

# MDS VIP STAY

Spa Ultimate Escape 5h+ Overnight (Optional)

Solo \$900 For Two \$1500

Treat yourself to the ultimate sanctuary secluded day spa. Start with relaxing massage. Tailored to your specific needs, we will choose a suitable catered experience. Refreshment and breakfast included in the private villa. This VIP Stay package includes;

Modern Day spa signature massage 90 min, detox full body scrub and body wrap 90 min, Signature facial 90 min, Scalp massage 30min

## VIP ENTERTAINMENT

Inquire Within About Our Monthly Membership

## Hire Our SPA for Special Occasions Parties & Gatherings

Contact Us for more information

## GIFT VOUCHERS AVAILABLE (online & Shop)

## T&C'S

Please refer to our website to view our Terms & Conditions  
Free Parking available all day close to entrance

Secure Your Booking ☎ 08 6186 7878 | 0435 660 677

📱 modern day spa ✉ info@moderndayspa.com.au 🌐 www.moderndayspa.com.au



# MODERN DAY SPA

*Your Day Starts At Modern Day Spa*

## HIS & HERS SPA MENU



## FACIALS

Renewal Facial 45min \$150

Looking for a pick-me-up? Our Modern Day Spa Renewal Facial is perfect for you! This 45-minute service uses Pelacity AHA Lactic Peel to brighten and revitalize your skin. You'll leave feeling refreshed, with a radiant complexion.

Modern Day Spa Signature Facial 1h 30min \$310

This signature, ultra-restoration facial is tailored to your skin's needs to hydrate, firm, revitalize, renew and boost collagen production while moisturising, soothing & hydrating the skin.

This mds signature often includes a comprehensive approach to relaxation and skincare, extending beyond the face to incorporate neck, shoulder, and scalp massages. This holistic experience aims to enhance overall well-being by reducing tension and stress that's make your skin young looking.

ApexGlow (facial for Him) 1hr 15min \$210

A powergold facial mask for men, delivering rejuvenation and radiance in every application. Elevate your skincare game effortlessly.

# BODY

Optional Infrared Sauna Therapy 1h \$70

Looking for a pick-me-up? Our Modern Day Spa Renewal Facial is perfect for you! This 45-minute service uses Pelacity AHA Lactic Peel to brighten and revitalize your skin. You'll leave feeling refreshed, with a radiant complexion.

Detox Scrub & Body Wrap 1h 30min \$250

Our detox scrub and body wrap are perfect for anyone looking to refresh and rejuvenate their skin. The scrub is a blend of natural ingredients that help to remove dead skin cells and toxins, while the wrap helps to improve circulation and tighten the skin.

Modern Day Spa Bliss 3h \$550

Rejuvenate your skin tone & soothe the senses with our organic, exclusive product for a full body exfoliation. The 3hr blissful therapy is followed by a warm mineral body wrap to nurture and flush the body accumulated toxins while you enjoy a relaxing scalp massage. After a refreshing shower, you will enjoy a blissful full Body massage of your choice. Refreshments are included in the package.

# MASSAGE

Swedish Massage 1hr 15min \$165 2hrs \$300

This is the ultimate journey to relaxation. Our spa therapists use light to medium pressure utilising rhythmic flowing movements. The 90-minute treatment allows for deeper relaxation and dedicated time to focus on specific areas.

Deep Tissue / Sports Massage 45min \$135 1h 15min \$200 90min \$250

A deep rhythmic massage focused on releasing muscle tension and mobilising fatigued muscles. Perfect for muscular aches and pains or post work out recovery to alleviate tightness and problem areas.

Airin's Signature Massage 45min \$185 1h 15min \$245

Focusing on areas of pain and inflammation, this therapy is effective for water retention, sports injuries, muscular and nerve pain, soft tissue inflammation and joint problems. This program concludes with a tension-relieving Blissful Marma massage.

Modern Day Spa Signature Massage 1hr 30min \$300

Our signature massage is deeply relaxing. We use organic soothing essential oils & ancient healing techniques to relieve tensions that help calm the nervous system, melt away tension & stress, and restore inner balance.

Pregnancy Massage 1hr 15min \$220

Pregnancy massage is a wonderful way to relax and de-stress during your pregnancy. At Modern Day Spa, our therapists are specially trained in prenatal massage techniques that will help relieve tension headaches, sciatica pain, and swollen feet and ankles.

Aromatherapy Massage 1hr 15min \$220

The aromatherapy massage at Modern Day Spa is a luxurious experience that will leave you feeling relaxed and refreshed. Your massage therapist will use ancient healing techniques and essential oils to promote healing and well-being, and the aromatherapy will help to improve your circulation and relieve stress.

# PACKAGES

Executive Double Bliss 2hrs \$350

This combination treatment provides deep cleansing facial and drybrush exfoliation, combined with a massage emphasising on your back, neck and shoulders areas, finished with a soothing anti-aging 24k gold mask facial designed to eliminate premature skin damage.

### Special Occasion Rejuvenation for Her 5hrs \$900

The Special Occasion Rejuvenation package for her is the perfect way to celebrate a special occasion. Let us pamper you with our complete spa experience; including a blissful facial, soothing body scrub and wrap, relaxing massage, revitalising shower and gorgeous hair & makeup. An unforgettable indulgence!

Double your pampering pleasure by inviting a friend to join you in your post-spa bliss, or keep it all to yourself as you relax in the comfort of our private, secluded restoration area after your treatment, and indulge with a complimentary bottle of champagne and refreshments to help you celebrate in style.

### Artistic Desire Experience for Him 2hrs \$375

This combination Artistic Desire Experience for Him design to experience our signature facial, followed by neck, shoulder and scalp massage, combine with foot rejuvenation massage and foot mask.

### Blissful Scalp/Face Signature 45min \$140 1h 15min \$185

Experience pure relaxation with our Head, Neck, Scalp and Face Signature Massage. Let our skilled hands ease tension with a soothing scalp, followed by targeted techniques to release knots in your neck and shoulders. Perfect for relieving headaches, stress, migraine and neck pain.

This comprehensive therapy not only provides relief from tension but to the ultimate relaxation.

Treat yourself to the ultimate self-care experience and discover the transformative power.

### Radiant Glow Renewal 2hrs \$350

Immerse yourself in the ultimate "Radiant Glow Renewal" experience, where a rejuvenating facial, a soothing body scrub, and a tension-easing massage come together.

Our skilled therapists pamper you from head to toe, leaving your skin radiant and your body refreshed, creating a blissful and rejuvenating spa escape.

### Ultimate body energized 2hrs 30mins \$450

Step into the serene realm of our "Ultimate Body Energized" with Airin, our head therapist. Revel in the gentle touch of a body scrub, the tension-melting massage, the nourishing cocoon of a wrap, and the revitalizing tourmaline of a sauna session.

MDS holistic approach extends beyond the physical, crafting a spa journey that nurtures mental clarity and serenity.

This artful fusion of rejuvenation promises a profound sense of tranquility, leaving you refreshed and harmoniously connected with your overall well-being.

Your experience is thoughtfully designed to energize both body and mind, creating a sanctuary for ultimate relaxation and revitalization.

### GritGent (body scrub & Foot Massage for HIM) 1hr \$150

GritGent is not just your average body scrub; it's a rugged companion for the modern gentleman. Infused with invigorating ingredients and designed to exfoliate and cleanse deeply, GritGent leaves your skin feeling refreshed, smooth, and ready to take on the day. Embrace your rugged side with GritGent, because every gentleman deserves a little grit in their grooming routine.

### Foot Massage 45mins \$120

A soothing and therapeutic experience that begins with gentle kneading and rubbing of the feet, promoting relaxation and stress relief. Using a combination of smooth strokes and targeted pressure on specific points, enhances circulation, reduces tension in muscles, and encourages the release of built-up toxins.

The sensation of fingers working delicately yet firmly across the arches, heels, and toes can alleviate aches and pains while improving overall well-being. This treatment was a blissful escape from the demands of daily life, promoting both physical relaxation and mental rejuvenation.

