

## GENERAL INFORMATION

### ARRIVAL

Please arrive at Reflections at least 15 minutes prior to your appointment to allow yourself time to change, fill out your personal consultation form if needed and undertake a comprehensive consultation. Late arrivals will be subject to reduced treatment times.

### ETIQUETTE

To ensure that all clients at Reflections mind body spirit enjoy a relaxing and peaceful environment, we respectfully request that all guests keep noise to a minimum in the treatment and relaxation areas. Mobile phones are to be left in the privacy of your room and turned off. We appreciate your co-operation.

### CANCELLATION POLICY

We request that clients endeavour to provide us with sufficient notice for cancellation. This will assist us in rescheduling your appointment. Any cancellations less than 24 hours on large packages will incur a 50% cancellation fee. A 50% deposit may be requested for all packages booked.

### GIFT VOUCHERS

Our therapists will assist you in selecting creative gifts, products and packages from our variety of our services and treatments. We have a complementary gift wrapping service and are happy to post out. Over the phone purchases are also welcome.

### PAYMENT

Reflections accept cash, Visa, Mastercard and bank card.



# REFLECTIONS

MIND  
BODY  
SPIRIT



Phone: 02 6962 9223  
123 Yambil Street Griffith NSW 2680  
[www.reflectionsbeauty.com.au](http://www.reflectionsbeauty.com.au)

### Salon Opening Hours

Monday	9am - 5:30pm
Tuesday	9am - 5:30pm
Wednesday	9am - 6:00pm
Thursday	9am - 7:00pm
Friday	9am - 6:00pm
Saturday	9am - 2:30pm

Bookings recommended

 **SOTHYS** PARIS



## BODY TREATMENTS

<b>BODY MASSAGE</b>	60min \$70
	45min \$55
	30min \$42

Be taken to the state of being free from stress & anxiety.

Add the use of essential oils to further enhance your relaxation experience whether it be for muscle aches/pains or toning/cellulite. \$5.00

<b>HOT STONE MASSAGE</b>	70min \$95
	40min \$57

Explore the use of warm stones during massage. Using hot stones has many beneficial effects on the mind, body and spirit. Hot stone massage works on harmonizing, restoring and rejuvenating the body at its deepest level.

<b>SCALP MASSAGE</b>	30min \$40
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<b>PREGNANCY MASSAGE</b>	60min \$70
	40min \$57

Pregnancy massage helps to reduce fluid retention and aids deeper sleep for the general well-being of mother and baby. (only available after the first trimester)

<b>HANAKASUMI</b>	70 min \$105
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We introduce a solution to stop the cycle of stress and awaken all five senses with the Japanese inspired body ritual. A perfectly synergized experience to explore vital energy, balance and blissful relaxation.

<b>BODY POLISH</b>	40min \$62
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A popular body treatment that exfoliates and hydrates your skin, leaving it smooth and soft.

<b>EAR CANDLING</b>	40min \$45
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Ear candling is a natural, painless, relaxing and harmless way of removing excess wax from the ear canal. Candling is also believed to relieve symptoms of sinus, congestion, allergies, migraines, pressure headaches, balance disorders, swimmers ear and ear infections.

<b>SPRAY TAN</b>	Full Body	\$35
	Half Body	\$25

<b>MAKE- UP</b>	<b>TINTING</b>
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In Salon	\$55	Eyelash Tint	\$25
Out of Salon	\$65	Eyebrow Tint	\$13
Trial	\$60	- with Thread or Wax	\$10
Lesson	\$65	Eyelash & Eyebrow Tint	\$35
		Lashlift (includes a tint)	\$60

<b>MINI FACIAL</b>	40min \$55
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Great for teens or lunch breaks. Includes a cleanse, exfoliation, treatment mask and moisturiser.

<b>HOMME FACIAL</b>	30min \$50
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A total detox, total energy ritual!

An essential facial treatment to boost and detoxify men's skin. This treatment combines relaxation and efficiency for a more resilient skin and impeccable complexion. Deluxe Homme available including blackhead removal and mask. \$80

## FACIAL TREATMENTS

<b>HYDRA IT</b>	70min \$125
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A professional treatment that delivers a dual-approach to hydration leaving skin nourished and supple. Sothys has created this solution to activate the genes responsible for skin hydration. The facial works to exfoliate, rehydrate, regenerate, plump and rebalance the skin.

<b>YOUTH IT</b>	70min \$135
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Packed with active peptides stimulating the skin, smoothing fine lines and lifting slackening skin. Leaving your skin feeling ultra smooth. Perfect for anyone who is concerned with ageing. A series of the results of a series for three treatments delivered every two weeks is that you may turn back the clock 6 years on average following the treatment series... A highly efficient and long lasting action.

<b>ENERGIZING</b>	70min \$125
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This energising treatment is ideal to boost the skins vitality restoring energy and luminescence. Inspired by facial reflexology, stimulating key pressure points intensifies the effect of the treatment by encouraging an increased flow of energy to the skin, resulting in improved radiance and vitality.

<b>COSMECEUTIQUE RX PEEL</b>	30min \$75
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Sothys high performance clinical skin treatment offers exceptional results on sun-damaged and prematurely ageing skin. The peel may assist in unclogging and smoothing oil-congested skin refining the texture of open pores.

NOT RECOMMENDED for sensitive skins

<b>LACTIC PEEL</b>	40min \$75
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A multi-action peel which combines Lactic acid and plant extracts to resurface the skin, boost cell renewal, diminish fine lines and wrinkles, and stimulate natural collagen production for a more toned and youthful appearance. First Peel is \$180 which includes the Sothys RS Regenerative Solution Homecare product.

<b>SALICYLIC PEEL</b>	40min \$75
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This peel with oil-soluble BHAs unclogs oil-congested skin prone to acne, refines open pores and brightens skin with hyperpigmentation tendencies. It includes a soothing mask, calming recovery gel and a fragrance-free treatment cream to refine the texture and brighten the skin. First Peel is \$180 which includes the Sothys RS Regenerative Solution Homecare product.

The prerequisite for the intensive 40 minute peeling is the Level 1 Cosmeceutique RX Peel to ensure skin tolerance. A series of 5-10 peels is recommended, every 2nd week. SOTHYS RS Regenerative Solution must be used for the 7 days following a peel.

<b>EYE CONTOUR TREATMENT</b>	40min \$65
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Combining science and nature this intensive salon-only treatment uses a specific massage and active ingredients to assist in alleviating the visible signs of aging around the eye area. Fine lines are smoothed by re-hydrating and protecting. Dark circles appear lightened and puffiness reduced.

<b>SPECIALIZED AMPOULE</b>	70min \$100
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Your therapist will prescribe a personally designed facial therapy treatment, incorporating deep cleansing, an intensive ampoule complex and treatment mask.

The skin is left feeling rejuvenated and radiant.

### ADD ONS:

Eye Contour \$30	Cosmeceutique RX Peel \$25,
Vitamin C Brightening \$20	Microdermabrasion \$40

<b>MICRODERMABRASION</b>	40min \$99
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Tiny crystals are sprayed onto the skin to gently remove the outer layer of your skin. Great for congestion, sun damage, pigmentation, ageing skins. Add LED Mask \$20

## HAND & FOOT TREATMENTS

<b>SPA PEDICURE</b>	70min \$73
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The Spa Pedicure stores soles and helps to refresh and re-energise. A deluxe treatment that will leave you walking on clouds.

<b>EXPRESS PEDICURE</b>	45min \$54
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For people on the go. Includes file, cuticle treatment, removal of dry skin, massage and polish.

<b>CALLUS PEEL</b>	30 min \$44
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Include in a pedicure \$25

Four Step system used to remove and relieve deep callus and dry skin off heels. One word.. AMAZING!

<b>SPA MANICURE</b>	60min \$62
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The Spa Manicure transforms your hard working hands to a softer, smoother and younger-looking appearance.

<b>EXPRESS MANICURE</b>	30min \$42
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For people on the go. Includes file, cuticle treatment, massage and polish.

<b>FILE &amp; POLISH</b>	\$25
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<b>PARAFFIN TREATMENT (HANDS OR FEET)</b>	\$30
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A paraffin treatment uses warm oil-based wax to provide pain relief to hands, feet and sore joints and muscles. This treatment has amazing skin-softening benefits as well.

Treatment on both Hands & Feet \$50

Add on in another Service (either Hands OR Feet) \$15

<b>SHELLAC NAILS</b>		<b>ACRYLIC NAILS</b>	
Full Set	\$38	Full Set	\$86
Fingers & Toes	\$70	Infills (Colour or French)	\$55
Soak Off and Reapply	\$55	Backfills	\$50
Removal	\$30	Overlays	\$72
Include in Manicure or Pedicure	\$10	Repairs	\$10
		Soak Off	\$60

<b>DIP SYSTEM</b>	
Full Set with tips	\$65
Overlays	\$55
Soak off and reapply with tips	\$60
Soak off and reapply with overlays	\$55

## HAIR REMOVAL

<b>WAXING</b>			
Eyebrows	\$15	Full Leg	\$53
Lip / Chin	\$11	¾ Leg	\$43
Eyebrow & Lip / Chin	\$24	½ Leg	\$35
Eyebrow, Lip & Chin	\$34	½ Leg & Bikini	\$47
Face	\$38	½ Top Leg	\$45
Underarm	\$19	Chest	\$40
Brazilian	\$45	Back	\$40
Bikini	\$20	Arm	\$32
Stomach	\$15	½ Arm	\$26

<b>THREADING</b>			
Eyebrows	\$16	Lip	\$14
Eyebrow & Lip / Chin	\$26	Sides of Face	\$15
Eyebrow, Lip & Chin	\$36	Chin	\$15
Lip, Chin & Sides	\$36	Full Face	\$40

<b>ELECTROLYSIS</b>			
10Min	\$22.80	15min	\$28.30
20Min	\$33.80	30min	\$44.80