



INDAH

Health & Beauty Spa

Menu of Services

Geraldton's Premier
Organic & Natural Day Spa

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 3 years. (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, cheque with identification and Afterpay.

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 1h 30m \$175
1 hour Aromatherapy Massage or Therapeutic Massage
Soothing Mint Foot Treatment

RIVER GUM - allow 1h 50m \$225
Manicure or Pedicure
Back Massage
Relax Facial

BOTTLEBRUSH - allow 2 hours \$245
1 hour Aromatherapy Massage or Therapeutic Massage
Revitalise Facial

KANGAROO PAW - allow 3 hours \$330
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 - 30 min

\$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 - 30 min

\$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 - 30 min

\$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 - 30 min

\$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 elimination of toxins and rejuvenate and replenish the skin.

SKEETAS RESTAURANT LUNCH - 30 min

\$45

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, an Indah chocolate, fruit and a delicious dessert.

Massage

EXPRESS BACK MASSAGE - 30 min

\$77

(light or medium 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 - 30 min

\$77

(light or medium 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.

AROMATHERAPY MASSAGE 60 min \$117 or 90 min \$167

(light or medium 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.

Massage

PREGNANCY MASSAGE - 60 min \$125 or 90 min \$177

(light or medium 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 - 60 min \$127

(light or medium 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 60 min \$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 - 90 min \$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

FACIAL ENHANCEMENTS

Scalp Mud Application - leave in 10 min \$25

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

RELAX FACIAL - 30 min \$82

(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 \$137

(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 - 60 min \$155

(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 \$405

6 Microhydrabrasion Treatments \$750

8 Microhydrabrasion Treatments \$920

10 Microhydrabrasion Treatments \$1100

Facials

REVITALISING FACIAL - 60 min \$137

(pore minimising and 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 - 80 min \$167

(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.

REPLENISH FACIAL - 80 min \$167

(collagen boosting, anti-aging, reverse sun damage, using Eminence products)

Erase the damage that the sun brings to the skin with this collagen boosting treat to rediscover a smooth and even complexion. An enzymatic puree of yam and pumpkin accelerate the exfoliation process, peeling away dead skin, as well as reducing hyperpigmentation and fine lines. Formulated with cruelty free collagen and sustainably sourced algae for increased elasticity and suppleness, skin is left intensely hydrated with a youthful glow.

Facials

MARINE MINERAL FACIAL - 80 min \$167

(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.

THERMAL INFUSING FACIAL - 90 min \$192

(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.

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

For the mum to be

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

A MOTHERS TOUCH - allow 1h 20min \$150

Relax Facial

Manicure or Pedicure

PREGNANCY PAMPER - allow 1h 30min \$210

Pregnancy Massage

Relax Facial

NATURAL GLOW - allow 2h 50m \$340

Pregnancy Massage

Relax Facial

Manicure or Pedicure

Soothing Mint Foot Treatment

PREGNANCY MASSAGE - 60 min \$130 or 90 min \$177

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 - 60 min \$122

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

REFLEXOLOGY FOR RELAXATION - 60 mins \$122

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 - 60 min \$122

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.

SOOTHING MINT FOOT TREATMENT - 30 min \$67

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.

Body Therapies

FULL BODY EXFOLIATION - 60 min \$127

With your choice of four highly fragrant full body exfoliants, Vanilla & Sandalwood, Green Tea Sea Salt, Body Balance Salt or Stone crop. 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.

DETOXIFYING MARINE BODY WRAP - 90 min \$167

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.

Add a 20min mini facial for the perfect head-to-toe experience.

\$40

STONE CROP BODY TREATMENT - 90 min \$167

Elevate your body ritual with head-to-toe organic healing. Your experience begins with an invigorating sugar & salt exfoliation that gently resurfaces the skin, followed by a cooling aloe-infused restorative wrap. Every inch of you is left soothed and smoothed, uniting body, soul - and skin.

Add a 20min mini facial for the perfect head-to-toe experience.

\$40

Hands & Feet

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

Indah is proud to use Scout Polish - An Australian made breathable Nail Polish enriched with powerful ingredients, vitamins, and botanicals to nourish, strengthen, hydrate and revitalise your nails.

MINI MANICURE OR MINI PEDICURE - 50 min \$77

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

SOOTHING MINT FOOT TREATMENT - 30 min \$67

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 - 60 min \$100

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

INDAH'S SPA PEDICURE - 60 min \$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 foot filed heels and polish of your choice.

Evo Gel is a next generation bottle-and-brush gel system that has been designed from the base up with nail health and safety in mind. The Gel polish lasts up to 6 weeks on toes, and up to 2 weeks on fingers.

Evo Gel is vegan, cruelty-free, and non toxic.

Mini Manicure	\$92
Mini Pedicure	\$92
Spa Manicure	\$116
Spa Pedicure	\$116
Evo Gel Removal - 10/20minutes	\$10/\$20

Hair Removal

For her

	WAXING	IPL
LIP	\$20	\$37
CHIN	\$19	\$47
EYEBROW, LIP & CHIN	\$50	-
SIDES OF FACE	\$23	\$57
UNDERARM	\$27	\$62
HALF ARM	\$32	\$122
FULL ARM	\$42	\$172
STOMACH	\$27	\$47
LOWER LEG	\$38	\$122
¾ LEG	\$49	\$152
UPPER LEG	\$42	\$142
FULL LEG	\$57	\$192
BIKINI	\$32	\$77
G-STRING BIKINI	\$47	\$92
BRAZILIAN	\$85	\$122
BRAZILIAN MAINTENANCE	\$77	-

* IPL discounted package prices available

Eyebrows & Lashes

TINTING

Eyebrow Tint	10 min	\$22
Eyelash Tint	20 min	\$32
Eyelash & Eyebrow Tint	20 min	\$40

WAXING

(basic tidy up of brows, can receive if no longer than 6 weeks since last visit)

Eyebrow wax	20 min	\$30
Eyebrow wax and tint	30 min	\$45

MAPPING & RESHAPING

(receive a professional re-shaping using our extensive mapping system)

Eyebrow mapping & re-shape	30 min	\$45
Eyebrow mapping, re-shape and tint	40 min	\$60

HENNA

(receive a professional re-shaping using our mapping system, and a long lasting henna to tint skin and hairs)

Initial consultation including mapping & re-shape		\$80
50 min		
Henna maintenance (6 weeks) including wax		\$64
40 min		

Gentleman's Corner

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

THE GROUNDED GENT - allow 1h 30min \$175

Steam Room

Therapeutic Massage 60 min

THE CHAIRMAN - allow 3h 30min \$430

Steam Room

Full Body Exfoliation

Therapeutic Massage

Man Maintenance Facial

JACK'S RE-BUFF - allow 2h 30min \$310

Steam Room

Therapeutic Massage

Man Maintenance Facial

THERAPEUTIC MASSAGE - 60 min \$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 - 60 min \$137

(Tailored to suit every Gentleman, using Sodashi products)

Beginning with a purifying Himalayan salt back scrub.

We continue with a deep cleansing 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.

For him

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



Indah is proud to use:

INIKA
ORGANIC

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 – 6pm
Thursday	9am – 8pm
Friday	8.30am – 5pm
Saturday	8.30am – 5pm

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(the big green building through the carpark
on the corner of View Street)

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