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# MODERN DAY SPA

FACIAL | BODY | MASSAGE

HIS & HERS SPA MENU



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MODERN DAY SPA  
FACIAL | BODY | MASSAGE

**Facial | Body | Massage**

Unwind in a tranquil, modern and exclusive day spa and enjoy a personalised, completely restorative facial, body treatment, or massage. Our treatments are individually tailored to care for your skin and nourish your body using only the purest Australian native plant extracts.



## FACIALS

### Renewal Facial

This 45-minute nourishing facial uses Pelacity AHA Lactic Peel to immediately brighten and revitalise your skin, leaving you with a refreshed luminous glow.

45min • \$150

### Modern Day Spa Signature Facial

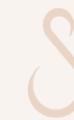
Our most popular facial treatment. Ultra-restorative, intensely nourishing and instantly rejuvenating. Your skin will emerge glowing, smooth and radiantly youthful looking. Includes a tension-melting scalp and neck massage.

1h 30min • \$350

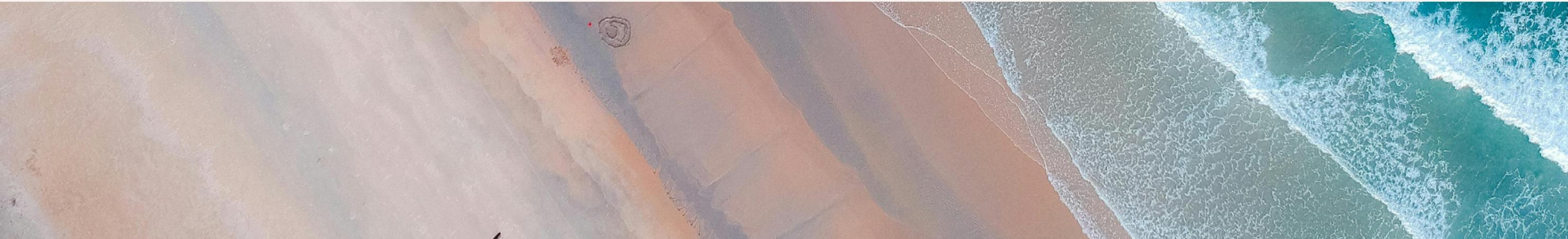
### ApexGlow (Facial for Him)

A bespoke treatment created to restore clarity, luminosity, and balance to the skin. A deeply rejuvenating facial designed for men, delivering a brighter, firmer, and more refined complexion. The ritual includes a power-gold mask to support skin vitality and enhance circulation.

1hr 15min • \$210



*Where clinical precision meets spa-level relaxation.  
Advanced facials that feel indulgent, and deliver  
real results you can see and feel.*





*Choose calm.  
Choose you.*

## BODY

### Detox Scrub & Body Wrap

Our detox scrub and body wrap are perfect for anyone looking to refresh and rejuvenate their skin. The scrub is a blended of natural ingredients that help to remove dead skin cells and toxins, while the wrap helps to improve circulation and tighten the skin.

**1hr 30min • \$250**

### Infrared Sauna Therapy

A gentle, soothing therapy that enhances overall health and well-being. Infrared light penetrates the skin more deeply than traditional saunas.

**1hr • \$70**

### Foot Massage

A soothing and therapeutic experience that begins with gentle kneading and rubbing of the feet, promoting relaxation and stress relief. Using a combination of smooth strokes and targeted pressure on specific points, enhances circulation, reduces tension in muscles, and encourages the release of built-up toxins.

The sensation of fingers working delicately yet firmly across the arches, heels, and toes can alleviate aches and pains while improving overall well-being. This treatment was a blissful escape from the demands of daily life, promoting both physical relaxation and mental rejuvenation.

**45mins • \$120**

### Cryotherapy

**Targeted Cold Therapy for Recovery & Relief**

Localised cryotherapy uses precise cold application to reduce inflammation, ease pain, and support faster recovery.

This quick, targeted treatment cools the affected area to help calm discomfort and promote healing.

**Used For:**

- Reducing muscle soreness
- Decreasing recovery time
- Easing chronic pain
- Reducing inflammation
- Pain relief
- Decreasing muscle tightness or spasm

**Ideal For:**

Sports recovery, injury support, sore muscles, or anyone needing targeted relief.

**20min • \$80**

### Cryotherapy + Massage

**Cold Therapy & Targeted Muscle Release**

A powerful combination of localised cryotherapy and therapeutic massage to reduce inflammation, relieve pain, and speed up recovery. The treatment begins with targeted cold therapy to calm and prepare the area, followed by a focused massage to release tension and restore mobility.

**Used For:**

- Reducing muscle soreness and inflammation
- Faster recovery from training or injury
- Relieving chronic aches and tension
- Improving mobility and circulation
- Deep muscle relaxation

**Includes:**

- Targeted localized cryotherapy
- Therapeutic massage (focused area)
- Recovery muscle balm

**Ideal For:**

Active clients, chronic tension, injury support, or deep muscular fatigue.

**50min • \$150**



# ESSENTIAL MASSAGES



## Airin's Signature Massage

Our most sought-after massage. This one-of-a-kind treatment unlocks a world of health and rejuvenation. With a focus on localized blockages of the body, this treatment includes body reading, energy realignment, and muscular recalibration massage.

45min • \$185 | 1hr 15min • \$245

## Modern Signature Massage

A tailored full-body experience blending relaxation, deep tissue, and warm oil techniques. Designed to melt tension while grounding the mind.

1hr • \$200 | 1hr 15min • \$250 | 1hr 30min • \$300

## Deep Renewal Massage

Focused therapeutic massage using firm pressure and slow strokes to release deep muscular tension and enhance recovery.

1hr • \$200 | 1hr 30min • \$270

## Aromatherapy Balance

A sensory journey using essential oils chosen intuitively for emotional and physical harmony. Light to medium pressure to calm the nervous system.

1hr • \$195 | 1hr 30min • \$260

## Head, Neck & Shoulder Therapy

Perfect for stress or desk tension. A focused massage with aromatic oils to relieve pressure and restore clarity.

45min • \$140 | 1hr • \$180

## Reflexology Foot Ritual

Grounding and restorative treatment focusing on reflex zones of the feet to release energy blockages and restore balance.

45min • \$130 | 1hr • \$170

## Swedish Massage

The ultimate journey to relaxation. Light to medium rhythmic pressure is used by our therapists to create a soothing experience. The 90-minute treatment allows for deeper relaxation and dedicated time to focus on specific areas.

45min • \$170 | 1hr 30min • \$250

## Deep Tissue / Sports Massage

A deep rhythmic massage focused on releasing muscle tension and mobilising fatigued muscles. Perfect for muscular aches and pains or post work out recovery.

45min • \$155 | 1hr 15min • \$235 | 1hr 30min • \$270

## Pregnancy Massage

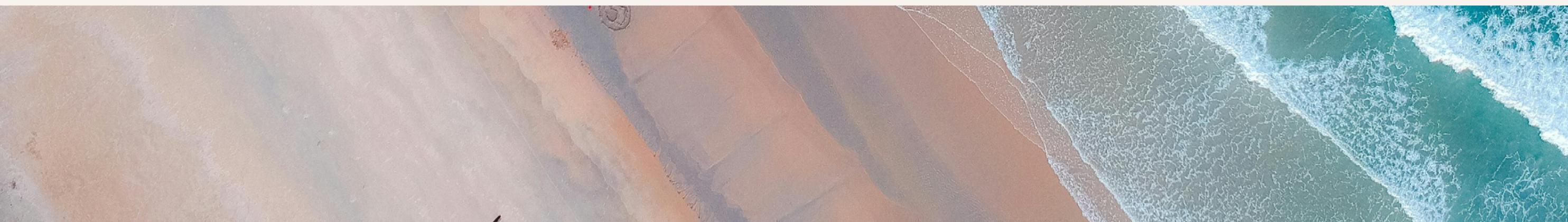
Our very popular pregnancy massage is a wonderful way to relax and de-stress during your pregnancy. At Modern Day Spa, our therapists are specially trained in prenatal massage techniques that will help relieve tension headaches, sciatica pain and swollen feet and ankles.

1hr 15min • \$220

## Aromatherapy Massage

The aromatherapy massage at Modern Day Spa is a luxurious experience that will leave you feeling relaxed and refreshed. Your massage therapist will use ancient healing techniques and essential oils to promote healing and well-being, and the aromatherapy will help to improve your circulation and relieve stress.

1hr 15min • \$220



# PERSONALISED MESSAGES



## Holding The Heart

### Sympathy Massage

For emotional heaviness. Slow, present, nurturing touch when the heart is tired.

1hr 15min • \$240 | 1hr 30min • \$270

### Hangover Recovery

Warm oil scalp therapy and gentle lymphatic support to restore clarity and hydration

1hr 15min • \$240 | 1hr 30min • \$270

### Emotional Release Ritual

For grief, overwhelm or transition. Quiet space, slow massage, grounded presence.

1hr 15min • \$250 | 1hr 30min • \$290

### Celebration Massage

Honouring milestones, rebirths, and new chapters with warmth and blessing.

1hr 15min • \$250 | 1hr 30min • \$290

## Transitions & Journeys

### Homecoming Massage

A grounding full-body massage to soften the nervous system and welcome the self-home.

1hr 15min • \$240 | 1hr 30min • \$270

### Going Away Massage

Supports clarity, circulation and emotional grounding before travel or life change.

1hr 15min • \$240 | 1hr 30min • \$270

## Cycles & Womanhood

### After the Moon

Post-menstruation restorative ritual to replenish warmth, hormonal balance, and emotional ease.

1hr 30min • \$250

### First Bloom

Gentle introduction for teens developing body awareness and emotional grounding.

1hr 15min • \$195

## Family & Connections

### Father Massage

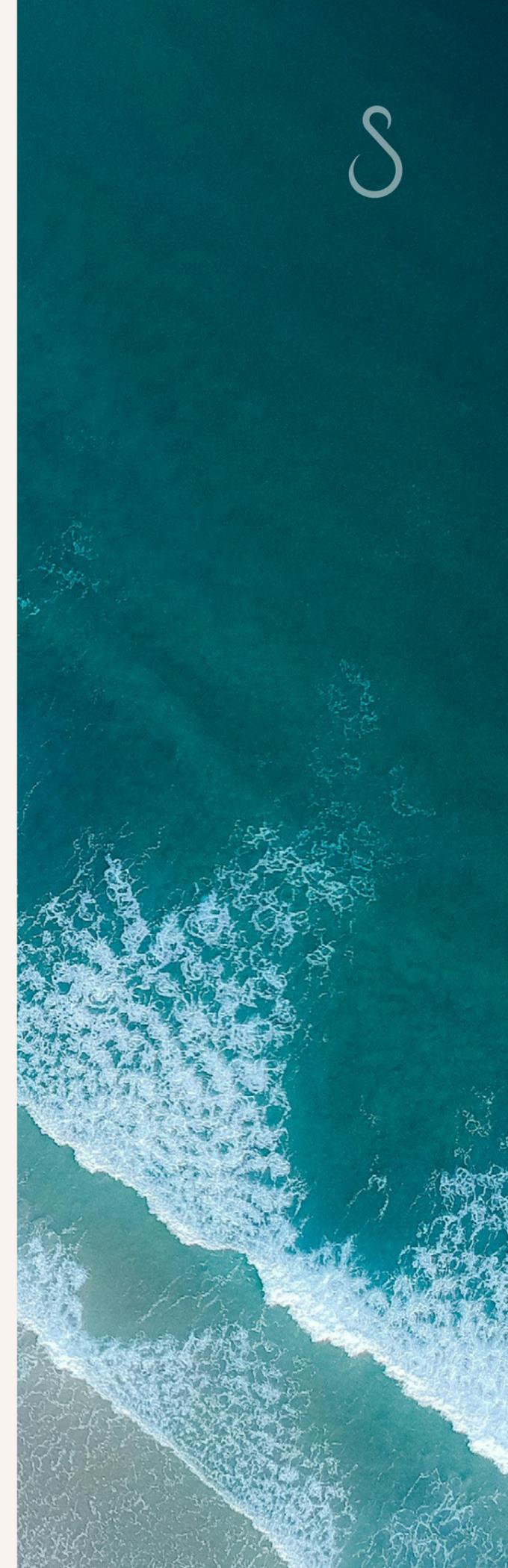
Focused neck, back and shoulder release for strength that also needs rest.

1hr • \$195 | 1hr 15min • \$225

### Mother Massage

Nurturing care for the one who holds others. Warm oil scalp + shoulder release.

1hr • \$195 | 1hr 15min • \$225



# PACKAGES



## Executive Double Bliss

This combination treatment provides deep cleansing facial and body drybrush exfoliation, combined with a massage emphasising the areas of your back, neck and shoulders, finishing with a soothing anti-aging 24k gold mask facial designed to eliminate premature skin damage.

1hr 30min • \$385

## Modern Day Spa Bliss

An all-time favourite. This luxurious half-day package will leave you in a state of ultimate bliss. Includes a heavenly full body massage of your choice, facial, body scrub, sauna and light refreshments.

3hr • \$550

## Special Occasion Rejuvenation for Her

The perfect way to celebrate a special occasion. Be pampered with our complete spa experience, including a blissful facial, soothing body scrub and wrap, and a relaxing massage for an unforgettable indulgence.

After your treatment, enjoy the serenity of your post-spa bliss in our restoration area, where you can unwind in comfort and savour the moment with a complimentary glass of champagne and light refreshments. To complete the celebration, you will also receive a fresh bouquet of flowers and a beautifully arranged surprise hamper, the perfect finishing touches for your special day.

Hair and makeup services are available upon request (additional fees may apply). Contact us for more details.

4hr • \$900

## Artistic Desire Experience for Him

This combination Artistic Desire Experience for Him is a must have for special someone to experience our signature facial, followed by neck, shoulder and scalp massage, combine with foot rejuvenation massage and foot mask.

1hr 30min • \$375

## Blissful Scalp/Face Signature

A calming treatment for the head, neck, scalp and face.

Slow, steady movements ease tension, headaches and long-held tightness.

A grounding pause that brings clarity and clears away brain fog.

45min • \$140 | 1hr 15min • \$185

## Radiant Glow Renewal

Immerse yourself in the ultimate “Radiant Glow Renewal” experience, where a rejuvenating facial, a soothing body scrub, and a tension-easing massage come together.

Our skilled therapists pamper you from head to toe, leaving your skin radiant and your body refreshed, creating a blissful and rejuvenating spa escape.

2hr • \$400

## Ultimate Body Energised

Step into the serene realm of our “Ultimate Body Energised” with Airin, our head therapist.

Revel in the gentle touch of a body scrub, the tension-melting massage, the nourishing cocoon of a wrap, and the revitalising tourmaline of a sauna session.

MDS holistic approach extends beyond the physical, crafting a spa journey that nurtures mental clarity and serenity.

This artful fusion of rejuvenation promises a profound sense of tranquillity, leaving you refreshed and harmoniously connected with your overall well-being. Refreshment included.

2hr • \$500

## GritGent:

## Body Scrub & Foot Massage for Him

A purifying back scrub followed by a firm foot massage for men who carry fatigue from work, sport or long days on their feet.

It restores the legs, boosts circulation and leaves the mind clear and recharged.

1hr • \$165



# PERSONALISED SKIN TREATMENTS

## Mesoneedling

Experience a results-driven microneedling treatment at Modern Day Spa, designed to rejuvenate, refine, and restore your skin's natural radiance. Gentle micro-channels stimulate collagen production while a customised infusion of pharmaceutical and medical-grade Toskani products delivers deeply effective results.

Mesoneedling is an advanced treatment that improves skin texture, boosts hydration, and enhances overall radiance with minimal downtime, leaving your skin refreshed, luminous, and revitalised.

### Benefits:

- Stimulates collagen & elastin
- Improves skin texture & firmness
- Reduces fine lines & enlarged pores
- Corrects pigmentation & brightens dullness
- Deep hydration & glow

### Ideal For:

Dull, dehydrated, ageing or uneven skin.

1hr • \$450

## Mesoject Mesotherapy

### (Precision Microinfusion Treatment)

A targeted microinfusion treatment using the Mesoject Gun to deliver active ingredients deeper into the skin for stronger corrective results. Enhances hydration, firmness, and overall skin clarity.

### Benefits:

- Precision delivery of actives
- Reduces fine lines and early ageing
- Improves firmness and elasticity
- Brightens uneven tone
- Supports collagen renewal

### Ideal For:

Clients seeking deeper rejuvenation with a more targeted, needle-free infusion method.

1hr 15min • \$599



## Add-ons (Optional)

ED Light Therapy

\$65

Serum

\$50

*\*All materials are single-use and sterile. Our therapists maintain the highest levels of cleanliness, ensuring your safety and complete peace of mind.*



## MODERN DAY SPA VIP (ULTIMATE ESCAPE)

### Spa Ultimate Escape

Get treated to the ultimate escape.

**This VIP Ultimate Escape Includes:**

- Modern Day Spa signature massage 90min,
- Detox full body scrub and body wrap 90min,
- Signature facial 90min,
- Scalp Massage 30min,
- Wine & Food platter.

**Solo • \$900** (Includes \$100 Gift Voucher)

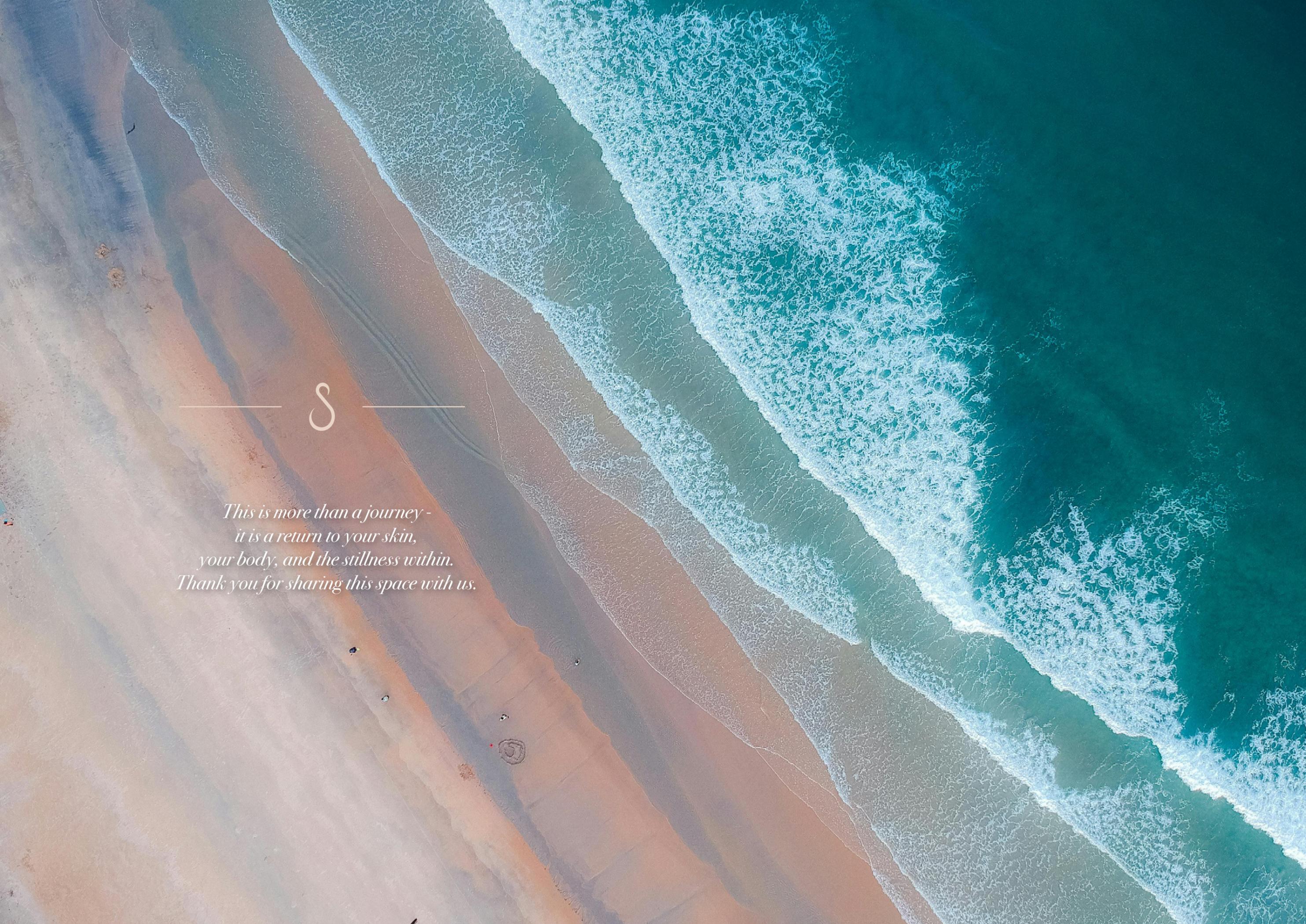
**For Two • \$1500** (Includes \$200 Gift Voucher)

### HIRE OUR SPA

Hire our Spa for special occasions,  
parties, & gatherings.  
Contact us for more information.

### VIP EXCLUSIVES

Inquire about our monthly membership.

An aerial photograph of a beach with waves crashing onto the shore. The water is a vibrant turquoise color, and the sand is a warm, golden-brown hue. The waves are breaking in a rhythmic pattern, creating white foam. The beach is wide and sandy, with some small figures of people visible in the distance. The overall scene is serene and beautiful.

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*This is more than a journey -  
it is a return to your skin,  
your body, and the stillness within.  
Thank you for sharing this space with us.*

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MODERN DAY SPA  
F A C I A L | B O D Y | M A S S A G E

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