TEMPLE

SKINCARE & SPA

Restful —— Results

Temple Skincare & Spa, where the two meet.



TEMPLE

SKINCARE & SPA

Our Vision

The Temple Skincare & Spa is where Restful & Results meet. Whilst in our care we offer the utmost attention to balance your emotions and restore your well-being.

Guided by Knowledge. Delivered with Care.

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 utilising the latest technology to confidently correct your skin & body concerns.

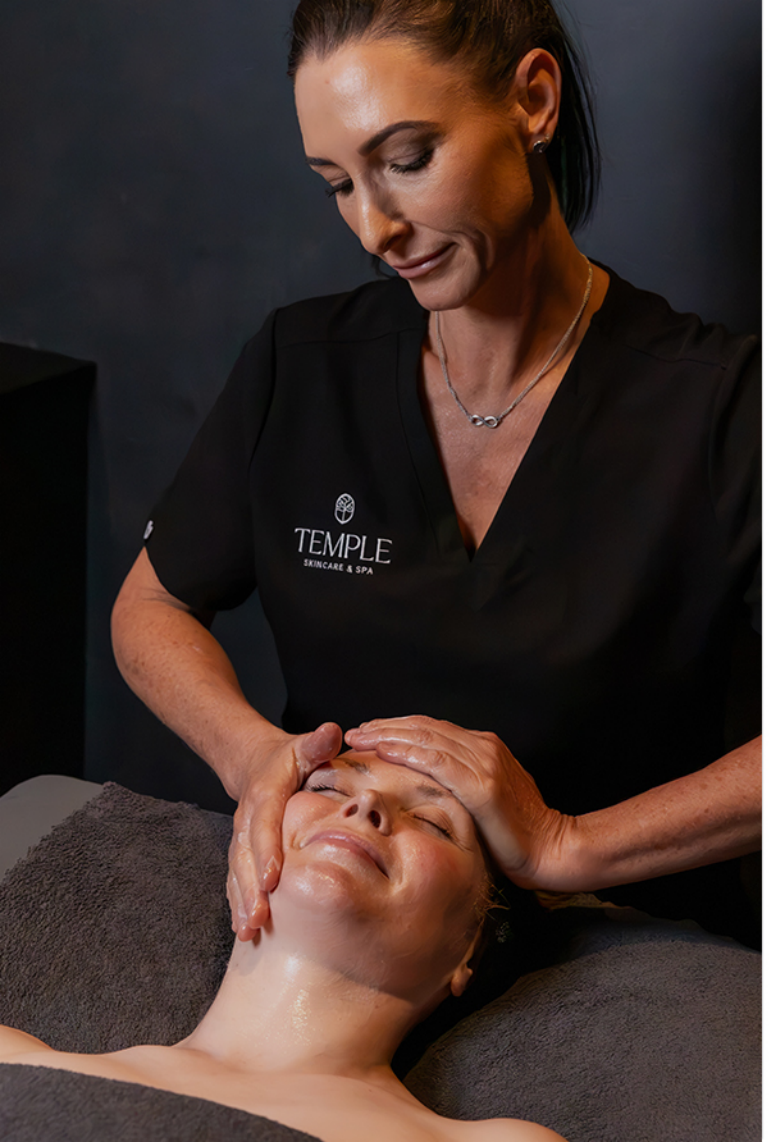
Everything we do is with complete love & appreciation for you & your experience. We aim to exceed your expectations on every visit. We offer cutting edge treatments & machinery sourced globally, to give you the results you deserve.

At Temple, Family is Everything. Love & Kindness guide every interaction. Trust & Integrity shape the advice we give. Education is Key, because knowledge allows us to deliver the right treatments with confidence. Consistency is Key, ensuring you receive the same exceptional level of care every time. We are Guided by Knowledge, Delivered with Care, and our Temple Signatures are Non-Negotiable.

We are client-centric... we are FAMILY. We make a conscious effort to limit our carbon footprint. We only use products which are not tested on animals. We value education & our staff are trained to the utmost degree to care and advise, whilst bringing you harmony.

Restful —— Results

Temple Skincare & Spa, where the two meet.



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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

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. **Virtual Consultations** are also available for your convenience via Facetime, Whatsapp and Zoom.

Advanced Training

All of our senior therapists have received advanced training at the world's leading postgraduate 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 world's leading product ranges, technology and equipment, including first-in-Australia technology.

Spa Treatment Rooms

Enjoy our ultimate treatments in your own private and tranquil room – custom designed to provide complete comfort and privacy – with beautiful, relaxing background music. We have one couples room for you to enjoy a romantic spa ritual with your loved one, or perhaps a girls day out.

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 in spa.

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 cancel within 24 hrs before your appointment time, your credit card will be deducted with 50% of the treatment value. If you simply fail to turn up, you will be debited 100% of the treatment value. If you were using a gift voucher for this treatment, this will be cancelled.

Subscription Memberships

Our monthly subscriptions are perfect for those who love to enjoy regular skin treatments or massages. With these subscriptions you will not only save money, you will also be guided to the treatments to best offer you your best skin yet.

Online Booking

Access our appointment book 24/7. Simply go to **www.TempleSkinCare.com.au** and click on '**book now**'. Or, download the **Temple Skincare & Spa app** from the Google Play Store or the AppStore.

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.

Temple Hearts

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 **Temple Skincare & Spa** is amazing.

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

Want to come for regular skin treatments or massages but want the best price? Ask about our *Skin Subscriptions*.


Beauty
TEMPLE



Lash & Brow

Bombshell Brow Styling *$69*

Professional eyebrow styling that includes measuring symmetry, shaping, waxing, and standard tinting.

+ You can upgrade to longer lasting Bronsun tint as optional.

Brow Lamination *$95*

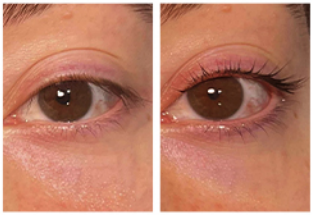
Brow lamination smooths, lifts and sets the brows into place, creating a fuller, more defined and beautifully groomed appearance. This includes a standard brow tint also.

Korean Lash Lift *$139*

A Korean Lash Lift is a next-generation lash treatment that focuses on creating a natural, healthy-looking curl using gentler, specialised techniques compared to traditional perms. Originally developed to tackle stubborn, downward-pointing lashes, it prioritises lash health by using low-pH, nourishing formulas.

Standard Brow Tint	$15
Bronsun Brow Tint (long-lasting)	$50
Standard Lash Tint	$35
Eye Package *(includes: brow tidy+brow tint+lash tint)*	$60
+ Upgrade to Bronsun Tint (Longer lasting)	$20
Special Occasion Make-up	$129

BEFORE AFTER



Korean Lash Lift

BEFORE AFTER



Brow Lamination



Korean Lash Lift



Laser Hair Removal

Laser Hair Removal

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.

Consultation Patch Test *30 mins* ***$49***

Women's Hair Removal

Arms (full)	$135
Arms (half)	$69
Bikini line	$49
Bikini (extended)	$69
Brazilian	$69
Breasts areola	$49
Chin	$25
Eyebrows middle	$20
Face (full)	$60
Face (sides)	$49
Legs (full)	$199
Legs (lower)	$159
Lip (top)	$25
Neck	$40
Stomach line	$40
Thighs (back)	$75
Thighs (full)	$159
Underarms	$29
Shave	$50
Feet / Toes	$35
Hand / Fingers	$35
Knees	$49
Anus	$49
12-month Deal (3 Areas)	$1850

Men's Hair Removal

Arms	$189
Half Back	$130
3/4 Back	$169
Back & Shoulders	$205
Buttocks	$120
Chest	$120
Chest & Stomach	$169
Full Legs	$299
Half Back	$130
Neck	$49
Nose/Ears	$49
Shoulders	$79
Stomach	$85
Shaving	$50
Underarm	$49

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.

Dermaplaning *(full face) 50 mins* ***$135***

Dermaplaning is a safe, painless and highly effective exfoliating treatment designed to remove dead skin cells and fine vellus hairs from the face and hands. This skin treatment is perfect for combatting dull, uneven skin tone and removing pesky peach fuzz. Using a specialised blade to gently exfoliate the top layers of the skin where dirt, small hairs and debris reside, we are able to instantly reveal fresher, smoother and glowing skin!

Women's Waxing

Arm (full)	$63
Arm (half)	$55
Bikini	$45
Bikini (extended)	$55
Brazilian	$89
Brows	$35
Bombshell Brows	$35
Styling *(reshape brows+standard tint)*	
Brow Lamination & Tint *(standard tint)*	$45
Brow & Lip	$45
Brows & Tint	$45
Chin	$20
Face (full)	$65
Face (sides)	$25
1/2 Leg	$60
3/4 Leg	$70
Full Leg	$85
Lip	$15
Stomach Line	$15
Underarm	$35

Men's Waxing

Back	$69
Chest	$69
Full Legs	$99
Full Arm	$55
Full Body *(max 3 areas)*	$240
Neck	$16
Shoulder	$23

Cosmetic Injectables



Dr Charlotte Ying

Aesthetic Surgery

- Surgical Fellow of The Australasian College of Cosmetic Surgery and Medicine ***FACCSM (Surg)***
- Bachelor of Medicine and Surgery Honours Degree ***MB.BCh (Hons)***
- Bachelor of Obstetrics Honours Degree ***BAO (NUI)(Hons)***
- AHPRA General Registration MED0001628244 ***Registered Medical Practitioner***

> Not many surgical specialties concentrate on the patients' needs and wants. I'm always interested in my patients' stories, their experiences and how I can improve their lives as a whole... I'm a perfectionist at heart. My passion is to appreciate the beauty in life, and make people around me notice their own beauty..
>
> *- Dr Charlotte Ying*

Cosmetic Surgeon Consultation *30 mins* ***$180***

Our cosmetic doctor will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results.

Cosmetic Surgeon Injectables

This is a booking for injectables with our cosmetic doctor. The price is to be quoted and determined on the day by the doctor.


Day Spa
TEMPLE



Facial Rituals

5min Phone Chat *5 mins* ***$0***

Dreaming of a facial but overwhelmed with what to choose? Book a complimentary call back from one of our therapists to guide you where to start with your best skin yet.

General Consultation with Visia for Day Spa Facial *30 mins* ***$60***

This is not an in-depth consultation with our senior Medi spa therapists, but a general overview of where to start with your Day Spa Facial journey and homecare ingredients. A computerised skin analysis is briefly discussed to best guide you.

Specialist Consultation in Spa with Visia

50 mins ***$120***

Our highly educated skin specialists will conduct a personalised skin consultation and an in-depth computerised skin analysis. This consultation will not only look at your skin, we will also investigate and assess your skin and body in a wholistic manner to offer you a comprehensive treatment plan. We will offer a plan for amazing results with ageing, scarring, rosacea, menopause, pigmentation or acne skins.

Specialist Consultation *(Virtual from home)*

45 mins ***$120***

This consultation does not include the Visia skin analysis however it is from the comfort of you couch at home. Your specialist will offer a plan for amazing results with ageing, scarring, rosacea, menopause, pigmentation or acne skins.

Refresher Facial

(all skins) 30 mins ***$110***

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

Glow Facial with LED

(all skins) 50 mins ***$169***

Organic Peel to gently refresh your skin, 15 min LED Light and Hyaluronic molecular sheet to hydrate and plump, plus Vitamin C burst to leave you glowing and refreshed.

Lymphatic Facial

(dry, dehydrated, mature skins) 45 mins ***$145***

This facial focuses on Lymphatic wellness of the face offering a Deep Double Cleanse, Hydrating and Brightening Signature Peel, Lymphatic Drainage face massage (MLD), 10min LED with hydrating sheet mask & Finishing products. Leaves your skin refined, detoxed, healing sped up and sculpted.



Glow Facial

Temple's Signature Facial

(all skins) 60 mins ***$185***

Let our skincare therapists take you above & beyond your expectations with a customised facial to hydrate, protect & restore the natural balance of the skin. This is a luxury facial and will be tailored for all skins. Your therapist will melt away stress & tension with a divine back, shoulder, face and neck massage whilst restoring hydration to your skin.

Temple Indulgent Facial

(all skins) 90 mins ***$265***

This luxury facial is 90 minutes of pure bliss. From the very first touch you will feel a sense of calm and nurturing. Tailored to your skin's needs, this facial includes aroma-therapy infusion, gentle peel exfoliation, 20minutes of heavenly massage including back, neck & face, a moisture infusion lymphatic drainage massage, restoring face mask, and a choice of hand or foot massage.

Vitamin C Brightening Facial

(dull skins wanting brightening) 60 mins ***$199***

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

Moisture Infusion Facial + LED

(dry, dehydrated, mature skins) 75 mins ***$269***

A combination of brightening enzymes to smooth and exfoliate, 10 min LED to repair and rejuvenate the skin, oxygen boosting mask, soothing face massage, mois-ture infusion mask followed by cryo globe lymphatic massage to finish. Your skin will be left with profound hydration.

Skin Zen Rose Facial

(sensitive, red skins) 60 mins ***$199***

Ideal for delicate, sensitive skin which can be irritated by emotio-nal 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 LED to help in calming inflammation and redness, whilst assisting healing *$70*

Plump & Define Facial

(wrinkles & ageing skins) 75 mins ***$269***

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

+ ADD 15mins LED Light to double your results *$70*

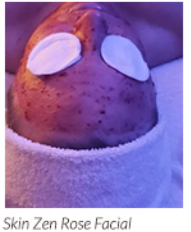


Temple Signature Facial

BEFORE AFTER



Moisture Infusion Facial



Skin Zen Rose Facial

BEFORE AFTER



Plump & Define Facial

Aromatherapy Ultimate Wellbeing Facial

(all skins) 90 mins ***$279***

This facial stimulates the skin and takes you on a sensory journey. Combining aromatherapy rituals, drainage ice roller massage, energising rubber peel off mask, melting massage movements and warm towel infusions. Your skin and soul will feel revitalised.

Calm & Clear Skin Pro2Lift

(oily & congested skins) 60 mins ***$210***

This is the perfect facial for correcting congestion, rough texture, open pores and breakouts. Includes: deep cleanse, Charcoal OxyPod, extractions, LED, sonophoresis anti-bacterial infusion.

Oxygenating Pro2Lift

(all skins) 60 mins ***$269***

Oxygenating Pro2Lift is a 3-in-1 Super Facial designed to smooth, hydrate and refine any skin! Double Cleanse, RadioFrequency Tripollar, OxyGeneo OxyPod, Ultrasound Infusion, Finishing Products.

Red Carpet Pro2Lift

(Face, Neck + Chest, All Skins) 90 mins ***$359***

Red Carpet Pro2Lift Facial is a Super Facial using 5 modalities guaranteed to offer clearer, plump, refined, smooth and hydrated skin! Double Cleanse, Radio Frequency Tripollar, OxyGeneo OxyPod, LED, Ultrasound Serum Infusion, Lymphatic Massage, Finishing Products.

Tween Facial

(for under 16 years old) 30 mins ***$89***

This is a 30min introductory facial for your tween under the age of 16 yrs old. During this facial the therapist will explain how your tween can best care for their own skin at home. Offering a gentle cleanse and exfoliation, followed by blackhead removal on the T zone, pressure point face massage and mask.

IMPORTANT: Tween Facials are only available **Monday to Fridays**. If you would like a teen facial on a Saturday, perhaps the Refresher facial would be perfect.

BEFORE AFTER



Pro2Lift

BEFORE AFTER



Pro2Lift - Energize Oxypod

BEFORE AFTER



Pro2Lift - Energize Oxypod

+ Add something for you to enhance your experience and results

Select from the following to customise your Temple facial treatment

+ADD ON: Extra Massage During Facial *$35*

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

+ADD ON: Head, Neck & Scalp Ritual *$80*

Enhance your facial with a little extra nurturing. Warm infused oil is massaged into the scalp to deeply nourish and relax.

+ADD ON: Callus Peel for Feet *$40*

Remove dead and dry skin on the feet and renew cracked heels, buffing them smooth.

+ADD ON: Contouring Eye Infusion *$35*

Contouring Eye Treatment Offers immediate results to hydrate and plump the eye area and visibly reduce dark circles and lines.

+ADD ON: Extractions + BT Micro *$35*

BT Micro is an exfoliation and extraction method to loosen blackheads and clogged pores. Followed by an active serum infusion using ultrasonic waves to re-hydrate and feed your skin cells.

+ADD ON: LED Light with Facial *$70*

LED Light Therapy. Stimulate collagen and boost hydration with Red light. LED Blue, destroys acne-causing bacteria to detoxify skin. and reduce congestion.

+ADD ON: Lymphatic Compression Pants during Facial *$50*

Lymphatic Wrap. Unique compression pants will gently massage from your waist down, drain your lymph, relieve fluid retention and deeply relax you.

+ADD ON: Neck and Decolletage Anti-Ageing Treatment *$85*

Ageing décolletage area - This treatment packs an intense result for ageing chest areas. Starting with a gentle peel to resurface, shallow needling to stimulate collagen then finishing with RF for plumping the area you will surely notice an improvement in the coming weeks. Can be purchased as a course for best results. Can combine with IPL for reducing uneven skin tone.

+ADD ON: Refreshing Peel *$55*

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

+ADD ON: RF Eye Lift or Neck Lift *$89 each*

A skin tightening treatment that offers immediate results using radiofrequency waves to heat the deepest layers of the skin to hydrate, plump, firm and tighten.

+ADD ON: Supercharge Your Facial Results *$70*

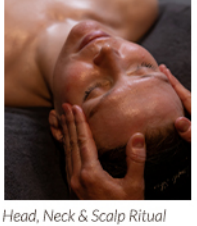
Want the relaxation of a Facial ritual but more results? **ADD peel+ampoule+speciality mask** to supercharge your skin and soul.

+ADD ON: MLD - Manual Lymphatic Drainage Face Massage *$85 each*

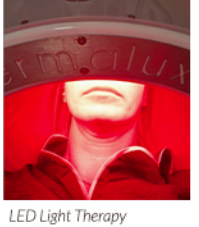
Boosts lymphatic flow to reduce puffiness, clear congestion and leave skin looking calmer, brighter and more sculpted.

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

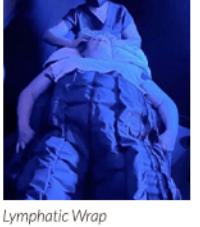
Enjoy a dip in the pool, indulge in the Lodge's famous High Tea, or perhaps a healthy lunch from our Spa Menu.



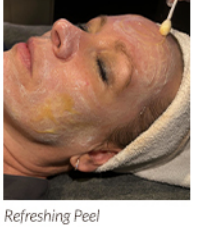
Head, Neck & Scalp Ritual



LED Light Therapy



Lymphatic Wrap



Refreshing Peel



Body Rituals

Sugar Body Scrub
40 mins ***$125***

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 Lime Blossom, Coconut Milk & Honey or Mango. The finishing application of Organic Body Souffle leaves the body relaxed and rejuvenated.

Head, Neck and Scalp Ritual
30 mins ***$89***

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. This warm hair mask provides deep conditioning and invites rest for the mind.

Paradise Foot Restoration
30 mins ***$89***

Sit back, relax and be pampered from soul to sole. Starting with a ritual cleansing with coconut milk, followed by an exfoliation of naturally occurring alpha hydroxyls in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm Body Butter wrap is then applied to the feet and while you are floating in paradise, your legs are massaged with warm Coconut Exotic Massage Oil.

Stress Relief Massage
50 mins ***$150***

A short but sweet Massage where your therapist will gently relax your body through melting movements and soothing the soul.

Relaxation Massage
30 mins ***$90***
60 mins ***$179***

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 a selection of plant infused oils and let your therapist tailor your pressure and manipulation to suit your desire.



Paradise Foot Restoration



Head, Neck & Scalp Treament



Relaxation Massage



Sugar Body Scrub

Hot Stone & Native Oil Massage
75 mins ***$245***

Melt away as the skillful 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 & well-being. This treatment is extremely good for 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.

Pregnancy Massage
60 mins ***$179***

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.

Signature Spa Massage
1 hr & 45 mins ***$285***

There's nothing more special than a healing touch. This package is all about massage to de-stress and restore your well-being. One of our most booked treatments, this is a massage that will leave you feeling cared for.

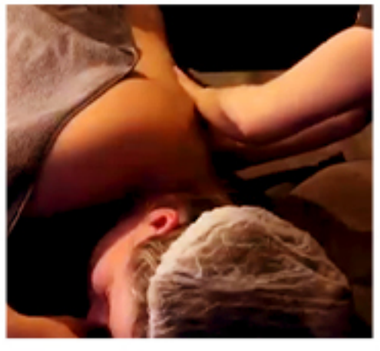
Includes:

- Aromatic foot soak and scrub
- 90 min signature body massage
- Paraffin infusion for trouble areas
- Pressure point face massage
- De-stress scalp massage

Ultimate Aromatherapy Experience
60 mins ***$189***

This treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the most suitable oil with powerful benefits for your body & mind. Your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

This treatment works from your head to your toes to dissolve away stress & tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.



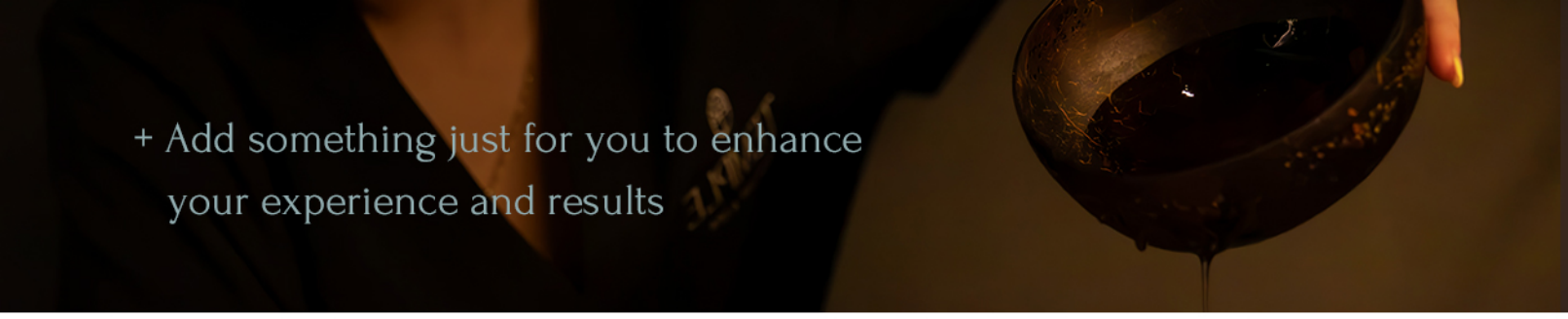
Pregnancy Massage



Hot Stone & Native Oil Massage



Ultimate Aromatherapy



+ Add something just for you to enhance your experience and results

At The Temple Skincare & Spa, it's our mission to do whatever it takes to make you look and feel million dollars. So while you are here, you may want to add any of the following into your treatment today to enhance your results and your spa experience.

+ADD ON: 15-min Extra Massage *$35*

Immediate results for hydrating and plumping your delicate eye area. Relaxing fine lines and detoxifying dark circles.

+ADD ON: Aromatherapy Enhancement for the Back *$25*

+ADD ON: Aromatherapy Enhancement for the Body *$49*

Add quality aromatherapy essential oils to enhance deeper relaxation, and relieve tight muscles.

+ADD ON: Collagen Eye Infusion *$35*

Immediate results for hydrating and plumping your delicate eye area. Relaxing fine lines and detoxifying dark circles.

+ADD ON: Guided meditation during Massage *$35*

Provided through our headphones system, a deeper relaxation comes through quiet time with a guided meditation.

+ADD ON: Head, Neck & Scalp Ritual *$80*

Head and scalp massage with a warm hair mask, allows for the relief of mental fatigue, the calming of thoughts and easing of stored tension. This warm mask provides deep conditioning for the hair and assists with conditions such as psoriasis, or a dry itchy scalp. *30 mins*

+ADD ON: Hot Stones on the Back *$45*

Let us tailor you massage to your back area and unravel tight muscles whilst offering deep relaxation through the use of hot stones.

+ADD ON: Callus Peel for Feet *$40*

Add on treatment 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.

+ADD ON: Lymphatic Compression Therapy for Legs & Hips *$50*

Eases lower body pains so you can warm up and recover faster. Drains toxins and fluid retention from the area. *(Can be done during massage whilst we work on your top half, or if you prefer after your massage ensure we have extra 20 min time)*

+ADD ON: Warm Hair Mask *$40*

Relieve dry hair and scalp as we infuse a warm oil hair mask whilst enjoying your scalp massage.



Day Spa Packages

Signature Spa Massage
1 hr 45 mins ***$285***

There's nothing more special than a healing touch. This package is all about massage to de-stress and restore your well-being.

- Aromatic foot soak and scrub
- 90 min Signature Body Massage
- Paraffin infusion for trouble areas
- Pressure point face massage
- De-stress scalp massage

Revive
1 hr 30 mins ***$290***

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

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

Ecstasy Combo
2 hrs 30 mins ***$430***

Body, mind & soul renewal.

- Organic Body Buff
- Temple's Signature Facial
- Relaxation Massage

Moringa Melt Ritual
2 hrs 15 mins ***$345***

Rejuvenate your body and calm your mind with this nourishing head-to-toe experience. Begin with a dry body brush and exfoliating Moringa Scrub to smooth and revive the skin, followed by a soothing 60 min hot stone massage to melt away tension. A rich Moringa body butter is then applied for deep hydration, finishing with a blissful head, neck, and scalp ritual for total relaxation and radiant renewal.

- Dry Body Brush
- Moringa Body Exfoliation
- 60min Hot Stone Massage
- Moringa Body Butter
- Head, Neck & Scalp Ritual

Royal Milk & Honey Ritual
2 hrs ***$350***

Fijian Milk & Honey are combined to create a royal ritual designed to hydrate, nourish, tighten and strengthen the skin on your body.

- Dry brushing and Organic Sugar Rub gently exfoliates the skin
- Moisturising Milk Body Mask is massaged in with hot stones to hydrate and soothe.
- 30 mins Hydrating Facial
- Fijian Scalp ritual with exotic honey massage oil
- Honey Body Butter nourish

Coconut Lime Blossom Skin Renewal
2 hrs 30 mins ***$430***

Gently but effectively we achieve a total skin renewal with this ultimate lime body peeling treatment rich in antioxidants, restoring smoothness, clarity and radiance whilst evening the tone and hydration.

- Dry brushing to stimulate the skin
- Skin renewing Peptide Body Mask
- Organic sugar exfoliation
- Exotic Coconut Lime Blossom Full Body Massage
- Fijian scalp ritual using Coconut Lime Blossom Oil

Mum 2 Be
2 hrs ***$365***

Becoming a Mother is one of the most exciting times of your life, yet it takes a lot out of you. Let us replenish your skin and soul at this special time.

- Full Body Scrub
- Full Body Pregnancy Massage
- 30 min Refresher Facial

Restore
2 hrs ***$480***

Restore balance to your skin and soul.

- Head, Neck & Scalp Ritual
- Paradise Foot Restoration
- 60min Relaxation Body Massage
- 60min Temple Signature Facial

Wedding Prep Package
3 hrs ***$399***

Perfect for the wedding week, Mother and Daughter spoiling, or even your Bridal Party Pamper Day!

- Eye Package
- Glow Facial with LED
- Organic Body Scrub
- Relaxation Body Massage

The Ultimate Indulgence
4 hrs 30 mins ***$755***

Find refuge from the stresses of life and treat yourself with this indulgent day retreat package.

- Relax from top to toe with a divine sugar buff to create the ultimate healthy glow
- Followed by a hydrating Milk & Honey cocoon to soften and nourish your skin
- Rejuvenate & awaken every skin cell in your face with an LED light Treatment
- The bliss continues with a 60min Renewing Facial including a de-stress facial massage
- Also included is some time out with lunch by the pool or in the Restaurant (45 minute allocation)
- Be grounded with the finishing touches of a Paradise Foot Restoration
- Relax as your tension is melted away with an exotic infused oil Full Body massage
- Enter your carriage to return home feeling blessed and balanced, with the memory of a day all about YOU

Couples Retreat
90 mins each, plus lunch time
$590 per couple

If romance is in the air you may enjoy a little R&R with that special someone in your life, relax in the skillful 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 plant-infused oils. Slowly slip back to the here and now , while enjoying your partner's company at the pool and energise with a healthy lunch from our Spa Menu.

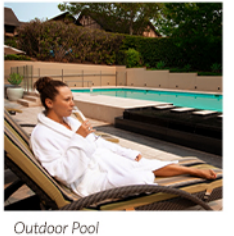
Enhance your experience

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

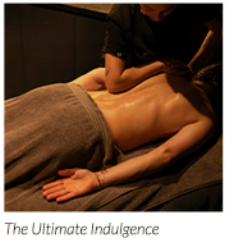
- Be refreshed in our 20 mtr outdoor pool
- Enjoy a healthy lunch from our Spa menu
- The Hills Lodge High Tea is a must if you have a group of 2 or more
- Perhaps a night's accommodation is just what you need to savour the moment



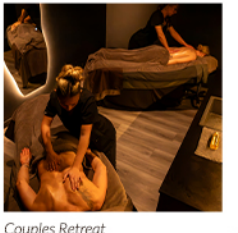
High Tea



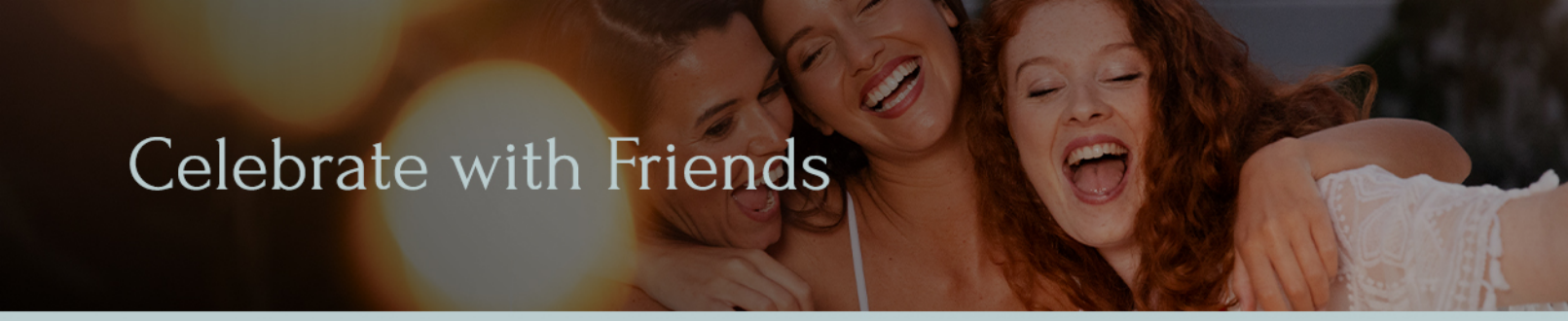
Outdoor Pool



The Ultimate Indulgence



Couples Retreat



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, sparkling wine, high tea or lunch. THE CHOICE IS YOURS!

+ Includes a bottle of bubbles!

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 welness at the Temple.

Two Treatments	*60 minutes*	***$195***
Three Treatments:	*90 minutes*	***$275***
Four Treatments:	*120 minutes*	***$355***

All our guests are welcome to make the most of their special day by enjoying High Tea/ Lunch/ Cheese platter or social time and a swim in our beautiful outdoor pool. For larger groups, we suggest splitting your group sessions into Spa **group #1**, then time by the pool with bubbles and Cheese Platter or Lunch in our restaurant , then Spa **group #2**, so that your group all gets to relax & socialise and make the most of your experience.

Choose from the following 30 minute treatments:

- Refresher facial
- Contouring Eye Treatment & Rose Quartz Face Massage
- LED Light Treatment
- Relaxation Massage
- Sugar Body Scrub
- Head, Neck & Scalp Massage with Conditioning Hair Mask
- Rainforest Foot Restoration

+ Need more pampering?

- Combine your spa package with the Hills Lodge's 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 suites.



Outdoor Pool



High Tea



Medi-Spa



Medi Spa Facials

Specialist Consultation with Visia
45 mins ***$120***

Our highly educated skin specialists will conduct a personalised skin consultation and an in-depth computerised skin analysis. This consultation will not only look at your skin, we will also investigate and assess your skin and body in a wholistic manner to offer you a comprehensive treatment plan. We will offer a plan for amazing results with ageing, scarring, rosacea, menopause, pigmentation or acne skins.

Specialist Consultation
(Virtual from home) *45 mins* ***$120***

This consultation does not include the Visia skin analysis however it is from the comfort of you couch at home. Your specialist will not only look at your skin, we will also investigate and assess your skin and body in a wholistic manner to offer you a comprehensive treatment plan. We will offer a plan for amazing results with ageing, scarring, rosacea, menopause, pigmentation or acne skins.

Peels

Peel - IMAGE Skincare
30 mins ***$140***

A customised professional peel to target your main concern. We have over 10 levels of professional peels to customise your results to your individual concerns. Targeting acne, pigmentation, wrinkles, texture or simply refining the skin to reveal your instant glow.

Acnelan Peel
(advanced Acne) 30 mins ***$150***

A professional acne peel that targets grade 3 stubborn acne. Targeting congestion, breakouts and excessive oil whilst helping to improve skin clarity and texture. This is best performed in a course of 3 peels. You must be on mesoesthetic home care prior so please book a consultation with one of our specialists before this peel. **Booking a Consultation prior to your session is advised.**

BEFORE AFTER



Acnelan

BEFORE AFTER



Peel



Visia Consultation

Cosmelan De-Pigmentation Peel

(melasma, chloasma, pigmented, uneven skin tone)
30 mins ***$860***

Cosmelan is part of our De-Pigmentation Program (Melasma, Chloasma, Pigmented, uneven skin tone) This is a safe and effective depigmentation program for all skin colours and involves the application of active ingredients in the form of a mud mask, which remains on the skin for a set duration of time. There is downtime in the form of visible peeling, redness, and sensitivity for about 4 to 10 days. The full Cosmelan program includes all Homecare and in-spa treatments you need for the 10-12 week program. You will see a clearer more refined skin within the first 4 weeks, however results will continue to improve for the next 6-12 months.
Booking a consultation prior to your session is essential.

IMAGE Power C Peel + LED

70 mins ***$235***

This is perfect for a hydration and glow boost. Using highly potent and active Vitamin C, we use the Image MD Restoring cleanser for a deep clean, Signature Layered peel for refining texture, LED therapy to regenerate, Hydration Boosting Sheet Mask and finishing with a powerful vitamin C boost to leave you fresh and glowing.

Glass Skin Facial

(dry, dull skin) 75 mins ***$245***

We're sure you will have seen Glass Skin TRENDING EVERYWHERE! As a result, we bring you what you demand! Our Glass Skin Facial uses clinical grade products that will transform dehydrated flaky skin into a smooth, glass like texture. Includes deep cleansing, resurfacing, dermaplaning, activation of healthy skin regeneration, soothing pH rebalancing, and deep hydration. Results are shrinking pores, increasing collagen, reducing fine lines & wrinkles, improves skin hydration & imperfections, anti-ageing... gives you a glass skin effect by enhancing skin texture.

Microhydra-LIFT

(hydrating, deep cleansing, plumping) 50 mins ***$220***

MicroHydra-LIFT® is an advanced triple action, deep cleansing system that uses patented whirlpool suction technology to deeply, yet gently cleanse the pores and exfoliate the surface with a combination of oxygenated water, AHA Serums and BHA Serums. The treatment includes ultrasonic cleansing, hydration infusion, radiofrequency to plump out the skin, and an oxygen boost to reveal healthy, glowing skin.

Rejuvenation Facial + LED

(dehydration, ageing, refining, radiance)
90 mins ***$290***

This advanced treatment is packed with results, starting with a deep cleansing enzyme to decongest the skin and brighten the complexion. Next, potent LED therapy boosts skin rejuvenation and prepares the cells for maximum absorption of the hydrating cocktail. Plumping Peptides and Hyaluronic Acid reach the deeper layers of the skin with the help of a skin penetration device that is completely comfortable and pain-free. For the ultimate radiance boost, we end this treatment with a dewy HA sheet mask and a revitalising Vitamin C elixir.

LED Light Therapy

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

Single LED *30 mins* ***$85***
LED With Facial *15 mins* ***$70***

Stimulate collagen and boost hydration with Red light. LED Blue, destroys acne-causing bacteria to detoxify skin. and reduce congestion.

BEFORE AFTER



Cosmelan

BEFORE AFTER

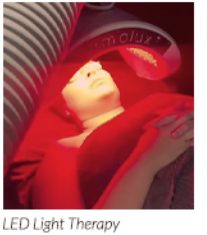


Cosmelan

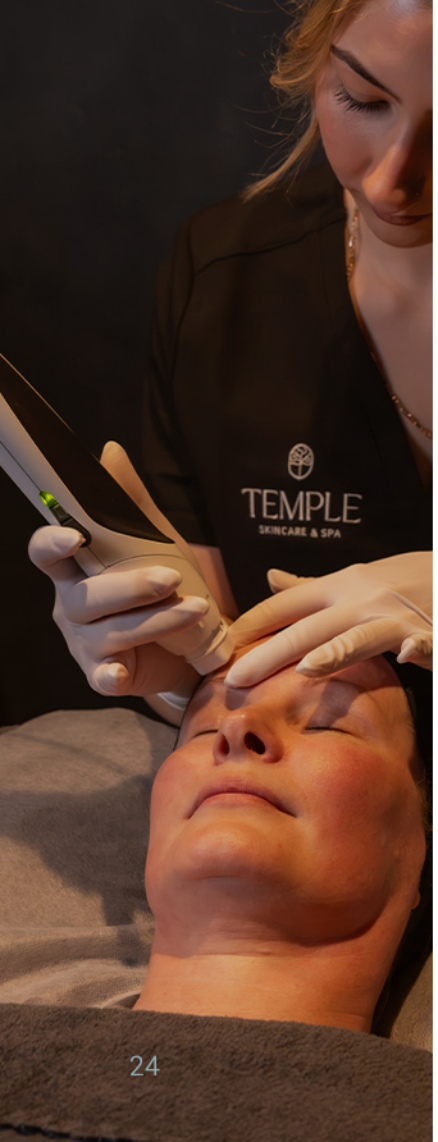
BEFORE AFTER



Glass Facial



LED Light Therapy



Skin Needling

Wrinkles, Scarring, Stretch Marks, Open Pores, Rejuvenation

Skin Needling stimulates tissue regeneration and offers results comparable to lasers such as fractional laser, without the damage to tissue. Clinically proven to induce 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).**

Our skin needling is far more effective than most as it combines CIT with the advanced delivery of serums through Electroporation. This is a technique in which an electrical field is applied to cells in order to increase the permeability of the membranes, allowing products to be introduced into the cell more efficiently.

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 4-6 weeks apart. These treatments are painless! **We can organise numbing cream at extra charge.**

BEFORE AFTER



Skin Needling

Skin Reset

(increase hydration, renew dead skin cells, brightness, skin health) 75 mins ***$375***

This facial is a great choice as an introduction to micro needling treatments as it guarantees to immediately increase hydration levels within the skin, renew dead skin cells to increase brightness, and maximise skin health with exosome or multi vitamins deep into the skin layers. Perfect to restore skin health! Includes: Illuminating Skin Peel with nano infusion, Micropricking with either sterile exosomes or multi vitamin cocktail, LED with moisture saturating mask.

Corrective Skin Needling *(Face)*

(dehydration, ageing, refining, radiance)
70 mins ***$360***

Skin Needling *(Chest)*

60 mins ***$250***

Skin needling stimulates tissue regeneration and clinically proven to induce collagen response. We infuse a medical grade serum cocktail to customise your results. Your body will start to naturally regenerate the skin below the surface of the dermis to form new collagen and elastin fibres.

Skin Needling + Exosomes Infusion

(skin rejuvenation, anti inflammatory)
70 mins ***$370***

This powerful skin rejuvenation treatment combines the collagen-stimulating benefits of skin needling with the healing and regenerative properties of exosome infusion. Exosomes are powerful, cell-derived messengers that deliver growth factors and nutrients to repair and rejuvenate the skin. They boost collagen, accelerate healing, reduce inflammation, and promote a smoother, more youthful complexion.

TriFractional RF Resurfacing + LED
(full face & neck)

(scar reduction, fine Lines & wrinkle reduction & skin resurfacing) 30 mins ***$359***

TriFractionalTM RF Resurfacing is an advanced, safe ablative technology that rejuvenates the face and neck, and provides a youthful look with minimal discomfort and downtime. The treatments are targeted towards wrinkles, fine lines, skin tightening, and skin resurfacing, including the improved appearance of scars. **Includes express LED.**

RF Voluderm Needling + LED
(full face & neck)

(improve skin volumising, deep wrinkle reduction & rejuvenation) 30 mins ***$399***

This fractional needling treatment using micro-needles (electrodes) with RF safely and effectively target the dermis layer of the skin. The RF infusion coupled with the micro needles, creates a larger collagen induction zone for greater results deeper into your skin. This triggers the production of new collagen, elastin and hyaluronic acid within the skin – leaving skin renewed and rejuvenated, especially on those hard-to-treat areas such as the neck, around the eyes and the upper lip areas. - includes express LED. Improve Skin Volume, Wrinkle Reduction, Scar reduction & Rejuvenation.

Divine Pyramid Facelift

(skin rejuvenation, resurfacing, repairing & tightening) 75 mins ***$649***

DIVINE™ PRO offers the ultimate Non-Surgical Facelift treatment for total facial rejuvenation for an experienced skincare client. This advanced skin treatment improves skin texture, reduces wrinkles, minimises pores, and tightens the skin with no surgery.

Divine Pyramid treatments have slight discomfort during the treatment, and minimal downtime of shedding for a few days however you can cover with make up. This is used both as a corrective and a prevention treatment.

A winning combination of 5 clinically proven technologies: RF TriPollar Skin Tightening to target the collagen & elastin in the lower dermis for fine lines & skin rejuvenation; Dynamic Muscle Activation (DMA) targets the deeper muscle layer to tighten, tone, lift & sculpt the face ; VoluDerm RF Skin Needling for deep wrinkle reduction & adding volume to the dermis; RF TriFractional Micro-needling to gently resurface the skin whilst targeting scarring, congestion, pore size, sun damage, fine lines & wrinkles; as well as LED Light Therapy to aid in skin recovery and minimise downtime... all working to renew the epidermis, mid-dermis and deep dermis, from the inside — out achieving the ultimate anti-ageing results.

BEFORE AFTER



Skin Needling Treatment

BEFORE AFTER



Skin Needling



Skin Reset (using 1NEED Pro)



RF Skin Tightening

Temple De-Age Facial
(all skins) 90 mins ***$415***

Cultivated from our best selling Medi-Spa Facial modalities, sure to show results in glowing, hydrated and plump skin! Starts with a Resto-ring cleanse, Brightening Peel, RF Coax, NIR led with Moisture Infusion Mask, heavenly Scalp Massage & finishing products.

RF Coax Lift
(moderate plumping & tightening)
(1 area of face) $150
(full face & neck) $300

Radio Frequency Coax is a mono polar radio frequency facial for the deepest collagen regeneration and plumping and tightening. We use radio frequency 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.This is a great treatment for brides or special occasions as a once off facial, or for premature ageing in 30-40yrs old, this is best performed as a course of 8 treatments For longer term results in plumping.

RF Tripollar Skin Tightening + DMA + LED
(full face & neck)
(skin tightening, lifting & anti-ageing rejuvenation)
40 mins ***$290***

Targeting the lower dermis & Deep muscle layer - Skin Tightening, Lifting & Anti-Ageing Rejuvenation. Our TriPollar RF technology is the latest technology in Radio Frequency skin tightening and targets the lower dermis for non-invasive collagen & elastin production for dermal volumising, smoothed fine lines & skin rejuvenation before DMA targets the deepest muscle layer to tighten, tone & lift skin for the ultimate sculpted facelift effect.

Chest/Decolletage Treatment
(ageing decolletage area, crepey skin, creases) ***$400***

Ageing décolletage area, crepey skin, creases - This treatment packs an intense result for ageing chest areas. Starting with a gentle peel to resurface, shallow needling to stimulate collagen then finishing with RF for plumping the area you will surely notice an improvement in the coming weeks. Can be purchased as a course for best results. Can combine with laser rejuvenation for reducing uneven skin tone.

BEFORE AFTER



RF Coax Lift

BEFORE AFTER



RF Tripollar

HIFU Skin Tightening

Lifting, Tightening, Firming & Sculpting

HIFU uses High Intensity Focused Ultrasound energy to stimulate collagen, firm the dermis, tighten the lower face muscles and lift the skin for a more defined, youthful appearance. Focusing on the deeper layers of the SMAS muscle area to really sculpt and tighten, then working on the dermis layer to plump and increase collagen for the neck.

The HIFU delivers precise, focused ultrasound energy to targeted depths beneath the skin, creating controlled points of heat without damaging the skin's surface. This heat triggers the body's natural healing response, stimulating the production and remodelling of collagen and elastin. As existing collagen fibres contract and new collagen develops over the following months, the skin gradually becomes firmer, tighter and more lifted, with improved definition and elasticity.

HIFU full face + Neck lift
*from **$975** in a course, or **$1300 each***

HIFU Double Chin + Jaw
*from **$524** in a course, or **$699 each***

HIFU Lower Face + Jaw + Neck lift
*from **$638** in a course, or **$850 each***

HIFU Neck lift
*from **$299** in a course, or **$399 each***

HIFU Upper face + Brow Lift
*from **$374** in a course, or **$499 each***

BEFORE AFTER



HIFU- Double Chin + Jaw

BEFORE AFTER



HIFU- Lower Face + Jaw + Neck



Plasma-Eyelid Lift

Plasma

Fine Lines, Deep Wrinkles, Sagging Skin, and Acne Scars

Plasma Small Area
*45 mins from **$450***

Plasma Large Area
*90 mins from **$800***

The Plasma device creates genuine plasma output not an electrical current. This plasma arc permits precise 'soft surgery.' Plasma lifting utilises a 500Hz modulated frequency which is specialised for deep wrinkle treatments. Plasma has advantages as there is NO cutting of skin, NO stitches required, VERY LOW RISK procedure for the correct skin type, Minimal side effects and far less downtime than surgery, Quick & Easy procedure, and has NO thinning of the skin. This treatment is not suitable for a skin that is coloured fitzpatrick 3 or above.

This is an efective treatment for thin crepey skin, eyelid lifting, lifting of jowels, glycation reduction and stretch marks.

5 to 10 days downtime recomended and skin preparation wth your therapist advised.



Laser Skin Rejuvenation

Auralux

Pigmentation & Sun Damage, Fine Lines, Scarring, Rough Texture, Loss of Firmness

AuraLux cold fiber laser at Temple Skincare & Spa is a next-generation skin rejuvenation treatment designed to resurface, repair, and rebuild the skin with precision, comfort, and minimal downtime.

Temple Skincare & Spa is proud to be the first clinic authorised to offer AuraLux cold fiber laser technology in the country, giving you exclusive access to one of the most advanced laser systems in modern aesthetic skincare.

BEFORE AFTER



AURALUX

3D MIRACL AURALUX Face
(incl. visia)
(skin brightness, discolouration, age spots, overall texture) 40 mins ***$600***

3D MIRACL AURALUX Chest
(incl. photo) *30 mins* ***$500***

3D MIRACL AURALUX Neck
(incl. photo) *20 mins* ***$400***

+ ADD-ON 3D MIRACL Neck ***$200***

The ultimate "prejuvenation" treatment — a quick refresh that brightens skin tone, reduces discoloration, and improves texture with virtually no downtime. Perfect for those who don't want any downtime. Maximum results are progressive so best performed as a course with 4 week booking intervals. Suitable for all skin types and all skin colours for a bright healthy glow.

AURALUX Face Renew *50 mins* ***$800***
(incl. visia)

AURALUX Chest Renew
(incl. photo)
(wrinkles, acne scars, deep pigmentation, collagen renewal, volume) 40 mins ***$800***

Penetrates into the dermis for deeper skin rejuvenation and collagen remodelling — treating wrinkles, acne scars, deeper pigmentation and overall skin texture for transformative, lasting results. This is a layered treatment for powerful results in not only collagen remodelling or deep pigmentation, but also restores brightness and a healthy glow in your skin. Customised to what You and Your skin needs!

AURALUX Hands ***(incl. photo)***
(fine lines, sun damage, photodamage, skin discoloration, uneven texture) 20 mins ***$300***

+ ADD-ON AURALUX Hands
(incl. photo) $200

Targets the superficial tissue to reduce fine lines, skin discoloration, ageing and thinning hands as well as uneven texture, leaving your skin radiant and refreshed.

IPL Laser Skin Rejuvenation

half face 20 mins ***$130***
full face 45 mins ***$250***

Our experts utilise Intense Pulse Light (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.

Broken Capillaries/Veins/Brown Spots *15 mins* ***$199***

Laser Vein Reduction *15 mins* ***$199***

Our medical grade ND Yag and Q Switch lasers is of the highest quality. This specialised laser offers fast,comfortable and safe results on broken capillaries, spider veins and brown spots to even out the red and pigmented blotchy complexion.

Tattoo Removal

medium area (5-25cm2) from ***$150***
small area (1-4cm2) from ***$80***

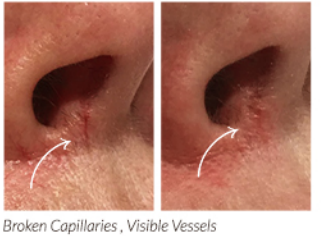
Advanced laser technology that targets and breaks down unwanted tattoo pigment, allowing the body to naturally clear the ink over a series of treatments. Typically 6–12 treatments are required, depending on the tattoo's colour, depth, age and ink density.

BEFORE AFTER



AURALUX

BEFORE AFTER



Broken Capillaries , Visible Vessels

BEFORE AFTER



IPL Laser



Medi Spa Body Treatments

Specialist Body Consult

30 mins ***$80***

Our highly educated body specialists will conduct a personalised analysis and offer you a comprehensive treatment plan for amazing results. We will also advise on which at-home products and lifestyle support will best achieve your best body yet.

Fat Freezing

(pockets of stubborn fat)
1 Area *60 mins* ***$399***
2 Areas *60 mins* ***$699***
4 areas *120 mins* ***$1200***

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 are more sensitive to cold temperatures than other skin cells, it freezes the lipids in the cells which then slowly dissolve without causing trauma or injury to the surrounding tissues. 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! The CoolShape will reduce an average 20% of your fat cells in that area we are treating with each session! Our machine has two handpieces so we are able to treat 2 localised areas in the one 60minute session.

This approach not only eliminates fat cells but also enhances cellular metabolism and boosts collagen production, contributing to a redefined and sculpted physique.

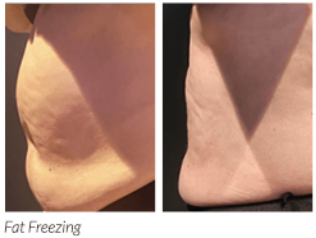
Body Smoothing

(cellulite, fat reduction, tightening)
1 Area *60 mins* ***$249***
2 Areas *75 mins* ***$699***

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.

BEFORE AFTER



Fat Freezing

BEFORE AFTER



Body Smoothing & Cellulite

HIFU Lifting

Arm Lift *90 mins* ***$999***
Inner Thigh Lift *90 mins* ***$1220***
Tummy Tightening *90 mins* ***$1145***

This is High Intensity Focused Ultrasound that works on the SMAS muscle layer to tighten the muscle and the subcutaneous layer to break down excess fatty deposits, whilst also working on the dermis to tighten loose skin and create new collagen.

HIFU is such a hit because it does all this without causing any trauma or irritation to the surface. It is suitable for most skins and there's no downtime! This is usually performed in a course of 3 treatments but this varies depending on the severity of the area. Treatments are one month apart and can take up to 3-6 months to see visible results.

Lymphatic Dr Wrap + Herbal Bandages

75 mins ***$169***

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. DR WRAP's 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.

Sculpt & Slim Wrap

80 mins ***$260***

The Sculpt & Slim Wrap is a non-invasive procedure aimed at smoothing, toning, and contouring your physique. This wrap utilises a powerful combination of active ingredients to minimise the look of cellulite, promote slimming, and assist your body's natural detoxification processes. Throughout your session, the specialised formula is applied to your body and wrapped to optimise absorption while you relax for 60 minutes.

After your 60 minutes wrapping time is complete, the remaining solution is rubbed into your skin and continues to work. The wrap continues to take effect for up to 72 hours following the treatment, helping you to feel slimmer, smoother, and more contoured. Can be applied to the full body wherever you wish to sculpt and slim. Usual areas are waist, abdomen, hips, thighs, arms, and buttocks, this procedure complements a healthy lifestyle of clean eating and exercise, and delivers visible results with no downtime.

Nail Fungai Laser Treatment ***$149***

We use medical grade laser to treat Onychomycosis. This is a term used for fungal nail infections, which may afflict 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 an 85% 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.

BEFORE AFTER



Sculpt & Slim Wrap



Sculpt & Slim Wrap



Lymphatic Dr Wrap

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 outdoor pool 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 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.

Payment

The clinic accepts cash, eftpos and all major credit cards. Amex will incur a 2.75% surcharge. Unfortunately we do not accept Diners cards.

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.

Booking Policy

As we are always busy at temple skincare & spa, to ensure we are able to provide you with your preferred appointment time, we have a booking policy to hold your spot.

Our booking policy requires you to please follow the link to verify your booking. Simply add your credit card details to guarantee your appointment.

You will receive an SMS appointment reminder 3 days prior to your booking, if something has come up and you need to reschedule, that's a great time to give us a call and do so.

If you cancel within 24 hrs before your appointment time, your credit card will be deducted with 50% of the treatment value. If you simply fail to turn up, you will be debited 100% of the treatment value. If you were using a gift voucher for this treatment, this will be cancelled.




day spa | medi spa | beauty
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instagram.com/thetempleskincare
facebook.com/templeskincare

Monday	9.00am	-	8.00pm
Tuesday	9.00am	-	5.30pm
Wednesday	9.00am	-	7.00pm
Thursday	9.00am	-	9.00pm
Friday	9.00am	-	5.30pm
Saturday	9.00am	-	5.00pm