

## Cumberland Cares - Indulgence and Relaxation

Cumberland Resort and Spa works closely with local therapy studios who demonstrate an array of talent in their chosen specialties. Our relationship is strong and we are able to arrange any of the treatments listed below at these specially discounted rates when you book through Reception - JUST FOR YOU - our deserving Cumberland Resort and Spa guests.

**Now** is the best time to indulge your senses knowing that you will receive the best selected expert at the best price. Come and see us in Reception to book.

Here are some suggested combinations that will make you feel like new.

### "I'm Still a Real Man" or "Quick Fix" \$95

- ❖ Mini Magical Facial 30 mins
- ❖ Hot Stone Deluxe Treatment 60 mins

### "You Deserve It" \$105

- ❖ Mini Magical Facial 30 mins
- ❖ Hot Stone Treatment 30 mins
- ❖ Mini-Pedi 30 mins

### "Essential Elements" \* \$140

- ❖ Half leg and bikini wax \* 120 mins
- ❖ Eyelash tint and eyebrow tidy \*
- ❖ Spa pedicure \*

### "Don't Need an Excuse" \$160

- ❖ Deluxe Aromatherapy Facial 60 mins
- ❖ Holiday within 60 mins 60 mins
- ❖ Aromatherapy Foot and Leg Massage 30 mins

### "On Holiday Without the Kids" \$168

- ❖ Spa Therapy Facial \* 60 mins
- ❖ Spa Pedicure \* 75 mins
- ❖ Express Manicure \* 30 mins

### "Spoil the Senses Splurge" - face, body, feet, hands \$234

- ❖ Reiki Healing Aroma Facial 90 mins
- ❖ Hot Stone Deluxe Treatment 60 mins
- ❖ Reflexology Foot Treatment 45 mins
- ❖ Spa Manicure \* 60 mins

## Facial Treatments

- |   |         |      |
|---|---------|------|
| Mini Magical Facial   | 30 mins | \$35 |
| - Cleanses, tones and rehydrates the skin   |         |      |
| Deep Cleanse Facial 1   | 30 mins | \$35 |
| - A truly cleansing facial using brush and scrub method to get down deep  |         |      |
| Deep Cleansing Facial 2*  | 45 mins | \$55 |
| - A purifying, decongesting facial treatment highly recommended for oily, congested skin with a tendency to break out. Cleanse, exfoliation, steam, extractions followed by a deep absorbing mask and treatment cream.                    |         |      |
| Deluxe Aromatherapy Facial  | 60 mins | \$65 |
| - This signature facial infuses the skin with deliciously aromatic essential oils. Includes skin diagnosis, deep cleanse, hot towels and scrub with brush machine, massage of the face, hands and arms finishing with moisturizing mask.  |         |      |
| Spa Therapy Facial *  | 60 mins | \$69 |
| - A relaxing facial tailored especially to your skin care needs. Includes cleanse, exfoliation, steam, face, neck and shoulder massage, mask and treatment cream. Relax with the option of a scalp or hand massage while your mask is on. |         |      |

## Intensive Facial Treatments

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|--|---------|------|
| Reiki Healing Aroma Facial   | 90 mins | \$85 |
| - A complete aromatherapy facial followed by Reiki- a profound balancing of the whole being by applying healing energy to the whole body. Realigning, healing and deeply relaxing. |         |      |
| Modeling Firming Facial  | 60 mins | \$70 |
| - An intensive facial firming treatment - recommended the day before a special occasion or whenever you need firming.  |         |      |
| Deep Peeling Facial  | 60 mins | \$65 |
| - Deep cleansing, soothing and a perfect way to shed dead skin without any harsh treatments. Fine for all skin types.  |         |      |

Thalgotive firming \* 60 mins \$105

- For loss of elasticity and firmness. A re-sculpting and firming treatment adapted to refine or add density. Incorporating skin strengthening Marine Pro-Collagen, round faces become refined and the facial oval lifted. Density and softness is restored to hollow, long faces.

Mask de Exception \* 60 mins \$125

- For mature skin 40+ and skin suffering menopausal changes. A comprehensive treatment that reactivates the skin'

### **Relaxing Body**

Hot Stone Treatment 30 mins \$35

- A divinely relaxing back, neck and shoulder massage incorporating hot stones placed on those stressed parts of your body to warm the muscles before treating.

Hot Stone Deluxe Treatment 60 mins \$60

- Experience the intense relaxation of this massage. Heated stones combined with essential oils for this ultimate massage experience. The heat penetrates the muscles to allow the massage to be so much more intense and effective. The oils nurture, soothe and revive the body, mind and soul.

### **Healing Body**

Holiday within 60 mins 60 mins \$65

- Stressed? Strung out? In need of a break but can't get away? In just an hour you'll be feeling relaxed, revived and refreshed. This full body exfoliation combines salts and serums which will slough away stress and dry flaky skin, finishing with hot towels and hydrating body milk.

Slim and Tone Detox Body Wrap 90 mins \$85

- An intensive anti-cellulite treatment featuring carefully selected herbal extract that are known for their ability to dramatically increase blood flow, strengthen, firm and reduce swelling. A 'space blanket' is used to infuse the active ingredients (caffeine, ginger and wheat protein). Be warned - this treatment is not relaxing as the temperature rises, but is very effective.

Chinese Cupping Treatment 45 mins \$50

- The main purpose is to invigorate and disperse congestion in the blood stream. To restore Qi (life force) and eliminate toxic build up. Cupping encourages rejuvenation and balance for body and soul as well as being a non-invasive pain-free treatment for many ailments including muscular aches and pains.

### **Specialised Foot and Leg Treatments**

Aromatherapy Foot and Leg Massage      30 mins      \$30  
- When your feet and legs are the only part of your body in dire need of a massage.

Intensive Pedicure      60 mins      \$48  
- The point of difference is that you lay down. Hot stones are applied to stressed out areas of your body whilst you enjoy exfoliation, foot and leg massage and polish.

Mini-Pedi      30 mins      \$35  
- Soak, scrub and polish.

Spa Pedicure \*      75 mins      \$64  
- Soak, exfoliation, cuticle, file, buff, massage, paraffin and polish

Reflexology Foot Treatment      45 mins      \$40  
- We combine aromatherapy and reflexology to give you the ultimate foot treatment. Firm pressure is applied to the reflex points through a firm massage of the feet. Guaranteed to take away the stress of the day.

### **Manicure**

Express Manicure \*      30 mins      \$35  
- Exfoliation, file, buff and polish

Spa Manicure \*      60 mins      \$49  
- Exfoliation, cuticle, file, buff, massage, paraffin and polish

### **PLUS**

**Waxing, Eyelash perming and tinting, Eyebrow tinting, Electrolysis, Tanning, Makeup and Acrylic Nails**