

day spa | medi spa | surgery



the temple  
Skincare & Spa



# OUR VISION

**the temple skincare & spa** is where advanced skin treatments meet the holistic. Whilst in our care we offer the utmost attention to balance your emotions & restore your well-being.

We are a true media-spa incorporating luxurious day spa treatments with the latest results driven clinical treatments - all under the one roof to meet your every desire.

- We are proud to use only the best products with an emphasis on the highest quality ingredients.
- We offer cutting edge treatments for optimum results on your skin, body & well-being.
- Our staff are trained to the utmost degree, to care and advise, whilst bringing harmony to your body.

**the temple skincare & spa...**  
your skin, mind & body's temple of worship.





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Skincare & Spa

## day spa

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# OUR DIFFERENCE

Welcome to an escape where wellness is our focus. A luxurious spa, hidden beside the pool, in a truly boutique hotel – The Hills Lodge. From the moment you walk down the jasmine-lined stairs, a feeling of tranquillity will surround you.

Your journey begins with a skincare questionnaire to ensure your treatments are tailored perfectly to your needs. As you sip on a calming herbal infusion, the soft aromas of essential oils and soothing music will move you into a place of serenity as the worries of the world float away. Our Medi-spa treatments are designed to offer high performance results, whilst our spa packages are designed to alleviate stress and reduce tension in your mind and body. Revitalise & Reveal your best skin yet... Restore & Replenish your soul... whilst bringing balance to your skin, mind and body on your journey to wellness.

## Specialist Consultation

All treatments include a professional computerised skin analysis, and a detailed problem solving prescription. You may also book in with one of our ageing or acne skins specialists to receive a complete personalised programme for real results.

## Advanced Training

All of our senior therapists have received advanced training at the worlds leading post graduate training facilities. All staff are specialists

in their fields and provide an unparalleled level of expertise.

## Cutting Edge Treatments

All treatments are designed to provide maximum results, through utilising the worlds leading product ranges, technology and equipment.

## Spa Treatment Rooms

Enjoy our ultimate treatments in your own private and tranquil candle lit room – custom designed to provide complete comfort and privacy – with beautiful, relaxing background music.

## Customised Gift Vouchers & Corporate Packages

Gift Vouchers are available for all treatments and products. We also cater for corporate gift needs, and offer discounts to companies ordering 10 or more Gift Vouchers. Prices are subject to change without notice. Vouchers can be purchased online, emailed or postal.

## Extended Hours

**the temple skincare & spa** is open extended hours for your convenience. Please see back cover for details.

## Cancellation Policy

If you cannot make your appointment or need to reschedule, we ask that you provide a minimum of 24 hours notice, and 48 hours notice for all larger packages or group bookings. We regret that failure to provide this notice will incur 50%-100% of the treatment charge depending on the time frame.

If you are using a gift voucher, you will forfeit your voucher if you do not provide accurate cancellation notice.

## Rewards Membership Programme

This is our programme that offers gifts and exclusive deals for its members – a Gift Card with two gifts for you to use on your next visit plus two Refer-a-Friend Gift Key Tags – that reward not only you but your friends as well. VIP points accumulate on every dollar you spend as a 'thank you' for your loyalty.

## Online Booking

Access our appointment book 24/7. Simply go to [www.TempleSkinCare.com.au](http://www.TempleSkinCare.com.au) and click on 'book now'.

## Referral Programme

We always welcome new clients – especially your friends. That's why we have a "refer a friend" programme, where both you and your friend receive a special gift to say thank you! You can pay us the nicest compliment by referring as many friends as you wish, and we would love to pay you a great compliment by giving you a \$20 discount for every friend your refer, to use on your next experience here with us.

## Our Guarantee

We aim to exceed your expectations on every visit and to ensure quality control and your satisfaction, we will be emailing you a short 5 question survey after each visit.

We also mystery shop our staff, perform quarterly reviews and extensive training to ensure your experience at **the temple skincare & spa** is amazing.

If for some reason we fall short please let us know and we will endeavour to make things right.

## FACIAL RITUALS

Facial treatments to de-stress and relax. Can't decide? Let our expert aestheticians advise which facial will deliver you the best results.

### Refresher Facial

*(all skins)* 45 mins **\$99**

Refresh your skin while having a taste of luxury. Focusing on effective cleansing, exfoliation and hydration in an express time frame.

### Clear Skin Treatment

*(oily & congested skins)*  
75 mins **\$139**

A deep cleansing facial with an emphasis on extractions & anti-bacterial ingredients to target congestion, acne & breakouts.

**+ add a peel-off purifying & calming mask for \$25**

### Temples' Signature Facial

*(all skins)* 75 mins **\$155**

Let our skincare therapists take you to above & beyond your expectations with a customised facial to hydrate, protect & restore the natural balance of the skin. This is guaranteed to give results with our personalised visia skin analysis, advanced exfoliation, & indulgent pressure point scalp massage.

### Expert Skin Lifting

*(aged, dull skins)* 75 mins **\$179**

A treatment with an instant effect, that gives immediate tone and radiance to the face, whilst bestowing a powerful anti ageing action.

### Hyaluronic Collagen Infusion

*(dry, dehydrated, mature skins)*  
75 mins **\$169**

A combination of AHAs to smooth and exfoliate, with a collagen infusion for youthfulness, your skin will be left with profound hydration and wrinkles will be plumped.

**+ add an LED treatment to double your results / 15 mins \$70**

### Aroma Botanical Age Defying

*(dehydrated, dry, lack-lustre, mature skins)* 90 mins **\$189**

Following deep cleansing, radiant skin is revealed using a signature Botanical Desquamation of the face, neck and décolletage. Brightening is achieved using active, organic ingredients and masks.

**+ add Neck, back and shoulder massage - to release tension / 30 minutes \$70**

### Tween Facial Ritual

*(school aged skins)* 30 mins **\$49**

Would you like to spoil your little tween with a relaxing facial ritual to introduce them to looking after their skin and experiencing a little pampering?

This is a special offer for those little tweens. Cleansing, gentle exfoliation, optional blackhead removal, pressure point face massage, hydrating mask and relaxing back, neck & shoulder massage.

This offer only available for school aged tweens, Monday-Friday, 9am-5pm.

### Men's Facial

*(male skins)* 75 mins **\$149**

Tailored to male skin and designed to energise the skin and target anti-ageing.



## + ADD SOMETHING JUST FOR YOU

Select from the following to customise your temple facial treatment

### **LED Light Therapy \$70**

Stimulate collagen and boost hydration with red light. LED Blue destroys p.acnes bacteria to detoxify skin and reduce congestion.

### **Contouring Eye Treatment \$30**

Offers immediate results to hydrate and plump the eye area and visible reduce dark circles and lines.

### **Extra Massage \$30**

Extend the bliss. Add 15 mins extra massage into your experience. Your choice of either hand, feet, back, face.

### **Refreshing Peel \$50**

Add a peel to deeper exfoliate, refresh and refine the texture of the skin.

### **Firming Neck Treatment \$15**

Hydrate and plump a tired looking neck with collagen patches.

### **Specialty Mask \$40**

Enhance and prolong your results by intensifying your facial with either a collagen, paraffin, lifting or purifying mask.

### **Callous Peel for Feet \$35**

Remove dead dry skin on the feet and renew cracked heels

### **iKOU Head, Neck & Scalp Massage with deep conditioning hair mask \$70**

Head and scalp massage with Italian Bergamot oil allows for the relief of mental fatigue, the calming of thoughts and easing of stored tension. This warm mask provides deep conditioning for the hair and assists with conditions such as psoriasis, or a dry itchy scalp. *30 mins*

### **Rainforest Foot Restoration \$50**

Native eucalypt foot soak and scrub followed by a speciality massage and soothing lemon scented tea tree and cooling cucumber mask. Absolute bliss for tired feet and legs! *30 mins*

### **Relax & make the most of our beautiful facilities...**

Enjoy a dip in the pool, indulge in the Lodge's famous High Tea or perhaps a healthy lunch from our Spa Menu.

# BODY RITUALS

+ We have many more divine body rituals under day spa packages.

## **Salt Glow**

*30 mins \$55*

A full body sea salt exfoliation whisks away dead skin cells to revitalise your body.

## **Stress Relief Massage**

*60 mins \$115*

Your therapist will gently relax your body and relieve those stressed or tired muscles through melting movements and soothing the soul.

## **Relaxation Massage**

*30 mins \$79, 60 mins \$140  
or 90 mins \$210*

Let the healing touch of our therapists move you into a deep place of relaxation. With flowing movements and gentle muscle manipulations, this treatment is sure to put your mind at ease and have you walk out floating. Create your own journey, choose from five Organic iKOU plant infused oils and let your therapist tailor your pressure and manipulation to suit your desire.

## **Lomi Lomi Hawaiian Temple Massage**

*1 hour \$140*

A very flowing, deeply relaxing massage originating from Hawaii. The therapist treats you with their arms and hands in flowing movements over the body in what becomes a dynamic dance of life. On a spiritual level, the energy within the massage relaxes the body & muscles under tension, allowing peace to be within the mind by removing reasons for stress. Described as one long, big hug!

## **Pregnancy Massage**

*60 mins \$149*

Especially gentle for pregnant or nursing women to relax tired muscles in the lower back, thighs and feet. We only treat post first trimester, our qualified therapist will ensure your well being with a beautiful gentle, nurturing treatment.

## **Native Oil & Hot Stone Massage**

*90 mins \$189*

Melt away as the skilful hands of our therapists use the ancient art of stone massage and essential oils to massage away the tension. This unique form of massage with hot stones will bring about a sense of balance & wellbeing. This treatment is extremely good for the muscle aches, fluid retention, and tired stressed souls. A truly unique experience that everyone has to try at least once in their life! Relaxing the heart, grounding the soul and soothing the mind.

## **iKOU Organic Italian Orange and Jojoba Body Buff**

*45 mins \$79*

A favourite for its instant results as this buff polishes away dull skin to reveal a radiant glow. Rich in essential fatty acids and antioxidants with natural oils promote cell renewal.

The finishing application of Organic Body Souffle leaves the body relaxed and rejuvenated. The perfect treatment to enjoy before a massage or as a stand-alone indulgence.

## **iKOU Head, Neck and Scalp massage with Deep Conditioning Hair Mask**

*30 mins \$85*

Head and scalp massage is an age old healing art form of holistic therapy. It allows for the relief of mental fatigue, the calming of thoughts and easing of stored tension. Italian Bergamot Oil is renowned for relieving stress and assisting with conditions such as psoriasis, or a dry itchy scalp. This warm iKOU mask provides deep conditioning for the hair and invites rest for the mind, while the finishing shower washes away your cares.





iKOU RITUALS –  
a degustation of treatments designed to  
create a sensory, full body experience

**RELAX –  
White Flannel Flower Ritual**

*2 hours \$270*

Unwind and allow your body to receive the healing benefits of deep relaxation. The white flannel flower and other exotic ingredients restore a radiant all-over glow. From head to toe - unwind, breathe, relax.

- Organic Coconut and Jasmine Body Polish
- Neroli and Rosehip Facial Massage
- Wild Yam and White Flannel Flower Hydrating Cocoon
- Recovery Face Masque
- Native Hibiscus, Jasmine and Silk Body Souffle
- Vanilla Infused Oil Foot Restoration Massage

**RECOMMENDED UPGRADE:**  
**Organic Vanilla infused neck, back and shoulder massage 30 mins \$70**

**RENEWAL –  
Body & Mind Balance**

*2 hours \$285*

Soothe and de-stress the mind while breathing new life back into the body and soul with this uplifting head to toe rejuvenating ritual. Focusing on mood lifting benefits using essential oils to promote a feeling of positivity and well being... rediscover your bliss.

- iKOU foot Ritual
- Warm Bergamot Hair and Scalp Deep Conditioning Massage
- Organic Jojoba and Italian Orange Body Buff
- Organic Aromatherapy Full Body Massage

**RECOMMENDED UPGRADE:**  
**Express Facial 30 mins \$75**

**RESTORE –  
Fresh from the Vine**

*2 hours 15 mins \$295*

Re-establish radiance and restore energy to your body through this deeply relaxing and nurturing cocoon-like experience. Combining the regenerative properties of nature's oils with high performance extracts from the vine, this ritual reveals all over polished skin, silky hair and relaxed muscles.

- Citrus Grove Body Mist
- Natures Vine Enzymatic Body Peel
- Phyto-nutrient Glow Body Cocoon
- Natures Ultra Vine Body Serum
- Fig and Guava Oil Full Body Massage
- Cucumber Contouring Eye Treatment
- Deep conditioning Bergamot Hair and Scalp

**RECOMMENDED UPGRADE:**  
**Express Facial 30 mins \$75**

## HAND & FEET RITUALS

Give your hands & feet a treat. Restore your neglected hands & feet with one of our beautiful hand or foot treatments.

### Heavenly Hands

1 hour **\$75**

This deeply therapeutic hand spa repairs, restores & stimulates both skin & nails. This treatment is specifically designed for the maintenance of the hands, cuticles & nails. Finishing with a conditioning paraffin hand masque, relaxing massage & nail paint, you will feel relaxed & rejuvenated.

### Heavenly Soles

1 hour **\$95**

A beautiful treatment for the lower legs & feet. Like no other foot treatment you have experienced, our therapist will soothe your soul & revitalise those tired neglected feet. Beginning with a relaxing foot soak and foot & leg exfoliation, we then give your feet a total maintenance overhaul, and finish with a divine warm paraffin foot masque, pressure point massage & nail paint.

**+ add Callous Peel Treatment to gently remove excess dead skin and callouses \$30**

### The Perfect Pair

90 mins **\$145**

Let us focus on your concerns and tidy your tired hands and feet.

### iKOU Rainforest Foot Restoration

30 mins **\$79**

Massage to restorative points in the feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. A native eucalypt foot soak and scrub followed by a specialty massage and soothing lemon scented tea tree and cooling cucumber mask leaves you with a spring in your step. Absolute bliss for tired feet and legs!

### Nail Fungal Laser Treatment

**from \$149 one hand/foot, \$299 two hands/feet**

See page 17 for detailed information.



**Customised your hands and feet ritual by selecting from the following add-on treatments...**

- + Gel Polish \$35**
- + IBX Damaged Nail Repair System \$25**
- + Mini Nail Ritual + Gel Polish \$49**

# CELEBRATE WITH FRIENDS

Pre-Wedding Pamper

Hens Party

Girl's Day Out

Baby Shower Party

Any reason at all!

Celebrate with friends at The Temple Skincare & Spa.

Relax with your girlfriends and enjoy a day spa treat packed with facials, massages, spa treatments, manicures, pedicures, sparkling wine, high tea or lunch. **THE CHOICE IS YOURS!**

Create your own package or let us help you select from our most popular bridal party packages.

Celebrate with friends packages are available for a group of 4 guests minimum.

## Create your own package

Select your time then choose from the 30 minute treatments listed to create your own journey to wellness at The Spa.

Two Treatments:	60 minutes	<b>\$160</b>
Three Treatments:	90 minutes	<b>\$240</b>
Four Treatments:	120 minutes	<b>\$320</b>

To ensure your special day runs as smoothly as possible, for group bookings over 10 people, we charge a small surcharge to cover the expense of having our lovely staff cater for your desires and host your event smoothly so all you are left to do is relax and enjoy every moment.

## Choose from the following 30 minute treatments:

- Refresher Facial
- Contouring Eye Treatment
- Eyes Bright Waxing & Tinting Package
- Relaxation Massage
- Italian Orange & Jojoba Body Buff
- Head, Neck & Scalp Massage with Conditioning Hair Mask
- Rainforest Foot Restoration
- Spa Express Pedi
- Spa Express Mani



## Need more pampering?

- Combine your spa packages with The Hills Lodges' famous High Tea or a healthy lunch from our Spa menu.
- Make it a day to remember and stay the night in one of our beautiful hotel suits.

## DAY SPA PACKAGES

### Revive

1 hour 30 mins **\$230**

The ultimate pick me up for those with a time poor lifestyle.

- Salt Glow Body Buff
- Relaxing 30 min Back, Neck & Shoulder Massage
- Hydrate & Glowing Skin with a Refresher Facial

### Ecstasy Combo

2 hours 30 mins **\$350**

Body, mind & soul renewal.

- Salt Glow Body Buff
- Temples' Signature Facial
- Relaxation Massage.

### Reinvigorate

2 hours 30 mins **\$445**

Reinvigorate your body and soul.

- Rainforest Foot Restoration
- Italian Orange & Jojoba Body Buff
- Bergamot & Cedar Wood Hair Mask
- Deeply relaxing Head Massage
- Replenish tired muscles with a Relaxation Body massage
- Spa Pedicure

### RELAX – White Flannel Flower Ritual

2 hours **\$255**

Unwind and allow your body to receive the healing benefits of deep relaxation. The white flannel flower and other exotic ingredients restore a radiant all-over glow. From head to toe - unwind, breathe, relax.

- Organic Coconut and Jasmine Body Polish
- Neroli and Rosehip Facial Massage
- Wild Yam and White Flannel Flower Hydrating Cocoon
- Recovery Face Masque
- Native Hibiscus, Jasmine and Silk Body Souffle
- Vanilla Infused Oil Foot Restoration Massage

### RECOMMENDED UPGRADE:

**Organic Vanilla infused neck, back and shoulder massage 30 mins \$70**

### RENEWAL – Body & Mind Balance

2 hours **\$275**

Soothe and de-stress the mind while breathing new life back into the body and soul with this uplifting head to toe rejuvenating ritual. Focusing on mood lifting benefits using essential oils to promote a feeling of positivity and well being... rediscover your bliss.

- iKOU foot Ritual
- Warm Bergamot Hair and Scalp Deep Conditioning Massage
- Organic Jojoba and Italian Orange Body Buff
- Organic Aromatherapy Full Body Massage

### RECOMMENDED UPGRADE:

**Express Facial 30 mins \$75**

## The Ultimate Indulgence

5 hours **\$599**

Find refuge from the stresses of life and treat yourself with this indulgent five hour package.

- Relax from top to toe with the White flannel flower ritual, including a full body polish with Organic Coconut and jasmine
- Vanilla and tangerine infused back, neck and shoulder massage and a hydrating Wild Yam and White Flannel Flower cocoon
- The bliss continues with a refresher facial including a Neroli facial massage, and full body soufflé application
- Also included is some time out with lunch by the pool or in the Restaurant (45 minute allocation in the 5 hours)
- Add the finishing touches with The Spa Manicure and Pedicure
- Finish your day in style with a light make over

## The Yummy Mummy Spa Package

3.5 hours **\$499**

A taste of baby moon bliss ...

- Soothing Pregnancy Massage
- Organic Facial
- De-Stressing Foot Soak
- Heavenly Soles
- Coconut Body Polish & White Flannel Cocoon (suitable for pregnancy)

## Couples Retreat

90 mins each, plus lunch time

**\$495 per couple**

If romance is in the air you may enjoy a little r'n'r with your special someone. Relax in the hands of your therapist as your skin is revitalised and hydrated with our Refresher Facial, then melt away your stress and bring balance to your body and soul with a Full Body Relaxation Massage using your choice from five luxurious Organic iKOU plant infused oils.

Slowly come back to centre as you relax by the pool & enjoy a healthy lunch from our Spa Menu.



## Enhance your experience

To enhance your experience at the spa we suggest you take advantage of what else we have to offer...

- Be refreshed in our 20 mtr heated outdoor pool
- Enjoy a healthy lunch from our Spa menu
- The Hills Lodge High Tea is a must if you have a group of 2 or more
- Perhaps a nights accommodation is just what you need to savour the moment.



## MEDI-SPA FACE

Clinical treatments for fast, noticeable results.

### Specialist Consultation

45 mins **\$120**

Our highly educated skin specialists will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

### Skin Peeling

*(all skins - cleans & smoothes)*

Skin Peeling 25% - 30 mins **\$100**

Skin Peeling - 45 mins **\$120**

Furelic Anti Age Peel - 60 mins **\$160**

We offer a wide range of advanced skin peels to combat your serious skin needs. We can treat your dry & ageing skins; sun-damaged & pigmented skins; congested & thickened skins; or simply soften & refine your skin to reveal your younger looking skin beneath.

### Microdermabrasion + O2 Infusion

*(fine lines, clogged pores,  
pigmentation, dull or thickened)*

75 mins **\$149**

MDA is a non-invasive skin resurfacing procedure that gently reveals your

fresh, younger skin cells. Combined with oxygen, we saturate the skin with moisture, vitamins and anti-oxidants.

We perform our MDA treatments as part of a complete facial including prepping, extractions and masking.

### Youth Elixir O2

*(ageing, dehydrated, dry,  
wedding skin) 75 mins **\$185***

Pure oxygen gas, in conjunction with vitamins & minerals, is used to nourish & revitalise the skin.

With this treatment we will soothe away internal stress, & regenerate & boost the health of every skin cell.

### LED Light Technology

*(ageing, plumping, dermatitis,  
eczema, psoriasis, acne,  
congestion, all skins)*

30 mins

Single LED **\$100**

LED with Facial **\$85**

LED technology to detox & rejuvenate. Clinical studies guarantee you results.

We recommend a light therapy in combination with any facial to maximise results, or as a course.

**LED Red** - LED Red helps to minimise visible fine lines & wrinkles by plumping up the skin naturally. Reduce ageing by assisting to naturally heal the skin without causing cell damage.

LED Red is a completely painless, pure non-laser light source, that is not an ultraviolet or infra-red light.

**LED Blue** - Helps stop the vicious acne cycle.

LED Blue treatment stops the production of the acne-causing bacterium and excess oil, resulting in the reduction of inflammation, redness and acne lesions, leaving the complexion clear and healthy.

**LED NIR/White** - Treats deeper layers for wrinkles, inflammatory pain relief, and skin conditions such as eczema, psoriasis & dermatitis.

**Tri-wave technology** - For more advanced results in different skin conditions.

### **Rosacalm Facial**

*(sensitive, reactive, Rosacea skins) \$160*

Specially formulated for even the most sensitive, couperose and rosacea-prone skin.

A clinically-proven, unique marine complex combined with arnica, willow herb and oat beta-glucan, help to reduce the appearance of facial redness and calm reactive skin

### **Broken Capillaries Visible Vessels Spider Veins**

*15 mins \$199*

Our medical grade ND Yag laser is of the highest quality & the very latest technology imported from Italy.

This specialised laser offers fast, comfortable and safe results on broken capillaries and spider veins to even out that red blotchy complexion.

### **IPL & Laser Skin Rejuvenation**

*30 mins*

*half face \$124, full face \$250*

Our experts utilise Intense Pulse Light (IPL) and medical grade Diode lasers to rejuvenate pigmented, uneven and sun-damaged skin tones to reveal a more even fresher skin colour and health.

The combination of these two modalities achieve remarkable results on freckles and sun-damaged skin, as well as breaking down melanin clusters formed as a result of hormonal melasma and chloasma.

### **Photofacial**

*(ageing, pigmentation) 75 mins \$350*

Get results on ageing and pigmentation fast with the combination of microdermabrasion and IPL rejuvenation. Includes AHA/BHA Mask, Microdermabrasion, Extractions, IPL Rejuvenation, Massage and Hydrating Mask.

### **Epidermal Growth Factor**

*4 week bootcamp \$899*

This is the latest technology in skincare to reverse the signs of ageing and refine the texture.

A combination of peels and highest % of EGF infused to rebuild damaged tissue and regenerate your healthiest skin possible.



## E-DERMASTAMP

E-Dermastamp uses skin needling to stimulate tissue regeneration. If you suffer from uneven, dull or lifeless skin, wrinkles, open pores, pigmentation, scarring or hair loss... E-Dermastamp may be your solution.

This revolutionary medical device offers results comparable to lasers such as fractional laser, without the damage to tissue. These treatments are clinically proven to induce a collagen response.

Your body will start to naturally regenerate the skin working below the surface of the dermis to form new collagen and elastin fibres. New skin cells are stimulated and new capillaries form to improve the blood supply. This procedure is called Collagen Induction Therapy (CIT).

It only takes up to 6 weeks to start to see the results and the process will continue over the following months. Most skins will need around 3 treatments, being 6-8 weeks apart. These treatments are painless!

The E-Dermastamp brand is the only TGA listed skin needling device in Australia so why would you try any others?

***\$550 per treatment - 120 mins  
or \$1650 for 3 treatments***

***+ Aftercare Kit FREE (save \$200)***

***+ Post Care LED Lights (save \$1500)***

### Before & after E-Dermastamp Treatments





# COAXMED

If you can't stand those jowels, hate your ageing neck and everything on your face is sagging and falling south... CoaxMED is your solution.

This is the latest technology imported from Italy which is the natural alternative to botox and a facelift, without the risk of surgery!

We use radio frequency and cavitation waves to cause the collagen in the deeper dermis to contract to provide a lift, firm and tightening of the skin. This is a safe and painless procedure using the most superior technology.

There is no down time to this treatment and because we use the most advanced technology you will have natural results in the firmness of your skin. It is not like a facelift where all the skin is noticeably tight, your friends will just say you are looking healthy and happy like you've just had a holiday... but they will be thinking envious of your new look. Even Madonna loves this treatment.

**Cost - per area \$250- 30 mins**

**Full face lift incl. neck \$400- 60 mins**

**Course of 6-8 full face & neck are charged  
@ only \$350 each treatment**

## Before & after CoaxMED Treatments



## INTENSIVE PROGRAMMES

Let us personalise a 'bootcamp' for your skin using a series of combined therapies to force change deep in the skin's structure and reveal the glowing skin you deserve. Here are some examples of what we can do for you:

### Specialist Consultation

45 mins **\$120**

Our highly educated skin specialists will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

### CoaxMED Natural Facelift

(loose, sagging and aged skin)

- 8 CoaxMED Full Facelift including neck
- \$4800**

or

- 8 CoaxMED
  - 9 LED
  - 3 MDA treatments
- all for **\$5300**

### E-Dermastamp

(open pores, collagen induction, wrinkles, scars) **\$1980**

- 3 Skin Needling Treatments
- Aftercare kit

### Light & Bright

(for pigmentation, brown spots, sun damage, freckles) **\$1400**

- 6 GLB IPL Photorejuvenation Treatments
- 3 GLB Microdermabrasion Treatments
- 1 SPF 30
- 1 Lightening Peel Serum

### Rosacea Calm

(rosacea, reactive, sensitive skins) **\$999**

- 4 Rosacalm Facials
- 8 LED Red
- 1 Rosacalm Serum

### Epidermal Growth Factor

4 week bootcamp **\$899**

This is the latest technology in skincare to reverse the signs of ageing and refine the texture.

A combination of peels and highest % of EGF infused to rebuild damaged tissue and regenerate your healthiest skin possible.

### Clear Skin

(congested skins & mild acne) **\$1290**

- 6 LED Blue
- 8 LED Red
- 3 Microdermabrasion

### 12 Week Acne Programme

get optimal results! **\$1990** with 8 IPL for scarring for **\$3310**

Our acne skin specialist uses combination therapies of deep cleansing facials, peels, LED, medical massage and oxygen facials to have your acne under control within 12 weeks.

### Also available...

**Micro, LED or Oxygen Facials are also available at a discounted package price.**

# MEDI-SPA BODY

These results orientated treatment solutions will combat your problem areas.

## **Coolsculpting**

*starting from \$750  
packages available*

### **Love what you see with Coolsculpting!**

Coolsculpting encapsulates over 10 years of advanced research in non-invasive body sculpting technology.

Coolsculpting uses cryolipolysis (fat freezing) to destroy unwanted stubborn fat cells to reshape and sculpt the body. Once the fat cells have been destroyed they never return!

**Best results for the above are to be used in conjunction with a good exercise program.**

## **Detoxifying Body Wrap**

*1 hour \$160*

Beginning your treatment with an invigorating salt scrub to stimulate those toxic areas, then relax in the soothing comfort of this warmed, nutrient rich Indigenous Clay Cocoon.

Rich in detoxifying and rejuvenating essential oils, Sea Kelp and Australian Clays to leave you feeling cleansed and energised.

# DOCTOR NAIL FUNGUS TREATMENT

A specialist laser treatment for the safe & extremely effective results to treat nail fungi.

*One hand/foot \$ 149*

*Two hands/feet \$299*

*Discounted packages available*

Until recently the treatment of nail fungus has been very difficult due to the location of the fungus both underneath and inside of the nail.

It is estimated that 10% of Australians/New Zealanders suffer from unsightly nails that prevent them from feeling comfortable with bare feet or toes in public.

Due to the location of the infection, topical creams are frequently ineffective for many patients and oral medications lead to health risks with the need for liver enzyme testing. This oral medication is generally only effective in a small percentage of sufferers. Many patients undertake years of

ineffective treatment at great expense, all the while suffering in silence and hoping for something better to treat their yellowed, brittle, thickened toenails.

Laser treatment of toenail fungus finally offers a clinical proven, FDA cleared solution to this burdensome condition. In a simple, generally one-time procedure, you can be freed from your fears and enjoy clear toes.

The treatment involves little discomfort as the pulses of energy delivered from this specifically designed Nail Fungus Laser penetrate through the nail plate and kill the fungus in the nail bed.

Doctor Nail Fungus is the leader in Nail Fungus treatments in Australia and New Zealand with some excellent results achieved for our patients.

# |surgery

## **Dr Peter Laniewski**

Dr Peter Laniewski is a highly qualified and gifted Plastic Surgeon. He specialises in reconstructive and cosmetic surgery of the breast.

Dr Peter is an active member of ASPS (Australian Society of Plastic Surgery) so you can be assured you are in the best and most qualified hands for your surgery.

**Dr Peter performs all forms of cosmetic surgery of the face, breast and body.**

## **Non-Surgical Treatments**

In conjunction with facial surgery Dr Laniewski performs advanced facial reshaping techniques using injectables including:

- Botulinum Toxin/Antiwrinkle Injections
- Lip Filler
- Cheek Enhancement
- Hyperhidrosis
- Non-Surgical Rhinoplasty
- Liquid Facelift (combination of fillers and neurotoxin injections)
- Jaw Enhancement and Jowl Treatment

# SPECIALIST SERVICES

## **Cosmetic Tattooing**

Cosmetic tattooing has long been used to enhance facial features.

Permanent colour pigment implants give shape & definition & can be applied around the eyes as eyeliner, on the eyebrows, as a lip liner or a lip tint.

These implants, although called permanent, last for 2-6 years, depending on your skin type.

Our cosmetic tattoo technician uses the latest feathering technique and has extensive experience not only performing this procedure but also educating this skill.

## **Coolsculpting**

*from \$750, packages available*

### **Love what you see with Coolsculpting!**

Coolsculpting encapsulates over 10 years of advanced research in non-invasive body sculpting technology. Coolsculpting uses cryolipolysis (fat freezing) to destroy unwanted stubborn fat cells to reshape and sculpt the body. Once the fat cells have been destroyed they never return!

## **E-Dermastamp**

We use a E-Dermastamp to stimulate tissue regeneration to induce collagen, treat open pores, scarring, inflammatory pigmentation, wrinkles and lifeless skin. Please see page 14 for more information.

## **CoaxMED Natural Facelift**

This cutting edge technology utilises radio frequencies and cavitation radio frequencies and cavitation waves to contract collagen fibres to lift, firm and tighten a loose and sagging skin. This is a natural facelift treatment without the risk of surgery. Please see page 15 for more information.

## **Consultation with Rene**

Rene holds a diploma in beauty therapy, she is a qualified paramedical aesthetician, an accredited laser technician and a specialist in skin with over 20 years of experience and knowledge. She offers intensive consultations covering your genetics, lifestyle and routines; and will personalise a programme to get you the skin that you desire. She specialises in ageing and acne skins.

# hair free

## HAIR REMOVAL

### Waxing

The temple skincare & spa offers all waxing services in a comfortable and hygienic environment.

Hot wax is used on all areas except the legs and arms, to offer you maximum comfort.

Eyebrow Shape .....	\$20
Lip .....	\$11
Chin .....	\$15
Sides Of Face.....	\$18
Full Face.....	\$45
Underarm .....	\$20
Extended Bikini .....	\$30
Brazilian.....	\$65
Full Arm.....	\$35
1/2 Arm .....	\$29
1/2 Leg.....	\$35
Full Leg.....	\$59

### Men's Waxing

Chest .....	\$55
Back.....	\$55
Full Legs.....	\$75
Full Arm.....	\$49
Full Body.....	\$180

### Permanent Hair Reduction

Our treatments offer safe and effective results with minimal discomfort. We suggest 6-8 treatments, and you will notice that 60% of the hair will be reduced after the first two treatments. By the end of your course, there should be a reduction of 85-90% hair, and the remaining hair will be finer and lighter. Results may vary depending on skin type, this will be discussed in your consultation.

**PRE-PAY 10 TREATMENTS - GET 20% OFF**

**BUY 3 AREAS FOR 12 MONTHS LASER FOR \$1850**

### Women's Hair Removal

Arms (full).....	\$135
Arms (half).....	\$115
Bikini line.....	\$50
Brazilian.....	\$79
Breasts areola.....	\$40
Chin.....	from \$35
Eyebrows middle.....	\$20
Face (full) .....	\$69
Face (sides).....	\$49
Legs (full).....	\$210
Legs (lower) .....	\$169
Lip .....	\$35
Neck.....	\$40
Stomach line.....	\$49
Thighs back.....	\$69
Thighs (full).....	\$189
Underarms.....	\$49
Shaving.....	from \$49

Feet / Toes.....	\$49
Hand / Fingers.....	\$49
Knees .....	\$49
Anus / Areola / Snail Trail.....	\$39

### Men's Hair Removal

Neck .....	\$49
Shoulders.....	\$79
Stomach.....	\$85
Half Back.....	\$130
3/4 Back.....	\$169
Back & Shoulders.....	\$180
Chest.....	\$120
Chest & Stomach .....	\$180
Buttocks.....	\$120
Male Brazilian .....	\$225
Legs .....	\$399
Shaving.....	from \$49

## FINISHING TOUCHES

### Tinting

Eyebrow Tint.....	\$15
Eyelash Tint.....	\$30
Package - Eyelash Tint & Eyebrow Wax & Tint .....	\$50

### Make-Up

School Formals Makeover .....	\$45
Special Event Make-Up .....	\$99
Private Make-Up Lesson .....	\$150
Bridal Make-Up Trial .....	\$89
Bridal Make-Up .....	\$120
Bridal Make-Up & Hair Package .....	\$220

### Bridezilla Beauty Package

*the complete package* **\$590**

#### PRE-WEDDING PREP

- Smooth soft skin with Italian Orange & Jojoba Body Buff
- Hydrated & glowing skin with our White Flannel Body Cocoon
- Gentle Refreshing Skin Peel to make your skin glow
- Brow Tidy
- Lash Enhancing Tint
- De-stress with rainforest foot restoration
- Spa Pedicure
- Bridal Make-Up Trial

#### THE BIG DAY

- Bridal Make-Up

**UPGRADE your package to include your choice of:**

- + Botanical Facial
- + Spa Manicure
- + Relaxation Body Massage

# SPA ETIQUETTE

## **when to arrive**

We recommend that you arrive 15 mins before your appointed time. This will allow introductions & for you to relax and use the bathroom before your treatment. This also allows time for you to fill out all the necessary paperwork.

## **our spa**

We aim to provide a quiet and tranquil spa environment for all of our guests, and kindly request that you turn off your mobile phone on arrival.

To enhance your journey of wellness, we invite you to enjoy our heated outdoor pool and steam room before or after your treatment. If you would like to use the facilities, please notify our spa team when making your booking so we can prepare for you.

## **group bookings**

We love pampering you and your friends for a special day out. As there is a lot involved in the smooth and enjoyable runnings for a group booking we do require a small surcharge for any group of 10 or more to cover the extra staffing costs of a hostess and ensure your day flows smoothly.

Group bookings for 2 or more guests, or day spa packages over 2 hours, will require a holding deposit via credit card to secure your allocated time at the spa.

## **what to wear during treatments?**

Maintaining your sense of dignity & well being is of the utmost importance to us. Our fully qualified therapists are trained to drape correctly to respect your comfort & privacy.

Disposable underwear are available for body treatments.

Our clients are able to use the heated outdoor pool before and after your treatment if you desire so please bring your own towel and swim suit if you wish to take advantage of the facility.

## **what if I am late for my appointment?**

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness & importantly your pleasure & enjoyment.

As a courtesy to all our clients all treatments are completed as scheduled.

## **what if I have a special health condition?**

Please inform your therapist of any health concerns that you may have when completing your treatment card.

We do not treat anyone in their first trimester of pregnancy.

Our fully qualified therapists will advise on special conditions such as allergies, heart conditions or high blood pressure.

If you are currently or recently have been taking roaccutane it is important you inform your therapist.

## **payment**

The clinic accepts cash, eftpos and all major credit cards. Amex will incur a 3% surcharge. Unfortunately we do not accept Diners cards.

day spa | medi spa | surgery



The Hills Lodge  
Cnr Salisbury & Windsor Roads, Castle Hill NSW 2154

Phone 9634 2411 | [www.templeiskincare.com.au](http://www.templeiskincare.com.au)

 [facebook.com/templeiskincare](https://facebook.com/templeiskincare)

Monday	9.00am - 8.00pm
Tuesday	Closed
Wednesday	9.00am - 5.30pm
Thursday	9.00am - 9.00pm
Friday	9.00am - 5.30pm
Saturday	9.00am - 4.00pm
Sunday	By appointment