

Body Massage

Snooze & Soothe Body Massage 120 mins \$120

Using long massage strokes to relax and soften muscles. This relaxing massage uses high grade organic massage oil to deliver the nutrients into the skin. Pressure will be customized to your preference of medium or strong pressure.

Untie Your Knots Body Massage 120 mins \$130

A treatment that engages strong deep strokes to loosen tense and tight muscles. Perfect after a hard day's work. A special blend of organic muscle warming massage oil to melt away all knots.

Ginger Body Massage ~ Popular choice 120 mins \$130

A special massage treat using certified purest quality oil from Germany to warm up aching muscles with ginger essential oil and tone the skin with lime extract. This massage uses long firm strokes to deliver the therapeutic effects of the essential oils into the body.

Anti-cellulite Body Massage 120 mins \$130

A great body treatment to stimulate body lymphatic nodes and encourages purging of body toxins. Combined with the benefit of MADARA Firming Oil and Anti-Cellulite Cream to promote splitting of fat cells. Skin is tightened with obvious feel. Best results with minimum treatments of 6 treats.

Shaping Body Massage 120 mins \$140

An energetic body treatment to shape the whole body contours. Using our MADARA Contouring Cream to firm and tighten the skin texture, giving elasticity by facilitating creation of collagen and elastin fibres. Helps to improve skin's metabolism, reshaping the figure. Skin feels deeply nourished with natural plant vitamins, minerals, bioflavonoids and other biologically active substances.

Organic Waxing

Underarms (Hot Wax)	\$25
Half Arms	\$25
Full Arms	\$40
Bottom Half Legs	\$30
Top Half Legs	\$40
Full Legs	\$60
Fingers	\$10
Hands	\$15
Toes	\$11
Feet	\$22

Our Philosophy

We care about what we put on our skin. We do not take product claims or advertisements as they are, we like to know what we are paying for. That's why we research the ingredients that go into a product. It's a tedious process, but we feel it's worth it. After all, if we do not take care of our own skin and health, who will?

We search all over the world for skin care products that are 100% natural, non-comedogenic (non-pore clogging) and organic. It is no longer enough to just be natural and organic, it is important to ensure that the ingredients do not clog the pores.

We believe our selected products are safe for long term use and we want to share them with you.



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puretincture
simple organic beauty

Treatments

Our facials focus 100% on naturally improving your skin and enhancing its condition and appearance.

All facials start off with a detoxifying foot soak. The skin is gently stimulated by lymphatic drainage massage, followed by specialised cleansing techniques, gentle exfoliation, facial massage and intensive face mask(s). Whilst the mask is taking effect, experience a relaxing and therapeutic neck, shoulder arms and hand massage with our seasonal body oil.

Organic Facial Treatments

sukispa Short & Sweet Facial **40 mins**
A lunch time facial to deliver the result you want in just 40 minutes. Short & Sweet's choice;
- Relax and clean effect **\$55** - Firming effect with RF **\$180**

sukispa basic facial **50 mins \$78**
suki's basic facial to maintain your skin health and clarity. Skin is carefully cleansed and massaged to allow good penetration of the facial products. This facial leaves your skin clean and healthy. Exclude shoulder, neck and arms massage.

sukispa essentials facial **60 mins \$100**
An essential facial that is customized to re-hydrate the skin and improve absorption of nourishing and moisturizing facial oils. Skin is treated with a right balance of clarifying and nourishing products to improve the skin's innate strength. This facial leaves the skin smooth, soft, supple and nourished. Normal / combination / dry skin.

sukispa balancing facial **60 mins \$100**
A gentle and purifying treatment to effectively calm inflamed skin, decongest pores and fight blemishes. Achieve real results with our immune system boosters, skin clearing anti-inflammatory and antibacterial products to lift impurities to the surface and purify the pores. Skin feels calm, smooth and clean leaving a fresh clean complexion. For oily/ acneic skin

sukispa soothing facial **60 mins \$130**
A soothing face therapy to gently cleanse, nourish and hydrate fragile skins. Skin is treated with de-sensitising natural plant extracts and aromatherapy oils to reduce sensitivity and to calm redness, leaving the skin calm, nourished and comfortable. For rosacea / eczema / any conditions of inflammations

sukispa brightening facial **60 mins \$130**
A deeply nourishing facial perfect for skin rejuvenating. A relaxing treatment enriched with time-release vitamin c glucoside to help increase luminosity, prevent free-radical damage, re-texturize skin's surface and stimulate collagen production. The end result is soft glowing and brighter skin. For dull/ pigmentation skin.

sukispa anti-aging facial **90 mins \$140**
An anti-aging face therapy that is enriched with antioxidant from mangosteen to preserve, regenerate and fortify skin's membrane. Skin is treated with tetrapeptide-rich products to improve visible signs of aging, including wrinkles, loss of firmness, uneven tone & recurring dryness Skin is revived and plump up. For mature / fine lines / wrinkles

sukispa firming facial **90mins \$250**
A totally lifted experience combining sukispa antioxidant facial and the most advanced technology RF to effectively firm up the skin. Skin is visibly lifted and firmer. A must-try for the best-agers or anti-agers. Results will last 1-2 weeks.

Pure Lochside Soothing Aromatherapy Facial **60 mins \$110**
Using only the purest and highest grade of aromatherapy products to deep cleanses and refines the pores without drying or irritating the skin. Skin is treated with German Chamomile, Calendula and high altitude Lavender to soothe sensitive and irritated skin.

Pure Lochside Purifying Aromatherapy Facial **60 mins \$110**
A purifying treatment to balance the production of sebum and refines the skin with products rich in vitamins and minerals. Using aromatherapy products that are rich in both antioxidant and purifying extracts such as Organic Cypress, Orange and Rosehip to provide a synergy of clarifying and anti-aging effect.

Pure Lochside Revitalizing Aromatherapy Facial **60 mins \$130**
A revitalizing treatment to stimulate circulation and firms the skin. A luxurious treatment that is rich in antioxidant essence from Macadamia Oil, exquisite Rose Otto and Neroli to revitalize the skin and uplift the spirit.

Pure Lochside Firming Facial **90 mins \$250**
A treatment that combines the benefits of the aromatherapy and advance RF technology to firm up the skin with visible results lasting for 1-2 weeks.

Natural Facial Treatments

Snowberry Signature Deep Cleansing Facial **60 mins \$160**
Designed for oily skin Snowberry Deep Cleansing Facial utilises the powerful absorbing action of natural green clay to purify and deep clean pores. Skin is treated with products that are rich in anti-oxidants Vitamins A, C and exquisite Inca Inchi, Passion Flower and Rose Hip. A powerful combination of products to provide a rich complex of Omega fatty acids to help counter free-radical damage and to nourish the skin, and phytosterols that help to strengthen cellular membranes. Skin looks fresh and pores appear minimised.

Snowberry Signature Rejuvenating Facial **60 mins \$160**
Designed for normal skin the Snowberry Rejuvenating Facial utilises the purifying action of natural yellow clay to cleanse and invigorate the skin. Vitamin A is essential for normal skin development and is particularly valuable for its ability to smooth skin, reverse sun damage, treat acne and enhance cell turnover. Highly effective anti-inflammatory activity is provided by a combination of natural plant extracts such as the Terminalia Arjuna Bark Extract from the Indian Arjuna tree. Skin is renewed and strengthened after treatment.

La Clinical Firming Facial **90 mins \$160**
A highly active treatment to help strengthen, protect, firm, tone and condition skin. As this treatment is enhanced with Palmitoyl Oligopeptide (a natural plant based peptide plumps and nourishes the lips & skin), making it an intensive restructuring treatment for skin.

La Clinical Marine Glow **90 mins \$130**
A face therapy that is infused with marine plant extracts. This alginate-based mask is the ultimate oxygenating treatment for clients in need of a skin tonic. It is used to restore radiance to the complexion as well as hydrating, strengthening and softening skin. Includes head, neck, shoulder and arms massage. This nourishing boost is an ideal treatment for skin that has been exposed to the elements and temperature extremes. It is an ideal for bride-to-be.

La Clinical Purify & Heal with Vitamin A **90 mins \$120**
This special face treatment uses Vitamin A derived from Carrot Extract to heal and repair the skin. This therapy awakens the skin's metabolism, stimulating it to clear away toxins and restore natural beauty and glow. Skin looks healthier, feels softer, smoother and hydrated after this special indulgence.

Facial Enhancers

Firming Eye Therapy **15 mins \$60**
Perfect for all skin types, especially those concerned with the first signs of ageing which appear around the delicate eye area. The Firming Eye Lift is a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers.

Neck Firming Treatment **15 mins \$60**
Perfect all necks, especially those concerned with the first signs of ageing around the neck. The Neck Lifting Treatment helps to hydrate and minimize line around the neck, an area which is often neglected