



... a crowning of bliss

a delight to the senses . . .



Expect to be transformed with the healing touch you will receive at Art of Massage.

We are committed to offering only the highest standard of massage treatments.

Each therapist is fully trained and experienced in offering a unique treatment specific to your needs.

Here are some of the benefits of receiving a massage at Art of Massage:

- > Improves sleep and concentration
- > Calms the nervous system
- > Relaxes the mind, body, emotions and spirit
- > Reduces stress at both a physical and emotional level
- > Relieves symptoms of injuries
- > Releases headaches, back pain; neck pain; sporting injuries, postural problems, fluid retention and helps release the build up of toxins in the body.
- > Strengthens the immune system
- > Improves circulation and lymphatic drainage
- > Releases muscular tension
- > Helps restore balance to your whole being.

a healing experience . . .



Remedial Massage

A firm pressure massage to help treat ailments in the body. The firm pressure applied helps relieve muscle structures from spasms, toxin storage, and pain caused through injury.

Deep Tissue Massage

Targets specific muscular discomfort, using long slow strokes and deep pressure. We work with your breath to release deep physical and emotional holding patterns in your body.

Aromatherapy/Relaxation Massage

A soothing massage with gentle, flowing, rhythmic movements to help calm the sensory nerves and release tension from the muscles. Essential oils are chosen for your individual needs for a complete drift away experience.

Pregnancy Massage

Our specialty pregnancy cushions allow a supportive, comfortable treatment where you are able to relax and enjoy the massage whilst lying face down, even in the latter stages of your pregnancy.

Hot Stone Massage

An authentic "Hot Stone Massage" is a combination of gliding the heated stones gently upon the surface of the skin to soothe and relax the muscles, and also working with depth and pressure to aid a deep tissue massage. *(Add \$20 to all massage prices for this service)*

Prices for all massages

30 mins	\$55
1 hour	\$85
1.5 hours	\$120

Home visits

1 hour	\$110
1.5 hours	\$140

a pleasure to enjoy . . .



Facial Treatments

Our customized facials are designed to treat your individual skin care needs. We use the purest aromatic essential oils and soothing hot towels, combined with natural clay therapy to help detoxify and nourish your skin. Advanced skin care cosmeceuticals are used to treat concerns such as premature aging and acne. Our specialized facial treatments will have your skin looking renewed and invigorated.

Deluxe Aromatherapy Facial

For a total indulgence try our Deluxe Aromatherapy Facial. We start with a cleansing scrub and extractions of the skin, a deep cleansing mask, followed by a hand and foot massage to relieve tired limbs. A face, neck, scalp and shoulder massage will lead you into deeper relaxation. We then finish off with a mask to suit your skin type. Treatment includes eyebrow shaping.

1.5 hours **\$115**

Add an eyelash tint **\$125**

Deep Cleanse Facial

For blemished and congested skins, this deep purifying treatment will help to eliminate toxins, rejuvenate and rebalance the skin, leaving you with a smooth healthy glow. Included is a face, neck and shoulder massage to relax and aid lymphatic drainage. Treatment includes eyebrow wax.

1 hour **\$85**

With eyelash tint added **\$95**

Hydration Sensation

A highly nourishing facial using Dr Eckstein products.

A relaxing face, neck, shoulder scalp and hand massage will leave you feeling sensational. Includes eyebrow wax.

1 hour **\$90**

With eyelash tint added **\$105**

Men's Facial

Designed for the specific needs of a man's skin, the face is deeply cleansed, nourished and complete with a relaxing face neck, shoulder and scalp massage.

50 mins **\$75**

a new awakening . . .



Specialized Facial Treatments

Collagen Facial

Rejuvenate tired skin with this stimulating facial. Delay the ageing process by replenishing the skins natural proteins using a collagen ampule prior to a collagen algae based mask. Includes face, neck, shoulder, scalp, hand massage and eyebrow shape. 1 hour **\$110**

Mini Facial

Refresh with a quick pick-me-up treatment, includes cleanse, exfoliation, face and scalp massage followed by a mask. 30 mins **\$55**

Acne Treatment

Deep pore cleansing, with the use of specialized products. Extractions of the skin are performed and an oil free lymphatic massage is applied to help free blockages. 45 mins **\$65**

Aloe Vera Face Lifting Mask

A natural ingredient treatment designed by Dr Eckstein, helps to provide vitalization and optimal tightening at the same time. A visible improvement of the skin texture will usually be noticed after just one treatment. Includes ampoule with treatment. 1 hour **\$90**

Microdermabrasion

This is a gentle, non invasive treatment that effectively smoothes and clears the skin. This treatment instantly refines thickened skin, sun damaged skin and fine lines. By removing dead skin cells it helps stimulate new cell growth and product absorption is increased into the skin. 1 treatment 40mins **\$95**

Includes AHA mask, face and scalp massage
Course of 6 treatments **\$480**
Included with any Facial **\$50**

Microderm Facial

A Deep Cleansing Facial with Microdermabrasion using AHA Products. 70 mins **\$130**

Glycolic Treatment

Ideal for acne, post acne, premature aging and sun damaged skin, helps refine the skin for a smoother softer appearance. 30 mins **\$45**

a seasonal renewal . . .



Body Treatments

Lavender Scrub

A rich lavender and pine based scrub is applied to the whole body with frictions to exfoliate dead cells. Helps with skin disorders such as eczma and dermatitis, leaving your skin feeling thoroughly clean, healthy and smooth. 30 mins **\$50**

Salt Scrub

A gentle exfoliation for the most sensitive skin type, will leave your skin feeling smooth and silky. **\$50**

Bodywrap

Choose from a range of purifying and moisturizing natural clays that are applied to your whole body. You are then wrapped up and warmed with a relaxing scalp massage. **\$50**

Deluxe Body Package

Exfoliation scrub, body wrap and scalp massage followed by a 1 hour therapeutic massage, this is a 2 hour package of sheer bliss leaving you feeling elated and relaxed and ready to face the world again. **\$170**

Full Body Hydration Sensation

Restore your senses by immersing your body into an Exfoliating AHA Scrub. Erase all worries with a White Clay and Manuka Honey Body Wrap with a scalp massage. Feel revitalised with a nourishing cream to leave your skin feeling smooth and sensational. 1 hour **\$110**

Hands & Feet Treatments

Lie back and relax while we treat your hands and feet. All the treatments include a soak and exfoliation to prepare the hands and feet for a relaxing and nourishing massage. Manicure 30 mins **\$30** Deluxe Pedicure 1 hour **\$50**
Deluxe Manicure 45 mins **\$40** Paraffin extra **\$10**
Express Manicure & Pedicure 1 hour **\$60**

Special Foot Treatment

Treat your tired and aching feet to our special foot treatment that includes foot spa, lavender scrub and a 20 minute foot massage with rich natural body butter to nourish hardened heels. 40 mins **\$45**
Paraffin **\$10 extra**

a blessing to behold . . .



Open Monday-Saturday. Sunday's available by appointment.

Evening appointments available.

We accept Visa, Mastercard, Bankcard & Eftpos.

Last-minute cancellations and no-shows may incur a fee.

Gift vouchers available and can be organised over the phone.

Shower facilities are available for your convenience.

Waxing

We use high quality honey strip wax for the body, arms and legs. A warm towel wash with lavender is applied to soothe the skin and remove any traces of honey. This is followed by Aloe Vera to cool the skin.

For more sensitive areas, bikini line, underarms and facial hair we use luxurious apricot wax for a clean smoother finish. It's gentle on the skin and helps eliminate ingrowing hair problems.

Waxing Treatments

Bikini Line	from	\$20
Underarm		\$20
Half arm		\$20
Full Arm		\$35
Half Leg		\$22
Top Half		\$35
Full Leg		\$45
Full Leg inc. Bikini		\$60

Mens Waxing

Chest	\$25
Stomach	\$25
Full Back	\$50
Full Leg	\$50
Full Arm	\$40

Facial Waxing

Upper Lip	\$15
Eyebrow	\$15
Chin	\$15
Facial (Eyebrow, Lip & Chin)	\$40

Tinting

Eyelash	\$20
Eyebrow	\$15

Beauty Express

Calm your day with a cleansing facial followed by a shoulder, scalp and face massage. Reshape eyebrows together with an eyelash and brow tint. A quick to the touch manicure and pedicure to complete checkout. 1 hour with two therapists optional. 90 mins **\$145**

Restoration Rescue

Relax your muscles with a hot stone massage. A revitalising facial to refresh and rejuvenate. 1.5 hours **\$150**

A Blissful Retreat

1 hour Body Massage followed by a Hydration Sensation Facial, an eyebrow wax and The Deluxe Pedicure. 3 hours of Bliss with one therapist **\$210**

Indulgence in Splendour

1 hour Body Massage, followed by a Deluxe Aromatherapy Facial, with an eyebrow wax and eyelash tint, plus a Deluxe Manicure and Pedicure. 3.45 hours of Indulgence with one therapist **\$280**

A cup of our herbal tea will be served with the above packages

*for today and everyday
we are completely at your service
to help make each day
a beautiful day*



42 Macpherson Street Bronte NSW 2024

Phone 02 9389 8333

www.artofmassage.com.au