



# KOLYA NATURALS

## wholistic skincare & spa

Kolya Naturals has a beautiful treatment room to offer natural skincare treatments that use organic, biodynamic and chemical free products which respect the skin as a living organ and encourage the health and beauty of the whole person, internally and externally. Nourish your skin...from within.

### facials

**DR HAUSCHKA ULTIMATE EXPERIENCE** 2 hours \$140

Our signature facial! Bring balance back to your face and body with this intensive facial and body treatment. Start with a foot bath, followed by gentle herbal-based cleansing, masks, toners and creams that feed your skin with the nutrition it needs. Relax with the rhythmic touch and flowing movements designed to stimulate the lymphatic system. This is an ideal treatment for all skin types and those seeking true relaxation and visible transformation.

Experience the Rhythmic Body Massage with this treatment 2 1/2 hours \$180

**JURLIQUE ZEN HARMONY TREATMENT** 2 hours \$140

Experience therapy for your skin with deep cleansing, exfoliation and a luxurious journey of skin treatments. Relax even deeper with specialized Japanese massage using pure essential oils and herbal extracts.

**DR HAUSCHKA PICK ME UP FACIAL** 1 hour \$80

Experience a wonderful introduction to Dr. Hauschka products or enjoy this treatment when your schedule does not allow for the Ultimate Experience.

**CUSTOMIZED EMINENCE FACIALS** 1 hour or 1 1/2 hours \$80/\$120

Indulge your skin and senses with a customized facial created just for you from this Hungarian-based line of organic and biodynamic products. Experience pure skin nourishment with fruit, vegetable and herbal-based cleansers, toners and masks.

### EXTRACTIONS

All facials dedicate 5 minutes for extractions where necessary. Additional time for extractions may be booked \$15 (15min).

### body treatments

**RHYTHMIC BODY TREATMENT** 1 hour \$80

Through rhythmic touch, be transported to a state of sheer relaxation, in which deep renewal can take place. This treatment balances the body's natural rhythms and promotes internal cleansing, healthy respiration, enhanced circulation as well as a sense of calm. Color therapy and Dr.Hauschka herbal-aromatherapy oils are used.

**THAI STEM MASSAGE** 1 1/2 hours \$140

Relax in the aroma of lemongrass and ginger as warm herbal compresses are worked into muscle tissues to relieve aches and pains. Yoga style stretches are incorporated into the active massage.

**CUSTOMIZED EMINENCE BODY WRAP** 1 1/2 hours \$100

Following a full body exfoliation, a specialized organic body masque will wrap your body in luxury. Let yourself relax while being pampered with a mini-facial. Your treatment is completed with a relaxing body massage.

**HERBAL MUD WRAP** 1 1/2 hours \$140

Moor mud, containing trace elements and minerals, is custom blended with herbs, botanicals and enhanced with essential oils to detoxify and relax the body. Enjoy a hydrating mini-facial and relaxing scalp massage while cocooned in your wrap. Your experience is completed with a relaxing massage of organic oils. This revitalizing treatment is designed to tone and firm skin, reduce toxins and provide deep relaxation.

**EARTH & FLOWERS** 3 hours \$250

Herbal Mud Wrap and Full Facial

**EMINENCE BODY WRAP & FACIAL** 2.5 hours \$210

Customized body wrap and full facial using Eminence Organics products.

### hands & feet

**AU NATURAL OR SPA PEDICURE** 1 1/2 - 2 hours \$75/\$85

Relax in a room to yourself, while you soak your feet in herbal water while your legs are exfoliated with a pure sugar or salt scrub. Calluses' are removed, toenails are shaped and shined and your legs and feet are treated to a massage. Nails are buffed to a shine or choose a SPARITUALS polish to take home (free of DBP, toluene and formaldehyde).

**AU NATURAL OR SPA MANICURE** 1 1/4 hours - 1 3/4 hours \$55/\$65

Soften your hands in an herbal water soak and get treated to a pure sugar or salt exfoliation. Relax with an arm and hand massage, then enjoy getting your fingernails shaped and buffed to a beautiful shine or choose a SPARITUALS polish to take home (free of DBP, toluene and formaldehyde).

**SUN & MOON** 3hours Au natural \$130/ 1 Polish \$140/ 2 Polishes \$150

Manicure and pedicure package.

**REFLEXOLOGY** 1hour \$80

Reflexology relaxes & restores balance and harmony to the whole body, using point pressure to specific areas of the feet. Your treatment includes an aromatherapy foot soak, exfoliation and is completed with a gentle foot massage.

### sugaring

Sugaring is a completely natural and safe method of hair removal for women and men. It is chemical free and because the sugar does not adhere to the skin as wax does, there is far less chance of damage to the skin.

10% off re-bookings within 4-6 weeks

Upper Lip \$20

Lower Face (chin, jaw, upper lip) \$35

Half Leg \$45

Full Leg \$70

Underarm \$30

Lower Arm \$40

Back or Chest \$70+

Bikini \$40

Brazilian \$70(\*\$50 if re-booking within 4-6 weeks)

Eyebrows \$35 (\$20 when combined with another service)

### consultations

Are you confused as to what skincare or makeup suits you best? Whether you need help finding the right colour of blush or the right moisturizer, we have expert staff to assist you. At Kolya Naturals our main concern is to leave you well informed about natural skin care and makeup. We offer affordable consultations fees to allow for products trial as well as education. Fees paid for consultation will be waived on purchases over \$75 on that day.

**SKINCARE CONSULTATION** 1/2 - 3/4 hour \$25

The skin is as individual as each person. Our consultations include a mini facial to experience the products and a discussion about your individual needs.

**MAKE UP CONSULTATION** 1 hour \$25

Go a little further than looking at colours and experience the benefits of natural makeup. Learn simple day applications to enhance your natural features or more elaborate techniques for evening.

**BROW SHAPE & TRIM** 15-20minutes \$15

Eyebrows are meticulously tweezed and shaped in order to enhance your eyes and help lift the face.

### spa etiquette

- We have one beautiful, spacious treatment room that books up quickly. To reserve your ideal spot, we suggest booking up to 3 weeks in advance.
- Kindly give a 24 hour notice if you cannot keep your appointment. Thank you for respecting our time.
- Unfortunately we are not set up for couples or groups.
- We suggest removing your makeup before your facial as it allows more time for facial massage
- If this is your first treatment with us, please arrive 10 minutes before your treatment.

### wholistic skincare

Kolya Naturals handpicks the quality, natural skincare lines we carry and use; favouring organic, biodynamic, sustainable and eco responsible companies. Some our favourites includes:

Dr.Hauschka

Jurlique

Suki

Eminence Organics

Jane Iredale

Weleda

Anne Marie Borlind

John Masters Organics

Antipodes

Lulu Organics

Rahua