



illuka

Day Spa



THE ESPLANADE
resort & spa

gippsland lakes - victoria - australia

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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.

facial treatments:

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 toward 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 \$140

60 Minutes \$115

30 minutes \$85

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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; smoothed 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

BOTANICAL SKIN RESURFACING TREATMENT

Go beyond microdermabrasion, and energise your skin with a professional facial treatment that helps smooth skin texture and reduce the appearance of fine lines and pore size while significantly increasing radiance - all with less redness and irritation than a microdermabrasion procedure.

90 minutes \$145

60 minutes \$130

30 minutes \$85

massage treatments:

AVEDA AROMA MASSAGE

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Stress, muscle tension and lack of energy can all be addressed with a customised massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalised Aveda aromas and massage techniques, which can include Swedish/relaxation, deeper work on aching muscles, acupressure, chakra techniques, foot reflexology or subtle energy work - the possibilities are limitless.

90 minutes	\$140
60 minutes	\$115
30 minutes	\$65

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
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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	\$115
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body treatments:

Smoother, softer skin texture, body detoxification and hydrated skin can all be achieved with a customised body treatment where you determine the focus. After a thorough consultation, your spa body therapist will provide you with the best combination of products and personalised Aveda aromas while performing the techniques needed to achieve your chosen focus.

AVEDA AROMA

BODY POLISH TREATMENT

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This is an exfoliating body treatment featuring customised Aveda body care products and aromas. The treatment includes a dry exfoliation and full body massage.

75 minutes

\$135

AVEDA AROMA BODY WRAP

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This is a warming, detoxifying seaweed body wrap treatment customised with Aveda body care products and aromas. The treatment includes a wet exfoliation, seaweed body masque and body moisturiser.

75 minutes

\$135

BACK TREATMENT

Customised treatment targeting cleansing, exfoliating and massaging the back. Includes a steaming ritual on the back.

60 minutes

\$115

AVEDA STEAMING RITUAL

A stimulating exfoliation treatment that rejuvenates the skin and senses. This island inspired treatment includes a body polish, warming body masque that activates with steam in our hydrotherapy capsule, finishes with a body moisturiser.

75 minutes

\$160

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	\$230
45 minutes	\$170
30 minutes	\$130

COUPLES GEISHA TUB

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

30 minutes	\$80
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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
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nail treatments:

AVEDA MANICURES AND PEDICURES

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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 30 minutes

File, buff, cuticles and paint

\$65

Manicure 60 minutes

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

\$100

Pedicure 30 minutes

File, buff, cuticles and paint

\$65

Pedicure 60 minutes

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

\$100

packages:

ALL ELEMENTS PACKAGE

Enjoy a customised facial and massage and finish off with your choice of an express manicure OR pedicure

2.5 hours \$250

HYDROTHERAPY BATH PACKAGE

Our hydrotherapy tub is perfect for relaxing or a more intense massage. The package includes 30 minutes in the tub plus your choice of any 1 hour hour facial, massage OR body treatment.

1.5 hours \$160

tinting:

Eyebrow Tint \$10

Eyelash Tint \$20

Lash/Brow Tint \$26

hydrotherapy bath:

This state of the art hydrotherapy tub is perfect for relaxing or a more intense massage with the spa jets. With two programs to choose from it can be tailored to suit your needs.

30 minutes \$65

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 using
MINX tanning solution \$40

makeup:

We offer special occasion and
bridal makeup \$60

waxing:

Eye Brow	\$15
Lip	\$10
Chin	\$10
Eye Brow/Lip/Chin Combo	\$30
Underarm	\$20
1/2 Leg	\$30
Full Leg	\$45
1/2 Arm	\$25
Full Arm	\$40
Standard Bikini	\$25
G-String Bikini	\$40
Brazilian	\$55

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 15 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.

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





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