



INDAH

Health & Beauty Spa

*Menu of Services*

Geraldton's Premier  
Organic & Natural Day Spa

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



*Experience the art  
of relaxation*

# Experience the art of relaxation at Indah health and beauty spa.

Offering an exclusive selection of day spa treatments for both men and women to promote healthy ageing and wellness.

All of our services are delivered in a relaxed atmosphere that protects the privacy of our guests. We offer you only the finest organic and natural products throughout our entire range of treatments.

Indah is proud to use Sodashi and Eminence, both world leaders in natural and organic skincare.

Please arrive 10 minutes prior to your treatment to allow you time to change and unwind.

Indah is proud to be green. Using only 100% chemical free products through the day spa, chemical free hospital grade cleaning products, recycled paper and vegetable inks for printing, and is consistently conscious of ways to help the environment we live in.



# *Things I should know*

## **ETIQUETTE**

To ensure that all guests enjoy our tranquil surroundings, we ask for noise levels to be kept to a minimum, this includes mobile phones. Though we love children their attendance is discouraged.

## **ARRIVAL TIME**

We ask you to arrive 15 minutes prior to your treatment beginning to allow you time to change and unwind. Arriving late will reduce treatment time, lessening its effectiveness and your pleasure; the treatment will finish at the scheduled time to ensure the next guest is not delayed. We invite you to make full use of our lounge facilities before and after your treatment.

## **RESERVATIONS**

Booking in advance is recommended, where the time permits we are happy to accommodate spontaneous guests. Indah requires 50% deposit or credit card details to confirm your reservation. Please mention if you are redeeming a gift voucher.

## **CONSULTATION**

If it is your first visit at Indah you are required to complete a consultation form before we begin your treatment. This will help us adapt the treatment to suit your individual requirements.

## **PRE-NATAL**

If you are pregnant please advise us at the time of booking, to ensure we can advise on suitable treatments, and ones which should be avoided.

# *Things I should know*

## **ATTIRE**

Your comfort is our priority, relaxation is best achieved by wearing comfortable clothing. Disposable underwear will be supplied where appropriate.

## **GIFT VOUCHERS**

A gift voucher is a great idea to show someone you love them, to say thank you, or simply to show you care. Vouchers are valid for 12 months. (Stolen or lost vouchers cannot be reclaimed). Gift vouchers can be purchased on our website or by phoning 08 9921 3344 – credit card accepted over the phone. Free same day delivery is also available to Geraldton areas.

## **PAYMENT**

We accept cash, Visa, MasterCard, American Express, EFTPOS and cheque with identification.

## **SECURITY**

We ask that you leave your valuables at home as we cannot take responsibility for valuables left in the spa.

## **PARKING**

Plentiful parking right outside Indah's front gates, through the car park on the corner of View Street and George Road.

## **GROUPS**

We are more than happy to make special group arrangements for birthday celebrations, hen's parties and corporate groups. For group of four or more we do require a 50% non-refundable deposit at the time of the booking.

We require cancellation notice of 48 hours to avoid full charges being applied to your cancellation; this also applies to gift voucher bookings.

# Spa Packages

Enjoy any of the following packages in your own company or in pairs.

**WATTLE SEED** - allow 1.5 hours \$170  
1 hour Aromatherapy Massage or Therapeutic Massage  
Soothing Mint Foot Treatment

**RIVER GUM** - allow 1.4 hours \$220  
Manicure or Pedicure  
Back Massage  
Relax Facial

**BOTTLEBRUSH** - allow 2.1 hours \$240  
1 hour Aromatherapy Massage or Therapeutic Massage  
Revitalising Facial

**KANGAROO PAW** - allow 3 hours \$325  
Outdoor Relaxation Bath  
1 hour Aromatherapy Massage or Therapeutic Massage  
Marine Mineral Facial

**WARATAH** - allow 5 hours \$570  
Thermal Infusing Facial  
Hot Stone Massage  
Spa Pedicure  
Manicure  
Skeetas Restaurant Lunch

**MELALEUCA** - allow 7 hours \$730  
Steam Room  
Detoxifying Marine Body Wrap  
Deluxe Therapy Spa  
Skeetas Restaurant Lunch  
1 hour Aromatherapy Massage or Therapeutic Massage  
Sodashi Marine Mineral Facial  
Manicure  
Pedicure

# Spa Delights

**STEAM ROOM** - 30mins \$55

Indulge in our exotic Turkish Steam Room, just on its own or a prelude to scrubs, wraps or massage. Not only is it relaxing it helps to increase circulation, metabolism, hydrate the skin and remove toxins from clogged pores.

**DETOX BOX** - 30mins \$55

This sauna uses naturally occurring infrared rays to effectively detoxify the body of many lifelong toxins and heavy metals. Whilst detoxing the body it helps with the balance of cellulite and improves the skin tone while relaxing the body and mind.

**DELUXE BODY THERAPY SPA** - 30mins \$55

Lay back and relax in our indoor Therapy Spa. Organic oils and salts are added to enhance the therapeutic benefits of your private time out.

**OUTDOOR BATH HOUSE** - 30mins \$55

Lay back and relax under the blue sky in our beautiful private outdoor bath house. With a blend of Epsom salts, uplifting oils, and fresh flowers to assist in the eliminate of toxins and rejuvenate and replenish the skin.

**SKEETAS RESTAURANT LUNCH** - 30mins \$35

Ask our friendly receptionist for Indah's exclusive Menu from Skeetas Restaurant and add a meal to your treatments. Lunch includes a glass of champagne or juice, a Indah chocolate, fruit and a delicious dessert.

# Massage

**EXPRESS BACK MASSAGE** - 30mins \$75

(firm, medium or light pressure)

A massage of your upper back, lower back and shoulders designed to help relieve upper body tension. You will receive a foot compress to begin the experience. Great for those on the go, or perfect to add to another Indah treatment.

**INDAH'S AMETHYST HEAD MASSAGE** - 30mins \$75

(medium or light pressure)

This stress relieving massage has been created using the Indian Head Massage technique with amethyst stone added for further relaxation. Our professional therapist will massage the top of your back, shoulders, neck, head and face.

This massage is traditionally performed seated, please inform our receptionist if you would prefer to enjoy lying down.

**AROMATHERAPY MASSAGE** 60mins \$115 or 90mins \$165

(medium or light pressure)

This popular massage soothes and loosens the superficial muscle structure, working to relax the entire body, improve general wellbeing and reduce mental stress. When you arrive at Indah you will choose one of three carefully blended aromatherapy oils to enhance your experience as well as a choice of areas you would like our professional massage therapist to avoid or focus on.

**CRYSTAL BODY MASSAGE** - 60mins \$125

(medium or light pressure)

Massaging with crystals combines the benefits of a full body massage together with the healing vibrations of your choice of amethyst, tourmaline or rose quartz crystals. A unique experience designed to balance your body spiritually & physically.

# Massage

**PREGNANCY MASSAGE** - 60mins \$125 or 90mins \$175  
(firm, medium or light pressure. Not recommended before 12 weeks)

Enjoy a full body massage whilst you lay on your stomach using our comfortable pregnancy pillow designed especially for pregnancy massages. Our professional therapists will ensure you will be deeply relaxed in preparation for welcoming your little one into the world.

**WARM BAMBOO MASSAGE** - 60mins \$125  
(medium or light pressure)

Our Bamboo Massage is the use of hollow organically treated bamboo canes, in various sizes used to knead and roll out knots and relax tense muscles. It combines the traditional benefits of massage along with the comforting qualities of heat. The perfect massage to counter the effects of tension and lack of rest.

**THERAPEUTIC MASSAGE** 60mins \$130 or 90mins \$180  
(medium or firm pressure)

A full body massage to release tension and knots to help reduce discomfort. Our professional massage therapist focuses on the soft or deep layers of muscles to release the stress on your body. With your choice of areas you wish us to avoid or focus on.

**HOT STONE MASSAGE** - 90mins \$180  
(light or medium pressure)

Indah's most popular massage. Using warm volcanic stones to penetrate the muscles and relax and soften muscle tissue, this is a deeply relaxing and treating massage for the whole body. Enjoy the healing benefits of amethyst for a heightened experience.

# Facials

Extractions - available to add to any facial treatment  
(10mins) \$20

**RELAX FACIAL** - 30mins \$80

(tailored to suit any skin type, using Sodashi products)

This express treatment will boost your complexion with a facial cleanse, Sodashi's unique exfoliating compresses, aromatic hydrating mist and a firming gel mask. To complete your facial a nutrient rich moisturiser is applied, leaving your skin soft, supple and hydrated.

**RADIANCE FACIAL** - 60mins \$135

(Tailored to suit any skin type, using Sodashi products)

The Radiance Facial is tailored to your specific skin type for best results. You can relax and enjoy this aromatic experience, which will soften, nourish, balance and significantly enhance the radiance of your complexion.

**MICROHYDRABRASION FACIAL** - 60mins \$150

(tailored to suit any skin type)

The skin has pores and follicles that need to be regularly cleaned. Blocked pores is characterised by blackheads, congestion and blemishes. To vacuum the skin is an ideal way to ensure the skin is deeply cleaned and decongested. Microhydrabrasion is a system that exfoliates the skin with diamonds but simultaneously cleans the skin too. Our deepest cleansing facial assists with reversing scarring, fine lines and wrinkles.

Package Pricing;

3 Microhydrabrasion Treatments	\$420
6 Microhydrabrasion Treatments	\$850
10 Microhydrabrasion Treatments	\$1420

# Facials

## **REVITALISING FACIAL** - 60mins \$135

(pore minimising, anti-aging & anti acne, using Eminence products)

Featuring the anti-oxidant rich "super fruit" mangosteen, this facial works gently to even out your skin tone and smooth your complexion so you can get glowing again! Address the root cause of dull, tired, uneven looking skin and gently resurface your complexion, minimise pores and refine your skin tone.

## **RENEW FACIAL** - 80mins \$165

(anti-aging hydration boost, brightening & lightening, using Eminence products)

Say goodbye to hyper-pigmentation and uneven skin tone naturally with active botanicals in this illuminating and brightening organic facial. Brightening bearberry, lightening liquorice and soothing stone crop fade pigment while infusing the skin with anti-oxidants. Gigawhite and a Natural Hydroquinone Alternative will reduce blotchy pigmentation and leave skin clear and bright, boosting collagen for a healthy youthful complexion.

## **LIFT AND FIRM** - 80mins \$165

(pore minimising & tightening, using Eminence products)

This naturally exfoliating peel cleanses the pores deeply and tones the appearance of the skin. The mix of blueberry, raspberry and blackberry juices combined with pineapple extract is high in vitamins and anti-oxidants that will nourish and refresh your skin. The refining and rejuvenating properties of berries, along with detoxifying and stimulating paprika are certain to take years off your skin, leaving behind a youthful glow.

## **MARINE MINERAL FACIAL** - 80mins \$165

(tailored to suit any skin type, using Sodashi products)

Using the intelligence of marine plants, this facial is rich in spirulina and fucus extract to bring radiance and glow to your complexion. This is the perfect treatment to oxygenate tone and revitalise the skin. Including a luxurious facial, neck and décolletage massage, this facial will leave your skin radiant and glowing. A great first facial.

# Facials

## **THERMAL INFUSING FACIAL** - 90mins \$190

(tailored to suit any skin type, using Sodashi products)

Sodashi's exclusive warm infusing mask will maximise penetration of nature's essential vitamins and minerals into the deeper layers of the skin leaving your skin hydrated and toned, as well as restoring forgotten elasticity and radiance, this is more than just a facial, its Nature's Face Lift.

## **SAMADARA FACIAL** - 110mins \$245

(ultimate aging solution, using Sodashi products)

The Samadara Ultimate Age-Defying Facial uses a sequence of timeless, anti ageing techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform your skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A rose quartz crystal facial massage enables the powerful Samadara crème to penetrate deeply into the skin for maximum benefit.

## **IPL FACIAL TREATMENTS**

Targeting many different skin concerns including pigmentation, freckles, sunspots, acne, and redness using Intense Pulse Light Therapy while stimulating collagen improving skin tone, elasticity, fine lines and wrinkles.

	ENJOY ON OWN	ADD TO FACIAL
Half face	\$145	\$100
Full face	\$199	\$149
Face & Neck	\$249	\$194
Face, Neck, Décolletage	\$299	\$239
Decolletage	\$149	\$105
Scalp Mud Application (leave in)		\$25
Extractions (10mins)		\$20

# *For the mum to be*

All pregnancy treatments are suggested for women to enjoy in their second to final trimester.

**A MOTHERS TOUCH** - 70mins \$150

Relax Facial

Manicure or Pedicure

**PREGNANCY PAMPER** - 90mins \$210

Pregnancy Massage

Relax Facial

**NATURAL GLOW** - 2.4 hours \$340

Pregnancy Massage

Relax Facial

Manicure or Pedicure

Soothing Mint Foot Treatment

**PREGNANCY MASSAGE** - 60mins \$130 or 90mins \$175

Enjoy a full body massage whilst you lay on your stomach using our large pregnancy pillow designed especially for pregnancy massages. Our professional therapists will ensure you will be deeply relaxed in preparation for welcoming your little one into the world.

**REFLEXOLOGY FOR RELAXATION** - 60mins \$120

A specialised form of acupressure focusing solely on your feet stimulating reflex nerves which are systematically linked to all parts of your body. Body balance at its best, your expert therapist clears meridian blockages, leaving you harmonised and in tune with your body. Including a nurturing citrus foot soak and balancing salt exfoliation of the lower legs and feet.

# Body Therapies

## **EAR CANDLING** - 30mins

\$70

This ancient remedy designed for cleansing and invigorating the ear has been around for centuries. Most cultures has some form of ear candling in its healing history, from China to Italy, Australian Aboriginals and the jungle tribes of South America. Enjoy a light massage to stimulate the removal of sinus congestion during the candling.

## **REFLEXOLOGY FOR RELAXATION** - 60mins

\$120

A specialised form of acupressure focusing solely on your feet stimulating reflex nerves which are systematically linked to all parts of your body. Body balance at its best, your expert therapist clears meridian blockages, leaving you harmonised and in tune with your body. Including a nurturing citrus foot soak and balancing salt exfoliation of the lower legs and feet.

## **SODASHI SOLE TO SOUL TREATMENT** - 60mins

\$120

Experience an aromatic steaming head wrap and the application of an enriching scalp mask, leaving your hair soft and shiny. To follow, warm compresses and luxurious jojoba beads exfoliate your hands before a rich moisturiser is massaged deeply into the skin to nourish, soften and protect. To finish, we provide total relief for aching feet and legs with Sodashi's soothing foot cream using the oils of mint and arnica to increase circulation and reduce swelling.

# Body Therapies

## **FULL BODY EXFOLIATION** - 60mins \$125

With your choice of four highly fragrant full body exfoliants, Vanilla & Sandalwood, Pear & Green Apple, Green Tea Sea Salt or Body Balance Salt. Let your whole body deeply relax whilst your professional therapist removes dead skin and stimulates circulation of your entire body. The suitable rich hydrating moisturiser is applied for a perfect body glow. A treatment to relax the mind, soothe the soul and replenish the skin.

## **PEAR APPLE & MANGO BODY WRAP** - 80mins \$165

Rejuvenate your skin head to toe beginning with a blend of antioxidant rich pear, apple and sugar cane, to gently exfoliate and smooth your skin. Follow with the application of fragrant jam like mango to dissolve dryness, fine lines and pigmentation. Perfectly completed with a luxurious full body application of an Eminence body lotion to return firmness and deeply moisturise.

## **DETOXIFYING MARINE BODY WRAP** - 90mins \$165

Combining the richness of sea plants, algae, marine minerals and plant essences this treatment is detoxifying for the entire body. Enjoy a full body exfoliation followed with Sodashi's Detoxifying Body Mask. A soothing scalp massage will complete the ultimate journey of relaxation.

# Hands & Feet

We are proud to be an organic day spa, therefore we cannot remove gel/shellac or acrylic nails.

## **MINI MANICURE OR MINI PEDICURE** - 50mins \$75

Enjoy a nail file, cuticle treatment, buff and perfect polish of your fingers or toes.

## **SOOTHING MINT FOOT TREATMENT** - 30mins \$65

Soothe and revitalise tired, sore feet with Sodashi's invigorating sea salt polish to refresh the skin and stimulate circulation. Finished with an arnica, lavender and peppermint foot cream massaged into feet and lower legs to provide total relaxation.

## **INDAH'S SPA MANICURE** - 60mins \$100

Enjoy a warm towel compress to soften your hands before a total rejuvenation of your fingers and cuticles. An exfoliant, massage and mask will leave your hands and arms cleansed and soft, finishing with a perfect polish of your choice.

## **INDAH'S SPA PEDICURE** - 60mins \$100

The ultimate feet and leg experience including a warm foot soak, toenail file, cuticle treatment, exfoliation, massage and mask. Step into your day with perfectly cared for feet with a foot filed heels and polish of your choice.

# Tinting & Henna

## **TINTING**

Eyebrow Tint	\$20
Eyelash Tint	\$30
Eyelash & Eyebrow Tint	\$40

## **EYEBROW HENNA**

Initial consultation	\$80
(includes eyebrow wax and scalp/hand massage)	
Maintenance	\$65
(including eyebrow wax and scalp/hand massage)	
Maintenance	\$50
(including scalp/hand massage)	

# *Hair Removal*

## *For her*

	WAXING	IPL
EYEBROW TIDY	\$20	-
EYEBROW SHAPE	\$30	-
LIP	\$18	\$35
CHIN	\$19	\$45
EYEBROW, LIP & CHIN	\$40	-
SIDES OF FACE	\$21	\$55
UNDERARM	\$25	\$60
HALF ARM	\$30	\$120
FULL ARM	\$40	\$170
STOMACH	\$25	\$45
LOWER LEG	\$36	\$120
¾ LEG	\$47	\$150
UPPER LEG	\$40	\$140
FULL LEG	\$55	\$190
BIKINI	\$27	\$75
G-STRING BIKINI	\$45	\$90
BRAZILIAN	\$80	\$120
BRAZILIAN MAINTENANCE	\$75	-

\* IPL discounted package prices available

## *For him*

	WAXING	IPL
EYEBROW TIDY	\$20	-
EYEBROW SHAPE	\$30	-
BACK	\$40	\$180
BACK & SHOULDERS	\$55	\$210
BACK, SHOULDERS & CHEST	\$80	\$290
HALF ARM	\$40	\$120
FULL LEG	\$60	\$190
CHEST	\$35	\$160

# Gentleman's Corner

We welcome men to enjoy all of Indah's wide range of treatments.

**THE GROUNDED GENT** - allow 1.5 hours \$175

Steam Room

Therapeutic Massage 60mins

**THE CHAIRMAN** - allow 3.5 hours \$430

Steam Room

Full Body Exfoliation

Therapeutic Massage

Man Maintenance Facial

**JACK'S RE-BUFF** - allow 2.5 hours \$310

Steam Room

Therapeutic Massage

Man Maintenance Facial

**THERAPEUTIC MASSAGE** - 60 mins \$130

(medium or firm pressure)

A full body massage to release tension and knots to help reduce discomfort. Our professional massage therapist focuses on the soft or deep layers of muscles to release the stress on your body. With your choice of areas to avoid or focus on.

**MAN MAINTENANCE FACIAL** - 60mins \$135

(Tailored to suit every Gentleman, using Sodashi products)

Beginning with a purifying Himalayan salt back scrub.

We continue with a deep cleaning facial that balances the skins natural oils and assists in preventing ingrown hairs. Sodashi's relaxing facial massage will tone and firm the muscles, leaving you looking fresh and revitalised.



*Indah is proud to use:*



The #1 certified organic make-up brand, made in Australia, trusted worldwide.

### *Professional makeup*

Special occasion	\$85
Bride trial	\$50
Bride on special day	\$116
Bridesmaids	\$85
Mother of the bride	\$85
Flowergirl	\$34
Temporary lashes	\$15 per person
Travel	\$25 per hour per artist



## OPENING HOURS

Monday	9am – 5pm
Tuesday	9am – 6pm
Wednesday	9am – 7pm
Thursday	9am – 8pm
Friday	8.30am – 5pm
Saturday	8.30am – 5pm

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