



Treatment Menu



AYURVEDA

Ayurvedic science is a holistic health care system that achieves your natural balance at a physical, mental, and emotional level by incorporating unique and ancient principles. Ayurveda is a 5000 year old science and is recognised as the world's oldest healthcare organisation. The very unique principals are still used today by qualified Ayurvedic therapists and doctors, by incorporating the belief that our body is governed by 3 intelligences or doshas: Vata, Pitta and Kapha. Ayurveda looks at treating the root cause of problems not merely the symptoms. Ayurveda shows us a simple way to unfold the light within.

AYURDA AYURVEDIC SKIN CARE

Ayurda in Sanskrit means 'bestower of longevity' which it achieves through its skin care range and treatments. Ayurda products are based on authentic Ayurvedic principles that "nothing should be applied on the skin if it cannot be taken internally" – making this a safe non-toxic range.

The herbs used in Ayurda products are grown in the Himalayan Mountains, tendered with care and are handpicked and sun dried. In keeping with Ayurvedic traditions, all products undergo a blessing ritual before shipment.

FACIALS

Ayurda Signature Facial 60⊕ \$150

Our signature facials are tailored to your specific needs using the Ayurvedic skincare range Ayurda, a 100% natural product that is specifically designed to restore balance. Included in all our facials are a hand and foot marma massage to leave you feeling relaxed and rejuvenated.

Choose from a

Pitta Facial – for oily pimple prone skin

Vata Facial – for dry dehydrated skin

Kapha Facial – for oily sluggish skin

Anti-Aging Gold Leaf Facial 75⊕ \$180

Gold has been used in Ayurveda for centuries for its anti-aging properties. 24 carat gold is massaged into the skin to tone, stimulate and purify. A refreshing herbal face pack will leave you with a youthful glow.

Soothing Silver Leaf Facial 75⊕ \$180

Silver has been used for centuries for its cooling and healing properties. This treatment gently soothes, cools and calms inflammation, leaving you feeling refreshed and rejuvenated resulting in a clearer and happier complexion

Fresh Fruit Facial 90⊕ \$180

A natural healing facial that exfoliates, soothes, and increases cellular regeneration. A special custom-made pack of fresh fruit and botanical herbs leave your skin totally cleansed, rebalanced, and rejuvenated.

MASSAGES

Abhyanga Massage 60⊕ \$150

Abhyanga Deluxe 90⊕ \$195

A full body de-stress massage to balance body and mind. Through the use of warm black sesame seed oil along with specific rhythmical strokes, this massage will improve energy, lymphatic flow, blood circulation, skin texture and muscle tone. Leaving you with the sense of calm and overall wellbeing.

Steam 15⊕ \$35

This specialised treatment compliments the Abhyanga Massage perfectly. A gentle steam bath opens the channels of the body to expel toxins released during the massage, aid weight loss and relieve tired aching muscles.

Hot Stone Therapy 90⊕ \$220

This is an ancient massage treatment utilising the benefits of heat therapy with warmed smooth volcanic basalt stones. Muscle tissues relax quickly in response to the warm stones to relieve muscle tension, facilitate healing and the elimination of metabolic waste. A deeply relaxing and soothing massage, that helps to restore physical, emotional, and spiritual wellbeing.

Holistic Massage 60⊕ \$145 90⊕ \$190

An intuitive therapeutic massage that includes different forms of massage techniques and touch to calm tense muscles and your nervous system enhancing awareness of mind body connection.

Shiroabhyanga 30⊕ \$90

A nurturing head and neck massage sitting up using warm oil to de-stress and relax. This treatment helps improve dryness and hair loss while calming the nervous system and strengthening the mind. Leave feeling revitalised.

Pregnancy Massage 90⊕ \$195

A complete body massage using specific techniques to help relax, increase circulation, alleviate tired muscles, and reduce excess water retention. A massage with snuggly pillows and bolsters to ensure that you are completely relaxed and comfortable.

ARAJILLA SIGNATURE SPA PACKAGES

Absolute Arajilla Bliss 3 hours \$450

Abhyanga & Herbal Steam 60⊕ \$180

Abhyanga Deluxe & Herbal Steam 105⊕ \$220

Shiroabhyanga & Rose Foot Ritual 90⊕ \$200

Abhyanga & Shirodhara 120⊕ \$320

Abhyanga, Herbal Steam & Shirodhara 135⊕ \$340

Abhyanga & Rose Foot Ritual 120⊕ \$250

Abhyanga & Signature Facial 120⊕ \$290

THERAPEUTIC, REJUVENATION & HEALING BODY RITUALS

Absolute Arajilla Bliss 3 hours \$450

From top to toe this ultimate treatment will leave you feeling refreshed and rested with your skin absolutely glowing. To begin, unwind with an Abhyanga massage followed by an Ayurda body polish specifically tailored to your needs. A warm herbal bath soak will then lull you into a state of pure relaxation. After the application of Ayurda hand and body lotion, this blissful treatment will then continue with an Ayurda facial tailored specifically to your needs to restore your unique balance and leave you in a state of complete harmony.

Rose Foot Ritual 60⊕ \$120

This traditional foot ritual begins with a rose footbath and rose scrub. Warm oil is then massaged into the feet, cuticles and legs followed by a mud mask. A nail shape and polish will leave you feeling beautiful, relaxed, and revitalised.

Shirodhara Treatment 90⊕

1 Treatment \$185 3 Treatments \$480

Shirodhara begins with a soothing hand and foot massage to aid relaxation. Your therapist will then begin the flow of warm oil over your third eye for 30 minutes. This is then followed by an Indian head massage. Shirodhara induces a state of absolute serenity.

Ayurda Body Polishes 105⊕ \$250

These treatments begin with dry body brushing, hot towels, and the application of warm medicated oil before the traditional dosha specific scrub is prepared and applied to the skin. A warm soak in our herbal bath is then taken under the majestic canopy of the banyan forest and your experience is finished with a soothing and hydrating application of Ayurda Hand and Body Lotion leaving your skin feeling invigorated and silky smooth.

Choose from:

DETOX BLEND - For skin that is cellulite prone and tends to retain water.

REJUVENATING BLEND - For normal/sensitive skin, this body polish eliminates toxins and removes impurities.

HYDRATING BLEND - For dry and maturing skin, this traditional Ayurvedic hydrating recipe polishes the skin whilst warm oil and coconut milk soothes.

Ubtan Body Mask 105⊕ \$250

This ritual is an Ayurvedic beauty secret which has been used as a cleanser for centuries. It involves full body massage followed by the application of herbal powders called Ubtans to cleanse the skin. The therapeutic benefits of the Ubtan will be enhanced while you are wrapped in a foil blanket. To complete this experience, the treatment will be finished with a warm soak in our herbal bath under the beautiful canopy of the banyan forest, then the soothing and hydrating application of Ayurda's Hand and Body Lotion which will leave your skin feeling invigorated and supple.

WAXING & TINTING MENU

Traditional Female Waxing

Full Leg	\$70
3/4 Leg	\$60
1/2 Leg	\$60
G-String	\$55
Bikini Line	\$40
Arm	\$50
Underarm	\$30
Eyebrow	\$35
Lip	\$25
Chin	\$25
Side Face	\$25

Eyes

Eyebrow Shape	\$35
Eyebrow Tint	\$25
Eye Lash Tint	\$30
Instant Face Lift (all of the above)	\$75

Traditional Male Waxing

Back, Neck & Shoulders	\$80
Chest	\$45
Stomach	\$35
Eyebrow Tidy	\$25

SPA ETIQUETTE

- To make the most of your spa experience please arrive 10 minutes prior to your appointment time. Wear loose clothing that you don't mind getting oil on.
- As part of our cancellation policy we require all bookings to be guaranteed by a credit card number.
- We require 24hr notice for any cancellations. Cancellations without notice will incur a 100% cost.
- Arriving late will give you less time in which to enjoy your treatment. To ensure that the next guest is not inconvenienced, we will always finish your treatment on time, regardless of your arrival time.
- Please also give yourself 10-15 minutes after your treatment to enjoy and relax in the surroundings of Arajilla Retreat with a warm cup of herbal tea.



 **Arajilla**
LORD HOWE ISLAND

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