

#### **The Gift is in the Giving**

Show your gratitude and spoil someone you love with a decadent and well deserved gift voucher. Gift vouchers can be arranged over the telephone or by email. **Corporate gifts welcome.**

**Gift vouchers valid for 3 months from date of purchase.**

**Fully redeemable on all treatments, skincare or homewares.**

**Please note there will be no extensions on expired gift vouchers.**

#### **Arrivals and Late arrivals**

Arriving 10 minutes prior to your treatment booking is greatly appreciated. We understand that circumstances arise which may cause you to be late. **Please note all treatments must finish on time.**

#### **Cancellations**

Credit card details are required to secure all treatment bookings, these details will remain confidential. We require a minimum of 24 hours notice, within working hours, to cancel your treatment booking. A charge of 50% of the full fee applies to any late or 'last minute' cancellations. All 'no shows' will be charged 100% of the full fee. **This also applies to gift vouchers.**

#### **Treatment Prices**

All prices are inclusive of gst.

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

#### **Service Hours**

Sunday – closed

Monday to Saturday – 9.00am to 5.00pm

Late nights Thursday until late by appointment.

#### **Location**

200 Middle Street . Cleveland Q 4163

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Please view our menu and promotions on our website

**[www.lplunge.com.au](http://www.lplunge.com.au).**



L'plunge

*exquisite skincare . advanced treatments . expert advice*



L'plunge  
SKIN THERAPIES

*Beautiful skin is just a treatment away*

# Welcome to Splunge

## SKIN IS OUR PASSION

Science, nature, nutrition and lifestyle are the secrets for preserving youth. We use advanced skincare brands which have been formulated by leading plastic surgeons and dermatologists from around the globe.

Our in salon treatments are results orientated and we use the latest anti-ageing light and sound treatments which help the skin to help itself.

We offer expert advice and practical solutions to help keep your skin healthy. Book now for a one on one expert consultation.

**Beautiful skin is only a treatment away...**

## GREATER WELLBEING INSIDE AND OUT

Rejuvenate your appearance, enhance your features. Private consultation is available with visiting doctors and skin consultants, who specialise in cosmetic enhancement fillers and injectables to help manage the visible signs of ageing.

**Please see reception for enquiries and bookings.**



## Face Therapies

### HELPING THE SKIN TO HELP ITSELF

#### Expert Consultation 30 mins \$50

Experience one on one expert advice and consultation to help you manage your skin concerns. Professional advice and practical solutions designed to suit your individual skin care goals.

**Redeemable on two or more skincare products.**

#### Skin Wellbeing 40 mins \$95

A naturally beautiful and organic treatment facial from Oshe. Restores balance, harmony and wellbeing to your skin.

#### Skin Essentials 50 mins \$120

Help the skin to help itself with this customised Parisian face skin treatment. Purify, hydrate, soothe and repair your skin as we re-educate the skin system.

#### Skin Intensives 50 mins \$140

An intensive peeling and oxygenating treatment for your face, neck and hands. Awaken your skin with this illuminating treatment, combining gentle peeling with oxygenating ingredients. Resulting in a healthy, vital complexion and new found radiance.

#### Skin Opulence 80 mins \$175

A sophisticated anti-ageing treatment using advanced molecular care. This youth replenishing facial is based on oriental philosophies and uses rose quartz crystals and chi gong balls during the massage sequence. A stunning facial using wild yam soy and plant extracts to nourish and firm your skin. Includes relaxing back massage – advanced serums – treatment mask.

### ADD ON TREATMENTS TO ENHANCE YOUR FACIAL

<b>Brow bar couture</b> – complete brow and lash service	<b>\$65</b>
<b>Eye Believe</b> – anti ageing eye treatment	<b>\$30</b>
<b>Lip blooming</b> – plumping and firming treatment	<b>\$30</b>
<b>Hydrating alginate mask</b> – cooling and soothing	<b>\$30</b>
<b>Add on peel omni or micro add on</b> – with any one hour facial	<b>\$80</b>
<b>Anti-ageing mini peel</b> – hands or feet	<b>\$50</b>
<b>Anti-ageing micro</b> – hands or feet	<b>\$50</b>
<b>Intensive hydrating paraffin</b> – hands or feet	<b>\$25</b>
<b>Touch therapies</b> – scalp, hands, back or feet	<b>\$30 each</b>

*You have one skin  
and it's yours to cherish*

OUR PHILOSOPHY

## *Skin Science*

### **COSMECEUTICAL SKIN TREATMENTS**

#### **Evolution Facial** 40 mins \$95

Begin with a comprehensive skin consultation, followed by an informative cleansing and exfoliating lesson, designed to teach you how to care for your skin. Finish with a hydrating and restorative vitamin A treatment massage for face neck arms and hands.

#### **Mask Crystal Vitamin C Infusion** 50 mins \$140

A highly effective skin treatment to boost the skins ability to target pigmentation and ageing. High concentrations of vitamin C are infused into your skin to replenish essential nutrients and protective antioxidants. Includes cooling and hydrating alginate mask and vitamin A treatment massage for face neck and hands.

**Prepaid package of 4 treatments \$500**

#### **Speed of Sound Vitamin A Infusion** 80 mins \$175

A scientifically proven treatment combining sound waves and galvanic technology which infuses age reversing vitamin A into the action zone of your skin. Founded by Dr Dez Fernandez this unique treatment is exclusive to Environ and has demonstrated world wide to be one of the most effective treatments for correcting and repairing ageing skins.

**Prepaid package of 4 treatments \$625**

#### **Customised Skin Science Peel** 40 mins \$120

Cosmeceutical strength skin peels are carefully selected to suit your skin condition and skin colour, as not all skins should be using the same peels. These gentle yet effective formulas are able to exfoliate hydrate and purify your skin. Which will increase collagen and elastin renewal, improve hydration, texture and tone of your skin.

**Prepaid package of 4 treatments \$425. Peel one week, heal the next.**

#### **Microdermabrasion Face, Neck and Decolletage** 40 mins \$120

A gentle and controlled exfoliation treatment using either diamond tip micro or organic crystals. Includes consultation + skin scanner + soothing hydration treatment mask. A series of treatments is recommended for optimum results.

**Prepaid package of 4 treatments \$425**

#### **Speed of Light Facial** 30 mins \$100

A scientifically proven treatment using Led light therapy which penetrates deep within the dermis. Speeding up collagen and elastin production the substance and foundation of youthful skin. Softening lines rejuvenating and improving all skin conditions.

**Includes 20 minutes of relaxing foot therapy.**

**Package of 9 treatments \$800**

#### **Skin Resku Program**

Fast track your skin care goals with our results orientated programs designed to stimulate growth factors and essential collagen and elastin renewal resulting in a healthy radiant complexion.

**Includes one peel – one micro – one omni – one sound infusion.**

**Prepaid price of \$450**

## *Modern Makeup*

### **UNEARTH YOUR NATURAL BEAUTY**

#### **Personalised Makeup Session** 30 mins \$50

Experience a one on one personalised makeup session focusing on correct colour selection and colour matching of minerals and or vitamin foundations. Enhance your features and achieve a soft natural look. **Fully redeemable on 2 products or more.**

## *Brow Bar Couture*

#### **Complete Brow Shaping and Tinting Service** 45 mins \$65

Compliment your face shape with our brow mapping service. Includes brow shaping + brow and lash tinting.

#### **BROW + LASH SERVICE**

prices from

<b>Brow wax and shape</b>	\$25
<b>Brow tint</b>	\$25
<b>Lash tint</b>	\$25

## *Groomed to Perfection - Face*

#### **FACE WAXING**

prices from

<b>Brow wax and shape</b>	\$25
<b>Lip or chin</b>	\$25
<b>Sides of face</b>	\$35
<b>Full face</b>	\$75

## *Groomed to Perfection - Body*

#### **BODY WAXING**

prices from

<b>Standard bikini</b>	\$40
<b>Extended bikini</b>	\$55
<b>G-string bikini</b>	\$50
<b>1st time Brazilian</b>	\$75
<b>Follow-up Brazilian</b>	\$60
<b>Half leg</b>	\$45
<b>Full leg</b>	\$65
<b>Half leg + bikini</b>	\$75
<b>Full leg + bikini</b>	\$95
<b>Full leg Brazilian</b>	\$125
<b>Back</b>	\$60
<b>Chest</b>	\$60
<b>3/4 arm</b>	\$45
<b>Under arms</b>	\$30

## *Hands & Feet*

#### **LUSHLY HANDS AND FEET**

25 mins \$65

Essential grooming for your hands or feet. Includes exfoliation, massage, file plus lushly polish.

## Massage Therapies

### **SURRENDER YOUR SENSES ENHANCE YOUR WELLBEING**

**Relaxation Comfort Touch Massage** 50 mins \$100  
80 mins \$140

L'plunge signature relaxation massage using unique massage movements from around the globe. Customised for light, medium or firm pressure. **Suitable for pregnancy.**

**Balinese Chi** 80 mins \$150

A deeply relaxing gentle style of massage based on a variety of techniques that stretch and soften tight muscles, soothing all tension and stress. Let your mind escape, relax and let go.

**Zen Stone Therapy** 80 mins \$150

Melt away aches and pains with this highly therapeutic, deeply relaxing treatment using heated and chilled basalt rocks to soothe aching muscles and body fatigue. Total relaxation for the body, mind and soul.

**Lomi Lomi** 80 mins \$150

The energy of the ocean – the dance of the sea. A fluid and rhythmic island style massage and Polynesian delight inspired by nature and the healing element of water.

**Action Sublime – Back and Shoulders** 30 mins \$65

Enjoy a relaxing back and shoulder massage to release tension and stress from your body. Promotes general health and wellbeing.

**Action Sublime – Foot Reflexology** 30 mins \$65

A simply divine way to relax and unwind. Begin with foot exfoliation, followed by action sublime foot therapy.

**Action Sublime – Scalp Bliss Massage** 30 mins \$65

Begin with gentle shiatsu massage on your back – transition into our heavenly scalp bliss massage using warm herbal oils and tonics. Drop more deeply into yourself with our soothing brushing rituals and gentle massage techniques to de-stress.

**Oshe Organic Aromatic Spa Facial** 30 mins \$65

**Add on this beautiful spa facial to your massage.**  
Surrender your senses to this naturally beautiful facial. Which is a perfect complement to a relaxing massage.

### **ADD ON AROMATHERAPY OILS TO ENHANCE YOUR MASSAGE EXPERIENCE**

Enhance your massage experience with powerful essential oil blends from Young Living. Awaken the senses and restore balance to your mind body and soul. **\$20 upgrade**

**VALOUR** – courage, hope and strength

**JOY** – happiness, vitality and wellbeing

**PEACE AND CALMING** – relaxation, calm and de-stress

**AROMA SEIZ** – muscle tension, aches and pains and fatigue

## Body Treatments

### **LET THE CEREMONY BEGIN**

**Aromatic Body Polish** 40 mins \$80

Return vitality, softness and radiance to your skin using the finest crystal exfoliating salts to cleanse, soften and rejuvenate your skin. Includes hydrating lotion infused with aromatic oils.

**Hydrating Body Wrap and Hydrating Lotion** 80 mins \$150

Begin with dry body brush ritual, body scrub and hydrating wrap. Enjoy the warmth of hot steam towels and hydrating lotion massage to finish.

**Soul Soothing Back Treatment** 50 mins \$100

Aromatic deep cleansing for the back. Enjoy a warm application of mineral mud and soul soothing back massage and hot stones under steam.

## Exclusive Escapes

### **AWAKENING THE BEAUTIFUL WITHIN**

**Touch of Spa** 80 mins \$175

Drift into bliss with a relaxing acupressure back massage followed by aromatic spa facial complete your treatment with action sublime foot therapy.

**Includes relaxation back massage – spa facial – foot therapy.**

**Mind Body Soul** 110 mins \$225

Experience the seamless transition from a relaxing massage to one of our most beautiful facials – including scalp bliss massage. Revive a youthful complexion and feel the comforting benefits of this mind, body and soul transformation.

**Includes full body massage – skin essentials facial – scalp massage.**

**Earth and Sky** 125 mins \$245

Float away with a warm and comforting zen stone massage come back to earth with a stunning skin essentials facial from Paris.

**Includes zen stone massage and skin essentials facial.**

**Island Beauty** 120 mins \$275

Begin with aromatic back exfoliation and back massage. Follow this with an organic skin wellbeing facial. Return harmony and wellbeing to your soul as we complete your escape with a lushly express feet and hands.

**Includes back exfoliation + massage – wellbeing facial – lushly express feet and hands.**

**Island Life** 130 mins \$295

A stunning treatment encompassing delicate soothing movements of Lomi Lomi massage which mimics the dance of the sea, the energy of the ocean. Transition into a beautiful Skin Essential Facial from Paris complete with eye believe firming treatment to hydrate the delicate eye area.

**Includes Lomi Lomi – skin essentials facial – eye treatment.**