



TREATMENT MENU



Book Your Appointment Online

My Juice Blend Facial
90mins - \$149

Skin Type: Customised to suit skin type and concerns.

A juicy mix, for your unique skin type. After a detailed consultation with your Juicy Mixologist your skin concerns are targeted with a unique combination of treatment peels to gently reset your skin's function. A personalised mask is then expertly blended and applied to the skin to infuse essential nutrients and aids into the skin. Your custom formulation is then given to you to take home to maintain your glow.

Plumping Pumpkin Peel
60mins - \$99

Skin Type: Dry + Ageing

Put the bounce and brilliance back into your skin with this powerful treatment for skin with signs of ageing. Exfoliating plant acids and fruit enzymes help reveal a healthy, youthful glow, while a rich diet of skin protective nutrients deeply feed the skin and help stimulate faster cell renewal for a plumper and brighter complexion.

Zen Berry Peel
60mins - \$99

Skin Type: Sensitive skin, pregnancy safe.

Soothe and strengthen the skin with this super juicy hydrating peel. This antioxidant rich treatment has the ability to help reduce sensitivity, while pure enzymes and lactic acid work together to gently exfoliate and unveil fresh smooth skin. A hand, arm and scalp booster massage complete your zen experience.

Purifying Pineapple Peel
60mins - \$99

Skin Type: Oily skin

Help clear breakouts and balance your skin with this clarifying peel. Organic pineapple juice and enzymes help exfoliate the skin, while fruit acids cleanse pores and help fight breakout causing bacteria. Fruit nutrients boost the skin's ability to protect against inflammation or infection. A hand, arm and scalp booster massage completes your healing treatment.



Juice Taster Facial

30mins - \$55

Skin Type: Customised to suit your skin type & concerns.

Want a taste of Skin Juice? Your skin will be treated to 4 daily essential products as you are guided through your own Daily Diet regime. Experience how satisfying a healthy new skin diet can be with natural and organic Skin Juice products.

Facial Treatments

Microdermabrasion

60mins - \$99

Express Microdermabrasion 30min - \$50

Using a gentle vacuuming system and diamond tips, microdermabrasion removes dull, dead skin cells, unclogs pores and polishes the skin. It is a non-invasive treatment that can be used to treat several skin concerns, with no downtime. Microdermabrasion perfectly prepares the skin's surface for the enhanced infusion of active ingredients applied during an infusion treatment.



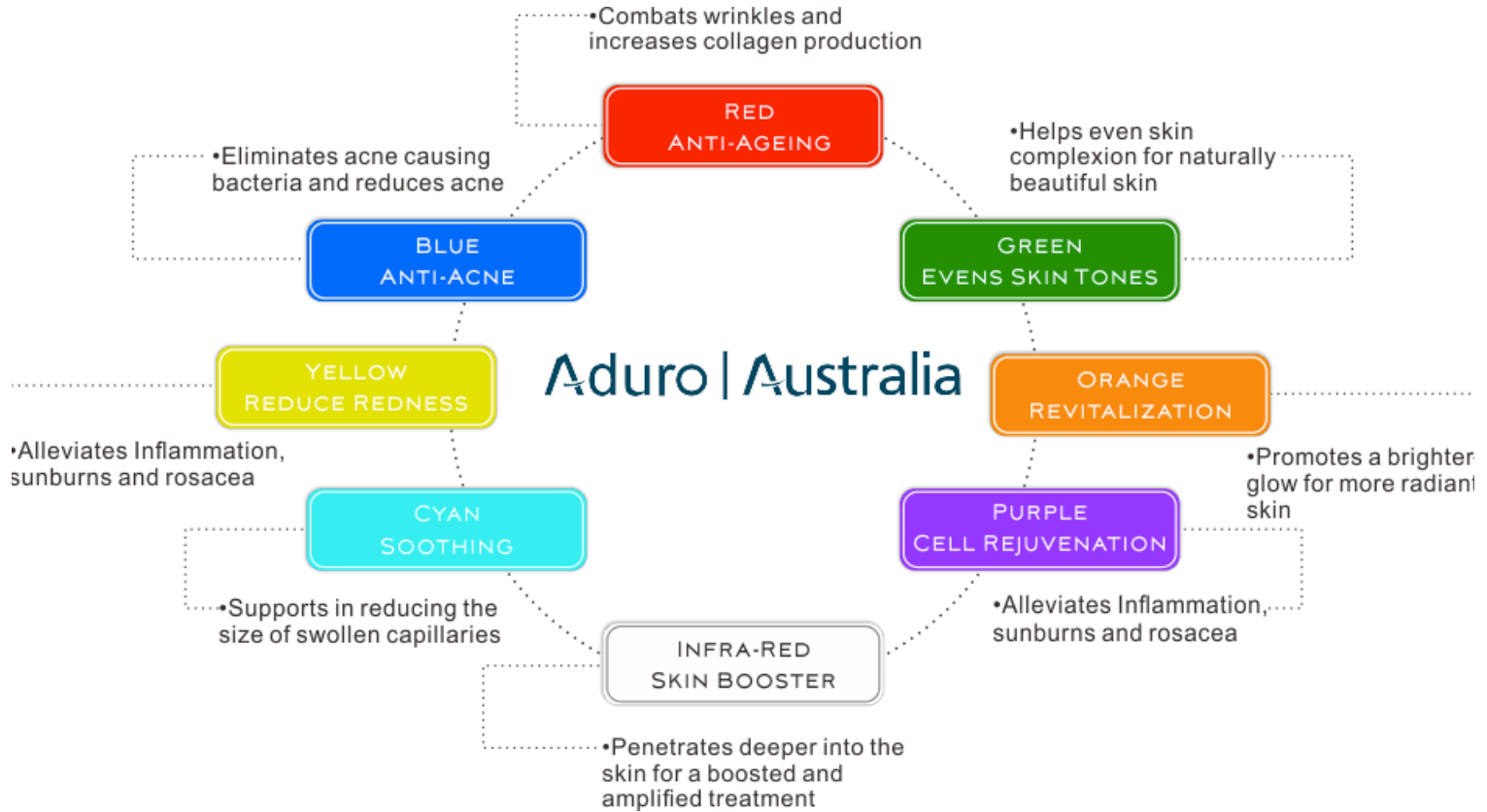
Deluxe Facial

60mins - \$90

Sometimes our tired skin just needs to be pampered and rejuvenated. The Deluxe Facial treatment is designed to cleanse, exfoliate and revitalize, leaving your skin fresher, younger and happier. This is a complete treatment which is ideal for all skin types.



LED Light Therapy



See your skin in a new light!

LED light therapy offers a therapeutic light treatment that is safe, non-invasive and chemical free. The LED-mask is proven to be widely effective in clearing up acne, evening skin tone, combating dull/dry skin, reducing wrinkles, post inflammatory, scarring, rosacea, redness, soothing irritations, and generally revitalising the skin. The Aduro LED Mask combines all the benefits of EIGHT different LED light wavelengths with added bonus of infra-red skin technology to boost your result.

LED Packages + Add On

Prepay 12 Signature LED Light Therapy Treatments

\$690

Prepay 6 Signature LED Light Therapy Treatments

\$345

Add on a Hydrogel Collagen Infused mask:

Face mask \$20

Eye mask \$15

Lip mask \$15

Add on LED to any existing facial treatment **\$39**

Signature LED Light Therapy 30mins - \$69

Immerse your skin in therapeutic light for the ultimate hydrating, rejuvenating, calming and purifying facial experience that is tailored specifically to target the individual concerns on the 4 key facial areas for face, eyes, nose and mouth. Let me take you on a sensory journey to turn your skin cells on again and bring the life and luster back to your skin at the cellular level! I will have you glowing with life, youth and vitality after each treatment.

For optimum results, a course of at least 6 treatments (2 x a week for 3 weeks) is recommended. Ultimate results are achieved with 12 treatments.

Massage + Treatment Packages

Retreat Here

1hr 45mins - \$145

During your retreat you will receive a Himalayan salt back exfoliation with a beautiful blend of lemongrass, grapefruit & citrus botanicals. Your back massage will then relieve back, neck & shoulder tension. The lemongrass lift pedicure will leave your feet smooth & revitalised. To finish you will be treated to an eyebrow wax, eyebrow tint, eyelash tint & aromatherapy scalp massage



Fully Meditated

2hrs 30mins - \$210

A full body exfoliation will deeply remove dead skin layers whilst drenching your skin in a beautiful blend of lemongrass, grapefruit and citrus botanicals. This scrub is seriously healing! Following your scrub you will receive a full body massage. A Deluxe Facial treatment is then performed to cleanse, exfoliate and revitalise, leaving your skin fresher, younger and happier. This package will leave you in a state of complete zen...

Relax Here

2hrs - \$160

This is Meditate & Exfoliates' signature two hour package. #relaxhere combines a deluxe facial and full body massage all designed and dedicated to YOU!

Tip to Toe Body Glow

30mins - \$60

Skin Type: All skin types. Targets Dryness + dullness + breakouts

A berry fruity exfoliation to reveal bright and glowing skin. Delicious blueberry infused drops are massaged onto the body to smooth, revive and hydrate the skin.

Hot Stone Massage

90mins - \$129

60mins - \$99

Hot stone massage is a luxurious treatment that incorporates smooth basalt stones. Between gentle and flowing massage strokes, the heated stones are applied to the body with gliding motion and gentle pressure. The warmth and weight of the stones has a sedative effect and encourages the body to surrender into deep relaxation where rejuvenation and healing is optimised

Swedish Massage

90mins - \$120

60mins - \$90

Your aroma Swedish massage will be design specifically to suit your own needs. This massage uses a personalised selection of essential oils & flowing massage to sooth, nurture and balance the mind & body

Juice Melt Body Massage

60mins - \$95

Let the world melt away as you relax and rebalance your body with this soothing massage. Customise your experience by adding a yummy juicy aroma to the healing Green Juice balm. Relieve tense and aching muscles, and nourish your skin for a soft and smooth glow.

Full Body Exfoliation + Massage

1hr 45mins - \$139

This full body exfoliation will deeply remove dead skin layers whilst drenching your skin in a beautiful blend of lemongrass, grapefruit and citrus botanicals. Combined with pink Himalayan salt for its anti-inflammatory and antibacterial properties, this scrub is seriously healing. Following your scrub you will receive a full body massage, just so you're 100% blissed out..

Beauty Treatments



Lemongrass Lift Pedicure

\$50

Exfoliating Himalayan sea salt smooths & softens dry rough heels while coconut oil and balms moisturise the skin. A nourishing burst of essential oils are then massaged into your feet and legs. Includes all nail, cuticle work & your choice of polish.

Lash Lift + Tint

\$75

Lash Lifting is the low maintenance way of giving lashes extra curl & definition.

Eye Package

\$45

Eye brow wax, eye brow tint, eyelash tint, aromatherapy scalp massage.

Electrolysis

From \$40

Electrolysis is the only proven method of hair removal that has been approved by the Food and Drug Administration (FDA) to be permanent and effectively remove all hair types and colours from the face and body.

Waxing + Tinting

Eye brow wax- \$20

Lip wax- \$14

Chin wax- \$14

Underarm- \$20

G-String wax- \$35

Bikini wax- \$20

Brazilian- from \$50

Half leg- \$30

Full leg- \$50

Full face wax, includes: lip, chin, sides of face- \$35

Eye lash tint- \$20

Eye brow tint- \$15

Brow tint & wax- \$30

Eye brow tint, eye brow wax & lip wax- \$45

Half leg & bikini- \$45

Half leg, bikini & underarm- \$65

Full leg & bikini- \$65



Meditate and Exfoliate is a unique Beauty Therapy salon situation in Niagara Park on the New South Wales Central Coast. At Meditate and Exfoliate we offer a wide range of skin, body and beauty treatments. We are committed to creating a safe nurturing space for you to relax, learn and fill up. Using only Australian, professional skin care products we will make you and your skin feel magnificent

[Click here to book online](#)

38A Marril Road Niagara Park NSW 2250

0424 312 162

www.meditateandexfoliate.com

belinda@meditateandexfoliate.com

[Click here to purchase gift vouchers online](#)



www.meditateandexfoliate.com