



Shop 1, 357 Glenmore Road, Paddington NSW 2021  
T: 02 9331 7933 W: [www.milkdayspa.com](http://www.milkdayspa.com)

## TREATMENT MENU

### Facials

#### **Milk Face Place & Spa**

Your facial will be customised, after consultation with your Facialist, to meet your skins individual needs according to the condition of your skin on the day of your Facial.....

#### **Face Treatment: Milk Moisture**

**Allow 60 mins.....\$130**

This Facial treatment is suitable for all skin types, using holistic Milk products (paraban and sulphate free) to soothe even the most delicate skin. It maximises the skins hydration level and combats signs of ageing. The focus of this treatment is on the face; your skin will be left with a natural healthy glow and your mind with a sense of calm-- enhanced by a luxurious hand or foot massage to totally de-stress.....

#### **Face Treatment: Milk Detox**

**Allow 60 mins .....\$130**

Detoxify and revitalise your skin with this specifically designed powerful treatment that jump-starts congested skin. Your Facialist will concentrate on purification and extractions to help clear current breakouts along with a soothing masque system that will detoxify the skin and soothe redness. Oil free hydration will deliver healthier skin with a fresh appearance...experience a relaxing hand or foot massage during this facial.

#### **Face Treatment: Milk Brightening**

**Allow 60 mins.....\$130**

This facial is for pigmented, sun damaged and uneven complexion. Designed to accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance. Anti oxidant white tea helps control discoloured cells for improved luminosity. This facial incorporates a relaxing hand or foot massage to totally relax.

**Face Treatment: Liquid Gold Cold Stone****Allow 60 mins.....\$145**

Refresh and invigorate...This exclusive Milk Facial incorporates cool rose facial stones. We focus on pressure points and lymphatic areas to even skin tone and texture on the face. We incorporate Liquid Gold replenishing supplement into this facial introducing Cool Stones which are skilfully glided over the facial meridians and around the eyes to reduce puffiness and dark circles, to calm and soothe. Your skin is left feeling firm, hydrated and invigorated. Relaxing hand or foot massage is offered during this fabulous facial experience.

**Face Treatment: Advanced Anti-Ageing Facial****Allow 75 mins.....\$179**

This Facial offers the ultimate in anti age skin therapy-- experience a powerful Anti-age cocktail of vitamins and A,B5, C, E and F infused into the skin and combined with energising European facial massage techniques to release tension in the facial muscles, skin will be noticeably firmer, smoother and revived. We include a revitalising eye therapy treatment working on tired eyes, focusing on fine lines around the delicate area which show the first signs of premature ageing. This facial journey is enhanced by a luxurious hand or arm massage.

**Face Treatment: Renewal Retreat****Allow 90 mins.....\$200**

Once your feet are relaxed, your whole body can relax; which is why this treatment commences with an aromatic foot soak using life's balancing aromas selected especially for you on the day. While your skin gets the care it needs, you will experience a stimulating scalp massage, and a relaxing foot and hand massage. This treatment us not a luxury, it is part of a balanced and healthy lifestyle.

**Face Boost \$85****(approx 30 minutes)**

Deep cleanse, tone, exfoliation, treatment serum, and moisturise... A great skin booster between regular facials.

## Body

**Treatment: Indigenous Purifying Hot Stone Massage**

This massage goes above and beyond any other massage form. Using ancient healing rituals, the warm stones are glided and worked over the body, soothing aching muscles and restoring the bodies balance. Treat your body to a regular massage and feel the benefits.

**Back, Neck and Shoulder (30 minutes) \$85****Full Body (60 minutes) \$145****Stress Relief Full Body (90 minutes) \$199****Treatment: Aromatic Relaxation Massage**

The soothing strokes of your professional therapist create a mind & body experience. Combining Aromatherapy and Ayurvedic massage techniques, your therapist will soothe and stimulate the soft tissue and muscles. Aromas you choose before your massage are infused to comfort and restore your senses. Pressure points of the scalp leave a lasting memory of your experience at Milk.

Back, Neck and Shoulder (30 minutes) \$75  
Full Body (60 minutes) \$135  
Chillout Full Body (90 minutes) \$189

**Treatment: Pregnancy Massage \$145**  
(approx 60 minutes)

After the first trimester you can experience a unique way to bond with baby through massage. Lying on your stomach is a wonderful feeling with our pregnancy bed. With the combination of warm oils and soothing music, your body will feel your babies glow. Revive aches, pains and poor circulation to encourage peace and calm. We incorporate a soothing Milk Foot Bath to relax mind and body.

## Spa

**Mineral Mud Body Masque \$245**  
(approx 90 minutes)

Experience the Dead Sea! A true Spa Body Experience with relaxing and therapeutic benefits combining body Dead Sea salts & Dead Sea mud; this exclusive treatment takes you back to the days of Cleopatra and her Philosophies. Milk has brought centuries of wellbeing into this unique rain shower experience, your body absorbs the natural minerals of the Dead Sea. Included is a milk facial boost and application of a hydrating body balm to complete your journey.

**Coconilla Scrub \$139**  
(approx 45 minutes)

Take your body on a spa holiday with this treatment. Your body will think you're in the Caribbean, with beautiful aromas of coconut and vanilla bean enveloping your senses. Your body is polished with an exotic blend of oils and salts which prepare the skin for your tropical rain shower, creating a fresh healthy glow.

### **Aqua Polish \$139**

(approx 45 minutes)

Reveal new glowing skin with our Aqua Therapy body treatment. Begin your journey with your chosen aroma to be blended with warm aromatic oils and sprinkling of Dead Sea salts, designed to exfoliate and detoxify your body. Our warm rain shower completes this spa experience. Your chosen aroma will enliven your senses, and soothe your soul.

### **Mud Wrap \$185**

(approx 60 minutes)

Be cocooned in warm aromatic Dead Sea mineral mud & salts, while your therapist treats your scalp to a stress relieving massage focusing on vital energy points. Our rain shower gently cascades over your body. Your treatment will be completed with an application of rich moisturising cream that nourishes and renews.

## **Enhancers**

### **Eye Chillout Treatment \$45**

(approx 15 minutes)

Pressure point techniques and organic cold tea are used throughout this treatment; focusing on reducing puffiness, minimising dark circles, premature ageing and fine lines. The perfect facial partner.

### **Back Exfoliation Treatment \$45**

(approx 15 minutes)

Removes impurities and smoothes the hard to reach area of your back, using Dead Sea salts and warm towels. Totally amazing!.

### **Scalp Massage Treatment \$45**

(approx 15 minutes)

Focusing on the vital energy points of the scalp, neck and face. Scalp massage will stimulate when tired, relax when stressed and relieve the tension headaches.

### **Pure Vitamin Ampoule \$20.00**

Available with facials

### **Waxing**

Bikini wax \$45

Full leg & bikini \$83

Full leg/half leg \$70/\$40

Upper leg & bikini \$78

Half leg & bikini \$60

G-string \$50

Underarm \$27

Full arm/Half arm \$50/\$30

Chest \$36

Back from \$55

Eyebrow wax \$30

Lip wax \$20

### **Tints**

Eyelash tinting \$30

Eyebrow tinting \$30

## **Hands & Feet**

### **Milk Maintenance Manicure or Pedicure \$55**

(approx 30 minutes)

Perfect for busy men and women... Keep your nails well groomed with this nail treat; that includes file, buff and lacquer. A quick pick-me-up for nails on the go!

### **Milk Hand Therapy \$92**

(approx 50 minutes)

Heal your hands with this incredible hand therapy. Includes organic scrub, customised masque and massage with hydrating mineral moisturisers. A warm towel wrap relieves tired hands and aids relaxation. Hands are noticeably softer and smoother, nails and cuticles conditioned and nourished. Includes polish.

### **Milk Foot Therapy \$92**

(approx 50 minutes)

An intensive therapy and aromatic experience for your feet. Includes skin exfoliation, and warm wrap to ease tired and aching feet. A customised masque heals and softens, while foot massage calms and relaxes. Feet are invigorated, skin supple, nails and cuticles moisturised and refreshed. Includes polish.

## **Packages**

### **Chillout Package \$240**

(approx. 90 mins)

Customised Facial, designed to stimulate, firm and hydrate the skin, foot/hand massage incorporated in this fabulous facial. Also, experience our indigenous purifying hot stone massage during this package.

### **Renew Package \$298**

(approx. 1.5 hours)

Mineral Salt Glow, under our Rain Shower, to detoxify and infuse the body with natural organic minerals...then experience our Hot Stone Massage treatment to completely melt away muscle tension.

### **Absolute Package \$330**

(approx. 1.5 hours)

This powerful treatment will provide a blissful escape into stillness, tranquility and wellbeing, while stress and tension melt away. Commencing with a warm application of organic Dead Sea Mineral Mud and Salts, to deeply cleanse, revitalize the skin, stimulating circulation, detoxifying and soothing muscles

and joints, gently washed away under our Rain Shower. We complete with our Aromatic de-stressing stone massage.....

**Joy Package \$280**  
(approx 1.5 hours)

Commence with a Dead Sea Mineral body scrub to create a healthy glow with this intensely hydrating treatment, leaving the skin smooth and polished! Then experience a customised Facial designed for you on the day, leaving your mind and body balanced....

**Nourish Package \$275**  
(approx 1.5 hours)

Begin your journey with a customized revitalizing facial focusing on deeply cleansing and nourishing your skin, we address balancing congestion and removing impurities—balancing the mind and body, we incorporate facial massage techniques to leave your skin feeling amazing. Our eye chillout pampering is incorporated during this treatment, where fine lines and puffiness are diminished. We finish with a soothing purifying hot stone massage, focusing on the over stressed shoulder and back areas....just fabulous!!....

**Happiness Package \$385**  
(approx 2 hours)

A journey into blissful happiness beings with an application of warm aromatic Dead Sea Mineral Mud and Salts, which delivers essential nutrients to the skin, whilst experiencing a stress relieving scalp massage, shower under our Rain Shower. Be treated to a balancing facial treatment including Liquid Gold Serum. Finally, experience our signature warm stone massage to melt away stress and tension.

**Rejuvenate Pamper Package \$575**  
(approx 4 hours)

Embark on this fabulous head to toe pampering. Commencing with our signature body scrub, to remove dead skin cells then replenish with our luxurious botanical body butter. Then experience our Indigenous Purifying Hot Stone Massage using ancient healing rituals, the warm stones are glided and worked over the body to sooth aching muscles and restore balance.....

Light lunch is served.....Journey continues with a custom designed facial treatment, our therapist will access the skin focusing on hydrating and nourishing the skin. We incorporate our anti-age eye therapy to the delicate eye area. Our Milk Aromatic Foot Therapy completes this amazing spa journey.....with mind and body totally rejuvenated.....

**Gift Certificates**

Our customised packages/treatments are the perfect solution to let someone know just how special and appreciated they are. You can arrange these by mail, phone or personally; and we will send our beautiful certificates in time for that special occasion. We are pleased to design exclusive packages for our corporate clients, either annually or for specific incentive programs.

Milk Day Spa is not responsible for lost or stolen Gift Certificates. Gift Certificates are non-refundable, but treatments can be changed if required.

For our limited time specials, be sure to checkout our website  
[www.milkdayspa.com](http://www.milkdayspa.com).

PRICES AND TREATMENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.