

### **NAILS- HANDS AND FEET**

Polish Manicure	\$45
Nail shaping, cuticle tidy, hand massage, buff and polish	
Deluxe Manicure	\$60
Nail shaping, cuticle tidy, exfoliation, massage and paraffin wax, buff and basic polish to finish.	
Shellac Nails	\$52
Nail shaping, cuticle tidy, shellac application, hand Massage	
Shellac Removal and Reapplication	\$62
French Shellac Polish Application Nails	\$59
Nail shaping, cuticle tidy, shellac application, hand Massage	
Shellac polish Removal	\$30
Express Pedicure	\$52
Feet are washed, nail shaping, cuticle tidy, light callous removal, massage, finish with a buff and polish	
Deluxe Spa Pedicure	\$70
An absolutely luxurious treatment that relieves tired and aching muscles from head to toe. Feet are soaked in the hydrotherapy foot spa while you enjoy the relaxing massage chair. Feet & lower legs are exfoliated, shaping of nails; cuticle tidy, callous removal, foot Mask, feet and lower leg are massaged and finished with a buff and polish.	
Shellac Toes	\$70
Nail shaping, cuticle tidy, shellac application, scrub and foot Massage	
Paraffin Wax Treatment	\$20

### **WELCOME TO ESSENTIALLY YOU BODY AND SOUL**

Professional Beauty Therapy

At Essentially You Body and Soul we are committed to providing the highest of standards when offering only the very best professional beauty services and skin care products.

Whether you need pampering or care we will personally tailor your treatments to suit your individual needs, lifestyle and budget with one goal; to improve the way you feel about yourself. Relax, Unwind and Spoil yourself.

#### **Salon etiquette**

We operate a busy salon and appointment times are precious. Please respect our time. Should you need to cancel your appointment, please give us a courtesy call within 24 hours.

Last minute cancellations and no-shows will incur a 20% cancellation fee next visit.

So you get the most out of your visit we recommend you arrive 10 minutes prior to your scheduled appointment time.

Gift vouchers available. They are A GREAT GIFT IDEA FOR ANY SPECIAL OCCASION.

Please consult your therapist for advice on suitable packages.

If using a gift voucher please let reception know at time of booking and present upon arrival.

**Salon Hours**  
**Monday -Closed**  
**Tuesday and Thursday 12-9pm**  
**Wednesday 9:30-5:30pm**  
**Friday 10-6pm**  
**Saturday 10-3pm**



### **Beauty Therapies Price List**

**PHONE: (03) 97182024**

**932 Main Road, Hurstbridge, 3099**

**Online booking system available visit  
[www.essentiallyyoubodyandsoul.com](http://www.essentiallyyoubodyandsoul.com)**

### **FEMALE WAXNG**

Eyebrow Tidy & Shape	\$25
Lip	\$15
Chin or Side face	\$18
Eyebrow, Lip and Chin	\$49
Fore Arm	\$26
Full Arm	\$32
Underarm	\$21
Bikini Standard	\$26
Bikini G String	\$36
XXX Brazilian	\$59
Stomach/ Navel	\$15
1/2 Leg (lower)	\$32
1/2 Leg (upper)	\$34
3/4 leg	\$35
Full Leg	\$48

### **MALE WAXING**

Shoulders and neck	\$30
Full Back	\$60
Chest	\$60
Back & Chest	\$95

### **LASH AND BROW TINTING**

Eyebrow Tint	\$25
Eyebrow tint & wax	\$40
Eyelash Tint	\$30
Eyelash tint & Brow tint.	\$48
Together with Eyebrow Shape	\$65

### **BONZA BRONZ SPRAY TAN**

Spray Tan full body	\$45
Lower or upper body only	\$25

### **INTENSIVE SIGNATURE FACIAL COLLECTION**

#### **\$165**

#### **AG3 Beauty Secret**

Global anti-ageing action that re-awakens the vital code of the skin.

The prestigious treatment revitalises skin for an even complexion, smoothing out wrinkles and restoring volume as well as providing protection from damage caused by the passing of time. Leaving the skin smooth and velvety for timeless beauty.

#### **De-Ox Evolution Facial**

A luxurious antioxidant treatment that consists of vitamin C and five powerful anti oxidants, skin is protected, reinforced and is left smoother and luminous.

#### **SIGNATURE FACIALS**

#### **Linea+ Signature Facial      **\$105****

Optimize your skins health and radiance; this revitalizing facial is designed to deep cleanse and balance. Facials Include - Skin analysis and product prescription, deep cleanse, exfoliation, steam, serum application, facial massage, mask and moisture replacement.

#### **Aroma Facial      **\$75****

A quick *pick me up skin analysis, cleanse, exfoliation, mask and moisture replacement.*  
*Great for teenagers*

#### **MICRODERMABRASION \$90**

Microdermabrasion improves pigmentation, scarring, congestion, fine lines *and wrinkles by gently lifting the skin's surface and exfoliating the top layer of the skin.*

### **COSMETIC PEELS \$90**

A paraben free, cosmetic peeling range containing a new generation of AHAs & PHAs designed for all skin types, especially dull, prematurely aged skin with lines, age spots or skin with thickening, ageing.

For best result a Course of 6 x 1 weekly

Purchase 5 Receive 6th free.

### **LYMPHATIC THERAPY TIGHTENING MASK \$159**

The circulatory and lymphatic systems play a vital role in skin health. When our blood circulates around our body it provides nutrients, water and oxygen to our cells and tissues. However during the capillary fluid exchange (where water, amino acids, and oxygen cross the capillary wall into the extracellular fluid), fluids don't travel very far into the surrounding tissue, and even less when there are roadblocks. Which is why needs to be a 'clear road', free from debris, so that

### **BODY TREATMENTS**

Aromatherapy Body Massage

#### **1hr \$95 30min \$65**

A very relaxing massage designed to soothe the body and mind with the use of essential oils, this massage also incorporates a facial and scalp massage.