



URBAN
RETREAT
DAY SPA

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 SEPT 2025

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.

SANCTUARY RETREAT -1hr & 40min

\$299

- ◆ Relaxation Full Body Massage
- ◆ Signature Back Exfoliation
- ◆ Renewal Facial with Deluxe Scalp Massage

BODY & SOUL JOURNEY -1hr & 20min

\$279

- ◆ Relaxation Back, Neck & Shoulder massage
- ◆ Signature Back Exfoliation
- ◆ Relaxing Foot Massage with Jasmine Foot Scrub & Hot Towel
- ◆ Shirodhara Inspired Hair Ritual using Aromatic Hot Oil that's Slowly Dripped onto the Third Eye followed by a Deluxe Scalp Massage, leaving your Body Deeply Relaxed & Mind Clear *Leave in Oil Treatment.

ESCAPE TO SERENITY -2hr & 10min

\$379

- ◆ Relaxation Full Body Massage & Signature Back Exfoliation
- ◆ Coconut Moisturising Body Wrap
- ◆ Urban Facial
- ◆ Deluxe Scalp Massage with Leave in Coconut Hair Treatment
- ◆ Finish with a Warm Shower



TRANQUIL SPA EXPERIENCE -2hr & 50min

\$459

- ◆ Relaxation Full Body Massage
- ◆ Signature Back Exfoliation
- ◆ Urban Facial with Deluxe Scalp Massage
- ◆ Private Bath * **Bring Swimwear**
- ◆ Spa Pedicure *No Shellac



HALF DAY RETREAT -2hr & 50min

\$479

- ◆ Relaxation Full Body Massage
- ◆ Signature Back Exfoliation
- ◆ Oxygen Therapy Facial with Deluxe Scalp Massage
- ◆ Spa Pedicure *No Shellac

FULL DAY RETREAT -5+Hrs

\$899

- ◆ Sauna ***Bring Swimwear**
- ◆ Massage (Select Massage Option: **1.Hot Stone** or **2.Relaxation**)
- ◆ Full Body Exfoliation
- ◆ Full Body Sapphire Moisturising Body Wrap
- ◆ Oxygen Therapy Facial with Deluxe Scalp Massage

Also Includes:

- ◆ *Selection from our Lunch options (Select day of Appointment)*
- ◆ Private Bath * **Bring Swimwear**
- ◆ Spa Manicure * No Shellac
- ◆ Spa Pedicure * No Shellac



MEN's RETREAT -2hr & 30min

\$399

- ◆ Sauna & Cool Towel Plus refreshments * **Bring Swimwear**
- ◆ Relaxation Full Body Massage
- ◆ Signature Back Exfoliation
- ◆ Mini Facial with Scalp Massage
- ◆ Paraffin Bliss Foot Ritual

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.

MUM TO BE SERENITY ESCAPE -2hr-30min

\$429

- ◆ Pregnancy Massage
- ◆ Signature Back Exfoliation
- ◆ Urban Facial Inc scalp massage
- ◆ Spa Pedicure * No Shellac

NURTURE & GLOW PACKAGE -1hr-40min

\$295

- ◆ Urban Replenishing Signature Facial
- ◆ Deluxe Décolletage, Head and Scalp Massage
- ◆ Paraffin Bliss Foot Ritual

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. (*Couples Package Prices - total \$ is for two people)

RETREAT SANCTUARY PACKAGE FOR TWO

\$649

2hrs 20min- Couples| Friends Package Includes the Following:

- ◆ Sauna for 2 & 10min cool down with herbal tea/water
- ◆ Relaxation Full Body Massage for 2
- ◆ Signature Back Exfoliation for 2
- ◆ Urban Facial 30min Inc. scalp massage for 2
- ◆ Private Bath for 2 *Bring Swimwear for Sauna/Bath



HOT STONE MASSAGE BLISS FOR TWO

\$439

1hr & 20min- Couples| Friends Package Includes the Following:

- ◆ Full Body Hot Stone Massage for 2
- ◆ Signature Back Exfoliation for 2
- ◆ Relaxing Face Massage & Deluxe Scalp Massage for 2

SPA SERENITY PACKAGE FOR TWO

\$349

1hr & 20min- Couples| Friends Package Includes the Following:

- ◆ Relaxation Full Body Massage for 2
- ◆ Signature Back Exfoliation for 2
- ◆ Private Bath for 2 * Bring Swimwear



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.

RELAXING SCRUB MASSAGE COMBO –60min

\$209

- ◆ 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.
- ◆ Add a 30min Sauna to enhance your experience



+ \$35

COCONUT ESCAPE BODY WRAP –60min

\$209

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



STRAWBERRY SILK BODY WRAP –60min

\$209

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



SAPPHIRE RADIANCE RITUAL -1hr & 40min

\$329

- ◆ Full Body Exfoliation
- ◆ Real Ground Sapphire Moisturising Body Wrap
- ◆ Urban Facial Inc scalp massage
- ◆ Finish with Shower



INFRARED SAUNA

NEW NTH DEGREE INFRARED SAUNA

Full Spectrum Infrared Sauna | Chromotherapy Lights

Performance	*Enhance Circulation & Oxygen *Metabolism Boost for Energy
Recovery	*Improved Muscle Recovery *Skin Rejuvenation *Holistic Recovery
Longevity	*Relaxation & Stress Relief *Detoxification *Weight Management & Metabolism Boost

‘Casual Session’ please bring a towel & reminder casual sessions do not include shower/relaxation lounge. Water & Cool hand towel provided for all sessions.

***BOOK IN ADVANCE**

◆	30min	\$35
◆	45min	\$45
◆	Bring a friend to your session (Add on)	\$20

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 -60min

\$195

- ◆ 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.

In Spa select your **Aromatherapy Scent** for a personalised spa experience.

RELAXATION BODY MASSAGE *"LIGHT TO MEDIUM PRESSURE"*

- ◆ **30 Minutes (Back, Neck, Shoulder)** **\$109**
- ◆ **60 Minutes** **\$159**
- ◆ **90 Minutes (Inc Deluxe Scalp)** **\$219**

(All Relaxation Massages Include a Signature Back Exfoliation)

Our Relaxation Massage is a Swedish Style Massage designed purely for relaxation. *We do not offer deep tissue, remedial, sports, or very firm massage techniques.*

Our skilled Spa Therapists are trained in a wide range of massage methods, ensuring each visit provides a truly unforgettable customised experience. You will leave feeling a renewed sense of well-being as we help you unwind, de-stress, and fully relax.

HOT STONE MASSAGE

- ◆ **80 Minutes Full Body Hot Stone with Scalp Massage** **\$229**

(Includes a Signature Back Exfoliation)

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 (Back, Neck, Shoulder)** **\$109**
- ◆ **60 Minutes** **\$179**

(All Pregnancy Massages Include a Signature Back Exfoliation)

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.

FOOT TREATMENTS

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

PARAFFIN BLISS FOOT RITUAL -40min

\$130

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

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

SPA PEDICURE -60min

\$149

*This is a Deluxe Luxurious Foot Treatment with Basic Polish.

- ◆ Foot Soak and Exfoliation
- ◆ Heal and Cuticle Work
- ◆ Nails Filed, Shaped and Buffed
- ◆ Deluxe Foot Massage
- ◆ Nail Polish of your choice. std Basic Polish *No Shellac
- ◆ Finish with a Paraffin Wax Foot Mask

TEEN TREATMENTS

CLARIFY TEEN CLINIC FACIAL -(30min) (14years +)

\$149

- ◆ Skin Therapist begin with a Consultation followed by a professional custom skin treatment performed to target any skin concerns.
- ◆ *Includes 10% off our recommended skincare purchases on the day.*

TEEN LED LIGHT CLINIC TREATMENT -(16years +) TBA

- ◆ Start with a LED Light program for Acne prone skin to assist with breakouts, red inflamed skin, oily skin and visible pores
- ◆ Recommend a skin consult before starting LED program | medical grade | Recommend a Package of 6-12 sessions.

TEEN WAXING AVAILABLE

- ◆ Ask in Spa for pricing

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

\$65

(The \$65 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 **\$165**

- ◆ 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.
- ◆ Perfect Gift

OXYGEN THERAPY FACIAL - 50min

\$179

- ◆ 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.
- ◆ Perfect Gift

MICRODERMABRASION FACIAL - 50min

\$179

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

HYDRO-DERMABRASION FACIAL - 50min

\$189

- ◆ 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

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.

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*).

- | | | | |
|--|-------------|---|--------------|
| ◆ Add Dermalux LED Light
* Popular Add on! | \$55 | ◆ Add Ultra B2 Hydration Sheet
mask to Facial (in place of std mask) | \$35 |
| ◆ Add Oxygen to Facial | \$85 | ◆ Add RF to any Facial
(Radio Frequency for cellular renewal,
plumping and lifting properties). | \$85 |
| ◆ Add Microdermabrasion to
Facial | \$85 | ◆ Add Ultra Eye Mask to Facial | \$25 |
| ◆ Add Std Peel to facial | \$65 | ◆ Add Relaxation 30 min Back,
neck, Shoulder massage to any Facial | \$109 |
| ◆ Add Ultraceuticals A-Zyme
or Brightening Peel to any Facial | \$99 | | |
| ◆ Upgrade to Double peel/Serum
Infusion | \$65 | | |

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.

ULTRACEUTICALS

AUTHORISED STOCKIST

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.

REFINE & HYDRATE - 40min

\$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.

CLARIFY & CLEAR - 40min

\$175

- ◆ Featuring Ultraceuticals NEW Clarify 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.

FIRM & HYDRATE- 40min

\$175

- ◆ 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.

LUMIBRIGHT GLOW (NEW) - 50min

\$195

- ◆ Formulated with potent brightening ingredients including Niacinamide & an exfoliating AHA/BHA Complex, this peel works to target dullness and uneven skin tone, leaving your complexion visibly brighter, smoother and more radiant after just one session.
- ◆ SUITABLE: Pigmentation, lacklustre.

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.

LUMIBRIGHT GLASS FACIAL (NEW) - 60min

\$229

- ◆ Ultraceuticals latest professional treatment includes a Lumi bright Peel, Led light rejuvenation, sono boost serum infusion Plus B2 Hydrogel mask for smooth glass like hydrated glossy skin. Layers of treatment phases to target pigment, hydration & luminosity.

REJUVENATE A-ZYME FACIAL - 50min

\$199

- ◆ 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 - 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



DERMALUX LED

DERMALUX LED TREATMENT -30min **\$100**

(can be added to any facial see "Facial add Ons" \$55)

Multi-award winning Dermalux LED phototherapy is the leading non-invasive treatment that harnesses the power and beauty of light for visibly radiant, rejuvenated and refined skin.

Resolve a range of skin concerns with Dermalux LED

***Recommend 6-12 sessions | Buy LED Package of 5 GET ONE FREE!**

Signs of ageing | Wrinkles & fine lines | Uneven skin tone | Pigmentation | Acne

SKIN NEEDLING

SINGLE TREATMENT FACE & NECK **\$299**

COURSE OF 2 TREATMENTS **\$579**

ADD DERMALUX LED **\$55**

ADD B2 MASK **\$35**

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.

HAIR REDUCTION | REMOVAL

HAIR REDUCTION 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 body hair.

WAXING

- ◆ Eyebrow Shape /Wax **\$29**
- ◆ Lip Wax **\$20**
- ◆ Chin **\$22**
- ◆ Eyebrow & Lip **\$40**
- ◆ Underarm **\$29**
- ◆ 1/2 Arm **\$35**
- ◆ 1/2 Leg **\$45**
- ◆ Full Leg **\$60**
- ◆ Bikini **\$34**
- ◆ Brazilian (4weekly) **\$65**
- ◆ New Client Brazilian **\$75**

TINTING

TINTING

- ◆ Eyebrow Tint **\$22**
- ◆ Eyelash Tint **\$27**
- ◆ Bright Eyes (Brow & Lash tint plus eyebrow wax) **\$69**

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 on the beach 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 your 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 carparks 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, America Express, Visa and Mastercard.