

**BELLA SPA**

GERRINGONG

# welcome

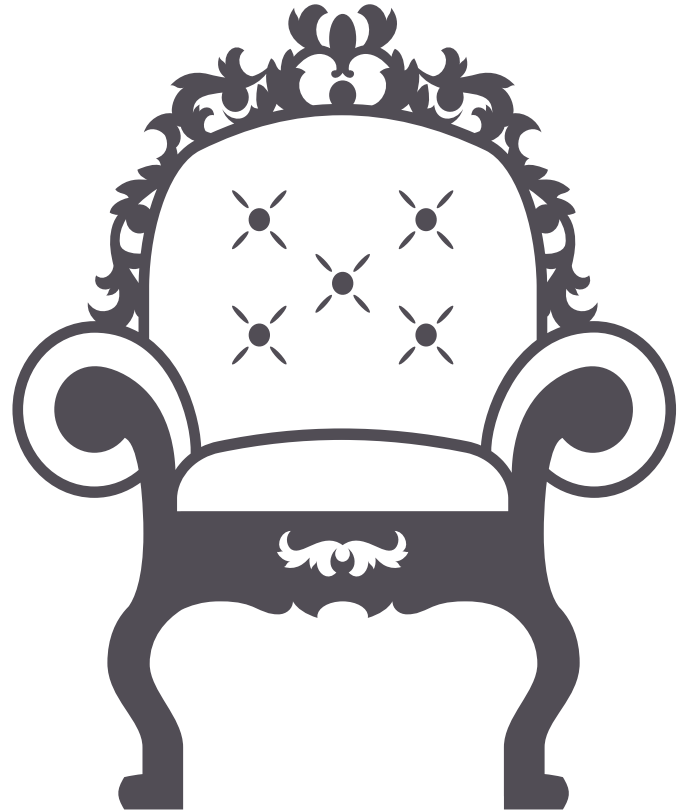
Bella Spa delivers all aspects of wellness in an environment of tranquility, offering a range of treatments that leave you feeling restored, revived and inspired.

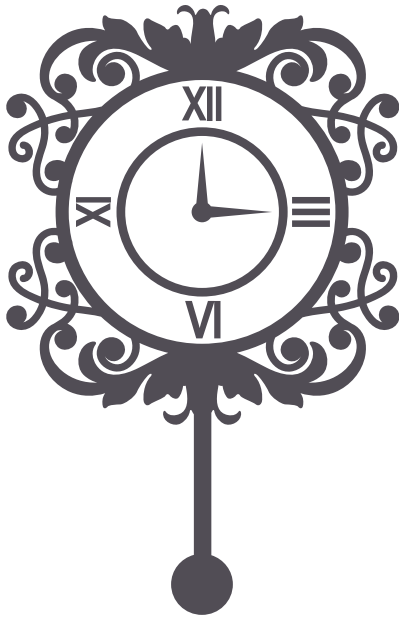
Designed with sophistication and tailored to your individual needs and preferences, Bella Spa offers the ultimate in beauty and body treatments.

Our long standing reputation for personalised service and attention to detail ensures that at every point of your spa journey - from the moment you enter the sanctuary until departure - you will undertake an extraordinary experience.

All of the treatments we offer are suitable for couples and groups. We can also accommodate individual treatments of the same duration allowing you time together while caring for your personal requirements or preferences.

A morning or afternoon tea and a glass of sparkling wine can be added to any treatment at a cost of \$15 per person.





### **GIFT VOUCHERS AVAILABLE**

All gift vouchers purchased are valid for 12 months and can be purchased via Bella Spa, Mercure Gerringong Reception, by phone and by web. They are non-refundable, non redeemable for cash and must be presented at time of booking.

### **CANCELLATION POLICY**

24 hours notice will be required when cancelling or rescheduling an appointment. A credit card number will be required when booking a Sunday or group appointment. Cancelling within 24 hours will result in a 50% cancellation fee. "No show" appointments are charged at full price of treatment booked. Group Bookings need to be finalised at least 1 week prior to booking.

### **ARRIVAL TIME**

As courtesy to all clients, treatments are completed as scheduled. Arriving late to your appointment will unfortunately limit time for your treatment. **Please ensure you arrive 15 minutes before your booked time** to ensure you get the most out of your Day Spa Treatment.

### **MORNING OR AFTERNOON TEAS**

As some of our treatments include morning or afternoon tea; please let your therapist know of any dietary requirements when booking your treatment.

# restorative facials

Customised for your skin type, utilising extracts from the earth and pure essential oils. Our facials will restore your skins balance, leaving it soft and supple.

## Bella Spa Reviver Facial

Pure essential oils and plant extracts refine the skin's texture, balancing moisture and oil levels to leave your skin positively vibrant. Perfect on its own or as an add-on to any body or massage treatment.

**30 minutes**      **\$60**

Includes a double cleanse, mask, face & scalp massage and a day cream to finish.

**50 minutes**      **\$105**

Includes a double cleanse, exfoliation, toner, face & scalp massage, mask and a day cream to finish.

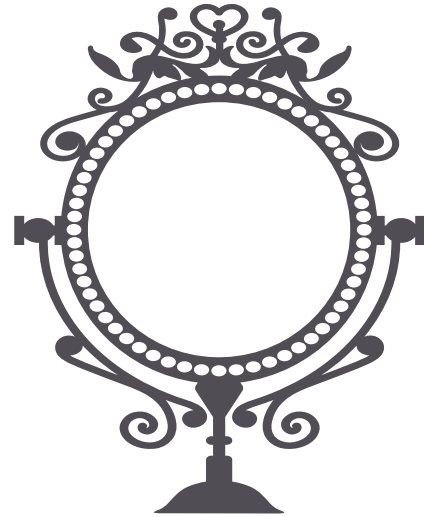
**60 minutes**      **\$125**

Includes a double cleanse, exfoliation, toner, face & scalp massage, mask, skin booster concentrate, day cream and a hand or foot massage to finish.

## Anti-Ageing Facial

**80 minutes**      **\$175**

Achieve amazing instant results with our anti-ageing facial. Offering the latest in skin care technology and research, this treatment delivers instant results and cumulative benefits. The perfect instant repair boost when you want to look your absolute best.



# add-on boosters

**Skin Boosters**      **\$16**

**Vitamin C** Intense vitamin boost for dehydrated skin.

**Propolis** Calms and soothes sensitive skin and helps ease breakouts.

**Collagen & Caviar** Plumps out fine lines and rejuvenates aging skin.

**Elastin & Sorghum** Smooths out wrinkles and firms skin.

**Optimal Vitamin C** Enlivens sluggish skin and rehydrates.

\*Please note, there is a 10% surcharge on all Sunday appointments.

# restorative facials for him

## Alpha Men's Facial

60 minutes      \$130

A powerful facial designed specifically for men to smooth texture and calm irritation. This treatment improves elasticity and provides instant hydration for brighter, fresher skin.

# add-ons for him

Beard Oil      \$5

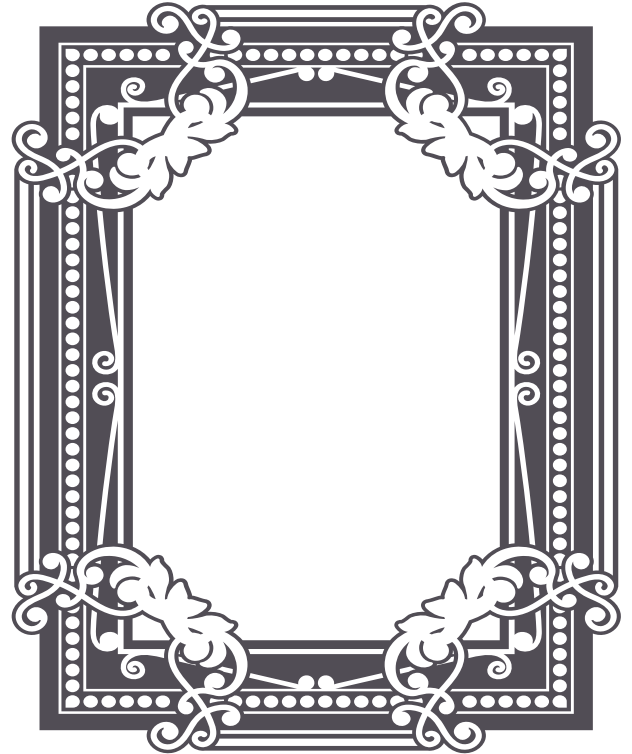
Finish off your Alpha Men's Facial with some beard oil from The Groomed Man Co.

**Morning Wood** Argan oil, sweet almond oil, jojoba, rosemary, sandalwood oil, cedar wood oil, pine oil and patchouli oil.

**Down Under** Argan oil, sweet almond oil, jojoba, rosemary, eucalyptus, sandalwood, tea tree and black pepper.

**Man Mint** Argan, sweet almond oil, jojoba, rosemary, peppermint, bergamot and sandalwood.

**The Original** (Unscented) Argan oil, sweet almond oil and rosemary extract.



\*Please note, there is a 10% surcharge on all Sunday appointments.

# bella spa massage

## Relaxation Massage

Our relaxation massage combines rhythmic movements and gentle massage to enhance the senses.

30 minutes	\$55
60 minutes	\$95
90 minutes	\$140

## Deep Tissue

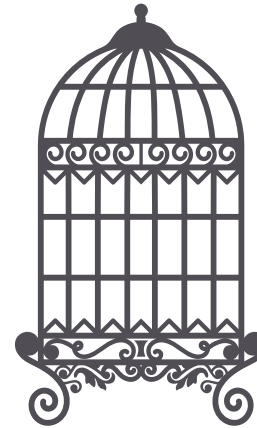
This massage focuses on the release of tension from the deeper tissues to correct muscular imbalances. Subject to therapist availability.

60 minutes	\$110
90 minutes	\$155

## Hot Stone Healing

Feel stress and tension melt away under expertly guided hot basalt stones combined with fluid movements to quiet and calm the mind. Your body will enter a state of deep relaxation under the comforting warmth of the stones.

45 minutes back of body	\$95
90 minutes full body	\$155



## Pregnancy Massage

60 minutes	\$110
------------	-------

Our specialist therapists assist in relieving tension in your lower and upper back, while comforting and supporting your body and bump. Not suitable in first trimester. Subject to therapist availability.

## Couples Heaven

Relax side by side in our double treatment room as you enjoy the rhythmic movements or our relaxation massage.

30 minutes	\$110
60 minutes	\$180

\*Please note, there is a 10% surcharge on all Sunday appointments.

# bella spa body rituals

## Aromatherapy Scalp Treatment

30 minutes \$65

Head & scalp massage allows for the relief of mental fatigue, the calming of thoughts and the easing of stored tension. Partnered with a warm scalp & hair mask designed to relieve stress and conditions such as dry, itchy scalp.

A perfect treatment to have on its own or add to any facial, massage or body treatment.

## Full Body Exfoliation

30 minutes \$65

Designed to polish away dead skin cells, this scrub will leave your skin more hydrated and soft than it's ever been before. Perfect treatment to enjoy on its own or add to any facial, massage or body treatment.

Aromatherapy blends will change seasonally.

## The Bella Experience

100 minutes \$190

Includes a body polish, hydrating cocoon, facial massage & mask, body soufflé and aromatherapy foot massage.

## Heavenly Therapy

120 minutes \$240

Includes a full body exfoliation, full body massage, 50 minute facial and a soothing foot treatment.

## Aroma Fusion

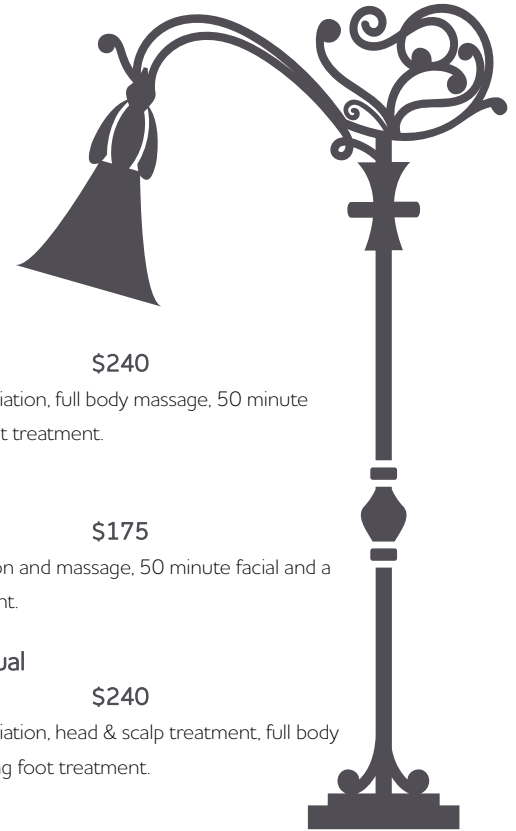
90 minutes \$175

Includes a back exfoliation and massage, 50 minute facial and a nourishing foot treatment.

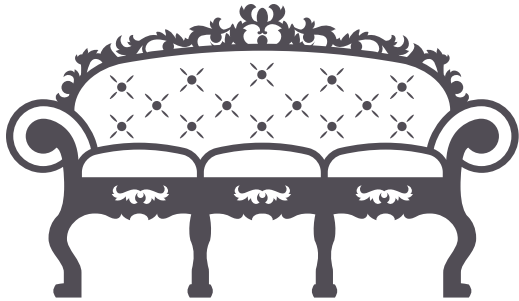
## Bella Signature Ritual

120 minutes \$240

Includes a full body exfoliation, head & scalp treatment, full body massage and a nourishing foot treatment.



\*Please note, there is a 10% surcharge on all Sunday appointments.



### Express Manicure

30 minutes

\$45

Includes nail care, a buff and a colour of your choice.

### Deluxe Manicure

60 minutes

\$70

Includes exfoliation, nail care, paraffin wax treatment, massage, a buff and a colour of your choice.

### Express Pedicure

30 minutes

\$55

Includes a soak, exfoliation, nail & foot care, a buff and a colour of your choice.

### Deluxe Pedicure

60 minutes

\$80

Includes a soak, exfoliation, nail & foot care, paraffin wax treatment, massage, a buff and a colour of your choice.

# hand & foot treatments

### Hand & Foot Heaven

120 minutes

\$140

The perfect combination of our deluxe manicure & deluxe pedicure!

### Foot Indulgence

40 minutes

\$75

Massage to restorative points in the feet can relieve tension, increase circulation and bring balance & energy. Drift away with a foot soak & scrub followed by a massage and foot mask.

# add-on

All hand and foot treatments in the menu can have a gel polish added on OR removed for an extra \$20. Gel polish is a highly sought after polish that is cured under a UV lamp and is set and dried straight away.

\*Please note, there is a 10% surcharge on all Sunday appointments.



# bella spa packages

## Relax Package

90 minutes

\$165

Includes a 60 minute relaxation massage and a 30 minute facial

## Restore Package

90 minutes

\$185

Includes a full body exfoliation, aromatherapy scalp treatment and a 30 minute relaxation massage

## Renew Package

170 minutes

\$295

Includes a 60 minute hot stone massage, a 50 minute facial, an express manicure and an express pedicure.

## Bella Mama

\$175

Perfect for pregnancy! Includes a 50 minute facial and a 60 minute deluxe pedicure



\*Please note, there is a 10% surcharge on all Sunday appointments.

# bella spa group packages

Looking to indulge as a group? Below are some of our popular group treatments available, or we can work with you to tailor a package that is perfect for you. These packages work well for corporate team building, for indulgent celebrations, or just as a treat. Whatever the occasion, everyone will leave with a soothed mind, body and soul.

Minimum in a group is 2. Prices are per person.

## Girls Day In

Get your girlfriends together for a day of relaxation and pampering. Perfect for Hen's Parties! Includes a morning or afternoon tea and a glass of sparkling wine.

Choose from:

Relax massage and petite spa facial	60 minutes	<b>\$120</b>
Relax massage and deluxe pedicure	90 minutes	<b>\$130</b>
Relax massage, petite spa facial, buff and polish hands and feet	90 minutes	<b>\$170</b>



\*Please note, there is a 10% surcharge on all Sunday appointments.



## tinting

Eyelash tint	\$18
Eyebrow tint	\$12
Eyebrow wax, eyelash tint & eyebrow tint	\$45

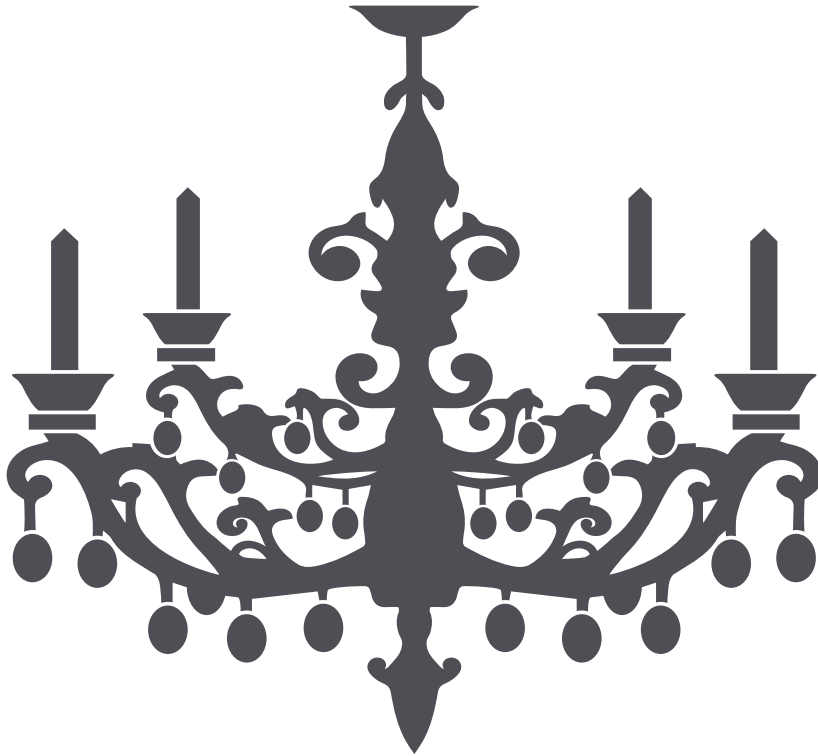
## spray tan

Full body spray tan	\$30
---------------------	------

## waxing

Eyebrow wax	\$18
Lip wax	\$10
Chin wax	\$14
Sides of face	\$15
Underarm wax	\$15
Half arm wax	\$15
Full arm wax	\$25
Half leg wax	\$25
Full leg wax	\$40
Bikini wax	\$20
G-string wax	\$30
Full leg and bikini wax	\$55

\*Please note, there is a 10% surcharge on all Sunday appointments.



# BELLA SPA

GERRINGONG

1 Fern Street, Gerringong NSW 2534 (02) 4234 1359 [dayspa@mercuregerringong.com.au](mailto:dayspa@mercuregerringong.com.au)  
[www.mercuregerringong.com.au/spa-en.html](http://www.mercuregerringong.com.au/spa-en.html)