



# Beauty Menu

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YOUR SANCTUARY IN THE HEART OF MONA VALE

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A top-down view of several skincare products including jars of cream and a bottle of serum on a light-colored surface.

## Facials

### **SIGNATURE G+T FACIALS**

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#### **Custom Skincare Consultation \$50**

A one on one 30 minute session which allows us to prescribe an In clinic and home care treatment plan based on your skin concerns. We will perform a thorough skin analysis then create a complete at-home skin care regime, aswell as your in-clinic treatment plan to address your skin needs.

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#### **Custom Skin Health Facial from \$150**

Recommended for first-time clients

For anybody who would love a bespoke treatment, this facial is entirely personalised to your skin's own unique needs.

Our consultation prior to your facial will inform you of the treatment you will need which are selected from our beautiful range of products and techniques used to refresh, refine, boost and nourish your skin.

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#### **Microdermabrasion Facial \$130**

Our microdermabrasion treatment is preferred for anybody suffering with congested, dry or acneic skin types. While helping to polish, re-new and thoroughly hydrate and cleanse the skin.

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#### **Unwind Facial \$185**

Relax and unwind with a favourite. Enjoy a double cleanse and double exfoliation with a luxurious face and neck massage using organic macadamia oils following a hydrating face and lip mask and a beautiful moisturiser and a ready to go lip treatment.



A top-down view of several skincare products in jars and bottles, including a green cream, a white cream, and a clear liquid, arranged on a light-colored surface.

## Facials

### ASPECT PEELS

**Blue Berry Smoothie**  
**(30mins) \$99/6 for \$500**

**All skin types / dull / Epidermal hyperpigmentation**

Cosmedix's deliciously refreshing peel, helps invigorate the skin with the use of gentle acid, while active blueberry extracts exfoliate and nourish the skin to restore a youthful glow without irritation.

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**Lactobotanical Peels**  
**(30mins) \$99/6 for \$500**

**Sun damaged / mild acne / congestion / dehydration**

No matter what your skin care concerns these lactic acid derived peels guarantee exceptional results every time. These unique peels are powerful yet gentle, so suitable for even the most sensitive skins.

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**Retinol Brulee**  
**(30 mins) \$120/6 for \$600**

**Pigmentation / sun damage / oily / congested / fine lines / wrinkles / rosacea**

The resurfacing treatment is ideal for addressing a range of skin concerns, this is a rehab program for time damaged skin. Retinol Brulee synergizes ultra pure encapsulated bio active retinol, with milk-derived Lactic Acid and Niacinamide, a botanical anti-inflammatory, that work in tandem to deliver the most spectacular anti-ageing and skin refining results in record time.



A top-down view of several skincare products in jars and bottles, including a green cream, a yellow cream, and a clear serum, arranged on a light-colored surface.

## Facials

### DERMALUX LED PHOTOTHERAPY

**Dermalux™ LED Phototherapy** is a non-invasive hand and facial treatment that uses narrow band, non-thermal UV light energy to trigger your body's natural cell processes to accelerate rejuvenation and repair of the skin.

Utilising clinically proven Light Emitting Diode (LED), Dermalux delivers excellent results for a wide range of common skin concerns including as an ageing skin treatment and Acne treatment.

It also provides treatment of compromised and reactive skin conditions such as a Rosacea Treatment, Pigmentation treatment and in the use of inflammatory disorders as an Eczema Treatment, Dermatitis Treatment and Psoriasis Treatment.

#### **Is Dermalux LED safe for all Skin Types?**

Unlike more invasive procedures, LED Phototherapy does not use heat, trauma or chemicals to promote change in the skin and therefore provides one of the safest options to treat all skin types without thermal damage or downtime.

LED can treat sensitive skin conditions.

#### **What are the results?**

Treatment times are short and the visible effects are in most cases immediate; Dermalux instantly revives a tired and dull complexion. After just one treatment skin is visibly hydrated, smooth and radiant whilst redness and irritation is calmed.

A course of treatments offers corrective and lasting improvement in the appearance and health of the skin.



**LED Dermalux Single Treatment \$99**

**LED Dermalux Recommended Treatment Package of 6,  
receive 2 FREE treatments and 2 FREE Aspect Peels \$600**



A top-down view of several small, round containers filled with various colored creams and gels (green, orange, white, yellow) and a glass bottle with a silver cap, arranged on a light-colored surface. A white rectangular box with a thin black border is centered over the image, containing the word "Facials" in a bold, black, sans-serif font.

## Facials

## SKIN NEEDLING

### What is Skin Needling?

Skin Needling is a natural treatment to improve your skin texture, smooth wrinkles, fine lines and soften scars. It is suitable for all skin types and all areas of the face, neck, décolletage and hands. This treatment involves a device covered in tiny needles that is used to make miniscule puncture holes in your skin. Thousands of punctures are created with every treatment, forcing the skin to regenerate and heal itself with the production of new skin cells and collagen. Skin needling is also used for the treatment of scarring. If you have scarring due to severe acne and have tried many topical treatments without adequate results, this non-surgical procedure may be worth considering. While skin needling may not completely eliminate all scarring, it can significantly reduce the prominence of scars.

### What to Expect from a Skin Needling Treatment

Though this procedure is not the most comfortable option available today, it is one of the most effective for many people. A numbing cream is applied prior to the treatment that will reduce discomfort. Once the punctures have been made, the numbing cream is removed. Most people can return to their normal daily activities without any obvious signs of their treatment. However, we recommend clearing your calendar for a few hours after your first skin needling treatment, just in case.

### Results Develop over Time

You may notice that your skin looks refreshed immediately after this procedure, but the bulk of the results will come over several weeks following the treatment. Your skin will be generating more collagen and new skin cells in order to repair itself. As healing continues, the true results of skin needling will appear. The gradual change gives a subtle and natural shift from dull and lined to youthful and dewy.


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\$

**Skin Needling Treatment \$500**

**\*Includes a Free Blueberry Smoothie Peel valued at \$99**





## Cosmetic Tattooing

### PERMANENT MAKEUP

#### **What is permanent make-up?**

Permanent makeup – also known as Cosmetic Makeup Tattoo or Cosmetic Tattooing – is becoming increasingly popular mostly due to the fact that cosmetic tattooing allows people to enhance their individual features and look their best on a daily basis with a minimal amount of effort or fuss. As the name suggests, cosmetic tattooing offers a permanent makeup solution. Therefore, everyone should consider their options carefully before proceeding with this kind of treatment.

The procedure involves depositing pigments into the skin using a small, pen-like machine that inserts small quantities of naturally sourced colour material into the skin. The pigment remains in the skin indefinitely, however the colour may fade over time and it may be necessary to re-touch the tattoo in the future.

Cosmetic Tattoo procedures should only ever be performed by a qualified beauty expert with specific cosmetic tattoo experience and skills. The skills and equipment used in Cosmetic Tattoo treatments are quite different to traditional tattoo artistry. There is also an extensive range of cosmetic tattoo colours and products available for various tattoo areas on the face and body, making it vitally important to consult with an expert technician such as Georgene Donegal, to ensure the desired results are achieved.

#### **Cosmetic Makeup Tattoo: Does it hurt?**

Every person has a different pain threshold, and yes, the procedures can hurt one person more than another. But in most cases, the results of cosmetic makeup tattoo far outweigh the short period of discomfort involved. Most clients describe a tickling sensation or a feeling of slight irritation rather than real pain. >>>



## Cosmetic Tattooing

<<< Generally, the area is numbed prior to the procedure, and an anaesthetic gel is applied afterwards – together they are very effective. You may also wish to take oral pain relief prior to having a treatment. Local anaesthetic, administered by a dentist is used in the case of lips to ensure your comfort and safety. If you suffer with severe allergies we recommend a patch test of products prior to your treatment. In some cases, other medical solutions may need to be used while having a cosmetic makeup tattoo procedure

### What will I look like and what can I expect after my treatment?

You can expect to experience some swelling and slight tenderness in the area of the tattoo immediately following your cosmetic makeup tattoo. In this case, we recommend the following:

- On the day of your treatment, do not make social plans or do any energetic activity.
- For two days after your treatment, do not wear eye make-up if you have had an eyeliner tattoo, and do not wear foundation over your eyebrow tattoo area.
- After 48 hours, follow your post-procedure care instructions and enjoy your new look.
- Contact your practitioner if you have any concerns after this time.

#### New Treatment With Adjustment (pricing includes 2 appointments)

Full Eyebrow	\$790
Hair Strokes	\$825
3/4 Eyebrow	\$620
Small Area in Brows	\$150 +
Top Eyeliner	\$685
Top Eyeliner w/ Thick Taper	\$750 +
Bottom Eyeliner	\$660
Bottom Eyeliner w/ Thick Taper	\$700
Lip Line	\$880
Lip Line & Blend Part Lip Colour (for damaged lips & lip repair)	\$1100 \$125 +
Full Lip	\$1300
Beauty Spot	\$180

#### Refresh Colour/Retouch 12-17 Months from last appointment

Full Eyebrow	\$400
Hair Strokes	\$425
3/4 Eyebrow	\$400
Top Eyeliner	\$340
Top Eyeliner w/ Thick Taper	\$400
Bottom Eyeliner	\$330
Bottom Eyeliner w/ Thick Taper	\$400
Lip Line	\$440
Lip Line & Blend	\$550
Full Lip	\$750
Beauty Spot	\$100
Scar Camouflage	\$130+
Areola Creations	\$Enquire

\*Adjustment appointments only honoured within 3 months\*





IPL

## **FOR REJUVENATION**

### **About IPL Photo Rejuvenation**

IPL Skin Rejuvenation is indicated for the cosmetic reduction of sun-induced skin damage and aging, including superficial pigmentation (brown spots) and telangectasias (broken blood vessels). Practically any part any area can be treated mild to moderate sun damaged skin, including face, neck, chest, back and hands.

### **How does it work?**

All light based Skin Rejuvenation treatments work by converting light energy from the IPL to heat the treated area. This heat stimulates the formation of collagen and elastin which tighten the skin, lightens pigmentation, reduces telangectasias, and ultimately – after a series of treatments – improves over-all skin tone, texture, and appearance.

### **What is the Treatment Like?**

During treatments, a mild warming sensation of the skin is noticed. Immediately after treatment, mild redness and slight swelling of the skin may be present. This will typically disappear over the next hour or so. Treatments of the same area are typically done after 3-4 weeks. Typically, a minimum of 5-6 treatments are required for optimum results.







## IPL

### What Can I Expect Before and After Treatment?

#### Before Your Treatment

Avoid excessive sun exposure, tanning beds, or sunless tanning creams for at least 2 weeks prior to your appointment. Patients with a history of excessive hyperpigmentation may use a skin lightening agent or topical hydroquinone 2 weeks prior to treatment in the proposed treatment area.

#### After Your Treatment

A broad spectrum UV sunblock, SPF 30+ or greater, should be applied to the treated area(s) whenever exposed to the sun. If persistent redness, swelling and/or discomfort are noticed, apply a cold compress or ice pack intermittently. Avoid exposure to heat – such as hot tub or sauna – until the discomfort has completely resolved. If symptoms do not improve, or worsen, contact us immediately.

### IPL for Skin Rejuvenation

Full Face	\$150
Neck	\$99
Decolletage	\$175
Face, Neck & Decolletage	\$400
Full Arms	\$150
Half Arms	\$115
Hands	\$60





IPL

## FOR HAIR REMOVAL

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### IPL vs Laser

The main difference is that they use a different light IPL is an Impulsed light although you still receive the same results. Laser is also proven to be more dangerous than IPL especially for darker skin types.

### Why Adena IPL over other IPL machines?

The Adena machine is the most advanced IPL machine on the market being able to not only treat dark hair but being able to treat blonde, red and grey hair. The Adena Machine is very safe and is a european designed and manufactured machine.

There are three main benefits of Adena's advanced technology. It is safer, less painful and more successful than any other machine on the market.

### How does the Adena remove blonde, red, grey and white hair?

The wave lengths used in standard IPL targets the melanin in the hair. Since grey, red, white and blonde hair has no melanin, IPL doesn't work. However, the Adena has a separate head for this type of hair that targets the haemoglobin or blood source of the hair instead of the melanin. Since waxing causes a microscopic injury to the skin or blood in the follicle, we wax the area to be treated beforehand for a more successful treatment.





## IPL

### Pre-treatment advice

If you have been shaving allow the hair to grow a couple of days so we can see what we will be treating.

If you have been waxing, you will need to wait 4-6 weeks until the hair has regrown.

- Do not sunbake, sunbed, spray tan or fake tan for 2 weeks prior to your treatment as tanning of any sort can lead to superficial burning.
- Avoid perfumes or any alcohol based treatments on the area to be treated and inform your therapist if you are on any form of acne medication or topical vitamin A.
- Shave the day before your treatment. If it's your first time it's best to leave a small area so we can see the hair growth and colour. For those with blonde/grey/red hair, we need to wax you first. So come in only when your hair is long enough for us to wax.

### Aftercare

- No sun tanning or sun beds for 2 weeks after your treatment. Sun tanning can result in irregular pigmentation occurring in the treated areas.

- Apply topical after Gel on the areas to reduce any irritation.

Always apply good quality SPF 30+ daily to avoid irregular pigmentation issues.

### IPL for Hair Removal

Full Face	\$150
Neck	\$99
Decolletage	\$175
Face, Neck & Decolletage	\$400
Full Arms	\$150
Half Arms	\$115
Hands	\$60



## Face + Body

### TINTING / WAXING + EXTENSIONS

Eyelash Tinting	\$20
Eyebrow Tinting	\$20
Eyelash & Eyebrow Tinting	\$28
Eyebrow Tint & Eyebrow Wax	\$30
Eyelash Tint & Eyebrow Wax	\$35
Eyelash, Eyebrow Tint & Eyebrow Wax	\$42
Extensions Full Set	\$100
Extensions Infills After 2 weeks	\$55
Extensions Infills After 3 weeks	\$75

### BODY

Full Leg	\$50	Full Leg + Brazilian	\$90	<b>MEN</b>	
Full Leg + Bikini	\$55	Half Leg + Brazilian	\$90	Full Leg	\$55
Half Leg	\$35	Underarm	\$25	Full Leg + Bikini	\$35
Half Leg + Bikini	\$45	Full Arm	\$35	Back	\$50+
Upper Half Leg	\$35	Half Arm	\$25	Chest	\$50+
Bikini	\$25	Lip + Chin	\$50	Shoulders only	\$25
G String	\$40	Face	\$40+		
Brazilian	\$55	Eyebrow Shaping	\$25		

### MAKEUP STUDIO

Bridal / Trial / Formal **\$80** Ear Piercing 1 Ear **\$35** Ear Piercing 2 Ears **\$40**

