

Face & Body Treats

Bliss Treat

Revive facial with neck and shoulder massage.

45 mins \$75

De-stress Experience

Revive facial and back massage, ideal relaxation treat.

1 hour \$95

Sensory Experience

Indulging the five sense. Beautiful essential oil blends will be chosen to enhance the way you feel on the day. From the welcome herbal tea, to the removal of the last warm towel, you will be transported from reality to a state of absolute bliss. Treat includes facial, foot, leg, arm, hand and scalp massage.

1 hour 30 mins \$130

Aroma Treat

Aromatic oils are blended, and the facial and massage are designed to cater for how you feel on the day. Combining a facial with a back or body massage.

1 hour 30 mins \$130

Exquisite Treat

Hydrating wonder facial and full relaxation body massage.

2 hours \$165

Glamour Treat

Hydrating facial, mini manicure and pedicure and full body massage. You will feel wonderfully feminine and pampered.

3 hours \$260

Ultimate Wrap

A revitalising body wrap, massage and hydrating facial. You will feel re-energised, yet completely relaxed.

3 hours \$270

Absolute Luxury Treat

Escape reality for hours of luxury pampering with your choice of treatments to soften, buff, relax, add glamour or simply indulge. Light refreshment will be provided.

4 hours \$350

Beauty +

Foot Massage

15 mins \$20

Foot Spa/Cracked Heel Treatment

Pamper your neglected feet. Removes unsightly dead skin, and treats cracked heels. Includes foot mask, wrap and massage.

50 mins \$60

Pedicures

Mini Pedicure—Heels, cuticle and nail tidy plus foot spa.

30 mins \$45

Pamper Pedicure—As above and includes aromatherapy massage of lower leg and foot, and application of nail colour.

1 hour \$70

Hand Care

Hand Massage—Perfect for tired, dry hands.

15 mins \$20

Mini Manicure—Natural nail and cuticle tidy.

30 mins \$40

Manicure—Cuticle and nail tidy, nail colour and massage.

50 mins \$55

French Manicure— with French nails.

1 hour \$65

Tinting

Eyebrow \$15

Eyelash \$25

Lash & Brow \$35

Waxing

All waxing treatments include the application of a soothing herbal mist and light lavender oil to calm treated areas. We take pride in the professional waxing service we provide and have allowed generous time to ensure the quality of the treatment.

½ Leg (30 mins)..... \$35

½ Leg & Bikini (45 mins) from* \$45

¾ Leg (45 mins) \$45

Beauty +

¾ Leg & Bikini (50 mins) \$55

Full Leg (45 mins) from* \$52

Full Leg & Bikini (60 mins) \$63

Bikini (15 mins) from* \$25

Underarm (15 mins) \$20

Arm (15 mins) from* \$30

Chest/Back (30 mins) from* \$40

Lip (10 mins) \$15

Chin (15 mins) \$15

Lip & Chin (20 mins) \$25

Lip & Brow (20 mins) \$30

Brow Shape

Wax & Tweeze (20 mins) \$25

Tidy Up (10 mins) \$15

* In cases where hair growth is strong, extra time is required and the fee will change accordingly.

JANESCE Customer Priority

JANESCE aims to give each customer appointments high priority. To enable us to give you this guarantee, we request:

Booking /Cancellation

24 hours notice on all appointment changes or Cancellations. \$50 booking fee applies to appointments of 2 hours or more.

Gift Vouchers

Need to be presented at time of treatment or full price will be charged.

Group Bookings

We welcome bridal parties, birthday indulgences and any other group bookings. A booking fee of 30% deposit will apply.

New Clients

Please arrive 10 mins before your appointment.

Norwood—205 The Parade

Phone: 8364 5230 Email: norwood@janesce.com.au
www.janesce.com.au/norwood

Hyde Park—130 King William Road

Phone: 8373 0558 Email: hydepark@janesce.com.au
www.janesce.com.au/hydepark

JANESCE

Services Menu

www.janesce.com

Naturopathy

Welcome to a natural health and beauty experience, which embodies the trusted principles of naturopathy with beauty and massage therapy.

The beautiful **JANESCE** skin care products are created from fine blends of organic flower, herb and seed extracts and blended with a real understanding of what your skin loves.

Our luxuriously appointed treatment rooms and quality care from our professional staff, ensure you will love the experience of **JANESCE**.

Gift vouchers are available for all treatments.

How can a **JANESCE** Naturopath help?

JANESCE treatment systems are based on a lifetime of study by Naturopath Jan Smith on herbs, nutrition and skin disorders. Jan has successfully treated many skin conditions over 30 years of consulting.

Our **JANESCE** Naturopaths can provide you with advice and drug free approach to restore and maintain healthy skin, and a healthy you. The programs are individually designed to suit your needs, and you have the reassurance of ongoing phone support by our Natruopaths.

The **JANESCE** programs combine guidelines on healthy living habits with dietary considerations and **JANESCE** pure plant products which assist the healing and re-balancing process.

What skin conditions can be treated by a **JANESCE** Naturopath?

JANESCE has proven success with the treatment of eczema, psoriasis, dermatitis, rosacea, hypersensitive skin, fungal and bacterial infections, and acne. Consultations are available Monday to Friday during normal business hours.

Fees (initial) 40 mins \$70
Follow up \$60

Health Fund Rebate Available.

Jan Smith Consulting Specialist

Clients who require specialist guidance will be referred to Jan Smith, founder of **JANESCE**.

30 mins \$100
Health Fund Rebate Available.

Face Treats

JANESCE pure plant facial experiences combine aromatic warm towel hydration and relaxation massage in a private luxurious environment. Your complete enjoyment is our focus so if you have any special requirements talk to your **JANESCE** Therapists.

Hydrating Wonder Facial (for normal/dry skin)

A perfect relaxation treat to soften your skin and calm your psyche. Beautiful **JANESCE** products created from organic rose, lavender, marshmallow, orange flower oat and wheat germ extracts will easily absorb into your skin leaving it feel refreshed and velvety.

Revive 30 mins \$55
A perfect way to revive your skin when time is precious.

Essential 45 mins \$75
A must do, to keep skin soft and nourished.

Luxury 1 hour \$95
Pure relaxation, includes eyebrow tidy.

Clearing Facial (for oily/combination skins)

This gentle deep cleansing treat includes a moor clay mask and exfoliation to refresh dull complexions. The herbal extracts of calendula, citrus and witch hazel assist in the re-balancing, clearing and healing of the skin. Includes extractions.

1 hour \$95

Recovery Facial (for hypersensitive skin)

A cooling and soothing treat using gentle massage and calming herbal extracts of chamomile, lavender, marshmallow, sage and rose. This is a very effective way to help desensitise the skin and is a perfect recovery treat for post laser treatment.

1 hour \$95

Saving Face (for men)

Restore skin texture and vitality with this hydrating treat. Products include extracts of sage, lime, witch hazel, and grapefruit. Excellent for calming reactions to shaving and counteracting environmental damage. We request that all male clients shave just prior to the treat.

30 mins \$55
1 hour \$95

JANESCE Signature Face Treats

Age Defying Facial Treat (for all skins)

Counteract the effects of environmental stress with this treat using the finest quality anti-oxidant products from grape seed extracts and stabilised oxygen. Ideal for those who have developed skin sensitivity, or those looking for an effective treatment for the prevention of premature ageing. Includes the option of an anti-pigmentation treatment.

1 hour \$105

Perfecting Facial Treat (for dehydrated/mature skins)

A luxury treatment to perfect skin texture and improve hydration. Products chosen in this treat are rich in plant humectants to boost the skins natural ability to retain moisture. A warm oil mask created from carrot and avocado seed oil is applied to gently nourishes the skin, softening expression lines while enhancing the feeling of deep relaxation. A beautiful treat for those who desire the ultimate facial experience.

1 hour \$105

Body Treats

Aroma Massage

You will feel the tension slip away with these treats designed to de-stress the psyche, and nourish the skin. All massages are done with our aromatherapy body oils which are made with a fine blend of nuts and seed oils and organic flower essential oils. Choose between any of our aromatherapy blends to detox, de-stress or rejuvenate.

Back and Neck Massage

Relieves built up tension and reduces headaches.

30 mins \$55

Full Body Relaxation Massage

Reduces muscle fatigue, stimulates circulation and improves nerve supply. Guaranteed to relax.

1 hour \$80

Body Treats

Remedial/Sports/Pregnancy Massage

Deep tissue massage is essential for relief of muscular stress and assists in general well being. Excellent for active sports people and beneficial for those requiring rehabilitation. Health Fund Rebate Available.

30 mins \$60
45 mins \$75
1 hour \$90

Thigh Tone Cellulite Treatment

A most effective method of cellulite reduction involving the use of the G5 deep tissue massage machine. Treatments can include aromatherapy blends of juniper berry, rosemary, grapefruit and lemon grass.

30 mins \$50
10 x 30 mins treat \$400

Beautiful Back Treat

A deep exfoliation and beautifying treatment for the back area. Includes a purifying clay mask and extractions if required.

40 mins \$60

Pregnancy Pamper Treat

Enjoy the pampering with your choice of any combination of lower back massage, pedicure, half leg and bikini wax.

2 hours \$165

Body Satin (Exfoliation)

A gentle yet effective exfoliation treat using body brushing and an almond meal scrub, followed by a nourishing herbal mist and body lotion. Effectively eliminates dry skin, leaving the texture soft and silky to touch. Products include geranium, rosewater, lavender, sesame oil and sandalwood.

1 hour \$95

Body Glow (Wrap)

Choose from our aromatherapy blends to detox (juniper berry, rosemary) De-stress (lavender, sandalwood) or Rejuvenate (lime, grapefruit). Includes body brushing, mask, wrap and massage to soften and enliven skin texture, stimulate circulation and promote deep relaxation.

90 mins \$115
2 hours (include revive facial) \$165