

PEDICURE & MANICURE

Fancy Feet Pedicure **45 mins** **\$65**
Restore the bounce in your step! Your feet will feel and look fabulous after this treat. Feet are pre-soaked in an aromatic foot bath, followed by exfoliation of dry skin using the Pure Fiji Creme Scrub before we proceed to trim nails and buff heels. Now for a deep foot massage with Pure Fiji Body Butter before we attend to your cuticles and nail paint. Gentlemen are provided with an extended foot massage. Fantastic to revive tired, dry feet. Put a 'zing' in your step!

French Paint is an extra \$10 per treatment. Shellac removal allow extra 20 minutes +\$20

Lovely Hands Manicure **45 mins** **\$65**
Simply a pleasurable treat you rarely have time for! Your hands are gently exfoliated with aromatic crème scrub followed by a gentle hand massage using Pure Fiji Body Butter. Cuticle treatment, nail shape, buff and polish. Our hands reflect our age, so keep both your skin and nails in great shape.

French Paint is an extra \$10 per treatment. Shellac removal allow extra 20 minutes +\$20



EAR CANDLING **50 mins** **\$75**
An ancient technique used to extract impacted wax and debris from the auditory canal. A hollow candle is inserted gently at the entrance to the ear canal and held in place by the therapist. Candling is a non-invasive, painless and gentle treatment and assists with “muffled hearing”, sinusitis congestion, dizziness and ringing in the ears. Not recommended in the case of an ear infection or for children under 12 years.



SPRAY TANNING

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|---------------------------------------|----------------|-------------|
| Full Body Spray Tan | 15 mins | \$39 |
| Top Up/Refresh (within 7 days) | 15mins | \$29 |

Spray-on tan offers you an instant, flawless, 100% natural looking tan and contains approved and non-harmful ingredients that provide an instant tan and skin hydration all in one. Your tan amplifies over two hours into a truly bronze tan with NO orange undertones.

Exfoliation is recommended the day before your spray tan to improve and extend your tanning result.
Do not apply deodorant, moisturiser or perfumes to the skin prior to tanning.
Remember to bring dark coloured, loose fitting clothing to wear home.
Do not shower or expose your skin to water for 2 hours, if possible shower the next day.
If you have very sensitive skin we recommend you have a patch test 24 hours before your spray tan.
Spray tan does not protect you from sunburn. It is recommended that you use sunscreen.

WAXING & TINTING

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|--|-------------|-----------------------|-------------|
| Lip wax | \$10 | Underarm wax | \$15 |
| Chin wax | \$10 | Bikini wax | \$25 |
| Brow wax | \$15 | G-String wax | \$35 |
| Lip & Chin wax | \$18 | Brazilian wax | \$59 |
| Lip & Brow wax | \$22 | Half leg wax | \$28 |
| Lash Tint | \$18 | Half leg + Bikini wax | \$48 |
| Brow wax + Lash Tint | \$30 | ¾ leg wax | \$48 |
| Brow wax/Brow Tint & Lash Tint \$38 | | | |

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|-------------------------|-------------|-------------------|-------------|
| Men | | | |
| Back wax (light growth) | \$42 | Chest wax (light) | \$42 |
| Back wax (dense growth) | \$65 | Chest wax (dense) | \$65 |

GIFT VOUCHERS

Make someone's day and create a memory by surprising them with a Gift Voucher! Pamper your family, friends and loved ones with a surprise! We strive to deliver a wonderful treatment, in a relaxing environment, which is all about taking cares away and relieving stress. We could all do with some “me time”, but often we put other needs first. If you are unable to visit Sambara Spa, you may wish to purchase via credit card over the phone and we will then forward it via email. Gift Vouchers are valid for 6 months from purchase date.

ARRIVAL TIME

Please arrive approx 10mins prior to you appointment. This allows time for the completion of our registration form, selection of facial product & discussion where applicable and choice of nail polish colour for those having manicures and pedicures. You may also wish to use our bathroom facilities. Late arrival will reduce your treatment time, as we endeavour to keep to schedule, so as not to inconvenience our next client.

RESERVATIONS/BOOKINGS

To assist us in confirming a booking for the day and time of your preference we strongly recommend at least 24 hours advance reservation and for Saturdays a week in advance where possible.
CREDIT CARD details will be required to make a reservation for new clients and for any reservation for 2 or more people. Alternatively, you may wish to leave a 50% deposit. This policy is in place to assist us reduce “No Show” and last minute cancellations.

CANCELLATION/AMENDMENTS

Our policy requires that a minimum of 24 hours notice is required to cancel or amend your reservation without penalty. Cancellation/amendments on the day of your appointment will result in a 100% cancellation fee per treatment booked being charged. GIFT VOUCHER bookings will also need to meet this requirement.

CHILD FREE ENVIRONMENT

To meet Workplace Health & Safety regulations and to maximise your relaxation the Spa is a child free environment.

facebook.com/OmSariSpa  instagram.com/omsarispa   tripadvisor*

enquiry@omsarispacomau



Massage Therapy | Aromatic Facials | Spa Packages
Body Scrubs | Pedicures | Manicures
Waxing & Tinting | Spray Tanning | Gift Vouchers



(07) 5536 4844 Shop 12 - 135 Griffith St
Hours: Mon-Sat Reflections on the Sea
9.30am-5.30pm COOLANGATTA

omsarispacomau

OMSARI ≈ DIVINE ESSENCE

We are delighted you are reading our menu of services and truly hope that you find a treatment that is just right for you or someone you love or care for. The only choice you need to make is when to take care of yourself! OmSari Spa is a peaceful, aromatic environment that will allow each person time and space to surrender. We believe that caring for our bodies and our mind/spirit, is fundamental to our ongoing health and joy of life. Visit us on your own, with a friend, group of friends or husband/partner/relative as our treatments are suitable for all.

Health Fund Rebates - It is essential that you advise us when booking if you wish to claim a rebate from as the therapist performing your massage must be registered with your fund. Most health funds provide a rebate on **‘Remedial’** massage, however you will need to verify details with your fund as it is dependant upon your level of cover.

MASSAGE THERAPY

Having a regular massage is an excellent choice if your goal is to improve your overall health and wellbeing. The many benefits of massage assist both your physical and emotional wellness and is now often recommended by a wide field of health professionals. Perhaps you feel your body is sluggish, heavy or stiff or you may have muscular aches and pains or be feeling stressed and tired. Taking time-out in a calm, nurturing environment also assists if you are suffering grief, loss or depression. Treating yourself to a massage is an excellent way to ‘slow down’ and honour yourself.

45mins \$70 1 hour \$90 90mins \$135

Remedial/Deep Tissue – Our most popular and our ‘speciality’ because we are passionate about massage. Skill comes with experience in any field and our deep tissue therapists understand what a ‘great massage’ means. Incorporating firm pressure, trigger point work, aromatherapy and balanced with periods of relaxing flowing movements this massage style is the one that works magic!

Aromatherapy/Swedish/Relaxation

We can take the ‘ouch’ out of ‘touch’ and provide you with a soothing massage using aromatic oils and medium to light pressure, with rhythmic strokes. Time will slip away as your body relaxes under the hands of our caring therapist. Benefits of this style of massage are to assist lymphatic flow and drainage, to improve peripheral circulation by stretching and warming your muscles with the added benefit of hydrating dry skin.

Pregnancy Massage – “Oh! I wish I could stay here all day!” Our pregnancy pillow allows you to lie face down and relax even in the later weeks of pregnancy. This massage is carefully balanced between a little pressure and lots of relaxation and aids in releasing tense shoulders, tired legs and general weariness.

Hot Stone Massage 1 hr **\$105**
“Awesome, soothing, and amazing pressure!” These are just some of the comments we receive from our very happy clients. The hot stones don’t feel like stones! Experience the unique combined effect of heat, essential oils and massage oil as our therapist uses skilled moves to release stored muscle tension and pent-up stress. Yes, we actually massage you with the hot stones and blend hands on remedial techniques to ensure your satisfaction. Magic!



UNIQUE TREATMENTS

Drift-Away Massage 1 hr **\$95**
Another of our popular treatments, combining a 30 minute back of body massage with a 30 minute facial. This treatment includes facial cleanse, warm compress, tone and moisturise before your depart feeling refreshed and relaxed!

Stress Buster Massage 1 hr **\$95**
Just for those who love a foot massage but want a body massage too! Combining a 30 minute back of body massage and a 30 minute treatment on your feet, including a tropical creme scrub to smooth and soften, a detoxifying clay mask and last, but not least, an intensive foot massage!

De-Stress Me! 1¾ hrs **\$165**
Do you really want a massage but you want a good long treat on your feet but not a pedicure! But then you’d really like a facial too! This is the treatment for you. There’s something about having your feet and face done in a treatment that really brings us to a peaceful place. Take the pressure down! Treatment includes: 45min massage; 30min foot scrub/mask/massage; 30min facial.

Head-to-Heaven Treatment 1½ hrs **\$139**
This popular treatment appeals to those who can’t decide! Combining body massage, feet treat, scalp and face massage it sends you to heaven! Soothing music and an exotic blend of warmed oil being applied to your body is a recipe for relaxation! Your treatment is a wonderful combination of a 45 minute back of body massage using essential oils followed by the application of our cooling foot mask, left to dry while we focus on your deeply relaxing face and scalp massage. In a perfect state of calm and peace we take you one step deeper as we complete the treatment of your feet, removing the mask and re-moisturising your feet with a deep massage that relieves the last trace of tension!

PACKAGES

Pure Bliss **Choose any 2** **1½ hrs** **\$139**
How fantastic! You get to make up your very own Spa package! The treatment choice is excellent value for money and one of our most popular choices. Select any 2 x 45min treatments listed below and combine for your bliss out experience!

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| * Remedial Massage | * Hot Stone Massage | * Pure Fiji Body Scrub |
| * Aromatic Facial | * Hand & Feet Treat | * Face & Scalp Massage |
| * Pedicure | * Manicure | * Brow wax & Bikini wax |
| * Brazilian wax | * Full leg wax | * Bikini wax & ½ leg wax |
| * Back wax (men) | * Ear Candle | |

\$10 surcharge applies if you wish to combine Remedial massage with Hot Stone massage. Package is for one person taken as one treatment. French Paint is an extra \$10 per treatment. Shellac removal allow extra 20 minutes +\$20

Triple Bliss **Choose any 3** **2¼ hrs** **\$185**
Are you finding it hard to choose just 2 treatments? Problem solved, simply Make-it-3! Make the very most of your chance to unwind and relax by extending your treatment time. It’s still fantastic value for money spent and will ensure you drift out our door. Select any 3 x 45min treatments listed below and combine:

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|--------------------|---------------------|--------------------------|
| * Remedial Massage | * Hot Stone Massage | * Pure Fiji Body Scrub |
| * Aromatic Facial | * Hand & Feet Treat | * Face & Scalp Massage |
| * Pedicure | * Manicure | * Brow wax & Bikini wax |
| * Brazilian wax | * Full leg wax | * Bikini wax & ½ leg wax |
| * Back wax (men) | * Ear Candle | |

\$10 surcharge applies if you wish to combine Remedial massage with Hot Stone massage. Package is for one person taken as one treatment. French Paint is an extra \$10 per treatment. Shellac removal allow extra 20 minutes +\$20

Make-My-Day Combo **2 hrs** **\$175**
If you’re not into a lot of fuss and have 2 hours to indulge yourself with some much needed ‘chill-out’ time then this treatment is for you! Your enjoyment starts as soon as you lie down and anticipate that you have a whole 2 hours of pampering to enjoy. Commencing with your choice of a relaxation, aromatherapy or remedial massage followed by a ‘Radiance’ facial your treatment will allow you to drift and dream and fall into deep relaxation. This treatment is enjoyed equally by our male and female clients.

“Omsari Indulgence” Package **3 hrs** **\$265**
When you know you need some serious pampering this is the treatment for you. It’s lovely to look forward to a treatment knowing that you have 3 hours to let your cares fade away. Your treatment begins with the tropical aromas of Pure Fiji’s exfoliating sugar scrub drifting about you as we do an invigorating body scrub to slough off dead skin cells and hot towel you off. Time for a shower, your skin will feel soft as silk. Your treatment continues with a soothing hot stone massage which is followed by your choice of a manicure or pedicure. While your nails are drying and you’re very relaxed we will complete your package with an hydrating facial using the product of your choice. You will feel relaxed, refreshed and nurtured.

Treatment: Hot Stone Massage/Body Scrub/Facial/Manicure or Pedicure



SKINCARE & ANTI-AGEING

PURE FIJI From the tropical Isles of Fiji – a fragrant range of facial products rich in exotic green coconut, dilo and macadamia nut oils, and powerful plant actives combined with the latest dermatological revelations to produce a line of face care products that communicate directly with and stimulate your skin’s own system of cellular moisture retention and renewal.

asap ASAP is a cosmeceutical skincare line incorporating the use of active ingredients such as Alpha & Beta Hydroxy Acids (AHA/BHA’s) and antioxidants. This skincare line effectively improves the appearance of dry, dull skin and is formulated to assist with problematic oily and acne-prone skin and assists with the appearance of uneven skin tone. ASAP is a concise product range that makes caring for your skin affordable and a simple pleasure.

Pep-up Facial **30 mins** **\$60**
Is your skin in need of a quick ‘pick-me-up’? Do you just cleanse and moisturise? During this facial you will not only relax but your skin will benefit from deep cleansing, exfoliation and hydration. You will have had time to unwind a little and your skin will appear more nourished and healthy.

Rejuvenating Facial **60 mins** **\$95**
Time to lie back and let our hands and lovely products work their magic! Enjoying a facial is easy when there are warm towels, lovely aromas and skincare products that make a difference. Let the feel and texture of each product take you on a journey into that ‘drift-off’ zone. So many benefits in an one hour session - relaxation, pampering face and scalp massage, and re-vitalised skin!

Treatment: double cleanse, exfoliation, clay detoxifying mask, neck/shoulder/scalp massage, hydrating mask, moisturiser, lip balm.

Indulgence Facial **90 mins** **\$140**
Allowing extra time benefits you and your skin. It’s an advantage to allow all products time to interact with the skin and effectively do the job they were created for. Through the process of cleansing, exfoliation, detoxifying masks and moisturisers the layering of products allows for better absorption and nourishment of the skin. We’ll pamper you during this facial with an exfoliating foot scrub, body butter massage of your feet and a divine scalp massage using Argan oil which is enriching for your hair and scalp. Time to slow-down, unwind and surrender.

Treatment: double cleanse, exfoliation, clay detoxifying mask, neck/shoulder/scalp massage, hydrating mask, moisturiser, lip balm.