

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES



Face & Body Lounge

salon
treatment menu

Our mission at Aveda is to care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world.



Face and Body Lounge is the premier location to fully experience the Aveda brand, from complimentary rituals to the personal touch you receive from our expert spa therapists and retail advisors. Relax and unwind and let us take you on a sensory journey.

Products derived from pure flower and plant essences

Aveda's "Art and Science of Pure Flower and Plant Essences" calls for ingredients of the highest integrity. Sourcing ingredients from traditional communities around the world allows Aveda to connect its mission of environmental and social responsibility with its industry. Based on a holistic approach to beauty and health, we believe that ingredients of plant origin bring out the natural healing power of the human body to maximum effect. Made of certified organic oils, Aveda's unique aromas embrace nature. They offer you the heart of plants grown with life forces—water, soil, air and sunlight—and the care of dedicated farmers.

Personalised care

Treatments are designed, through consultations, to suit the individual needs of each guest. After each treatment, we can create a home-care package for you to continue the Aveda experience in the comfort of your own home.

Ingredient traceability

To develop products in which we are fully confident, we are creating a process, which enables the origin of ingredients to be traced. Our new Soil to BottleSM traceability system allows us to follow, and document, the lifeline of our essential oils beginning with farms and harvesters who work with Aveda to grow certified organic ingredients. Economically and culturally, the collaborations have fostered hope, creating sustainable business partnerships that benefit the local community.



renew your sense of well-being with the nurturing touch of aveda spa therapists

Restore Balance

Inspired by various plant-based healing traditions from around the world, Aveda's spa and skincare philosophy, Elemental NatureSM, is grounded in the belief that everything in the universe—including the skin and the body—is composed of five elements: infinity (or space), air, fire, water and earth.

When environmental and emotional factors such as stress, imbalance or toxicity cause these elements to shift out of balance, this can naturally affect our skin, body and emotions.

Aveda believes in restoring balance to the five elements holistically - by engaging all five senses (sight, smell, sound, taste, touch) through our pure aromas, plant-based products, nurturing high-touch treatments and unique sensory experiences.

Consultation

Each treatment has added time scheduled for a consultation. Our therapists will consult with you to discover your Elemental NatureSM, and will take you on a Sensory Journey in search of the aromas that will restore your mind and body to balance. A personalised treatment plan and self-care rituals will then be designed to suit your individual needs.



face

Customised Facial – make a facial work for you

A focused treatment customised to target your skin's needs. Based on Aveda's Elemental Nature'sm Philosophy, allow our experts to personalise products, essential oil aromas and facial techniques to address your specific skin concerns:

- Brighten to reduce pigmentation
- Hydrate to renew dehydrated and ageing skin
- Customise to address sensitive, or normal to oily skin

30, 60 minutes

Perfecting Plant Peel – an intensive deep exfoliation

Harnessing unique botanical ingredients to give you an intensive deep exfoliation – an alternative to harsh glycolic peels that can make the skin red and light sensitive. Aveda's Perfecting Peel will provide the skin with 40% exfoliation – equivalent results to that of a 30% glycolic peel, leaving your skin incredibly smooth, soft and supple with improved skin clarity.

30 minutes

A 3 week series is recommended. Launching January 2009.

Green Science™ Skin-Renewing Treatment – anti-ageing solution

This unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science™ and combines it with high-touch skin therapy to renew, repair and regenerate your skin. Clinically proven to lift and firm the skin, reduce fine lines & wrinkles, improve skin's smoothness, tone & clarity, & significantly improve skin's barrier strength while reducing the appearance of age spots. Aveda's signature 5 phase massage treatment will result in a firmer, more youthful complexion and appearance.

30, 60, 90 minutes

A four week series is recommended.

Outer Peace™ Blemish Relief Treatment – it's time to come out

A total solution – personalised for your skin that treats not only blemish symptoms, but its causes – so skin stays clear. Includes consultation; professional exfoliation; pore extractions and redness reduction; stress-relief techniques; diet and other individualised tips for a blemish-free lifestyle.

30, 60, 90 minutes

A three week series is recommended.



face

Botanical Resurfacing – an innovative alternative to microdermabrasion for glowing results

Botanical Skin Resurfacing with our hands-on approach and the power of tourmaline – smooths your skin's texture. Reduce the appearance of fine lines, and diminish pore size while significantly increasing radiance. This facial gives you the glowing results comparable to salon microdermabrasion with less irritation and inflammation.

30, 60, 90 minutes

A four week series is recommended.

Enbrighten™ Discolouration Treatment

Combines high-tech plant technology-up to 99.7% naturally derived formulas—with a high-touch service to maximise the benefits of new Enbrighten™ Brightening Skin Care: 34% reduction in appearance of discolouration and dark spots; 52% improvement in visible clarity*.

New massage and application methods inspired by traditional Asian techniques to support healthy skin function achieving an evening of skin tone and overall luminosity. The 90 minute treatment includes a signature reflexology treatment for overall relaxation.

60, 90 minutes

A four week series is recommended, followed by monthly maintenance treatments

*based on clinical testing after 8 weeks of using 5-step Enbrighten regimen, plus SPF 15.

Self-Renewal Face and Body Experience – far more than a facial, the ultimate Aveda signature facial treatment

This customised treatment relieves stress and restores balance. The ultimate face and body experience; let your scalp, face, hands and feet be indulged with our Ayurvedic massage techniques. Advanced flower and plant technology enhanced with indigenous wisdom and proven techniques of acupressure, restore the 'self' to a state of renewal.

90 minutes



massage

Customised Massage – personalised for you

Reduce tension, restore your well-being and coax tired and aching muscles back into condition with the power of touch. Ideal to use as part of your health maintenance program. Our therapists incorporate a variety of massage and energy balancing techniques and pressure, to provide you with a customised massage. Experience your Elemental Naturesm and favourite Aveda aromas – calming blends to ease stress, anxiety and insomnia, uplifting blends for low energy and stimulating blends to improve circulation and to detoxify.

30, 60, 90 minutes

Customised Pregnancy Massage also available on request

Chakra Balancing Massage – balance your senses

The concept of Chakras comes from Ayurveda, the ancient healing art of India. These 7 energy centres are located along the spine and can be thought of as personal growth centres that connect your sub conscious with your physical body. The Chakra Balancing Massage seeks to create harmony in the Chakra System using a variety of massage techniques – Deep Tissue, Chakra Foot Reflexology and Chakra Energy work.

60, 90 minutes

Fusion Stone Massage – absolute relaxation to warm the soul

Experience the aromatic power of plant pure-fumes fused with the sensation of smooth warm stones. Alternating hot and cool stones comfort, de-stress and melt muscle tension.

30, 60, 90 minutes



body treatments

Body Exfoliation – deluxe skin conditioning

A customised refinement of the entire body that will leave your skin cleansed, polished and softened. A hydrating formula customised with your chosen aroma will smooth and condition the skin.

45 minutes

Essential Back Treatment – facial for the back

The hard-to-reach area of your back is tended to during this deep-cleansing masque and massage. Shoulders, neck and back are purified and refined to ensure well cared for skin all over.

45 minutes

Neti – ease tension and sinus congestion

Boost your immunity with this unique aromatic steam inhalation treatment to ease tension and sinus congestion. Potent essential oils clear the head while facial massage techniques relieve pressure.

45 minutes

Rosemary Mint Body Wrap – de-stress and awaken your senses

Renew both body and mind with this stimulating wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses and stimulate circulation, while a scalp and foot massage balances the whole body. Ideal for fluid retention or muscular aches and pains.

60 minutes

INDULGENT BODY

Caribbean Therapy™ Body Scrub – stimulate and rejuvenate your skin

A stimulating exfoliation treatment that uses the healing touch and plant ingredients from the Caribbean to rejuvenate your skin and senses. This island-inspired treatment includes a foot bath, foot massage, Caribbean Therapy™ Body Scrub and massage that will leave you feeling renewed.

60 minutes

Launching March 2009.

Caribbean Therapy™ Body Treatment – detox deluxe style

A rejuvenating and nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew your body and senses. Treatment begins with a dry exfoliation, followed by a warm seaweed back and foot masque to smooth and detoxify. A restorative scalp, face and body massage completes this island-inspired experience.

60 minutes

90 minutes – Full body masque



makeup

Full Makeup Application

A colour prescription for your skin tone and face shape – includes a consultation, full makeup application and an individually designed colour chart.

45 minutes

Individual Makeup Lesson

Your very own interactive makeup lesson with an Aveda makeup specialist – includes face charts detailing colour and application techniques.

60 minutes

Wedding and Special Event Makeup

Our Aveda makeup specialists work with you to trial and perfect the look you want to achieve for your special day. The package includes a one hour consultation prior to the event and a completely perfected look created in a one hour session on the 'big day'.

120 minutes

Cost fully redeemable on makeup purchases on the day exceeding lesson fee.

tinting & relaxing waxing

Tinting – from natural to dramatic

Give your lashes and brows a healthy and sparkling look, using vegetable dyes in various shades from natural to dramatic, while receiving a hand relieving treatment.

15 - 30 minutes

Waxing – smooth, hairless skin achieved the holistic way

A true spa treatment that offers maximum comfort and effectiveness. Begin with a deep breath of your favourite Aveda aroma, followed by an expert application of our smoothing blend of Egyptian floral waxes to minimise sensitivity. Calming products will reduce redness to complete your relaxing waxing.

From 15 minutes



men's services

FACIALS

Customised Facial

30, 60 minutes

Outer Peace™ Blemish Relief Treatment

30, 60, 90 minutes

Green Science™ Skin-Renewing Treatment

30, 60, 90 minutes

MASSAGE / TREATMENT

Customised Massage

30, 60, 90 minutes

Chakra™ Balancing Massage

60, 90 minutes

Fusion Stone Massage

30, 60, 90 minutes

Body Exfoliation

45 minutes

Essential Back Treatment

45 minutes

Rosemary Mint Body Wrap

60 minutes

Himalayan Rejuvenation Treatment

120 minutes

HAIR REMOVAL

Aveda Plant Wax Hair Removal

MANICURE & PEDICURE

Healing Hand & Feet Relieving Treatment

Caribbean Therapy™ Hand & Feet Treatment

Your Spa Experience

Our goal is to design treatments to bring you back into balance; results oriented therapies using nurturing, high-touch approaches and unique sensory experiences. Our therapists are caring and attentive professionals committed to fulfilling your every need. The information below will help you make the most of your time with us.

Appointment Policy

We recommend you book appointments in advance to secure your preferred date, time and therapist for your spa experience. Credit card details are required at the time of booking. We may also contact you prior to your treatment to confirm your appointment time.

Cancellation Policy

We understand that sometimes you need to change your schedule. Guests who wish to change or cancel an appointment are kindly requested to provide 48 hours notice or a 50% cancellation fee will be charged to your credit card.

Spa Etiquette

We ask you to arrive 15 minutes prior to your treatment. This allows you time to check in, enjoy a cup of Comforting Tea, complete your personal profile and relax.

Your treatment time is approximate and will include a consultation with your therapist, as well as home care recommendations and self-care rituals to continue your experience and results at home.

Your Comfort

Your therapist will advise which clothes to leave on and will maintain your privacy at all times – we will provide you with a gown or robe, slippers and disposable underwear wherever required. Please advise your therapist if you are uncomfortable for any reason.

Please respect the quiet and privacy needs of other guests by turning off your mobile phone and by making child-care arrangements for any appointments.

Your Treatment Needs

For your maximum safety and comfort, please let us know if you are under the care of a doctor or other alternative practitioner. In particular, please inform us if you are pregnant or have any allergies or health conditions so we can adapt the treatments to your needs. All Aveda treatments are suitable for men and women and are customised. As your needs vary from visit to visit, your treatments may differ.

Spa Openings

Please call your closest spa to find a time that suits your needs, as well as information on location and parking.

Rebooking

We recommend you schedule your next appointment after your spa experience to guarantee your next treatment. Ask one of our dedicated Aveda team members about the best treatments and enhancement options to suit you.

Gift Vouchers and Corporate Gifts

We are pleased to offer gift vouchers for single treatments, packages or a dollar value. Specific requests and corporate gifts can be arranged. Gift vouchers, corporate gifts and product orders can be placed and paid for by phone direct to the relevant store.

Payment Options

We accept cash, Eftpos, Bankcard, Mastercard, Visa, Amex & Diners Club.



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Book online @

www.fabhair.com.au



Aveda products now manufactured and distributed using 100% certified wind energy

Since its founding in 1978, Aveda has been committed to its mission of environmental sustainability and leadership. Aveda was the first private company in the world to adhere to the principles for environmentally sound business practices —known as the Coalition for Environmentally Responsible Economies (CERES).

Since 1992, Aveda has conducted open environmental reporting on all corporate initiatives.

As a global leader in corporate environmental sustainability, Aveda is proud to announce it has reached a new milestone. Beginning January 2007, the Company has made a bold commitment to wind energy: 100% of the electrical usage at Aveda Corporation's distribution centre and primary manufacturing facility in Minnesota, USA, is now offset by its wind energy purchase. Its effects are measurable: by using 100% certified wind energy, Aveda helps keep 7.2 million pounds of carbon dioxide, the primary contributor to global warming, out of the atmosphere each year*. The energy saved is also equivalent to the energy needed to supply 446 homes for an entire year.**

* Source: Greenhouse Gas Emission Coefficients for Electricity Generation,