



## TREATMENT MENU

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### Griffith

4 Barker Street

(02) 6295 0276

### Woden

4 Irving Street

(02) 6281 4112

[essencebeauty.com.au](http://essencebeauty.com.au)

## THE ESSENCE PHILOSOPHY

Essence is a locally owned business which has evolved over the last 23 years with one owner, and the same philosophy – only the best customer care, service and technologically advanced treatments, delivered using only the best skin care products, in a luxurious environment.

At Essence we believe in good skin health that lasts a lifetime. Maintaining a healthy skin comes from a good home care routine, supported with in salon treatments.

Our personalised prescriptions for your home care and treatment regimes will have you on your way to your best ever skin.

**Great skin is confidence.  
Beauty is confidence.**

## Professional Skin Consultations

### **Standard** **\$70**

A comprehensive skin consultation with treatment and product advice based on your individual skin needs.

### **Deluxe** **\$90**

Consultation using the Reveal Skin Imager to take in depth photos of your skin, giving a greater understanding of what lies beneath the skin, including pigmentation, capillaries and skin structure.

### **Great Skin is the New Black Program** **\$169**

Includes a comprehensive skin consultation using the Reveal Skin Imager, LED light therapy treatment and skin care starter pack (new skin clients only).

## Sothys Facial Treatments

### **Mini Prescription Facial**

Cleanse, tone, skin analysis, exfoliation, steam if appropriate and mask.

**30 MIN** **\$80**

Add extractions extra \$15

### **Ampoule Therapy Facial**

Uses intensive ampoule serums to deep feed the skin tissue.

**60 MIN** **\$135**

### **Sothys Seasonal Cocoon Facial**

Each year Sothys releases two new seasonal facials using a complex of seasonal fruit to treat the different problems each season brings to our skins.

**60 MIN** **\$155**

### **Detox Energie Intensive Treatment**

Protect, detoxify and energise. This treatment helps the skin to defend itself against the harmful effects of environmental stress and pollution, which can accelerate skin ageing. The core of this intensive treatment is the trio of exclusive active ingredients: organic elderberry, organic siberian ginseng and peptides, for an anti-pollution, protection-detox-energy action. An essential treatment for the management of skin ageing, to balance the skin microbiome and boost skin energy.

**75 MIN** **\$180**

### **Professional Peeling Treatment**

Using either lactic acid or a combination of glycolic and salicylic acids, this peeling treatment is excellent for pigmentation, fine lines, uneven skin texture, sun damage, acne and dry skin.

A full facial incorporating facial massage and a professional mask.

**75 MIN** **\$155**

## Clarifying Correcting Treatment

A powerful salon technique to clarify oily, congested and acneic skin types, deeply cleansing and purifying problem skin.

**60 MIN** **\$120**  
**COURSE OF 3** **\$330**

## Brightening Radiance Facial

Combines the professional peeling treatment with an ampoule of pure vitamin C to brighten the complexion and trigger an anti-ageing response in the cells.

**75 MIN** **\$165**

## Ultimate Spa Hydration Facial

Featuring multi-level hyaluronic acid delivery, this professional intensive treatment was specifically designed to meet the hydration needs of all types of skin, with a special six-phase protocol, and the latest generation of ultra-hydrating active ingredients.

**75 MIN** **\$160**

## Pro Youth Facial Treatment

75 MIN of ultimate relaxation for visibly younger skin with clinical tests showing up to 6 years off the age of the skin following the recommended three treatment course. At the heart of the Youth program is the patented  $\beta$ 3 TRI COMPLEX™ an innovative complex combining Saffron + Sophora + Peptides to protect against oxidative stress and the visible appearance of chronological ageing skin (wrinkles, slackening tissue and irregular pigmentation zones)

**75 MIN** **\$180**  
**SET OF 3 WEEKLY TREATMENTS** **\$500**

## Sensitive Skin Professional Treatment

Based on Spa thermal water with renowned de-sensitising effects combined with high-performance actives, this ultra-calming treatment has been formulated especially for delicate skins. The gentle and soothing textures allow sensitive skin to recover its balance and comfort. The skin is more soothed in one hour with 25% reduction in skin sensitivity.

**60 MIN** **\$145**

## Sothys Neck Treatment

The treatment provides an immediate and long lasting firming and slimming result on the jawline and neck and is suitable for all skin types showing signs of a slackened jawline, double chin or "turkey neck". A series of 5 treatments delivered every 2 weeks while using the Perfect Shape neck serum at home yields the best results.

**45 MIN** **\$105**  
**5 FORTNIGHTLY TREATMENTS** **\$400**  
**ADD TO ANY FACIAL** **\$70**

## Guinot Facial Treatments

### Hydradermie & Hydraplus

These ultimate treatments deliver deep cleansing, hydration, cell renewal and oxygenation, using the Guinot Hydradermie machine. Hydraplus includes specialised gels, masks and serums for each area.

<b>HYDRADERMIE 75 MIN</b>	<b>\$170</b>
<b>HYDRAPLUS 75 MIN</b>	<b>\$185</b>

### Hydralift Non-Surgical Facelift

This treatment lifts the features by stimulating facial muscles to define the facial contour. A series of treatments is recommended.

<b>30 MIN</b>	<b>\$95</b>
<b>COURSE OF 6</b>	<b>\$530</b>
<b>COURSE OF 12</b>	<b>\$990</b>

### Hydralift

Combines the lifting treatment with cleansing, exfoliation, facial massage and mask.

<b>90 MIN</b>	<b>\$180</b>
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### Hydralift Deluxe

Combines the Hydradermie and Hydralift treatments.

<b>105 MIN</b>	<b>\$210</b>
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### Hydra Peeling

This peeling treatment uses phytic acid derived from rice grains for deep down exfoliation, then dermostimulines to stimulate cellular activity for a renewed radiance.

<b>60 MIN</b>	<b>\$155</b>
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## Eye Treatments

### Eye Contour Treatment

High protection for your eye contour to treat the thinnest and most delicate area of the face, this treatment treats the first signs of ageing, dryness, puffiness, dark circles and lines, using a combination of Mountain flower and flax extract to help the skin protect itself and regenerate.

<b>30 MIN</b>	<b>\$90</b>
<b>ADD TO ANY FACIAL</b>	<b>\$70</b>

### Ultraceuticals Eye Treatment

Uses ultrasonophoresis to deeply infuse vitamins a,b and c into the eye area.

<b>30 MIN</b>	<b>\$85</b>
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## Babor Facial Treatments

### Grand Cru Rose

The Babor Grand Cru rose ampoules utilise only the highest quality active ingredients extracted from different Rose extracts to create a superior and truly luxurious facial experience. With the latest anti-ageing technology, the Grand Cru is designed to rejuvenate and regenerate your skin and collagen, brighten and even out skin complexion and protect and prevent further skin ageing. A sensory rose journey that leaves your skin plump, radiant and silky.

**90 MIN**

**\$245**

### HSR Lifting Facial

Specially designed to improve the skin's resilience, HSR@ lifting uses a multitude of innovative complexes to firm, tone and lift. The skin becomes firmer and plumper with more elasticity, allowing the face to regain its youthful contours. BABOR HSR@ is a deep lifting treatment that will help lengthen the life of your skin's DNA and slow down the natural ageing process, resulting in a reduction of lines and wrinkles.

**90 MIN**

**\$220**

### Collagen Booster Treatment

A Doctor BABOR cosmeceutical facial treatment, designed to stimulate collagen and elastin in the skin to leave the skin tight, firm and youthful. Featuring our AHA exfoliating the skin is left refreshed, smooth, energised and plump. Recommended in a course of treatments for optimum anti-ageing results, but ideal for an instant revitalising of the skin.

**90 MIN**

**\$180**

### Ultimate Ampoule Treatment

This facial uses highly active formulas using concentrated plant derived natural ingredients to treat the skin for instant results that you can see and feel. The concentrated ampoules are a tailored solution to meet all your skin's requirements.

**90 MIN**

**\$180**

**Why not begin your facial treatment with a stress relieving 15 min slow back, neck and shoulder massage. A luxurious addition to complete your personal pampering regime.**

**15 MIN**

**\$30**

## Ultraceuticals skin perfecting treatments

Choose from:

### **CLARITY – CLEAR Facial**

A deep cleansing treatment that incorporates BHA and potent antioxidants to penetrate deep into the pores to clear congestion. It works to calm inflamed skin, help control excessive oiliness, mattify the complexion and minimise future skin breakouts.

### **HYDRATE – REPAIR Facial**

Working to repair stressed and dehydrated skin, this essential moisture boost treatment balances and restores skin's natural hydration levels. Features Ultraceuticals' Vitamin B2moisturising complex (Provitamin B5 and Vitamin B3) to visibly nourish skin and plump fine lines and wrinkles.

### **RADIANCE – GLOW Facial**

This multi-action facial visibly reduces the appearance of pigmentation, uneven skin tone and dark spots. A powerful combination of 5 hyper-pigment blockers, skin brighteners and exfoliants to synergistically restore skin luminosity and radiance.

**30 MIN**

**\$90**

**60 MIN**

**\$155**

### **REJUVENATE – LIFT ACE Power Facial**

A beautiful treatment that combines pure indulgence with skin rejuvenation. Featuring our triple-action anti-ageing powerhouse ingredients Vitamin A, Vitamin C and AHAs & BHA, this treatment actively works to reverse the visible signs of ageing by perfecting and refining the skin's overall appearance.

**60 MIN**

**\$170**

### **Lactic or Mandelic Peel Skin Workout**

These treatments aim to rejuvenate skin through accelerated exfoliation. They quickly refresh and restore the skin's youthful appearance.

The Mandelic Acid Peel utilises AHAs to quickly decongest, clarify and help control oil production using Niacinamide (a proven anti-ageing ingredient), and potent antioxidant Clove Oil. This peel improves surface congestion and reduces inflammation, providing extra clarity for uneven skin tones & underlying pigmentation. The Lactic Acid Peel will help to reveal refreshed, youthful, radiant skin in just one treatment. This high-powered peel delivers fast results and actively works to resurface and improve hydration of the skin while restoring clarity and luminosity.

**30 MIN**

**\$90**

## **A-Zyme Peel**

This treatment is one of our most impressive anti-ageing treatments. It is a fast-acting, non-invasive skin rejuvenation treatment combining proven anti-ageing ingredients Retinol and Bromelain to refresh, refine, hydrate and plump skin. It works quickly, to dramatically diminish the appearance of fine lines and wrinkles, even out skin tone, and improve overall skin luminosity.

**45 MIN (BUY 3 GET 1 FREE) \$195**

## **Brightening Accelerator Mask (B.A.M)**

A radiance boosting mask that combines a powerful blend of 8 skin brightening agents to rapidly reduce the appearance of hyper pigmentation, dark spots and blotchiness to instantly reveal a luminous complexion.

**45 MIN (BUY 4 GET 1 FREE) \$130**

Add BAM to Mandelic, Lactic or A-Zyme Peels to add clarity for uneven skin tones & underlying pigmentation.

**\$95**

## **Multi Vitamin Infusion using Ultrasound**

An ultrasonic wave (ultrasonophoresis) is used to infuse a choice of high strength vitamins A, C and B, depending on the skin's needs, to push the active ingredients up to 3000 times deeper into the skin, increasing collagen production, plumping fine lines and decreasing pigmentation. This treatment can be taken as a stand alone treatment, or added to any other facial treatment.

**30 MIN \$95**

**ADD TO ANY FACIAL TREATMENT (15 MIN) \$60**

## **Microdermabrasion**

This treatment uses a wand with a diamond encrusted tip to pass over the skin, gently removing dead cells, stimulating cell renewal and smoothing the skin, and helping with pigmentation, oily skin and fine lines.

**45-60 MIN \$130**

## **Vitabrasion**

Combines microdermabrasion with the multi vitamin infusion

**60 MIN \$170**

## **Herbal Aktiv Peel**

This herbal peel from Europe is a natural alternative to deep chemical peels. This is the strongest of all our peeling treatments. Please ask one of our therapists for more details.

**1ST PEEL \$675**

**2ND PEEL \$375**

## LED light therapy treatments

### Omnilux/Medilux LED Light Therapy

Using the Omnilux Revive and Plus LED lights for skin rejuvenation, and the Omnilux Blue specifically for treating acne, this advanced treatment stimulates your body's natural processes to heal and rejuvenate the skin, with improvement in tone, clarity, texture, fine lines and wrinkles.

The blue light kills the bacteria associated with acne.

<b>PER TREATMENT</b>	<b>\$90</b>
<b>ADD TO ANY FACIAL TREATMENT</b>	<b>\$50</b>
<b>COURSE OF 9</b>	<b>\$750</b>

<b>ADD A LIGHT INFUSION MASK TO INTENSELY HYDRATE AND INTENSIFY THE TREATMENT</b>	<b>\$35</b>
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### Supreme Anti-Ageing Omnilux Facial

This powerful facial combines a personally prescribed exfoliation, Omnilux LED light therapy with light fusion mask and facial massage – for maximum results combined with relaxation.

<b>75 MIN</b>	<b>\$230</b>
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### Microdermabrasion and Omnilux Treatment

Combine the power of microdermabrasion for deep exfoliation with Omnilux for skin rejuvenation.

<b>45 MIN</b>	<b>\$165</b>
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## Total Xen Full Body LED Light Therapy

AVAILABLE AT WODEN ONLY

The Total Xen Experience is a whole-body red light therapy bed treatment that rejuvenates your entire body in one 15-minute session. This treatment uses red and near-infrared light (also known as photobiomodulation) to activate a number of biological processes. It is also commonly used by doctors, physical therapists and pain clinics to treat injuries, reduce pain, swelling and inflammation, relax muscles/joints, and increase blood circulation.

As well as the anti-ageing benefits of light therapy, including improving skin health with cell regeneration and collagen production, this treatment also accelerates healing.

Other benefits include:

- improves mood and reduce stress
- boosts work performance
- increases athletic performance
- promotes longer, deep sleep cycles
- helps to cure jetlag

<b>PER SESSION</b>	<b>\$95</b>
<b>SET OF 8 TREATMENTS</b>	<b>\$690</b>

## Venus Viva Radio Frequency Anti-Ageing Treatment for Face and Body

Fighting and reversing the signs of ageing with the latest and most powerful patented technology in the industry!

FirmFX™ by Venus Viva™ is safe for all skin types and operates with NanoFractional Radio Frequency™ (RF) and SmartScan™ technology, delivering superior results.

Treatments are available in two modalities – micro needling with Radio Frequency delivery, and Radio Frequency on its own.

### Radio Frequency Skin Tightening

30 MIN \$180  
COURSE OF 6 \$950

**Micro Needling with Radio Frequency delivery** \$350  
COURSE OF 3 \$950

**Course of 6 treatments** \$1450  
including 3 RF treatments and 3 Micro Needling treatments

## Exceed Skin Needling/Collagen Induction Therapy

Microneedling, Collagen Induction Therapy (CIT) or simply Skin Needling is an incredible treatment that delivers amazing results. There are a huge array of benefits, including a reduction in fine lines and wrinkles, scar reduction/revision, acne and acne scarring, pigmentation, reduction of pore size, and improvement of skin texture. There is little down time.

Although most commonly used on the face, neck and décolletage, we can also treat stretch marks and pigmentation on other areas of the body.

No numbing cream is needed, the treatment is very tolerable.

**FACE ONLY** \$ 300  
COURSE OF 3 \$ 750

**FACE AND NECK** \$ 350  
COURSE OF 3 \$ 900

**FACE, NECK AND DECOLLETAGE** \$400  
COURSE OF 3 \$ 1050

Please enquire for pricing on other body areas.

## Waxing

Full leg	\$75
Full leg incl bikini	\$85
Full leg incl g-string bikini	\$99
Full leg incl brazilian	\$115
Half leg	\$55
Half leg and bikini	\$65
Half leg and g-string bikini	\$85
Half leg and brazilian	\$100

For top half leg add \$10 to above prices

3/4 leg	\$65
3/4 leg and bikini	\$75
3/4 leg and g-string bikini	\$85
3/4 leg and brazilian	\$105
Bikini from	\$40
G-string	\$50
Brazilian	\$75
Reg. Brazilian (every 4 wks)	\$65
Under arm	\$30
Arm to elbow	\$35
Arm to shoulder	\$45
Lip	\$25
Chin	\$30
Eyebrow wax	\$30
Eyebrow and lip wax	\$45
Lip and chin	\$40
Eyebrow, lip and chin	\$60
Sides of face	\$30
Full face	\$70
Back or chest	\$55
Shoulders & back or chest	\$60
Stomach	\$40
Full leg wax (men)	\$85

## Eyelashes & Eyebrows

Eyelash tint	\$35
Eyebrow tint	\$25
Hybrid eyebrow tint	\$35
Lash and brow tint	\$50
Eyelash lift	\$95
Eyelash lift and tint	\$105
Eyebrow Sculpt 30min	\$55

A full eyebrow service and consultation to ensure your brows are perfect.

## Body Treatments

### Hawaiian Hot Stone Massage

A beautiful treatment incorporating massage with hot Hawaiian stones. The stones are also placed on your chakra points for warmth and balance, gently transporting you to a state of bliss!

**75 MIN** **\$170**

### Body Massage

Swedish relaxation massage.

**60 MIN** **\$110**

**45 MIN** **\$95**

**30 MIN** **\$60**

### Oriental Sensations Spa Ritual

A full body exfoliation commences with an enzymatic Amber and Myrrh syrup and gentle skin polishing with a Sothys hand-made clay-stone. This is followed by a massage experience with warm aromatic oils to nourish and enhance the skin - pure relaxation!

Take home the exfoliating stone with you and continue to keep your skin smooth and soft with home care products from this range.

**75 MIN** **\$175**

### Hanakasumi Cherry Blossom Body Ritual

Indulge your senses and enjoy total relaxation with this Japanese inspired well-being ritual for the body. Exfoliating Cherry Blossom rice powder with papaya enzymes and hydroxy acids refines the skin with a unique non-abrasive formula, after which warm, melted aromatic shea butter with floral and oriental elements is massaged into the skin. Finally your feet are cocooned in hot towels following a de-stressing foot massage to re-energise the entire system.

A pure moment of wellbeing, immersing you in evocative floral fragrances and Asian scents.

**75MIN** **\$175**

### Contour Body Wrap

A detoxifying body wrap designed to detoxify the body. This wrap is best when added to your favourite facial treatment.

**60 MIN** **\$105**

**OR WITH ANY FACIAL** **\$75**

### French Body Polish

Uses a sugar scrub to deeply exfoliate the skin and a professional moisturiser to hydrate, leaving your body soft and silky smooth

**45 MIN** **\$105**

### Technispa Body Contouring Treatment

#### AVAILABLE AT GRIFFITH ONLY

This treatment is incredibly successful in reducing cellulite by using a unique combination of three simultaneous body contouring techniques – lipo-sculpting, ionisation and stimulation.

A four week treatment program with three sessions per week is recommended. Technispa will give you smoother skin and a more even and genuinely reduced orange peel effect after 12 sessions.

**PER 30 MIN SESSION** **\$75**

**PER 60 MIN SESSION** **\$130**

A set of ten treatments receives a 10% discount

## Other treatments

### Teeth Whitening

A 6% hydrogen peroxide whitening agent is activated with our blue LED light to bleach and lighten stains on the surface of the tooth enamel. Our procedure includes 3 x 20 minute sessions during the one treatment time for best results.

**\$245**

### Spray Tan

Using professional Techno Tan – a 2 hour tan containing exotic ingredients known for their anti-aging, moisturising and hydrating properties, such as Moroccan Argan Oil and Coffee extract. It also contains the amazing Centalla, famous for its skin repair and rejuvenation qualities.

**\$40**

**BUY 5 GET ONE FREE**

## Hand & Foot Treatments

<b>Manicure</b>	<b>\$80</b>
<b>Exotic spice spa manicure</b>	<b>\$90</b>
Includes extra sugar scrub and hand mask	
<b>Pedicure</b>	<b>\$90</b>
<b>Exotic spice spa pedicure</b>	<b>\$100</b>
Includes extra sugar scrub and foot mask	
<b>Paraffin</b>	add <b>\$25</b>
<b>Shellac</b>	add to mani or pedi <b>\$25</b>
<b>French Polish</b>	add <b>\$20</b>
with any service above	
<b>Shellac manicure or pedicure</b>	<b>\$85</b>
File, cuticle work and shellac	
<b>Shellac removal</b>	<b>\$25</b>

## IPL Treatments

At Essence we use the Viora Trios advanced phototherapy system – which uses intense pulsed light for the following applications:

### Skin Rejuvenation

IPL targets sun spots, age spots, loose skin and wrinkles, encouraging collagen production and promoting restructuring of the skin. Pigment will gradually fade and capillaries will fade. For best results a treatment course of 6-10 sessions is recommended.

### Hair Removal

Hair Removal – Trios applies concentrated flashes of safe, visible light to remove unwanted hair from all parts of the body, without harming the surrounding tissue. A series of 6-10 sessions is recommended.

### Acne Clearance

Acne Clearance – Trios works deep down under your skin to destroy acne-causing bacteria, slowing the production of excess sebaceous oil. It also encourages a healing process at the skin's core to promote cell growth for a fresher, clearer complexion. Recommended treatment course is 8-12 treatments.

Please consult our website for current pricing.

## Packages

### Spa Espresso

Mini facial, 30 minute back massage & eyelash tint

**75 MIN**

**\$150**

### Escape to Paradise

Ampoule therapy facial and pedicure.

**2 HOURS**

**\$210**

### Spoil your Man

Deluxe Homme men's facial and full body massage

**2 HOURS**

**\$220**

### Daydreams Package

Deluxe ampoule therapy facial and full body massage.

**2 HOURS**

**\$220**

### Pamper Package

Hawaiian Hot Stone Massage and ampoule therapy facial.

**2.25 HOURS**

**\$295**

### Pure Heaven

Deluxe Ampoule therapy facial, body wrap and full body massage.

**2.25 HOURS**

**\$285**

### Total Bliss

Deluxe Ampoule therapy facial, hanakasumi cherry blossom body ritual, manicure and pedicure.

**4 HOURS**

**\$445**

### Harmony

Deluxe Ampoule therapy facial, 30 minute massage, pedicure and manicure.

**3.25 HOURS**

**\$330**

### Total Rejuvenation

Oriental Sensations Spa Ritual, exotic spice manicure and pedicure, seasonal cocoon facial and spa lunch

**5 HOURS**

**\$520**

### Radiance Renewal

Ampoule therapy facial, manicure, pedicure, contour body wrap, hot stone massage and spa lunch.

**4.75 HOURS**

**\$530**

### Essence Indulgence

Hawaiian hot stone massage, ultimate spa hydration facial, exotic spice spa manicure and exotic spice spa pedicure, French body polish and spa lunch.

**6 HOURS**

**\$595**