility and enhances relaxation.

*Treatment duration 60 mins \$115*

### ULTIMATE AROMATHERAPY EXPERIENCE

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This hero treatment combines Swedish and neuromuscular techniques to release tension held in every part of your body, leaving you feeling deeply relaxed and recharged. An aroma test is carried out to allow you to choose essential oils based on your individual needs.

*Treatment duration 60 mins \$120*

*90 mins \$180*

### SLEEP DEEPLY

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A powerful body and mind switch off to induce a serious state of relaxation for a comforting, peaceful night's sleep. This deeply sedating full body massage harnesses rich essential oils of Vetiver, Chamomile and Sandalwood to help those who suffer with insomnia and are longing for a deep sense of tranquillity.

*Treatment duration 60 mins \$130*

### CLEAR YOUR MIND

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This full body massage helps you unwind and refocus, getting you back on track. A blend of Chamomile, Petit grain and Rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp and facial massage works on your complete well-being to relieve anxiety and emotional exhaustion. Perfect for times of stress and over-activity.

*Treatment duration 60 mins \$130*



## MASSAGES

### BALANCING CASHMERE WOOD HOT STONE TREATMENT

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Creates inner strength while enhancing your skins natural defences. We use warm basalt stones altering with cool marble to achieve positive effects on the vascular system, mobilising the body's natural energy. Beginning with an active body exfoliation using super fine Canadian salt and naturally scented body oil of Vetiver, Cardamom, Nutmeg and Anise to release all stresses.

***Treatment duration 90 mins \$180***

### INTENSIVE MUSCLE RELEASE

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An intense massage specifically designed for tight, stressed, aching muscles. A combination of Black Pepper, Rosemary, Ginger and Lavender help to relieve stiffness, pain and calm the muscles.

***Treatment duration 60 mins \$130***

### PREGNANT MUM MASSAGE

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Lay back and relax on our pregnancy massage table while our nurturing therapist eases away at those aches and pains. This includes a plush cuddly teddy for your baby.

***Treatment duration 60 mins \$130***

### ULTIMATE ROSE PREGNANCY MASSAGE

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Using Rose essential oils to nourish and care for your expanding skin. This treatment uses the traditional aromatherapy pressure point massage. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind.

***Treatment duration 60 mins \$120***

Pregnancy treatments are not recommended for those soon to be mums in their first trimester.



## PACKAGES

### CREATE YOUR OWN EXPERIENCE

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Choose any TWO of the following treatment options:

- Mini Manicure
- Mini Pedicure
- Back Massage
- Classic Facial
- Foot and Hand Massage

Followed by a glass of sparkling and an antipasto platter whilst relaxing on our spa terrace overlooking the golf course. Perfect for a hen's day or girls day out. \*Platter can be given around the pool, please request on booking\*

Minimum of 2 guests.

***Treatment duration 60 mins \$145 per person***

### REVITALISE

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A very relaxing BABOR facial suited to your skin type using the BABOR effective touch massage which combines world renowned massage therapies in a completely new way. Followed by a beautiful full body massage to give your body a deeper sense of relaxation. Enjoy a fresh array of fruit and refreshments following your treatment.

***Treatment duration 120 mins \$220***

### ULTIMATE INDULGENCE

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Indulge yourself in a luxury spa journey for 4.5 hours of treatments and let our therapists send you into a deep state of relaxation. Select your own treatments from our treatment menu (Excluding Sea Creations and Reversive Facials) for your special time in the spa. Enjoy a light lunch (30 mins) including a glass of sparkling and refreshments from our in-spa menu. Enjoy a spa gift to continue your spa journey at home and to make your spa experience memorable.

***Treatment duration 5 hours \$500***

### RE-ENERGISE COUPLES PACKAGE

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Join your loved one and unwind in our beautiful terazzo bath with a fresh array of strawberries and chocolate. Followed by a Swedish full-body massage for two. Enjoy a glass of sparkling and an antipasto platter on our spa terrace overlooking the golf course whilst receiving a foot massage by our friendly therapists. \*Foot massage can be provided around the pool, please request on booking\*

***Treatment duration 105 mins \$370 per couple***

### IN-ROOM BATH BUTLER SERVICE

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Your personal bath butler will come to your hotel room and prepare a relaxing bath using Aromatherapy and Associates essential oils.

Choose a unique blend to target a range of different results including:

- Clearing your mind
- Promoting deep sleep
- Intensive muscle relaxation

Please note: Only available for hotel rooms with baths, please view the collection menu located next to your bath.

## VICHY SHOWER TREATMENTS

The Vichy Shower is the ultimate hydrotherapy treatment that detoxifies, hydrates and intensively relaxes the body. Warm water passes through parallel shower jets onto the body, transcending you into a deep state of relaxation.

### INFUSE

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An invigorating full body exfoliation followed by a silky smooth milk cocoon body wrap. Enjoy a blissful Vichy Shower followed by a full body massage leaving your skin feeling soft and your body and mind feeling relaxed. Enjoy a fresh array of fruit and refreshments following your treatment.

*Treatment duration 130 mins \$250*

### INTENSE NOURISHMENT

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Nourish your body and soul with this luxurious treatment designed to rejuvenate dry skin. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead skin cells to revive dull looking skin. This treatment includes a nourishing full body mask and hands and feet are given special attention with a freshwater mud mask. Conclude this treatment with a blissful vichy shower.

*Treatment duration 75 mins \$190*

### COUPLES REVIVE PACKAGE

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Enjoy a full body exfoliation followed by a dual Vichy Shower and Swedish massage using long strokes and kneading to massage the superficial layers of muscles. This soothing treatment helps to improve circulation and ease muscle aches and tensions, improves flexibility and enhances relaxation. Finish this treatment by relaxing on our spa terrace overlooking the golf course with a glass of sparkling and an antipasto platter. \*Platter can be given around the pool, please request on booking\*

*Treatment duration 110 mins \$430 per couple*



## HOW TO SPA

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- Bath robes and disposable underwear are provided or if you desire you are welcome to bring your own swim suit.
- The spa is a peaceful and relaxing place. Please kindly respect the privacy of each and every spa guest by turning off your mobile phones.
- It would be preferred if you do not wear any jewellery when coming to the Spa. We kindly advise that you leave any jewellery in your room in a safe
- Programmes are carefully planned to accommodate each and every client. We kindly request that you be punctual, in a spirit of mutual respect and to arrive 15 minutes prior to your appointment time.
- Spa etiquette: As a courtesy to all our guests, treatments are completed as scheduled. Arriving late to your appointment will Shorten your time spent with us.
- We recommend that gentlemen having a facial should shave at least 1 hour prior to your appointment to ensure optimal effect of the treatment.
- For your own convenience, it would be advisable to organise your treatment programme and sessions in advance. This will give You the opportunity to choose with the Spa manager and therapists the most appropriate treatments and time which best suits you.

## EXERCISE CAUTION

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Please be sure to tell us if you have any health concerns or conditions (e.g. Pregnancy, high/low blood pressure etc.). If you are uncertain, we highly advise that you consult your physician before visiting the spa.

## PAYMENT

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We accept Visa, MasterCard and Bankcards. Advance booking is highly recommended to avoid disappointment. We require a deposit by credit card to reserve all appointments. A 15% surcharge applies for all appointments made on public holidays. Gift vouchers and hotel memberships cannot be redeemed on Sundays or public holidays. Guests that wish to cancel or reschedule their appointments are kindly requested to give the spa at least 24 hours notice before your appointment. In the event of non-attendance, your credit card or room will be charged, and cash or gift vouchers are redeemed.

## LOCATION

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Keishi Spa is located within the resort overlooking the golf course. Our luxury award winning spa is for hotel guests and non-hotel guests.

## TRADING HOURS (TO MAKE A RESERVATION PLEASE DIAL +61 (0) 8 9297 0737 or DIAL EXTEN. 737)

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Monday	9.00am – 6.00pm
Tuesday	9.00am – 6.00pm
Wednesday	9.00am – 6.00pm (6pm–8pm by appointment)
Thursday	9.00am – 6.00pm
Friday	9.00am – 6.00pm
Saturday	9.30am – 5.00pm
Sunday	9.00am – 2.00pm (Open exclusively for hotel guests only)

Closed Christmas Day and Good Friday

\*\*\* Prices are subject to change without notice \*\*\*



VINES RESORT  
SWAN VALLEY

**Keishi Spa at the Novotel Vines Resort Swan Valley**

[www.vines.com.au](http://www.vines.com.au)