



SPA MENU



Multi Award Winning Day Spa

*Bringing Wellness & Relaxation to you
since 2007*

SPA + BODY + SKIN

Locally Owned and Operated

(08) 9529 3333

14/7 Railway Terrace, Rockingham Beach WA

www.urbandayspa.com.au

Note: All Prices include GST. Effective Date August 1st 2023.

SPA PACKAGES

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

SPA SANCTUARY

\$269

- ◆ Swedish Full Body Massage (60 mins)
- ◆ Jasmine Back Exfoliation
- ◆ Urban Replenishing Facial (50 mins)

SHIRODHARA BODY AND SOUL

\$259

- ◆ Swedish Back, Neck & Shoulder Massage (30 Mins)
- ◆ Urban Deluxe Hand & Foot Massage with Jasmine Foot Scrub
- ◆ Shirodhara Hot Oil Hair Treatment
- ◆ Urban Deluxe Head Massage
- ◆ Relaxing Hair Wash, Rinse and Express Dry (*Does not inc hair styling)

BALINESE SERENITY

\$349

- ◆ Swedish Full Body Massage (60 mins)
- ◆ Coconut Moisturising Body Wrap
- ◆ Urban Facial inc, scalp massage(30 mins)
- ◆ Deluxe Hair & Scalp Treatment
- ◆ Finish with a Shower



PERFECT DAY OUT

\$389

- ◆ Full Body Massage (60min)
- ◆ Signature Back Exfoliation
- ◆ Urban Facial (30 mins)
- ◆ Private Bath
- ◆ Indulgence Pedicure



HALF DAY PAMPER

\$449

- ◆ Swedish Full Body Massage (60Mins)
- ◆ Signature Back Exfoliation
- ◆ Oxygen Therapy Facial with Deluxe Scalp Massage
- ◆ Indulgence Pedicure

FULL DAY PAMPER

\$799

Choose one from each category below to make up your full day pamper :

- ◆ Spa Facial (See "Spa Facial" Options-Select One **)
- ◆ Massage (See "Massage" Options-Select One **)
- ◆ Body Essence (See "Body Therapy" Options-Select one **)

Also Includes:

- ◆ Selection from our Lunch options
- ◆ Private Bath
- ◆ Indulgence Manicure
- ◆ Indulgence Pedicure



METRO MAN (MENS PACKAGE)

\$359

- ◆ Swedish Full Body Massage (60min)
- ◆ Signature Back Exfoliation
- ◆ Facial Scrub
- ◆ Relaxing Face and Scalp Massage
- ◆ Paraffin Foot Infusion

PREGNANCY SPA PACKAGES

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

MUMMY TO BE

\$345

- ◆ Pregnancy Massage (60 mins)
- ◆ Jasmine Back Exfoliation
- ◆ 30 Minute Facial
- ◆ Indulgence Pedicure

PREGNANCY PAMPER

\$310

- ◆ Urban Replenishing Facial (60 mins)
- ◆ Deluxe Décolletage, Head and Scalp Massage
- ◆ Paraffin Foot Infusion

COUPLES PACKAGES

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

COUPLE SANCTUARY

\$639 per couple

Each Person receives the Following:

- ◆ Swedish Full Body Massage (90 mins)
- ◆ Jasmine Back Exfoliation
- ◆ Urban Facial (30 mins)
- ◆ Private Bath



ROMANCING WITH STONES

\$395 per couple

Each Person receives the Following:

- ◆ Full Body Lava Stone Massage (60 mins)
- ◆ Jasmine Back Exfoliation
- ◆ Relaxing Face Massage
- ◆ Deluxe Scalp Massage

MELTING MOMENTS

\$295 per couple

Each Person receives the Following:

- ◆ Swedish Full Body Massage (60 mins)
- ◆ Jasmine Back Exfoliation
- ◆ Private Bath



BODY ESSENCE

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

SCRUB MASSAGE COMBINATION

\$190 **



- ◆ Enjoy a combined treatment of a full body scrub and full body massage performed at the same time using our own blend of an organic body scrub.
- ◆ Finish with a shower.

COCONUT DREAM BODY WRAP

\$190 **



- ◆ Full Body Coconut Scrub
- ◆ Coconut Body Wrap
- ◆ Deluxe Scalp and Hair Treatment
- ◆ Finish with a Shower

STRAWBERRY AND CREAM BODY WRAP

\$190 **



- ◆ Full Body Exfoliation
- ◆ Strawberry and Cream Moisturizing Body Wrap
- ◆ Deluxe Face and Scalp Massage
- ◆ Finish with a Shower

COFFEE INDULGENCE SCRUB

\$170



- ◆ Full Body Coffee Scrub
- ◆ Face & Scalp Massage with Hair Treatment
- ◆ Finish with a Shower

SAPPHIRE INFUSED BODY WRAP

\$260



- ◆ Full Body Exfoliation
- ◆ Real Ground Sapphire Moisturizing Body Wrap
- ◆ Urban Facial (30mins)
- ◆ Finish with Shower



MASSAGES

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

FIVE SENSES BODY MASSAGE \$175

- ◆ This is one of our most popular massages. Back, Neck & Shoulder Massage with back exfoliation followed by a face, scalp and décolletage massage, a face mask, then finished off with a blissful foot massage.
- ◆ Select your Aromatherapy Scent for a personalised spa experience.

SWEDISH FULL BODY MASSAGE ** "LIGHT TO MEDIUM"

- ◆ **30 Minutes (BNS)** **\$89**
- ◆ **60 Minutes** **\$139 ****
- ◆ **90 Minutes** **\$189**

Your Therapist will use techniques developed in house that are deeply relaxing. You will feel a sense of wellness helping you to destress and unwind.

THERAPEUTIC MASSAGE (DEEP TISSUE) "MEDIUM TO FIRM"

- ◆ **30 Minutes (BNS)** **\$99**
- ◆ **60 Minutes** **\$169**

This is a massage where you take the reigns. Your Massage Therapist will work on specific areas to your needs and help you overcome cramped sore muscles.

LAVA STONE MASSAGE **

- ◆ **30 Minutes (BNS)** **\$99**
- ◆ **60 Minutes** **\$159 ****
- ◆ **90 Minutes** **\$219**

Using Ancient Balinese Volcanic River Healing Stones in our hands to heat your muscles all the while our hands combined with oil in a massage to melt away and aid your muscle tension, helping to relax and releasing pain and fatigue.

PREGNANCY MASSAGE ** (Only After 1st Trimester)

- ◆ **30 Minutes (BNS)** **\$99**
- ◆ **60 Minutes** **\$159 ****
- ◆ **90 Minutes** **\$219**

Urban Retreat holds a special qualification in "Pregnancy Massage" to support your journey so you can rest assure that you are in good, safe hands. This Massage is performed while you lay on your side resulting in deep relaxation.

MANI AND PEDI

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

PARAFFIN FOOT INFUSION \$130

This is not a pedicure, it is a Luxurious Foot Treatment.

- ◆ Foot Soak and Scrub
- ◆ Deluxe Foot Massage
- ◆ Paraffin Wax Foot Mask

URBAN PEDICURE \$109

- ◆ Foot Soak and Scrub
- ◆ Heal and Cuticle Work
- ◆ Nails Filed, Shaped and Buffed
- ◆ Foot Massage
- ◆ Nail Polish of your choice

INDULGENCE PEDICURE \$135

- ◆ Foot Soak and Exfoliation
- ◆ Heal and Cuticle Work
- ◆ Nails Filed, Shaped and Buffed
- ◆ Deluxe Foot Massage
- ◆ Nail Polish of your choice
- ◆ Finish with a Paraffin Wax Foot Mask

INDULGENCE MANICURE \$135

- ◆ Much Needed Hand Exfoliation
- ◆ Cuticle Work to Perfection
- ◆ Nails Filed, Shaped and Buffed
- ◆ Deluxe Hand Massage
- ◆ Nail Polish of your choice
- ◆ Finish with a Paraffin Wax Hand Mask



URBAN SPA FACIALS

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

SKIN CONSULTATION - 20min

\$55 (Inc in VIP)

(The \$55 is redeemable on Ultraceuticals Skin Care products purchased on the day)

- ◆ Your Urban Retreat Day Spa Skin Expert will go through possible lifestyle factors, medications, gut health and other contributing factors and will put together a personalised professional treatment plan and homecare recommendations to achieve the best possible results.

URBAN REPLENISHING SIGNATURE FACIAL - 50min **\$140 ****

- ◆ A Relaxing and Nourishing Spa Facial that is tailored to all skin types. Treatment includes Dual Cleanse, Exfoliation, a Customised Face Mask, with Facial and Scalp Massage. Our Signature Spa Facial also features a soothing Neck, Shoulder and Decolletage Massage.

OXYGEN THERAPY FACIAL - 50min

\$165 **

(Join our VIP Membership to enjoy a 40min Oxygen, Micro or Massage every Month!)

- ◆ Oxygenated Facials are not only relaxing but give your skin a kick back into action. Our products contain Hyaluronic Acid for hydration and anti-aging. Hyperbaric Oxygen infuses the serums deep into the dermis resulting in calming, hydrating and rejuvenation of the skin.

MICRODERMABRASION - 50min

\$165 **

(Join our VIP Membership to enjoy a 40min Oxygen, Micro or Massage every Month!)

- ◆ A Mechanical exfoliation treatment where the dull surface cells are vacuumed away leaving your skin texture, smooth, bright and radiant.

HYDRO-DERMABRASION - 50min

\$180

- ◆ Hydro-dermabrasion begins with a Microdermabrasion Treatment using suction combined with a Diamond Head Exfoliator to deeply cleanse the skin. This process removes dirt as well as dry and dead skin cells, leaving your skin refreshed, clean and clear.

Hydro-Dermabrasion uses a supersonic nozzle to simultaneously cleanse and vacuum the skin, offering an even more deeper exfoliation, flushing away dead skin cells and stimulating cell regeneration. Your skin will feel incredibly smooth, hydrated and rejuvenated.



FACIAL ADD ONS

Perfect to combine with Spa and Performance Facials for enhancing your results. Ask about these **extras to add** to your facial today (**not available on their own, only available in combination with facial treatment**).

(Join our VIP Membership to enjoy a 40min Oxygen, Micro or Massage every Month!)

- | | | | |
|--|-------|--|------|
| ◆ Add Dermalux LED Light 30min Inc Hand massage to any Facial | \$50 | ◆ Add Ultra B2 Hydration Sheet mask to Facial (in place of std mask) | \$30 |
| ◆ Add Oxygen to Facial 20min | \$80 | ◆ Add RF to any Facial 20 min (Radio Frequency for cellular renewal, plumping and lifting properties). | \$80 |
| ◆ Add Microdermabrasion to Facial 20min | \$80 | ◆ Add Swedish 30 min Back, neck, Shoulder massage to any Facial | \$89 |
| ◆ Add Std Peel to facial 20min | \$55 | ◆ Add Deluxe Foot or Hand Massage to any Facial 10min | \$40 |
| ◆ Add Ultraceuticals A-Zyme peel to any Facial | \$110 | ◆ Add Eye and Lip Treatment / Mask to any facial 10min | \$40 |
| ◆ Add Peel/Custom Mask to Neck & Decolletage or hand to any Facial | \$80 | | |

Note: "Add On's" must be booked at time of booking as some may require more time. Please speak to our consultants should you have any questions.

ULTRACEUTICALS

AUTHORISED STOCKIST

URBAN PERFORMANCE FACIALS

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

Experience the Ultimate Combination of Signature Massage techniques, combined with well-known and trusted cosmeceutical ingredients to deliver real and visible results, leaving the skin feeling refreshed and rejuvenated.

The sophisticated treatment incorporates a Customised Performance Mask and products from our Ultraceuticals corrective range to help address the appearance of most skin concerns.

PHA PEEL / REFINE & HYDRATE - 50min

\$185

- ◆ This gentle PHA Facial peel by Ultraceuticals, refines the surface of the skin, leaving it looking plump, rejuvenated, brighter and glowing with no down time. Includes Ultra Customised Mask or B2 Hydrating Mask.
- ◆ SUITABLE: Sensitive Skin.

MATTIFY & CLEAR - 50min

\$165

- ◆ Featuring Ultraceuticals Mandelic Peel to deeply cleanse to target excess oil and cell build up, to provide skin clarity, leaving the skin looking and feeling smooth, clear and even
* Advance your skin results by adding a DERMALUX LED blue 415NM. Helps stop the vicious acne cycle and reduces the production of acne. LED Light -\$50
- ◆ KEY CONCERNS: Problematic, Breakout Skin.

HYDRATE & FIRM - 50min

\$165

- ◆ Featuring Ultraceuticals Lactic Peel, ideal for skin showing early signs of aging including fine lines and wrinkles. Lactic Peel helps increase hydration, leaving skin feeling and looking firmer and plumper with an instant dewiness.
- ◆ SUITABLE: Dry, Dehydrated, lacklustre.

RADIANCE AND GLOWING WITH PEEL - 50min

\$195

- ◆ Combining a Customised Ultraceuticals Skin Peel (Lactic or Mandelic) and Brightening Accelerator Mask (BAM), this multi-tasking facial treatment provides exfoliation, deep cleansing and hydration, leaving the skin looking youthful, more even and luminous.
- ◆ SUITABLE: Normal, Dry and Oily Skin.



ULTIMATE CORRECTIVE FACIALS

Relax with complimentary light refreshments in our relaxation lounge or enjoy the beach views from our balcony. Herbal Teas and Coffee are provided.

REJUVENATE & REVITALISE - 50min

\$230

- ◆ The Powerhouse of all peels. Combining Retinol (Vitamin A) with the enzyme Bromelain to help brighten and provide overall skin rejuvenation. Brightening Accelerator Mask helps refine the skin, restore clarity and luminosity. Ultraceuticals A-Zyme peel combines Retinol and Enzymes to deliver outstanding results for normal, dry and oily skins.
*Not to be applied whilst trying to conceive, during pregnancy or lactation.
- ◆ KEY CONCERNS: Premature skin ageing and uneven skin tone.

OXY-TOX RF FACIAL THERAPY - 80min

\$295

- ◆ Combination of 3 amazing Facials in 1. Microdermabrasion removes dry dead skin. Oxygen Rejuvenation, pure oxygen infused treatments for maximum hydration. Radio Frequency for cellular renewal with plumping & lifting properties. The Ultimate Facial your skin will love!
- ◆ KEY CONCERNS: Premature skin ageing, dry, dehydrated, lacklustre.

ADVANCED SKIN TREATMENTS

(Price Confirmed Upon Consult)

DERMALUX LED

SINGLE TREATMENT FACE (can be added to facial "Facial add Ons")	\$80
COURSE OF 2 FACE TREATMENTS	\$150
COURSE OF 4 FACE TREATMENTS	\$250
COURSE OF 6 FACE TREATMENTS	\$300

(ALL LED PACKAGES TO BE PAID IN ADVANCE)

*Book in for a Dermalux LED Light therapy treatment today and enjoy these benefits.

- * Sensitive & Inflammatory skin conditions like rosacea, dermatitis, eczema and psoriasis are calmed & inflammation is reduced. (NEAR INFRARED 830NM)
- * Blemishes, Breakouts and Acne are targeted and reduced. (BLUE 415NM)
- * Collagen and elastin production is boosted to reveal revitalized and radiant skin. (RED 633NM)
- * Fine lines, and wrinkle and lax skin can be reduced. (RED 633NM)
- * DERMALUX LED Tri-Wave Therapy. Only LED device to deliver all 3 wavelengths simultaneously at the optimum power for superior and lasting results.

SKIN NEEDLING

SINGLE TREATMENT FACE & NECK	\$350
COURSE OF 2 TREATMENTS	\$600
COURSE OF 4 TREATMENTS	\$1000

(ALL PACKAGES TO BE PAID IN ADVANCE)

SINGLE TREATMENT FACE, NECK AND DECOLLETAGE	\$450
COURSE OF 2 TREATMENTS	\$750
COURSE OF 4 TREATMENTS	\$1200

(ALL PACKAGES TO BE PAID IN ADVANCE)

ADD DERMALUX LED	\$50
ADD Ultraceuticals A-Zyme Peel & B2 Mask	\$140

The very latest technology in medical grade micro needling. These ultrafine, medical quality needles are attached to a needling pen to create multiple skin punctures that induce a wound healing response that stimulates new collagen and elastin production. New collagen and Elastin, improve skin quality and texture, making the skin feel firmer and smoother and help repair acne scars and fine wrinkles. Skin Needling also helps repair stretch marks and surgical scars.

IPL SKIN REJUVENATION

FULL FACE	\$150
FACE, NECK AND DECOLLETAGE	\$450

Test Patch/Consult required

Intense Pulse Light (IPL) Pigmentation, Skin Rejuvenation and Vascular Treatments. IPL is a non-invasive treatment that improves your complexion by stimulating regeneration in the deep layer of your skin. This Treatment is widely used within the industry with amazing results.

A full client consultation is necessary to see suitability and a "patch test" is also performed to allow the client to see what they can expect and allow us to make sure we tailor this treatment to your individual needs. IPL treatments are safe and are a very effective way to rejuvenate the skin. We recommend commitment to 3 or more sessions to gain the benefit and desired results.

HAIR REMOVAL IPL (PRICING AVAILABLE ON REQUEST)

***TEST PATCH REQUIRED**

Hair Reduction using IPL is a fast and simple approach for a variety of skin types. The ultimate for destroying hair follicles responsible for hair growth without harming the surrounding tissue. Unlike shaving, waxing or tedious electrolysis, this is a lasting solution that takes away the unwanted facial and

Waxing & Tinting Available (Pricing Available on request)



ULTRACEUTICALS

PROVEN · PERSONAL · POWERFUL



Celebrating 25 years of proven, personal and powerful results.

All About Urban Retreat Day Spa

Urban Retreat Day Spa is a multi award winning Day Spa and is one of Western Australia's best Spa experiences.

Operating Since 2007 we have created a peaceful sanctuary in Rockingham, away from the hustle and bustle for you to unwind and relax.

Enjoy our beautiful, relaxing, alfresco balcony which overlooks the crystal clear blue waters of Rockingham Beach. Alternatively, our guests can relax inside after their treatment and also perfect for those cold Winter days.

Customising your experience by using traditional techniques and quality products, our staff can ensure you leave here feeling relaxed and rejuvenated.

From us to you, welcome and enjoy your time here at Urban Retreat Day Spa.

Gift Vouchers

The Perfect Gift! Available to purchase in-store or online. Spoil you self or loved one with a relaxing luxurious day spa experience! Enquire now!



URBAN'S POLICY GUIDE

AGREEMENT:

By making an appointment at Urban Retreat Day Spa you are agreeing with our terms and conditions below:

SPA / ETIQUETTE:

Our spa environment is one of tranquility and relaxation. Respectfully we request all guests to keep noise to a minimum.

Arrival: Please schedule your arrival **15mins prior** to your appointment for you to start on time.

Mobile Phones: For the comfort of others, mobiles phones should be switched off or placed on silent mode. Phone calls should be taken or made off premises for the privacy and comfort of others.

No Smoking: Urban Retreat Day Spa is a smoke free environment.

Children: Although we love families and children, attendance is discouraged. Please note, children are not permitted in the treatment rooms or relaxation areas. These are reserved for guests.

PREGNANCY:

It is important and advisable to notify us of your pregnancy at time of booking. Some Spa Treatments may require you to be in your second trimester while others may not be suitable. Please discuss when booking.

PARKING:

Free undercover parking is limited to availability on ground floor of the building complex at Urban Retreat Day Spa.

Across the road and surrounding car parks are also available, subject to availability.

Weekends can fill up parking very fast, please allow additional time to park and make your appointment.

CANCELLATION:

As a Therapist and Room are reserved specifically for your treatment, 24 hours notice of all cancellations is mandatory, this allows us to run our appointments effectively to give our customers a great experience. Credit Card details, voucher numbers or a cash deposit are required for any appointments. Nothing will be charged to your credit card preceding the appointment. In the event that you cancel your treatment on day of treatment or failure to attend, the full cost of your treatment will be charged or gift voucher redeemed.

Members - 24hours notice is required to change or cancel your booking.

Cancelling, no shows, on day of appointment will result in loss of monthly appointment for that month.

NON-ATTENDANCE / LATE ATTENDANCE:

Failure to attend your appointment will result in being charged 100% of your treatment price and gift vouchers will be fully redeemed.

Failure to arrive on time will result in the reduction of your appointment and will finish on original scheduled time.

REFUND POLICY / GIFT VOUCHERS:

We DO NOT give any refunds, so please choose carefully when deciding your treatment or gift voucher purchase. If you don't like the treatment chosen for you, you may change it to the monetary value and choose an alternative treatment. Alternatively you may give the gift voucher to a friend or family member for them to use.

Gift Vouchers are not redeemable for cash or used to purchase products.

SECURITY:

Lockers are provided (subject to availability), however we ask you to leave valuables at home. We cannot take any responsibility for valuables left on the premises.

PAYMENTS:

Urban Retreat Day Spa accepts cash, EFTPOS, Afterpay, America Express, Visa and Mastercard.