



Tranquility

BEAUTY & MASSAGE

for women & men



An escape from the ordinary



Massage Therapy

Encourages your body's own natural healing ability. It restores balance and well-being, releases muscular tension and allows your body to move more freely. If you are feeling tired, stressed, muscle-sore or simply need pampering, our fully qualified and highly experienced therapists (male and female) can personalise an individual treatment to suit your needs.

Customised Massage

Request your favourite or a combination

Tranquility's most requested massage - 'Relaxation Hot Stone.'

- Relaxation
- Therapeutic
- Sports
- *Aromatherapy
- *Pregnancy

Rates

½ hr	\$60	75 min.	\$135
1 hr	\$110	90 min.	\$165

Incorporate 'Hot Stone Therapy' with any massage for an additional \$10. (Tension melting and deeply relaxing!)

Express De-Stress 20 mins \$40

Designed for the busy professional or anyone on limited time. Relieves stress related tension in the neck and shoulder area.

Corporate Recharge 45 min. \$85

An invigorating massage using uplifting oils designed to refresh, renew and recharge the person on the go!

Couples Massage ½ hr \$130 – 1 hr \$230 (per couple)

Indulge in the company of your partner whilst enjoying the massage treatment of your choice with your own personal therapist. Inhale the aromas and unwind in the candlelit surrounds.

Foot Therapy Massage ½ hr \$60 – 1 hr \$110

Indulge with a friend over a glass of bubbly – \$5pp extra

Relax, unwind, indulge. Your feet will be pampered in an aromatic bath of essential oils, followed by a revitalising foot massage.

With paraffin treatment (add \$15 and 15 mins extra).

Floatation Tank 30 min session \$40

Discover new depths of relaxation as your body is suspended in highly concentrated salt water, enabling you to reach peak levels of relaxation while your muscles and joints are freed from the forces of gravity.

Float and Massage Package Single \$95 Couple \$190 (includes 30 min float and 30 min massage).

If you are tired, stressed, tense or sore, this one is for you!



Tranquility Specialised Massage

Pohaku Hot Stone Therapy

1 ½ hrs full body massage \$190

Imagine a warm room, dimly lit with candles and soft music. A heated, oiled stone glides across your skin, another follows... Feeling yourself relax, you take a deep breath and your stress melts away. The 'tension melting', deeply relaxing heat from the stones act as a powerful muscle relaxant as layers of stress and tension literally 'melt' away. A warm, deeply relaxing and nurturing massage using smooth basalt stones from the Hawaiian Island with pressure to suit your needs.

Wouldn't you just love one, right now?



Treatments For Face

'Deep within the sea lies the world's most precious secrets'

Thalgo has explored all the riches of the ocean to extract vital active ingredients. These mineral rich extracts, together with natural fruit and marine acids, living plant concentrates, micro thalgosomes and eco friendly proteins form the basis of Thalgo Skin Range.

THALGO
LA BEAUTE MARINE

Relax with an option of hand, scalp or foot massage, integrated with our personalised and **anti-aging** facials. To ensure your skin receives maximum treatment benefits, we suggest using home care products recommended by your therapist.

Treatments for the Face



Mini Facial	30 mins	\$50
Express Facial	45 mins	\$80
Intensive Personalised Facial	1 hour	\$130
Anti-Age Facial	1 hour	\$150

M-CEUTIC (Cosmeceutical)

Renovation Radical-treats pigmentation, scarring blemishes & uneven skintone.

30 mins \$90	1 hour \$130
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IBEAUTY FACIAL

(Using latest state of the art anti-aging device)

Purity Reviver for problematic skin	30 mins	\$90
Hydration or Wrinkle Corrector	45 mins	\$90
Personalised facial + IBeauty technology	90 mins	\$200

EYEFLASH (focus on eyes)

Combating puffiness, dark circles & fine lines.	30 mins	\$60
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TRANQUILITY is a Man's World Too!

Here at *Tranquility*, we recognise that looking good and feeling great is important to men too! Our therapists are trained to advise you on what treatment will be of most benefit to you.

All our treatments are suitable for male clients, however we have devised **one** specific to you!

Thalgomen Facial | 1 hr \$130





Exfoliating Treatments for the Body

Full Body Exfoliation 1 hr \$100

Body Exfoliation assists in revealing healthy glowing, new skin, rich in shine and moisture. This treatment will cleanse and invigorate the body. An aromatic, hydrating moisturizer will be applied to complete the radiant skin benefits.

Cleansing Back Treatment 45 min \$85

A treatment designed not only to re-balance the skin, but also to treat an area which is hard to reach and often neglected. The back is deeply cleansed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a gentle massage.



Body Tanning

Spray Tan 15 min \$50

Body Exfoliation and Spray Tan 1 hr \$100

The success of any spray tan relies on thorough skin exfoliation.

- > Instant natural tanned colour
- > Odourless
- > Complete in 15 minutes
- > Lasts 7–10 days depending on skin condition.

Body Rejuvenation 1 hr \$120

Nurture your body - heal your mind

1 hour pamper includes:

- > Body Exfoliation
- > Hotstone Massage



the sea inspires a return to nature

Thalgo New Generation Body Treatments

New Generation Marine Treatments | hr \$150

Thalgo's new generation body treatments detoxify, refine, tone and relax the body. The riches of the sea have been captured to revitalize, rebalance and heal the body with these therapeutic and pampering treatments.

New Generation Marine Body treatments include full body exfoliation, scalp massage and application of a rich aromatic hydrating lotion at the conclusion to seal in the benefits of your treatment.

Choose your own wrap, or consult with your therapist for a treatment specific to your body's needs.

- › Tone and slim
- › Detox and remineralise
- › Nourish and hydrate



Pamper Your Feet

Feet On The Go ½ hr foot revamp \$65

A quick one for busy feet. Includes a soak in Thalgo's new Precious Milk Bath, exfoliation with Sweet and Savoury Scrub, toenail shape, buff and polish.

Heel Scrub with Pedi Paddle \$10 extra

Tranquility Signature Pedicure 1 hr \$95*

Shimmering luxury for your feet

A luxurious foot treatment which includes a soak in Thalgo's Precious Milk Bath with soothing musky scents (from the land of Egypt). Removal of rough dead skin using a Swedish pedi-paddle followed by an exfoliation with Sweet and Savoury Scub. Foot massage, nail trimming, filing and cuticle detailing. Nail colour of your choice. (\$20 extra for OPI Gel Polish).

Moisturising paraffin treatment for an additional \$15 (allow 15 min extra on any hand or foot treatment).



Hand & Nail Treatments

Manicure By OPI 1 hr \$70

Luxury treatment for the hands and nails

Our OPI manicure includes a skin renewal scrub, an effervescent soak in a mineral rich hand bath, **nail trimming, filing and cuticle detailing** and a hand massage with a finishing butter to nourish and protect. We complete your hand treatment with an OPI polish - colour of your choice!

(\$20 extra for OPI Gel Polish).

Nails

Nail shape, buff and polish (does not include cuticles) ½ hr \$35

Shape and Repolish 20 mins \$25

Nail Repolish 15 mins \$15

OPI Gel Polish application 1/2 hr \$50

Gel Polish Removal \$20





Tinting, Makeup & Waxing

Tints

Eyelash tint	\$25
Eyebrow tint (allow 15 mins)	\$20

Makeup

Special occasion makeup (approx ½ hr)	\$55
Wedding makeup	from \$80
(A travel fee applies for all off-site makeup.)	

Waxing

All waxing is performed in compliance with health regulations. Only disposable spatulas are used.

Lip	\$15
Eyebrow	\$20
Chin	\$15
Arm	\$30
Underarm	\$20
Chest	\$45
Back	\$45
Stomach	from \$25
Bikini line	from \$25
G-String	\$35
Brazilian	\$65
½ Leg	\$35
½ Leg and bikini line	\$55
¾ Leg	\$40
¾ Leg and bikini line	\$60
Thighs	\$40
Thighs and bikini line	\$60
Full leg	\$55
Full leg and bikini line	\$70



Signature Packages

Indulgence heals, so we have created packages to help soothe the body and soul.

Couples Escape... or do it alone!

Yummy Mummy Package 1½ hrs \$175

Relaxation massage, mini facial and feet to go, the perfect pick me up and easy on the budget. Includes a glass of bubbly (or herbal tea) and a Ferrero chocolate.

Express Indulgence 1 hr \$205

Includes a personalised facial, foot, hand and head massage with two therapists. Designed for those wanting ultimate indulgence – in limited time! In just 1 hour you will be pampered by two therapists simultaneously. Sheer luxury!!

Tranquility Pamper Sampler 2¼ hrs \$210

This package is for those who want it all, but just can't have it – includes 30 minute relaxation massage, express facial, nail shape, buff and polish of the fingers and toes. A great start to any holiday!

Re-balance 2½ hrs \$265

This package will leave you totally relaxed, whilst restoring your energy levels. Begins with a 75 minute aromatherapy massage, combining the powerful properties of pure essential oils – the perfect antidote to the stress of everyday life. Next, enjoy a **Personalised** Facial treatment to refresh and soothe the skin, including a de-stressing scalp massage to harmonize and relax.

Revive and Renew 2½ hrs \$280

Turn back the hands of time. Beginning with a **Personalised** Facial (an intensive moisture recovery treatment targeting the entire face, neck and eye-contour area – designed to soften lines, hydrate, smooth and improve skin suppleness). Included is an eyebrow shape, tint and eyelash tint to give your eyes greater definition. A *Tranquility* manicure follows, including an envelopment of warm paraffin wax to leave your hands nourished, hydrated and youthful!

Time Out Together 2 hrs \$500 per couple

Relax, indulge, unwind with your partner... together!

Your 2 hour couples indulgence includes an intensive personalised facial, customised to suit your individual skin's needs and a couples massage with hot stones (includes a **Thalgo bath pebble** for you to enjoy in your spa later on).

Tranquility Pedicure Retreat 1½ hrs \$150 per person

Great for couples – or do it alone!

Imagine spending 1½ hrs with someone special, chatting over a bubbly whilst your therapist treats your feet to the ultimate pedicure – includes a **nourishing paraffin treatment**. You will leave walking on air!

(includes a glass of bubbly)

Marine Retreat Escape 2 hrs \$280

'An escape from the ordinary'

Your indulgence begins with a Marine Algae body treatment to assist in the reduction of fatty deposits, fluid retention and toxins by detoxifying the skin tissue, followed by a **Personalised facial**... pure indulgence from the sea! Also includes a 20 minute foot massage!

Pohaku Body Bliss 2 hrs \$220

Combines marine algae, essential oils and hot volcanic stones

Experience a body exfoliation with Marine Algae Exfoliating Powder, to leave the skin glowing and radiant... followed by a massage of your choice using gently heated and oiled basalt stones. As the heat penetrates tight muscles relax and the tension melts away... and you drift into an almost meditative state.

Executive Revival 3 1/4 hrs \$330

Escape to a sanctuary free from stress and strain. Start your programme with a 30 minute float as your body is suspended in highly concentrated salt water, enabling you to reach peak levels of relaxation. We follow this with a 90 minute massage using oils specially selected to uplift and recharge. We complete this package with a **Personalised facial** for the ultimate in relaxation (includes a 20 minute head massage).





Time For You Package 4 hrs \$415

Includes cheese and fruit platter and a glass of bubbly.

So you finally have time for yourself – but don't know where to start! This package will not only nourish your skin, but recharge your body. We begin with a 1 hour aromatherapy massage, with oils specifically chosen for your needs. A **Personalised** facial to soften lines and relieve facial tension follows. Next we relax in tranquil surrounds with a fruit platter; tea, coffee or glass of bubbly, while your therapist completes the final part of your pamper journey – our own *Tranquility* Signature Pedicure and Manicure with nail polish of your choice.

Teenage Mini Retreat 1¼ hr \$140

An introduction to the world of relaxation and pampering.

Includes Hot Stone massage, skin analysis, **express** facial and skin care samples suited to your individual needs. You won't believe the difference!

Mini Me Package 1 hr \$100

Little Miss Precious will be looked after and pampered whilst she sips away on a glass of lemonade.

Includes hand and foot massage, nail shape buff and polish of the fingers and toes and a mini nail polish to take home.

Girl's Day Out 3¾ hrs \$390 per person

Friendship and time are precious. Enjoy a cheese and fruit platter and a glass of bubbly together.

Indulge with a friend... **It Begins** with a Hot Stone massage, An intensive personalised facial targeting your skin's needs follows. Complete this pamper with our own signature pedicure whilst enjoying your cheese and fruit platter and a glass of bubbly with your friend! You will leave walking on air.

Group Affair 3½ hrs \$340 per person

Includes cheese and fruit platter and a glass of bubbly.

This package is designed for up to 4–5 people at one time. Begin your relaxation with a 15 minute soak in the fitness centre spa, followed by 15 minutes in the sauna. Then, after showering, it's back to *Tranquility* where the real pampering begins.

This package includes a 75 minute aromatherapy massage combining the properties of pure essential oils and a specific treatment facial, specially selected for your individual requirements.

An eyebrow wax, eyebrow tint and eyelash tint is also included. Your day is completed with a glass of bubbly and cheese and fruit platter down on the boardwalk.





Terms & Conditions

Gift Certificates and Mail Order Service

At Tranquility we have a comprehensive gift certificate service for your convenience. These certificates can be customised for all occasions. Simply telephone or email us with your requirements, along with your credit card details and we will promptly arrange delivery of whatever you may require!

Bookings – Cancellations – Payment Options

Our therapists are reserved just for you, therefore a minimum of **8 hours notice** is required to cancel or reschedule an appointment. Cancellations or rescheduling within this time will result in a 50% fee being charged. **'No show'** appointments are charged at full price of treatments booked.

Credit card details are required at time of booking to secure package, couple treatments, early morning appointments or after hour appointments.

Accepted cards: Eftpos, Amex, Visa and Master Card.

Tranquility operates as an independant business within the hotel and is proud to be a vital part of Pacific Bay Resort

In our Beauty and Massage Retreat, we offer the opportunity for you to not only enjoy beautiful treatments, but a tranquil and peaceful escape from the outside world. Please respect the quiet and privacy of other clients by using a lowered voice and turning off your mobile phone.

Times are approximate. **Prices subject to change without notice.**

Thank you for choosing us!



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Pacific Bay Resort

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t: 02 6658 0588 (ext 8503)

Open: Mon-Sat 8.30am–6.30pm,

Sun 10.00am–3.00pm

Appointments essential