

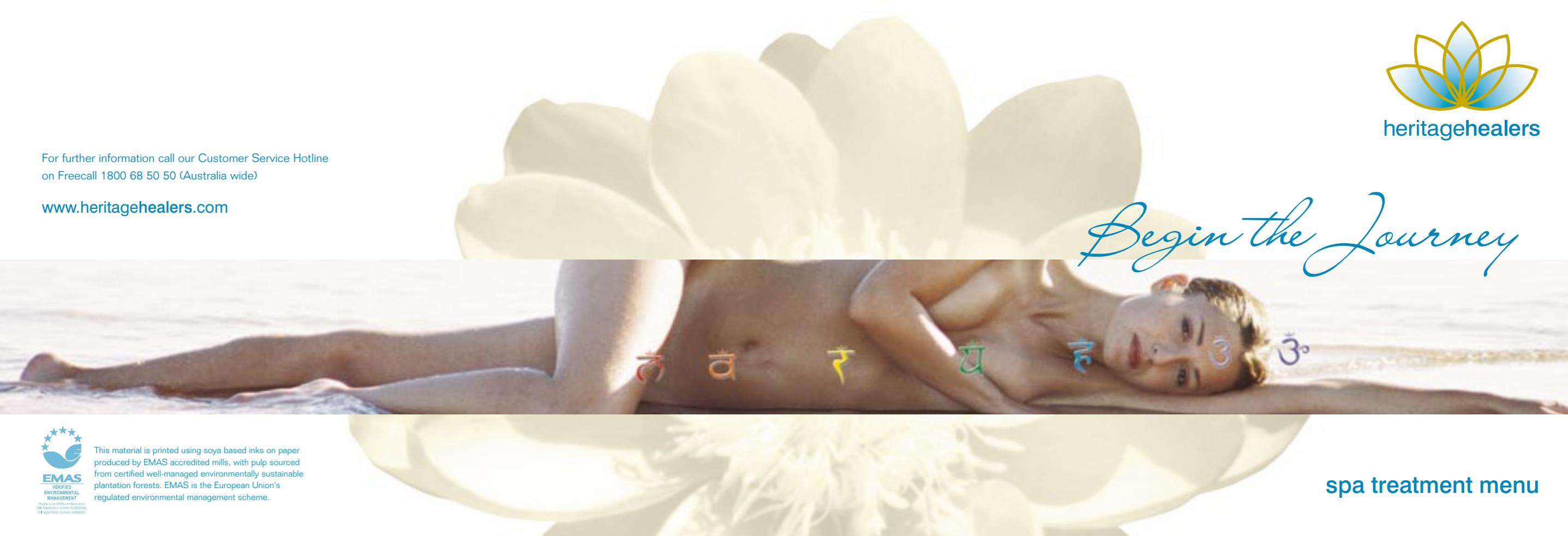


heritagehealers

For further information call our Customer Service Hotline
on Freecall 1800 68 50 50 (Australia wide)

www.heritagehealers.com

Begin the Journey



This material is printed using soya based inks on paper produced by EMAS accredited mills, with pulp sourced from certified well-managed environmentally sustainable plantation forests. EMAS is the European Union's regulated environmental management scheme.

spa treatment menu



welcome

to a world of beauty, health
and healing.

heritage**healers** spa
treatments and therapies
embrace a new level of
wellness, an essential escape
from a stress-filled busy
life, restoring balance and
harmony to the mind, body,
soul and SKIN.

A synergy of ancient healing
wisdoms and modern science,
each beauty ritual is designed
and customised to the unique
needs of your skin and
lifestyle.

This holistic approach
to beauty merges high
performance skin care with
personal natural remedies
of Australian wildflowers,
the purest aromatherapy
oils, energising crystals, and
Ayurvedic inspired healing
therapies designed to touch
the chakras within your being.

Let our skilled therapists take
you on a sensory journey of
wildflower healing, working
inside and out to create
life-balance, total well-being
and a youthful vitality.



Live a Beautiful Life

signature facials

Soul & Skin Spa Ritual 1½ hrs

The ultimate facial indulgence, heritagehealers Soul and Skin Spa Ritual nurtures your senses on every level, leaving you with a radiant, youthful complexion that simply glows with good health and complete well-being.

We begin with a few simple questions from which our expert therapists will create your personal journey of wildflower healing.

Wildflower essences, the finest aromatherapy oils and purest organic skin care are all applied with a deeply relaxing healing touch.

While naturally revitalising the skin we balance the body's energies using your personal wildflower remedy and the ancient Ayurvedic healing art of Chakra Balancing.

Working with the natural flow of energy your therapist moves through the major meridians and chakras, applying the essences, gently releasing stress to restore inner balance and harmony.

As healing hands glide across your body, stress melts away like ice on a summer day.

The Divine Goddess 1¼ hrs

Discover the Goddess in you with nature's most powerful wrinkle remover found in the beautiful Hibiscus flower.

This natural beauty secret works like Botox to smooth dynamic wrinkles and banish fine lines!

Your journey to beauty begins with a relaxing aromatic cleanse, followed by a cooling and soothing active massage mask.

Choose from protein rich **Caviar**, skin regenerating **Vitamin C**, or natural **Whitening** actives to brighten your complexion.

To complete the transformation your fine lines are then targeted with an intensive anti-ageing infusion of pure collagen and Myoxinol – nature's own wrinkle remover, extracted from the Hibiscus flower – while a gentle scalp massage soothes your inner soul.

Awaken to reveal the Goddess in you.

Beauty starts from within





wildflower facials

To bring you inner calm and beauty, our nurturing starts from the inside with the ancient healing of native Australian wildflowers.

Used for centuries by the Aboriginal people, our naturopathic doctors capture and bottle the vital essence of these unique wildflowers to help us keep up with our busy modern-day lifestyle.

The essences work to reduce stress, naturally improving our inner well-being, and this is reflected in healthy, beautiful skin.

Infused with wildflower essences and aromatic essential oils each of these uplifting facial treats is customised, just for you.

Mini Flower 45 mins

When time is precious, this wildflower pick me up facial is the answer to boost your complexion and your energy!

A revitalising and rejuvenating mini-treat that includes cleansing, exfoliation, and hydration for all skin types.

Wildflower Healing 1 hr

A flower essence journey that indulges the skin and senses.

High performance anti-oxidants and essential skin nutrients, in a soothing organic base of healing herbals and wildflowers, work to cleanse, hydrate and revitalise the skin.

Elemental aromatherapy oil facial massage melts away tensions, for stress-free skin that glows with radiant health.

Purity Cleanse 1 hr

Reduces excess oiliness and balances the complexion.

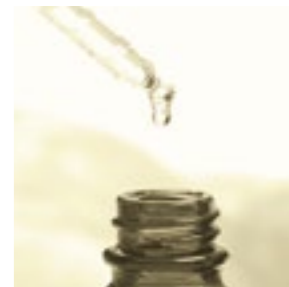
We combine the deep cleansing properties of Kaolin and Bentonite clays with cooling witch hazel, balancing geranium and ground wattle husks to purify and decongest.

Leaves pores refined and complexion smooth and clear.

Collagen Booster 1 hr

Feeling like a second skin, this super intense facial combines nutrient rich organics and healing wildflowers with a 100% saturation of pure collagen for a luxurious and replenishing skin boost.

Moisturises and regenerates, leaving the skin revived, totally hydrated and wrinkle free.



Balance, harmony & health

holistic peels

Grape Wine Peel

½ hr

This peeling treatment is based on a 20% fruit acid complex that gently, but effectively, removes the top layer of skin cells stimulating cellular renewal and revitalising the skin.

Grape wine extracts provide essential polyphenol nutrients and antioxidants to calm, nourish and revitalise; The result is an instantly smoother, refined skin – without irritation.

For best results an intensive course is recommended.

Grape Wine Peel with Collagen

1 hr

Instantly erase your wrinkles with a grape wine peel followed by an intense infusion of pure collagen.

The skin rejuvenating grape wine peel beautifully prepares the skin for a 100% saturation of super hydrating collagen for a soothing and replenishing skin boost.

This powerful facial both refines and hydrates to reveal a radiant new, more youthful skin.

Papaya Enzyme Peel

Harnessing the natural enzymatic exfoliation action of papaya and pineapple, this tropical treatment gently softens, brightens and clears the complexion.

Skin is left incredibly clean, smooth and radiant – it is the perfect skin preparation for maximum delivery of our super intensive anti-ageing actives

– ask for an upgrade in your next facial and discover a new level of results!

skincare intensives

In urgent need of some serious skin care? These intensive facials deliver a fast boost of regenerating actives directly into the skin.

Express Active

45 min

In a wonderfully cooling and soothing facial massage, potent actives are released from a freeze-dried organic biomatrix and infused into the skin.

Choose the Express Active facial for your skin's needs.

Express Caviar – great for all skin types, especially mature, dry and ageing skin.

Express Vitamin C – great for all skin types, especially fatigued and stressed skin.

Express Whitening – brings a new natural alternative to the challenge of pigmentation and skin lightening.

For best results an intensive course is recommended.

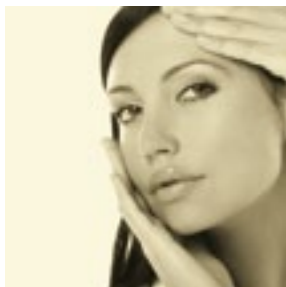
Peptide Power

1 hr

The ultimate combat for life's 'little attacks' on the skin.

This ultra-firming power facial pumps high performance anti-ageing actives deep into the skin. The unique combination of plant-derived bio-peptides instantly erases facial wrinkles for naturally smoother, firmer and healthier skin.

This peel off mask treatment is an amazingly powerful skin restoration system, for immediate and long-term visible wrinkle reduction.



Relaxing while energising

spa journeys



Journeys of energy, renewal and peace, inspired by ancient healing wisdoms and the natural elements of life.

Each spa journey is a flowering of traditional healing to restore beauty and balance, while igniting your senses and returning a new found energy and nourishment to mind, body, soul and SKIN.

Earth Contentment 2½ hrs

Mineral Mud Healing Wrap,
Wildflower Healing Facial

Water Karma 3 hrs

Tri-Dosha Healing Clay Massage,
The Divine Goddess Facial

Fire Spirit 2 hrs

Elemental Massage,
Power Peptide Facial

Air Awaken 2½ hrs

Wildflower Regenerative Wrap,
Youth Elixir O₂ Facial

Ether Enlightenment 3 hrs

Wildflower Foot Spa,
Wattle Husk Body Polish,
Soul & Skin Spa Ritual

Elements of beauty & wellness

pure oxygen gas therapy

It's the latest weapon of choice for celebrities looking to keep signs of ageing at bay and it uses pure oxygen gas.

With our modern lifestyle increasingly choked with stress and pollution, this is truly a breath of fresh air.

Youth Elixir O₂ Facial 1 hr

The pure oxygen gas power facial begins with your personal wildflower essences and a calming aromatherapy cleanse to soothe away internal stress; A gentle process of enzymatic exfoliation and skin hydration follows to prepare the skin for oxygenation.

21st Century skincare science then floods the skin with 180 million nutrient particles a second of pure oxygen gas, vitamins A, C, E and essential minerals.

This cascade of micronised nutrients revitalises every skin cell pore by pore, banishing fine lines, wrinkles and dehydration.

The result is an instant fresh rejuvenated skin, glowing with good health that looks younger and younger with every treatment
– a natural facelift!

Euphoria O₂ Facial 1½ hrs

Euphoria is a powerful healing journey for the soul and skin.

Release stress with natural healing therapies; An oxygen gas power facial renews your skin; Balance and recharge your chakras with Ayurvedic energy work, while breathing pure O₂ gas for deep relaxation and rejuvenation.

This is Euphoria - the ultimate wellness experience!

Acne Diffusion 1¼ hrs

This treatment will deep cleanse and diffuse troubled skin conditions. We combine wildflower essences, for your inner balance, with the remarkable anti-bacterial and healing properties of pure oxygen gas.

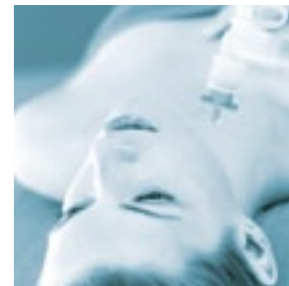
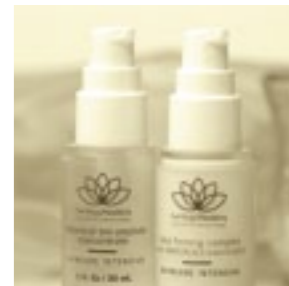
This unique combination will regulate, clear and refresh your complexion, to restore the skin's natural equilibrium and your confidence.

Cellulite Cure from 1 hr

This treatment will rev up the cell metabolism and rid the body of dimple-causing fats by supplying essential oxygen and nutrients to the stagnant cells that cause the appearance of cellulite.

The pure oxygen gas gives cells a 'kick start' restoring a healthy metabolism so they can naturally process and remove the trapped toxins and fatty materials, effectively breaking down the cellulite.

The result is firmer, smoother, toned skin – fast!



*A synergy of nature
& science*

ayurvedic facials

Immerse yourself in the healing world of Ayurveda – a sacred space where your mind, body, soul and skin are blissfully nurtured and united.

We balance the body's diverse energies using your personal wildflower essence remedy and heritage healers unique Chakra Balancing techniques, based on the ancient art of Ayurvedic energy work.

With the healing power of gentle touch your therapist glides over the major meridians and chakras, applying the essences, working with the body's natural flow of energy to release stress, re-align and restore balance.

Ayurvedic Balancer 1 hr

When you just want to relax, this is the facial for you.

The best of nature and science works to gently cleanse, hydrate and revitalise your skin – while the mind, body and soul is relaxed, balanced and recharged with your personal wildflowers, the purest aromatherapy and the ancient power of Chakra Balancing.

A healing and rejuvenating facial for mind, body, soul and skin.

Ayurvedic Purity Cleanse 1¼ hrs

Waking up the skin on the outside, leaving it purified and refreshed while helping to clear toxins from the inside.

This purely organic indulgence includes a deep cleanse, exfoliation and revitalising mask to balance oil flow and clear the complexion.

Our unique Ayurvedic energy work clears internal blocks and stagnation, to assist in restoring a healthy balance inside and out.

Tri-dosha Healing Clays 1½ hrs

Working with healing clays matched to the Ayurvedic doshas, your expert therapist designs this unique facial to your skin's needs.

As the mineral rich clays balance and energise the skin, personalised natural healing therapies dissolve stress and tension.

The result is a radiant and silky soft, stress-free complexion.

Ayurvedic Collagen Booster 1½ hrs

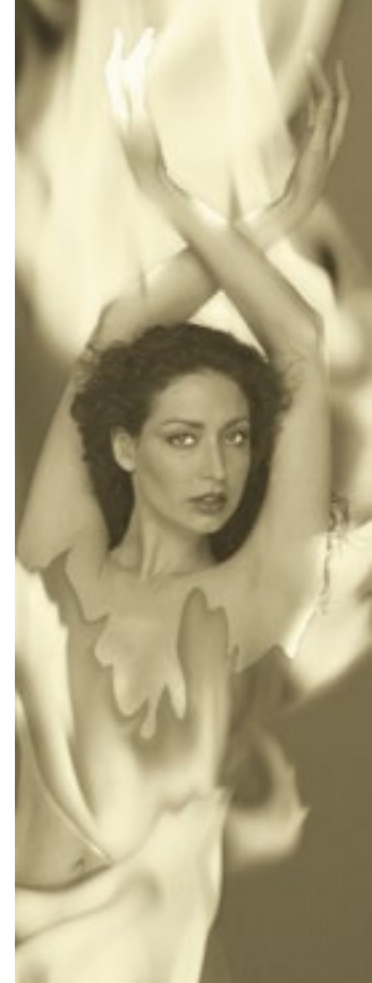
Where nature meets science for a power plus result.

Wildflower essences and Ayurvedic energy work release all stress and tension from within and on the outside, your de-stressed skin drinks up the intense hydration of 100% pure collagen.

Wiping away wrinkles of worry, the scars of pollution and the ailments of age, this skin booster leaves you looking and feeling wonderfully youthful.



*Ancient remedies
for modern stress*



body essentials

Awaken and strengthen all elements of your spirit.

Release stress, soothe your senses and re-define your wellness journey.

Worship the temple in which you live.

Wattle Husk Body Polish 1¼ hrs

Sweep away all beauty sins of dryness, and rough skin with a massage mix of ground wattle husks and warmed elemental aromatherapy oil.

Instantly refines skin texture leaving a silky smooth re-energised and bright skin tone.

Finish with a lavish saturation of creamy body milk full of healing wildflower essences, Thyme, Hawthorne and Aloe to nourish and hydrate.

Wildflower Back Facial 45 min

Just because it is out of sight, don't let it be out of mind – your back will never feel the same again!

We whisk away dead surface cells with sacred sea salts and elemental aromatic oils, and follow with the warmth of nutrient rich mineral mud; a blissful scalp massage completely re-energises soul and skin.

Emerge renewed, skin rejuvenated. Feel free to bare your back!

Wildflower Foot Spa 20 min

Say goodbye to roughened, dry skin. Soothe the feet in a bath of warmed elemental oils, sun dried salts and wildflower essences.

Gateways to relaxation and tension relief, they deserve the pampering.

Mineral Mud Healing Wrap 1½ hrs

A body extravagance that starts with the therapeutic goodness of wildflower essences, pure sea salts and your elemental aromatherapy oil, all blended to cleanse the skin free of impurities.

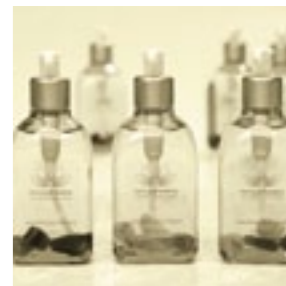
Then, cocooned in lush mud, let the earth's natural minerals eliminate toxins and tone your skin, all while your senses are indulged in a heavenly scalp massage or Mini-Flower facial.

Wildflower Regenerative Wrap 1¼ hrs

A wildflower journey to beautiful skin and deep relaxation.

Sweep away tensions, troubles and dead skin cells, with a gentle mineral salt and aromatherapy oil exfoliation.

Follow with a luxurious and lavish infusion of soothing body milk and oils, and a blissful scalp massage, as all nature's nutrients moisturise and nourish for total skin regeneration.



*Feel good inside
- look good outside*

body rituals

Elemental Massage

1 hr

Totally unwind with a body treat in tune with your element.

We start with your personal wildflower remedy then nurture and massage your body with mood enhancing elemental oils.

With your personal aromatherapy blend matched to your individual needs, it is easy to let go and release all the stress and tension of modern day living.



Ayurvedic Chakra Massage

1½ hrs

This is the treat for you if you're feeling weary and fragile, afterwards you will be rested and revived, with great clarity and clear white eyes that speak of heaven!

Begin your transit to tranquility with the healing touch of an elemental aromatherapy massage and a beautiful facial cleanse with warmed aromatherapy towels that soothe the soul and skin.

Complete your journey with flowing energy work movements and wildflower essences, lovingly delivered to every chakra centre, opening the heart, re-aligning mind, body and soul.

Chakra Balancing

30 min

A multi dimensional spirit reviver that targets the energy centres of the face and body with wildflower essences and heritagehealers unique Ayurvedic Chakra Balancing techniques.

Healing hands gently release blocks and re-balance your energy for optimum health and well-being.

Tri Dosha Healing Clays Massage

1½ hrs

This beautiful spa body treat is a fusion of the healing benefits of flower essence therapy, the finest aromatherapy oils and our unique Ayurvedic healing clays, all applied with the caring hands of your expert therapist.

Every treatment is unique, customised to match your lifestyle and skin needs.

Each body zone is exfoliated then massaged with warmed Ayurvedic healing clays – Vata, Pitta or Kapha – restoring balance to the subtle energies of soul and skin.

The result is a powerful sense of healing, from the soles up, that delivers total well-being and radiant, silky soft skin.

The art of beautiful skin

