



## Treatment Menu

## FACIALS

### Ayurda Signature Facial Ⓢ 60 \$125

Our signature facials include face, hand and feet marma point massage which bring balance to the body's energy system and leave you feeling relaxed and rejuvenated from head to toe. Choose from Vata facial (for dry skin), Pitta Facial (for sensitive & oily skin) or Kapha facial (for oily and sluggish skin).

### Indulgence Gold Leaf Facial Ⓢ 75 \$165

A traditional beauty secret, gold has been used for centuries to restore youthfulness. This indulgent facial is toning and stimulating. 24 carat gold leaf is massaged into your skin, followed by a herbal face pack leaving an exceptional natural glow.

### Indulgence Silver Leaf Facial Ⓢ 75 \$165

Silver has been used for centuries for its cooling and healing properties. This treatment gently calms and soothes inflamed skin. The skin is left feeling refreshed and rejuvenated, resulting in clearer and happier skin.

### Fresh Fruit Facial Ⓢ 60 \$145

A natural healing facial that exfoliates, soothes and increases cellular regeneration. A special custom-made pack of fresh fruit and botanical herbs leave your skin totally fortified.

### Anti-Aging Botanical Facial Ⓢ 90 \$185

Includes an enzyme Vitamin C peel, restorative and lifting facial massage, alginate mask to infuse plant based actives deeply into the skin. Stimulates collagen and protects elastin production.

## MASSAGES

### Abhyanga Massage Ⓢ 60 \$135

A full body massage using Dosha specific oil and movements to soothe, calm and nurture the body. Rhythmical strokes help to improve energy, lymphatic flow, blood circulation, skin texture and muscle tone. All leaving you feeling an overall sense of wellbeing.

### Aromatherapy Massage Ⓢ 60 \$125 Ⓢ 90 \$185

A wonderfully relaxing and aromatic full body massage using certified organic essential oils blended specifically for you by your therapist.

### Abhyanga Deluxe Massage Ⓢ 90 \$195

A full body massage using warm Ayurvedic oil to soothe, calm and help remove aches and pains. Perfect after a long hike. Rhythmical strokes and energy point work on the hands, feet and head, restoring balance to your body, mind, senses and soul.

### Babymoon Ⓢ 90 \$195

#### Pre or Post Natal Massage

A complete body massage using specific pre or postnatal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention. A massage with snuggly pillows and bolsters to ensure that you are completely relaxed and comfortable. 90 minutes \$195

### Shiroabhyanga Ⓢ 30 \$75

A nurturing head and neck massage using warm oil to destress and relax. This treatment helps improve dryness and hair loss while calming the nervous system and strengthening the mind. Leave feeling revitalised.

## THERAPEUTIC, REJUVENATION & HEALING

### Shirodhara Treatment Ⓢ 90

1 Treatment \$170 3 Treatments \$440

Shirodhara begins with a soothing hand and foot massage to aid relaxation. Your therapist will then begin the flow of warm oil over your third eye for 30 minutes. This is then followed by an Indian head massage. Shirodhara induces a state of absolute serenity.

### Swedish Massage Ⓢ 90 \$185

Superbly relaxing and therapeutic massage. A traditional Swedish massage with time to focus on particular areas of concern. Excellent for musculoskeletal concerns, sciatica and lower back pain.

### Herbal Steam Ⓢ 15 \$33

This specialised treatment helps to expel toxins released during a massage by opening the channels through a warm steam bath.

## BODY RITUALS

### Ubtan Body Mask Ⓢ 105 \$200

The ritual is an Ayurvedic beauty secret which has been used as a cleanser for centuries. It involves full body massage followed by the application of herbal powders called Ubtans to cleanse the skin. The therapeutic benefits of the Ubtan will be enhanced while you are wrapped in a foil blanket. To complete this experience, the treatment will be finished with a warm soak in our herbal bath under the beautiful canopy of the banyan forest, then the soothing and hydrating application of Ayurda's Hand and Body Lotion which will leave your skin feeling invigorated and baby soft.



To make a spa reservation or discuss a personalised package contact:  
Spa Manager - Melissa Teague 02 65632002 ext.106

**Buriti Oil and Salt Scrub**                      Ⓢ 120    \$240  
**with Aromatic Bath Soak and Massage**

A delightful treatment using natural plant oils and botanicals fortified with essential vitamins and antioxidants, that will delight the senses and restore lost vitality. Known as the Life Tree, the fruit of the Biruti, *Mauritia Flexuosa*, possesses the remarkable ability to nourish, moisturise and repair the epidermis and improve the skins elasticity. Ideal full body treatment for sun damaged skin.

**Rose Foot Ritual**                                      Ⓢ 60    \$110

This traditional foot ritual begins with a rose footbath, followed by warm oil massaged into the feet, cuticles and legs, bringing about relaxation.

**Absolute Arajilla Bliss**                              Ⓢ 3 hours    \$390

From top to toe, this ultimate treatment will leave you feeling refreshed and rested with your skin absolutely glowing. Unwind with an aromatic hour and a half Massage. An Anti Aging restorative and lifting vitamin facial massage with a Vitamin C peel. An alginate mask to deeply infuse plant based antioxidants into the skin. This stimulates collagen and protects elastin production.

Foot pamper with polish application. Deeply conditioning Argan oil serum hair treatment.

## ARAJILLA SIGNATURE SPA PACKAGES

**Abhyanga & Herbal Steam**                              Ⓢ 75    \$150

**Fresh Fruit Facial & Rose Foot Ritual**                      Ⓢ 120    \$230

**Abhyanga & Shirodhara**                                      Ⓢ 120    \$270

**Abhyanga, Herbal Steam & Shirodhara**                      Ⓢ 120    \$298

**Abhyanga & Rose Foot Ritual**                              Ⓢ 120    \$220

**Absolute Arajilla Bliss**                                      Ⓢ 3 hours    \$390

## AYURVEDA

Ayurvedic science is a holistic health care system that achieves your natural balance at a physical, mental and emotional level by incorporating unique and ancient principles.

Ayurveda is a 5000 year old science and is recognised as the world's oldest healthcare organisation.

The very unique principals are still used today by qualified Ayurvedic therapists and doctors, by incorporating the belief that our body is governed by 3 intelligences or doshas; Vata, Pitta and Kapha.

Ayurveda looks at treating the root cause of problems not merely the symptoms. Ayurveda shows us a simple way to unfold the light within.

**Ayurda Body Polishes**                              Ⓢ 105    \$190

The treatment begins with dry body brushing, followed by the application of warm medicated oil before the traditional dosha specific scrub is prepared and applied to the skin. To complete this experience the treatment will be finished with a warm soak in our herbal bath under the beautiful canopy of the banyan forest and the soothing and hydrating application of Ayurda Hand and Body Lotion which will leave your skin feeling invigorated and baby soft. Choose from:

**DETOX BLEND**

- For skin that is cellulite prone and has a tendency to retain water.

**REJUVENATING BLEND**

- For normal/sensitive skin, this body polish eliminates toxins and removes impurities.

**HYDRATING BLEND**

- For dry and maturing skin, this traditional Ayurvedic hydrating recipe polishes the skin whilst warm oil and coconut milk soothes.

## AYURDA AYURVEDIC SKIN CARE

Ayurda in sanskrit means 'bestower of longevity' which it achieves through its skin care range and treatments. Ayurda products are based on authentic Ayurvedic principles that "nothing should be applied on the skin if it cannot be taken internally" - making this a safe non-toxic range.

The herbs used in Ayurda products are grown in the Himalayan Mountains, tendered with care and are handpicked and sun dried. In keeping with Ayurvedic traditions, all products undergo a blessing ritual before shipment.

## SPA ETIQUETTE

- To make the most of your spa experience please arrive 10 minutes prior to your appointment time. Wear loose clothing that you don't mind getting oil on.
- As part of our cancellation policy we require all bookings to be guaranteed by a credit card number.
- We require 24hr notice for any cancellations. Cancellations without notice will incur a 100% cost.
- Arriving late will give you less time in which to enjoy your treatment. To ensure that the next guest is not inconvenienced, we will always finish your treatment on time, regardless of your arrival time.
- Please also give yourself 10-15 minutes after your treatment to enjoy and relax in the surroundings of Arajilla Retreat with a warm cup of herbal tea.



Book online now @ [www.lordhowe.com.au](http://www.lordhowe.com.au)