

day spa | medi spa | beauty



the temple
Skincare & Spa



OUR VISION

the temple skincare & spa is where advanced skin treatments meet the holistic. Whilst in our care we offer the utmost attention to balance your emotions & restore your well-being.

We are your skin, mind & body's complete place of worship all under one roof - Day Spa | Medi Spa | Beauty...

The Temple Skincare & Spa is a **luxurious Day Spa** nestled inside the boutique Hills Lodge Hotel. Our Day Spa offers heavenly rituals and day spa packages guaranteed to balance your soul and clear your mind. We are also an **advanced Medi-Spa** that employs Dermal Therapists to utilise the latest technology to confidently correct your skin & body concerns.

- Everything we do is with complete love & appreciation for you & your experience. We aim to exceed your expectations on every visit.
- We offer cutting edge treatments & machinery sourced globally, to give you the results you deserve.
- Our values are knowledge, education, love & kindness, integrity, client-centric and FAMILY.
- We make a conscious effort to limit our carbon footprint. We only use products with strong ethics for sustainability & not tested on animals.
- We value education & our staff are trained to the utmost degree to care and advise, whilst bringing you harmony.

the temple skincare & spa...
your skin, mind & body's temple of worship.





the temple
Skincare & Spa

day spa

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OUR DIFFERENCE

Welcome to an escape where wellness is our focus. A luxurious spa, hidden beside the pool, in a truly boutique hotel – The Hills Lodge. From the moment you walk down the jasmine-lined stairs, a feeling of tranquillity will surround you.

Your journey begins with a skincare questionnaire to ensure your treatments are tailored perfectly to your needs. As you sip on a calming herbal infusion, the soft aromas of essential oils and soothing music will move you into a place of serenity as the worries of the world float away.

Our Medi-spa treatments are designed to offer high performance results, whilst our spa packages are designed to alleviate stress and reduce tension in your mind and body.

Revitalise & Reveal your best skin yet... Restore & Replenish your soul... whilst bringing balance to your skin, mind and body on your journey to wellness.

Specialist Consultation

All treatments include a professional computerised skin analysis, and a detailed problem solving prescription. You may also book in with one of our ageing or acne skins specialists to receive a complete personalised programme for real results.

Advanced Training

All of our senior therapists have received advanced training at the worlds leading post graduate training

facilities. All staff are specialists in their fields and provide an unparalleled level of expertise.

Cutting Edge Treatments

All treatments are designed to provide maximum results, through utilising the worlds leading product ranges, technology and equipment.

Spa Treatment Rooms

Enjoy our ultimate treatments in your own private and tranquil candle lit room – custom designed to provide complete comfort and privacy – with beautiful, relaxing background music.

Customised Gift Vouchers & Corporate Packages

Gift Vouchers are available for all treatments and products. We also cater for corporate gift needs, and offer discounts to companies ordering 10 or more Gift Vouchers. Prices are subject to change without notice. Vouchers can be purchased online, emailed or postal.

Cancellation Policy

If you cannot make your appointment or need to reschedule, we ask that you provide a minimum of 24 hours

notice, and 48 hours notice for all larger packages or group bookings. We regret that failure to provide this notice will incur 50%-100% of the treatment charge depending on the time frame.

If you are using a gift voucher, you will forfeit your voucher if you do not provide accurate cancellation notice.

Rewards Membership Programme

This is our programme that offers gifts and exclusive deals for its members – a Gift Card with two gifts for you to use on your next visit plus two Refer-a-Friend Gift Key Tags – that reward not only you but your friends as well. VIP points accumulate on every dollar you spend as a ‘thank you’ for your loyalty.

Online Booking

Access our appointment book 24/7. Simply go to www.TempleSkinCare.com.au and click on ‘book now’.

Referral Programme

We always welcome new clients – especially your friends. That’s why we have a “refer a friend” programme,

where both you and your friend receive a special gift to say thank you! You can pay us the nicest compliment by referring as many friends as you wish, and we would love to pay you a great compliment by giving you a gift for every friend your refer, to use on your next experience here with us.

Community

We believe in giving back to our community and support other local small businesses through donations, sponsorships, events and charities.

Our Guarantee

We aim to exceed your expectations on every visit and to ensure quality control and your satisfaction, we will be emailing you a short 5 question survey after each visit.

We also mystery shop our staff, perform quarterly reviews and extensive training to ensure your experience at **the temple skincare & spa** is amazing.

If for some reason we fall short please let us know and we will endeavour to make things right.

FACIAL RITUALS

Facial treatments to de-stress and relax. Can't decide? Let our expert aestheticians advise which facial will deliver you the best results.

Refresher Facial

(all skins) 30 mins \$99

Refresh your skin while having a taste of luxury. Focusing on effective cleansing, exfoliation and hydration in an express time frame.

Clear Skin Treatment

(oily & congested skins) 60 mins \$139

A deep cleansing facial with an emphasis on extractions & anti-bacterial ingredients to target congestion, acne & breakouts.

+ ADD a peel-off purifying & calming mask for \$25

Temples' Signature Facial

(all skins) 60 mins \$155

Let our skincare therapists take you to above & beyond your expectations with a customised facial to hydrate, protect & restore the natural balance of the skin. This is guaranteed to give results with our personalised visia skin analysis, advanced exfoliation, & indulgent pressure point scalp massage.

Expert Skin Lifting

(aged, dull skins) 60 mins \$179

A treatment with an instant effect, that gives immediate tone and radiance to the face, whilst bestowing a powerful anti ageing action.

Hyaluronic Collagen Infusion

(dry, dehydrated, mature skins) 60 mins \$169

A combination of AHAs to smooth and exfoliate, with a collagen infusion for youthfulness, your skin will be left with profound hydration and wrinkles will be plumped.

+ ADD an LED treatment to double your results / 15 mins \$70

Aroma Botanical Age Defying

(dehydrated, dry, lack-lustre, mature skins) 90 mins \$189

Following deep cleansing, radiant skin is revealed using a signature Botanical Desquamation of the face, neck and décolletage. Brightening

is achieved using active, organic ingredients and masks.

+ ADD Neck, back and shoulder massage - to release tension / 30 mins \$70

Tween Facial Ritual

(for under 16 yrs old) 20 mins \$49

This is a special offer for those little tweens. Cleansing, gentle exfoliation, optional blackhead removal, pressure point face massage, hydrating mask and relaxing back, neck & shoulder massage.

This offer only available for under 16's, Monday-Friday, 9am-5pm.

Men's Facial

(male skins) 60 mins \$149

Tailored to male skin and designed to energise the skin and target anti-ageing.

Vitamin C Brightening

(dull skins wanting brightening) 60 mins \$179

The first anti-glycation treatment of it's kind, which helps to fight premature ageing caused by stress and lifestyle, it visible restores the skins firmness, luminosity & youthfulness. With pure Vitamin C to brighten dull skin and increase hydration this is a perfect facial before an event or for brides to be.

Better Than Botox

(wrinkles & ageing skins) 90 mins \$250

One of our top sellers and it's easy to see why after you've experienced it. This facial uses two peptides to reduce the movement of the muscles and fills existing wrinkles. It regenerates the skin, fills and inhibits deep lines and erase expression lines while strengthening and firming your skin.

+ADD an LED light to double your results \$70

Fountain of Youth

(tired, mature skins) 60 mins \$179

Turn back time and transform your skin with this advanced treatment. It includes an invigorating facial massage and incredible pearly rubber-setting mask to create younger cells and reverse the ageing process. This treatment is ideal for those that have been exposed to the damaging factors including the sun and pollution. After a single treatment, skin will appear firmer, more hydrated & rejuvenated.

+ ADD an Omnilux LED to double your results / 15 mins \$70

Skin Zen Rose Facial

(sensitive, red skins) 60 mins \$155

Ideal for delicate, sensitive skin which can be irritated by emotional stress, the Rose Zen facial harnesses the calming essence of 5 different rose extracts for its healing properties. Tensions fade away while an active concentrate drip feeds the skin's deeper layers. Skin becomes soothed and hydrated, soft and supple once again.

+ ADD SOMETHING JUST FOR YOU

Select from the following to customise your temple facial treatment

LED Light Therapy \$70

Stimulate collagen and boost hydration with red light. LED Blue destroys p.acnes bacteria to detoxify skin and reduce congestion.

Contouring Eye Treatment \$30

Offers immediate results to hydrate and plump the eye area and visible reduce dark circles and lines.

Extra Massage \$30

Extend the bliss. Add 15 mins extra massage into your experience. Your choice of either hand, feet, back, face.

Refreshing Peel \$50

Add a peel to deeper exfoliate, refresh and refine the texture of the skin.

Supercharge Your Results \$65

Want the relaxation of a Facial ritual but more results? ADD peel + ampoule + speciality mask to supercharge your skin & soul.

Lymphatic Wrap \$90 30 mins

These unique compression pants will gently massage from your waste

down and drain your lymph to relieve fluid retention & deeply relax you.

Callous Peel for Feet \$35

Remove dead dry skin on the feet and renew cracked heels

iKOU Head, Neck & Scalp Massage with deep conditioning hair mask \$70

Head and scalp massage with Italian Bergamot oil & warm hair mask, allows for the relief of mental fatigue. This warm mask provides deep conditioning for the hair and assists with conditions such as psoriasis, or a dry itchy scalp. 30 mins

Rainforest Foot Restoration \$69

Native eucalypt foot soak and scrub followed by a speciality massage and soothing lemon scented tea tree and cooling cucumber mask. Absolute bliss for tired feet and legs! 30 mins

Relax & make the most of our beautiful facilities...

Enjoy a dip in the pool, indulge in the Lodge's famous High Tea or perhaps a healthy lunch from our Spa Menu.

BODY RITUALS

+ We have many more divine body rituals under day spa packages.

Stress Relief Massage

50 mins **\$115**

Your therapist will gently relax your body and relieve those stressed or tired muscles through melting movements and soothing the soul.

Relaxation Massage

30 mins **\$79**

60 mins **\$140**

Let the healing touch of our therapists move you into a deep place of relaxation. With flowing movements and gentle muscle manipulations, this treatment is sure to put your mind at ease and have you walk out floating. Create your own journey, choose from five Organic iKOU plant infused oils and let your therapist tailor your pressure and manipulation to suit your desire.

Lomi Lomi Hawaiian Temple Massage

60 mins **\$140**

A very flowing, deeply relaxing massage originating from Hawaii. The therapist treats you with

their arms and hands in flowing movements over the body in what becomes a dynamic dance of life. On a spiritual level, the energy within the massage relaxes the body & muscles under tension, allowing peace to be within the mind by removing reasons for stress. Described as one long, big hug!

Pregnancy Massage

60 mins **\$149**

Especially gentle for pregnant or nursing women to relax tired muscles in the lower back, thighs and feet. We only treat post first trimester, our qualified therapist will ensure your well being with a beautiful gentle, nurturing treatment.

Native Oil & Hot Stone Massage

90 mins **\$189**

Melt away as the skilful hands of our therapists use the ancient art of stone massage and essential oils to massage away the tension. This unique form of massage with hot stones will bring about a

sense of balance & wellbeing. This treatment is extremely good for the muscle aches, fluid retention, and tired stressed souls. A truly unique experience that everyone has to try at least once in their life! Relaxing the heart, grounding the soul and soothing the mind.

iKOU Organic Body Buff

30 mins **\$79**

A favourite for its instant results as this buff polishes away dull skin to reveal a radiant glow. Rich in essential fatty acids and antioxidants with natural oils promote cell renewal. Your choice of Coconut Jasmine Body polish, Orange Jojoba Body Buff, DeStress Salt Scrub or Tahitian Lime Body Scrub. The finishing application of Organic Body Souffle leaves the body relaxed and rejuvenated.

iKOU Rainforest Foot Restoration

30 mins **\$79**

Massage to restorative points in the

feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. A native eucalypt foot soak and scrub followed by a specialty massage and soothing lemon scented tea tree and cooling cucumber mask leaves you with a spring in your step. Absolute bliss for tired feet and legs!

iKOU Head, Neck and Scalp massage with Deep Conditioning Hair Mask

30 mins **\$85**

Head and scalp massage is an age old healing art form of holistic therapy. It allows for the relief of mental fatigue, the calming of thoughts and easing of stored tension. Italian Bergamot Oil is renowned for relieving stress and assisting with conditions such as psoriasis, or a dry itchy scalp. This warm iKOU mask provides deep conditioning for the hair and invites rest for the mind, while the finishing shower washes away your cares.



iKOU RITUALS -

a degustation of treatments designed to create a sensory, full body experience

RELAX - White Flannel Flower Ritual

2 hours **\$270**

Unwind and allow your body to receive the healing benefits of deep relaxation. The white flannel flower and other exotic ingredients restore a radiant all-over glow. From head to toe - unwind, breathe, relax.

- Organic Coconut and Jasmine Body Polish
- Neroli and Rosehip Facial Massage
- Wild Yam and White Flannel Flower Hydrating Cocoon
- Recovery Face Masque
- Native Hibiscus, Jasmine and Silk Body Souffle
- Vanilla Infused Oil Foot Restoration Massage

RECOMMENDED UPGRADE:
Organic Vanilla infused neck, back and shoulder massage 30 mins **\$70**

RENEWAL - Body & Mind Balance

2 hours **\$285**

Soothe and de-stress the mind while breathing new life back into the body and soul with this uplifting head to toe rejuvenating ritual. Focusing on mood lifting benefits using essential oils to promote a feeling of positivity and well being... rediscover your bliss.

- iKOU Foot Ritual
- Warm Bergamot Hair and Scalp Deep Conditioning Massage
- Organic Jojoba and Italian Orange Body Buff
- Organic Aromatherapy Full Body Massage

RECOMMENDED UPGRADE:
Express Facial 30 mins **\$75**

DE-STRESS RITUAL - Balance Body & Mind

2 hours **\$295**

Relax the mind, balance the body and restore hydration to the skin with this soothing head to toe rejuvenating ritual. Enjoy the mood lifting benefits of essential oils to promote a feeling of positivity and wellbeing, this calming treatment will take you on a journey to soothe the senses.

- Italian Orange & Australian Jojoba Body Scrub
- Relaxing Aromatherapy Back Massage
- Nourishing Organic De-Stress Body Souffle
- Pure Results Calming Facial & Scalp Massage

HAND & FEET RITUALS

Give your hands & feet a treat. Restore your neglected hands & feet with one of our beautiful hand or foot treatments.

Heavenly Hands

60 mins **\$75**

This deeply therapeutic hand spa repairs, restores & stimulates both skin & nails. This treatment is specifically designed for the maintenance of the hands, cuticles & nails. Finishing with a conditioning paraffin hand masque, relaxing massage & nail paint, you will feel relaxed & rejuvenated.

Heavenly Soles

60 mins **\$95**

A beautiful treatment for the lower legs & feet. Like no other foot treatment you have experienced, our therapist will soothe your soul & revitalise those tired neglected feet. Beginning with a relaxing foot soak and foot & leg exfoliation, we then give your feet a total maintenance overhaul, and finish with a divine warm paraffin foot masque, pressure point massage & nail paint.

+ ADD Callous Peel Treatment to gently remove excess dead skin and callouses \$30

The Perfect Pair

105 mins **\$145**

Let us focus on your concerns and tidy your tired hands and feet.

IKOU Rainforest Foot Restoration

30 mins **\$79**

Massage to restorative points in the feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. A native eucalypt foot soak and scrub followed by a specialty massage and soothing lemon scented tea tree and cooling cucumber mask leaves you with a spring in your step. Absolute bliss for tired feet and legs!

Nail Fungai Laser Treatment

15 mins **from \$149**

We use medical grade laser to treat Onychomycosis. This is a term used for fungal nail infections, which may afflict their finger nails

or toenails. The most common symptom of a fungal nail infection is the nail becoming thickened and discoloured: white, black, yellow or green. As the infection progresses the nail can become brittle, with pieces breaking off or coming away from the toe or finger completely.

We get around a 95% success rate with laser treatment for the Onychomycosis, as opposed to about a 60% success with other treatment options.

Normally 4 treatments are required, treatments are once a week.

Callus Peel

add on treatment **\$30**
stand alone treatment **\$45**

Callus Peel is the only professional blade free callus peeling system to guarantee outstanding results in 15 minutes. Using a simple 4 step process, Callus Peel provides a new level of satisfaction never experienced before, leaving your feet fresh, smooth and callus free.

CELEBRATE WITH FRIENDS

Pre-Wedding Pamper

Hens Party

Girl's Day Out

Baby Shower Party

Any reason at all!

Celebrate with friends at The Temple Skincare & Spa.

Relax with your girlfriends and enjoy a day spa treat packed with facials, massages, spa treatments, manicures, pedicures, sparkling wine, high tea or lunch. **THE CHOICE IS YOURS!**

Create your own package or let us help you select from our most popular bridal party packages.

Celebrate with friends packages are available for a [group of 4 guests minimum](#).

Create your own package

Select your time then choose from the 30 minute treatments listed to create your own journey to wellness at The Spa.

Two Treatments:	60 minutes	\$179
Three Treatments:	90 minutes	\$259
Four Treatments:	120 minutes	\$349

To ensure your special day runs as smoothly as possible, for group bookings over 10 people, we charge a small surcharge to cover the expense of having our lovely staff cater for your desires and host your event smoothly so all you are left to do is relax and enjoy every moment.

Choose from the following 30 minute treatments:

- Refresher Facial
- Contouring Eye Treatment
- Eyes Bright Waxing & Tinting Package
- Relaxation Massage
- Italian Orange & Jojoba Body Buff
- Head, Neck & Scalp Massage with Conditioning Hair Mask
- Rainforest Foot Restoration
- Spa Express Pedi
- Spa Express Mani



Need more pampering?

- Combine your spa packages with The Hills Lodges' famous High Tea or a healthy lunch from our Spa menu.
- Make it a day to remember and stay the night in one of our beautiful hotel suits.

DAY SPA PACKAGES

Revive

1 hour 30 mins **\$230**

The ultimate pick me up for those with a time poor lifestyle.

- Salt Glow Body Buff
- Relaxing 30 min Back, Neck & Shoulder Massage
- Hydrate & Glowing Skin with a Refresher Facial

Ecstasy Combo

2 hours 30 mins **\$350**

Body, mind & soul renewal.

- Salt Glow Body Buff
- Temples' Signature Facial
- Relaxation Massage.

Reinvigorate

3.5 hours **\$445**

Reinvigorate your body and soul.

- Italian Orange & Jojoba Body Buff
- Bergamot & Cedar Wood Hair Mask
- Deeply relaxing Head Massage
- Replenish tired muscles with a Relaxation Body massage
- Spa Pedicure
- Refresher Facial

RELAX -

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- Organic Aromatherapy Full Body Massage

RECOMMENDED UPGRADE:

Express Facial 30 mins \$75

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Relax the mind, balance the body and restore hydration to the skin with this soothing head to toe rejuvenating ritual. Enjoy the mood lifting benefits of essential oils to promote a feeling of positivity and wellbeing, this calming treatment will take you on a journey to soothe the senses.

- Italian Orange & Australian Jojoba Body Scrub
- Relaxing Aromatherapy Back Massage
- Nourishing Organic De-Stress Body Soufflé
- Pure Results Calming Facial & Scalp Massage

The Ultimate Indulgence

5 hrs **\$599**

Find refuge from the stresses of life and treat yourself with this indulgent five hour package.

- Relax from top to toe with the White flannel flower ritual, including a full body polish with Organic Coconut and jasmine
- Vanilla and tangerine infused back, neck and shoulder massage and a hydrating Wild Yam and White Flannel Flower cocoon
- The bliss continues with a refresher facial including a Neroli facial massage, and full body soufflé application
- Also included is some time out with lunch by the pool or in the Restaurant (45 minute allocation in the 5 hours)
- Add the finishing touches with The Spa Manicure and Pedicure
- Finish your day in style with a light make over

The Yummy Mummy Spa Package

3.5 hours **\$499**

A taste of baby moon bliss ...

- Soothing Pregnancy Massage
- Organic Facial
- De-Stressing Foot Soak
- Heavenly Soles
- Coconut Body Polish & White Flannel Cocoon (suitable for pregnancy)

Couples Retreat

90 mins each, plus lunch time

\$495 per couple

If romance is in the air and you need a little R & R with that special someone in your life, relax in the skilful hands of our therapists.

Your experience begins with the revitalising Refresher Facial, restoring hydration to the skin. Next, enter a deep state of relaxation and feel your mind drift away with a Full Body Relaxation Massage, designed to bring about balance and reduce stress.

The massage is performed using luxurious, iKOU plant-infused oils. Slowly slip back into the here and now, while enjoying your partners company at the pool and energise with a healthy lunch from our Spa Menu.



Enhance your experience

To enhance your experience at the spa we suggest you take advantage of what else we have to offer...

- Be refreshed in our 20 mtr heated outdoor pool
- Enjoy a healthy lunch from our Spa menu
- The Hills Lodge High Tea is a must if you have a group of 2 or more
- Perhaps a nights accommodation is just what you need to savour the moment.



MEDI-SPA FACE

Clinical treatments for fast, noticeable results.

Specialist Consultation

45 mins **\$120**

Our highly educated skin specialists will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

Skin Peeling

(all skins - cleans & smoothes)
\$100 - \$120

We offer a wide range of advanced skin peels to combat your serious skin needs. We can treat your dry & ageing skins; sun-damaged & pigmented skins; congested & thickened skins; or simply soften & refine your skin to reveal your younger looking skin beneath.

+ add LED light to help control oil and heal acne \$70

Anti Ageing Peel

(fine lines, wrinkles, dull skins)
60 mins **\$175**

This is a combination of lactic acid peel to gently slough the dead skin cells away, then the LED to stimulate

collagen and cell nutrition, then we infuse furelic acid to brighten your skin before we finish with a retinol infusion to treat wrinkles.

Micro + O2 Infusion

(fine lines, clogged pores, pigmentation, dull or thickened)
60 mins **\$149**

MDA is a non-invasive skin resurfacing procedure that gently reveals your fresher, younger skin cells. Combined with oxygen, we saturate the skin with moisture, vitamins and anti-oxidants.

We perform our MDA treatments as part of a complete facial including prepping, extractions and masking.

Hydrabrasion Deep Cleaning

(all skins)
60 mins **\$149**

When your teeth need cleaning, you go to the dentist. When your carpets are dirty, you have them professionally cleaned and when your car is dirty, it gets a wash... so our Hydrabrasion is a diamond dermabrasion to gently smooth away

dead skin cells, then we flush every pore with water for a deeper clean.

O2 Lift

(dehydrated, dry, dull skin)
45 mins **\$105**

Imagine releasing fresh, healthy skin hidden below layers of older skin cells with a process that's both gentle and invigorating. Using oxygen, plant-derived stem cells, peptides and specially concentrated enzymatic botanicals, O2 LIFT delivers a premium spa experience with immediate results. This anti-aging, luxurious spa treatment produces gorgeous luminous skin that feels as healthy as it is radiant.

IMAGE corrective facial

(all skin conditions)
50 mins **\$139**

This is a customised facial for your specific skin concern, using potent ingredients for a real result for lightening, acne or ageing skins.

+ add LED light for maximum results \$70

Youth Elixir O2

(ageing, dehydrated, dry, wedding skin) 60 mins **\$185**

Pure oxygen gas, in conjunction with vitamins & minerals, is used to nourish & revitalise the skin.

With this treatment we will soothe away internal stress, & regenerate & boost the health of every skin cell.

+ add LED light to add extra hydration & plumping \$70

LED Light Technology

(ageing, plumping, dermatitis, eczema, psoriasis, acne, congestion, all skins)
30 mins

Single LED **\$85**
LED with Facial **\$70**

LED technology to detox & rejuvenate. Clinical studies guarantee you results. We recommend a light therapy in combination with any facial to maximise results, or as a course.

LED Red - LED Red helps to minimise visible fine lines & wrinkles by plumping up the skin naturally. Reduce ageing by assisting to naturally heal the skin without causing cell damage.

LED Red is a completely painless, pure non-laser light source, that is not an ultraviolet or infra-red light.

LED Blue - Helps stop the vicious acne cycle.

LED Blue treatment stops the production of the acne-causing bacterium and excess oil, resulting in the reduction of inflammation, redness and acne lesions, leaving the complexion clear and healthy.

LED NIR/White - Treats deeper layers for wrinkles, inflammatory pain relief, and skin conditions such as eczema, psoriasis & dermatitis.

Tri-wave technology

For more advanced results in different skin conditions.

Broken Capillaries Visible Vessels Spider Veins

15 mins **\$199**

Our medical grade ND Yag laser is of the highest quality & the very latest technology imported from Italy. This specialised laser offers fast, comfortable and safe results on broken capillaries and spider veins to even out that red blotchy complexion.

IPL & Laser Skin Rejuvenation

30 mins
half face **\$124**, full face **\$250**

Our experts utilise IPL, Q Switch, ND Yag and Diode medical grade lasers to rejuvenate ageing and uneven skins to reveal a more even fresher skin colour and health. The combination of these modalities achieve remarkable results on freckles and sun-damaged skin, as well as breaking down melanin clusters formed as a result of hormonal melasma and chloasma. We also utilise medical grade lasers to treat Rosacea and Acne.

Photofacial

(ageing, pigmentation)
60 mins **\$350**

Get results on ageing and pigmentation fast with the combination of microdermabrasion and IPL rejuvenation. Includes AHA/BHA Mask, Microdermabrasion, Extractions, IPL Rejuvenation, Massage and Hydrating Mask.

See more results offerings over the next page...



HIFU

LIFTING, TIGHTENING, FIRMING & SCULPTING

If you can't stand those hanging jowels, your cheeks are looking flat, you hate your sagging neck, you have a pocket of fat under your chin and you have lost your jawline as it's all falling south... the HIFU is for you!

HIFU Treatment (High Intensity Focused Ultrasound) is a non-surgical, no downtime, in-office procedure for lifting and tightening sagging skin of the eyes, cheeks, lower face (jowls), jawline and neck. Ultrasound technology is focused below the skin surface to firm and lift droopy skin tissue.

A smooth hand piece is used to deliver tiny deposits of focused ultrasound energy at just the right depth below the skin. Your skin's response to this energy is to recondition tired skin by stimulating the growth of fresh, new collagen.

The result is a tightening and gradual lift of the skin back into a more youthful position and form-fitting shape. Over the next four to six weeks after the treatment, skin will be firmer and uplifted.

Treatment Area	# Lines	Treatment Duration	Treatment Cost
Throat/Neck	- 180	3/4 hr	\$1,100
Chin/Jaw Line	- 100	1/2 hr	\$550
Cheeks	- 180	3/4 hr	\$1,100
Eyes/Forehead	- 140	3/4 hr	\$1,100
Full Face & Neck	- 600	2 1/2 hrs	\$3,850

Before & after HIFU Treatments

- The closest technology available to a true surgical face-lift
- No damage to the skin's surface
- A REAL alternative to needles and surgery
- Achieves amazing, visible results NATURALLY



COAXMED

MODERATE PLUMPING & TIGHTENING

If you feel like you need a little pick me up and slow the ageing process, then the CoaxMed will give you a general lifting, plumping and glow.

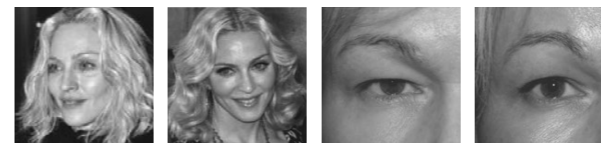
This is the latest technology imported from Italy which is the natural alternative to botox and a facelift, without the risk of surgery!

We use radio frequency and cavitation waves to cause the collagen in the deeper dermis to contract to provide a lift, firm and tightening of the skin. This is a safe and painless procedure using the most superior technology.

There is no down time to this treatment and because we use the most advanced technology you will have natural results in the firmness of your skin. It is not like a facelift where all the skin is noticeably tight, your friends will just say you are looking healthy and happy like you've just had a holiday... but they will be thinking envious of your new look. Even Madonna loves this treatment.

Cost - per area \$250- 30 mins
Full face lift incl. neck \$400- 60 mins
Course of 6-8 full face & neck are charged @ only \$350 each treatment

Before & after CoaxMED Treatments



E-DERMASTAMP

WRINKLES, SCARRING, STRETCH MARKS

If you suffer from uneven, dull or lifeless skin, wrinkles, open pores, pigmentation, scarring or hair loss... E-Dermastamp may be your solution.

E-Dermastamp uses skin needling to stimulate tissue regeneration and offers results comparable to lasers such as fractional laser, without the damage to tissue. Clinically proven to induce a collagen response. Your body will start to naturally regenerate the skin below the surface of the dermis to form new collagen and elastin fibres. New skin cells are stimulated and new capillaries form to improve the blood supply. This procedure is called Collagen Induction Therapy (CIT).

It only takes up to 6 weeks to start to see the results and the process will continue over the following months. Most skins will need around 3 treatments, being 6-8 weeks apart. These treatments are painless!

The E-Dermastamp brand is the only TGA listed skin needling device in Australia so why would you try any others?

\$550 per treatment or \$1650 for 3 treatments
+ Aftercare Kit FREE (save \$200)
+ Post Care LED Lights (save \$1500)

Before & after E-Dermastamp Treatments



INTENSIVE PROGRAMMES

Unfortunately, like most things in life, there is not always a one fix wonder when treating major skin concerns. Most of us have more than one thing we would love to correct, and usually these concerns require a combination of different treatment modalities to get you maximum results. Your expert therapists at The Temple will prescribe an individualised treatment solution program for you, however below are some ideas of the most effective way to correct your skin.

Specialist Consultation

45 mins **\$120**

Our highly educated skin specialists will conduct a personalised skin analysis & offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

Unlimited LED Lights

for 3 months **\$999**

AGEING

Wrinkles **\$1980**

Course of 3 Skin Needling sessions + post care kit + post LED lights

Lifting **\$2750**

One HIFU Full Face & Neck Lift

Plump & Glow **\$2800**

Course of 8 RF CoaxMed full facelifting sessions

ACNE

Grade I-II Acne **\$1195**

Homecare starter kit + 6 acne lift peels + 12 LED lights

Grade III-IV Acne **\$1999**

Homecare starter kit + 6 advanced peels + 24 LED lights + 4 MLD + 3 laser

Advanced Acne **\$2350**

Intense programme of homecare starter kit + MLD + LED lights + 8 advanced peels + 4 laser -\$1990

SCARRING **\$1980**

3 Skin Needling sessions + post care kit + post LED lights

PIGMENTATION

Scattered Sun Spots **\$799**

2 Half Face Laser Rejuv + 3 Q Switch Laser

Sun Damage & Freckles

\$895

3 Full Face Laser Rejuv + 2 half Face Laser Rejuv

Hormonal Pigmentation

\$1550

3 Homecare products + 3 LED lights + 3 Peels + 4 Full Face Laser Rejuv (treatment may vary dependant on skin & extrinsic factors)

OPTIMAL SKIN HEALTH

Epidermal Growth Factor Bootcamp **\$899**

2 Homecare products + 4 Glycocure peels + 4 LED lights + 2 EGF infusions

MEDI-SPA BODY

These results orientated treatment solutions will combat your problem areas.

COAXMED ICE - fat freezing, cellulite & shaping

Cryolipolysis technology has been sculpting bodies for over 10 years and our Coaxmed Ice is a complete Non-surgical answer to all our prayers... Radio Frequency + Ultrasound with RadioFrequency + Rhythms Vacuum + Cryoliposculpt (fat freezing)... which means we can now offer you real results in Body Sculpting without surgery:

- Smoothing & eliminating cellulite
- Skin tightening & firming
- Reduces localised pockets of fat
- Body smoothing & shaping
- Excess fat reduction
- Lymphatic drainage

COOLSHAPE - fat freezing

Reduction of fat deposit thanks to the intense cold (-10°) that is able to target only the fat cells in that area. Since fat cells is more sensitive to cold temperatures than other skin cells, it freezes the lipids in the cells which then slowly

dissolve. We use cryolipolysis (fat freezing) to destroy unwanted stubborn fat cells to reshape and sculpt the body. Once the fat cells have been destroyed they never return!

DUOSHAPE BODYSMOOTHING - Radiofrequency + Low Frequency Ultrasound (cavitation)

This technology uses mechanical vibration and causes disruption of the fibrosis and fat cells. The waste fat is expelled from the cells and then eliminated through the metabolism, thanks to the reactivated blood microcirculation.

The radioFrequency drains the adipocyte (fat cell), whilst the ultrasound waves permanently remove the waste for the body metabolism and lymphatic system to eliminate it to smooth cellulite and reshape bulky fatty areas.

Areas start from \$399

Packages start from \$1695

For more info: www.templeskinicare.com.au/service-menu/medi-spa/medi-spa-body/

DR WRAP Lymphatic drainage & fluid

*Bandage wrap + compression pants - 1 hour **\$159** add 30 min of compression pants to your facial or massage for only **\$90***

*purchase a course of 6 for **\$999***

We use a two step process where a body wrap is applied to the client and then the client is placed into the DR. WRAP body compression pants which then performs the treatment.

All human bodies are managed by smooth circulation of blood and lymph. DOCTOR WRAPS drainage system helps various patients recover from skin imperfections by promoting blood and lymph circulation and metabolism.

Lymph is the system that carries the waste materials away from the cells, while the blood brings in the nutrients to the cells. Stagnation of fluid makes the cells become exposed to an increased toxic condition. Increased lymphatic drainage deals with the stagnant lymph effectively.



Best results for the above are to be used in conjunction with a good exercise program.

|specialists

SPECIALIST SERVICES

Cosmetic Tattooing

Our cosmetic tattoo artist performs all the latest techniques like feathering and micro blading, to give you natural 'hair-like' looking brows.

Consultation with Rene

Rene has a keen eye for enhancing your natural beauty as well as in-depth knowledge on skin conditions.

Rene will listen to you and your concerns as she takes a global approach to beauty. She specialises at being able to advise on the most effective treatment for your skin and body concerns.

If you are sick of wasting money on nothing but hope, and you cant find someone to trust and advise... or you simply need help with being able to achieve your best skin or body yet... why not make a booking to have a diagnostic consultation with Rene.

Cosmetic Surgeon

Dr Charlotte Ying
MB BCh (Hons), LRCP (Hons),
SI (Hons), BAO (NUI) (Hons)

The staff at The Temple Skincare & Spa are Paramedical Aestheticians themselves, so we know you are in good hands with the Doctor we work closely with.

Dr Charlotte Ying specialises in cosmetic surgery and cosmetic injectables to enhance your natural beauty.

You can be assured you are in the best and most qualified hands for your cosmetic injectables and rejuvenation.

Our Doctor performs advanced facial reshaping techniques using injectables including:

- Botulinum Toxin/antiwrinkle injections
- Lip filler
- Cheek enhancement
- Non-surgical Rhinoplasty
- Liquid facelift- combination of fillers and neurotoxin injections

|hair free

HAIR REMOVAL

Waxing

The temple skincare & spa offers all waxing services in a comfortable and hygienic environment.

Hot wax is used on all areas except the legs and arms, to offer you maximum comfort.

Eyebrow Shape.....	\$20
Lip.....	\$11
Chin.....	\$15
Sides Of Face.....	\$18
Full Face.....	\$45
Underarm.....	\$20
Extended Bikini.....	\$30
Brazilian.....	\$65
Full Arm.....	\$35
1/2 Arm.....	\$29
1/2 Leg.....	\$35
Full Leg.....	\$59

Men's Waxing

Chest.....	\$55
Back.....	\$55
Full Legs.....	\$75
Full Arm.....	\$49
Full Body.....	\$180

Permanent Hair Reduction

Our treatments offer safe and effective results with minimal discomfort. We suggest 6-8 treatments, and you will notice that 60% of the hair will be reduced after the first two treatments. By the end of your course, there should be a reduction of 85-90% hair, and the remaining hair will be finer and lighter. Results may vary depending on skin type, this will be discussed in your consultation.

PRE-PAY 10 TREATMENTS - GET 20% OFF
BUY 3 AREAS FOR 12 MONTHS LASER FOR \$1850

Women's Hair Removal

Arms (full).....	\$135
Arms (half).....	\$115
Bikini line.....	\$50
Brazilian.....	\$79
Breasts areola.....	\$40
Chin.....	from \$35
Eyebrows middle.....	\$20
Face (full).....	\$69
Face (sides).....	\$49
Legs (full).....	\$210
Legs (lower).....	\$169
Lip.....	\$35
Neck.....	\$40
Stomach line.....	\$49
Thighs back.....	\$69
Thighs (full).....	\$189
Underarms.....	\$49
Shaving.....	from \$49

Feet / Toes.....	\$49
Hand / Fingers.....	\$49
Knees.....	\$49
Anus / Areola / Snail Trail.....	\$39

Men's Hair Removal

Neck.....	\$49
Shoulders.....	\$79
Stomach.....	\$85
Half Back.....	\$130
3/4 Back.....	\$169
Back & Shoulders.....	\$180
Chest.....	\$120
Chest & Stomach.....	\$180
Buttocks.....	\$120
Male Brazilian.....	\$225
Legs.....	\$399
Shaving.....	from \$49

FINISHING TOUCHES

Tinting

Eyebrow Tint.....	\$15
Eyelash Tint.....	\$30
Package – Eyelash Tint & Eyebrow Wax & Tint	\$50

Make-Up

School Formals Makeover	\$45
Special Event Make-Up.....	\$99
Private Make-Up Lesson	\$150
Bridal Make-Up Trial	\$89
Bridal Make-Up	\$120
Bridal Make-Up & Hair Package	\$220

Bridezilla Beauty Package

the complete package **\$590**

PRE-WEDDING PREP

- Smooth soft skin with Italian Orange & Jojoba Body Buff
- Hydrated & glowing skin with our White Flannel Body Cocoon
- Gentle Refreshing Skin Peel to make your skin glow
- Brow Tidy
- Lash Enhancing Tint
- De-stress with rainforest foot restoration
- Spa Pedicure
- Bridal Make-Up Trial

THE BIG DAY

- Bridal Make-Up

UPGRADE your package to include your choice of:

- + Botanical Facial
- + Spa Manicure
- + Relaxation Body Massage

SPA ETIQUETTE

when to arrive

We recommend that you arrive 15 mins before your appointed time. This will allow introductions & for you to relax and use the bathroom before your treatment. This also allows time for you to fill out all the necessary paperwork.

our spa

We aim to provide a quiet and tranquil spa environment for all of our guests, and kindly request that you turn off your mobile phone on arrival.

To enhance your journey of wellness, we invite you to enjoy our heated outdoor pool and steam room before or after your treatment. If you would like to use the facilities, please notify our spa team when making your booking so we can prepare for you.

group bookings

We love pampering you and your friends for a special day out. As there is a lot involved in the smooth and enjoyable runnings for a group booking we do require a small surcharge for any group of 10 or more to cover the extra staffing costs of a hostess and ensure your day flows smoothly.

Group bookings for 2 or more guests, or day spa packages over 2 hours, will require a holding deposit via credit card to secure your allocated time at the spa.

what to wear during treatments?

Maintaining your sense of dignity & well being is of the utmost importance to us. Our fully qualified therapists are trained to drape correctly to respect your comfort & privacy.

Disposable underwear are available for body treatments.

Our clients are able to use the heated outdoor pool before and after your treatment if you desire so please bring your own towel and swim suit if you wish to take advantage of the facility.

what if I am late for my appointment?

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness & importantly your pleasure & enjoyment.

As a courtesy to all our clients all treatments are completed as scheduled.

what if I have a special health condition?

Please inform your therapist of any health concerns that you may have when completing your treatment card.

We do not treat anyone in their first trimester of pregnancy.

Our fully qualified therapists will advise on special conditions such as allergies, heart conditions or high blood pressure.

If you are currently or recently have been taking roaccutane it is important you inform your therapist.

payment


The clinic accepts cash, eftpos and all major credit cards. Amex will incur a 3% surcharge. Unfortunately we do not accept Diners cards.

day spa | medi spa | surgery



The Hills Lodge
Cnr Salisbury & Windsor Roads, Castle Hill NSW 2154

Phone 9634 2411 | www.templeiskincare.com.au

 facebook.com/templeiskincare

Monday	9.00am - 8.00pm
Tuesday	9.00am - 5.30pm
Wednesday	9.00am - 5.30pm
Thursday	9.00am - 9.00pm
Friday	9.00am - 5.30pm
Saturday	9.00am - 5.00pm
Sunday	By appointment