

## PACKAGES

Customised packages available. Combine any of our treatments to form a package of your choice. The options are endless! If you would like some help customising a package we are here to help you choose something to suit.

### **MASSAGE, FACIAL & FEET TREAT** 90min \$200/2hrs \$275

Unwind with a back, head and neck massage and customised express facial. Completed with the feet treat, relaxing in the lounge with tea. Extend to 2hr to include a full body massage.

### • **RETREAT** 2hrs \$275

Feel the need to escape the rat race? Treat yourself to a Facial, Full body massage and the Aromatic hot towel treatment. Retreat for a while and completely unwind.

### • **RENEWAL** 2hrs \$275

Recharge your body, calm your mind and renew your skin. For the ultimate in pampering indulge in the Hot oil wrap or Coco cream wrap, Facial and Massage.

### **RECHARGE** 2hrs \$295

For completely nourished skin indulge in the Bamboo body polish, Dead Sea mud wrap and Massage.

### • **ESCAPE** 2.5hrs \$330

2.5hrs of bliss! This treatment combines the Facial, Hot towel treatment, Hot oil wrap or Coco cream wrap and Full body massage.

### **DETOX TREATMENT** 2.5hrs \$355

Stimulate the lymphatic system, detoxify your skin and stimulate the release of toxins from muscles. A perfect compliment to your detox programme. Start with your choice of Dry body brushing or the Organic coffee body scrub + Dead sea mud wrap + Full body massage + relax with a Feet treat in the lounge while sipping on herbal tea.

### **ULTIMATE INDULGENCE** 3hrs \$410

Definitely the royal treatment. This head to toe pampering includes your choice of Wrap + Full Body Massage + Deluxe Facial + Feet Treat. This treatment has it all!

### **COUPLES SALT SPA RELAX PACKAGE**

**2.5hrs \$690 for 2 people**

The perfect combination for an afternoon of relaxation! Start with a Salt Spa Soak for 2 people for 25mins, followed by the 2hr Massage, facial and feet treat. Sit back and relax with tea, fruit and chocolate platter and unwind in the stunning lounge.

## Relaxation Lounge Function Room

A beautiful place to have your hens party or get ready for your wedding. Perfect for small meetings or conferences. Combine a work event or meeting with massage and lunch. Celebrate special occasions and get together with friends and family.

### **Day Pamper Packages**

Enjoy the privacy of our relaxation lounge, complete with log fire, private garden and outdoor deck. A little bit of decadence in the Dandenongs! Combine treatments with lunch, morning/afternoon tea. This is your chance to completely unwind.

#### DAY PAMPER CHOICES

**ANYONE FOR TEA** - 90mins & morning or afternoon tea \$250pp  
Any 90min treatment + morning or afternoon tea

**RELAX ME** - 2hrs & lunch \$335pp  
Any 2 hour classic package + lunch

**THE DAY OF DECADENCE** - 3hrs & lunch \$460pp  
Any 3 hour package + lunch

### **Group Bookings**

**Group bookings have exclusive use of the stunning lounge with complimentary tea facilities.**

Combine Massage, Beauty and Body Treatments. Lunch, morning or afternoon tea can be catered for. Choose from a divine range of platters: sweets, antipasto, fruit and chocolate, and cheese.

#### GROUP TREATMENT CHOICES

Massage 30min	Facial 30min	Pedicure 30min
Manicure 30min	Feet Treat 30min	

#### GROUP PACKAGE OPTIONS - Tailored packages also available

**Choose 1 x 30min treatment** + relax in the lounge and enjoy a selection of herbal teas + fruit and chocolate tasting plate  
\$100 per person (minimum 4 people)

**Choose 2 x 30min treatments** + relax in the lounge and enjoy a selection of herbal teas + fruit and chocolate tasting plate  
\$170 per person (minimum 2 people)

**Choose 3 x 30min treatments** + relax in the lounge and enjoy a selection of herbal teas + fruit and chocolate tasting plate  
\$240 per person (minimum 2 people)

**Choose 4 x 30min treatments** + relax in the lounge and enjoy a selection of herbal teas + fruit and chocolate tasting plate  
\$310 per person (minimum 2 people)

# Balance

mountain day spa

Day Spa and Mobile Service

Discover the most wonderful place to unwind...

**Balance**  
mountain day spa

226 Ridge Road, Mount Dandenong VIC 3767  
PH (03) 9751 0326  
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226 Ridge Road  
Mount Dandenong 9751 0326

Prices effective March 2026 and are subject to change

Design by monart@aphicdesign.com.au

Relax in the beautiful surrounds and tranquility of the Day Spa or unwind with our Mobile Service.

All treatments are tailored to suit. We have a wonderful team of qualified therapists and can cater for single, couple or group bookings.

Indicates available as a mobile treatment (additional rates apply)

MASSAGE THERAPY

RELAXATION MASSAGE 60min \$135/90min \$180

Increases circulation and assists in relieving tension and stress in the body. A perfect treatment for the work weary.

AROMATHERAPY MASSAGE 60min \$140/90min \$185

Massage using natural plant oils, these trigger responses from the brain that can induce relaxation, increase energy, reduce stress and restore overall balance.

BODY BALANCE MASSAGE 60min \$145/90min \$190

Enjoy a restorative customised massage. Soothe areas of tension helping release muscle stiffness and stress.

REMEDIAL MASSAGE 60min \$145/90min \$190

Individualised massage, incorporates specialised techniques that are ideal for treating specific muscular problems and injuries. (Cupping also available)

PREGNANCY MASSAGE 60min \$145/90min \$190

A wonderful treatment for the mother to be, can aid in the reduction of swelling, soothes the nervous system and aids in relaxation. Massage isn't recommended in the first trimester.

AROMATIC HOT TOWEL TREATMENT 60min \$145/90min \$190

Unwind as you receive a back, neck and head massage combined with infused hot towels to soothe and release tension. Includes an essential oil treat for the hands and feet.

HOT STONE MASSAGE 90min \$205/2hrs \$275

This divine treatment uses Hahana hot stone techniques and organic coconut oil. A series of placement and massage stones are used for a full body treatment that will leave your muscles soothed and your mind completely relaxed. Truly a treatment to be experienced!

COUPLES MASSAGE 60min \$270/90min \$360 for 2 people

For 2 - Enjoy a relaxation massage each at the same time, be sure to book in advance, as two therapists will be required.

All of our treatments can be enjoyed as a couples treatment.

FACIALS

Our facials are tailored to your skin type:

- HYDRAMAX - customised for dry and devitalised skin
REGENERATIVE PURE C - ideal for restoring prematurely aging skin
PURIFYING - cleanse and detoxify congested or imbalanced skin
REFINING FRUIT ACID - for all skin types with sluggish skin and build up
DESENSITISING - to calm and balance stressed skin conditions

DELUXE FACIAL 60min \$145

Using traditional facial techniques, botanical products and soothing hot towels. This classic skin treatment is enhanced by a luxurious massage for face and head, neck, shoulders, arms and hands....the perfect skin treat.

MENS FACIAL 60min \$145

A deeply relaxing treatment to calm and revitalise the skin. Using a Dead Sea mineral mask to renew and a green tea extract to soothe. This treatment is complemented with a stress relieving massage to release tension in the scalp, neck, shoulders, arms and face.

FACIAL & MASSAGE 90min \$195/2hr \$270

Combining the DELUXE FACIAL/MENS FACIAL and a full body massage, this treatment will leave you relaxed from top to toe.

MASSAGE, FACIAL & FEET TREAT 90min \$200/2hr \$275

Unwind with a back, head and neck massage and customised express facial. Completed with the feet treat, relaxing in the lounge with tea. Extend to 2hr to include a full body massage.

SCRUBS

BACK TREATMENT 60min \$150/90min \$200

A facial for your back, we cleanse, exfoliate, steam the skin and apply a mask, then relax into a back, head and neck massage.

BAMBOO BODY POLISH 90min \$210/2hrs \$285

Invigorating full body exfoliating treatment using ginseng, ginkgo, and bamboo beads. Followed by a hydrating body cream. This treatment effectively removes dead skin cells that dull the natural tone of the skin, increases circulation and leaves the skin soft and smooth with a healthy glow.

ORGANIC COFFEE BODY SCRUB 90min \$210/2hrs \$285

Enjoy an uplifting full body scrub, which will cleanse your skin and awaken the senses. Utilising the detoxifying properties of caffeine, sea kelp and grapefruit this treatment will clear the head and relieve fatigue. Followed by a massage with dry oil for smooth and nourished skin.

BODY WRAPS

DEAD SEA MUD WRAP 90min \$210/2hrs \$285

Your body will be exfoliated to aid in the effects of the mineral rich mud which is massaged into your skin to deeply purify and detoxify. This therapeutic Dead Sea mud contains elements that stimulate cell rejuvenation. Emerge from the wrap to shower and enjoy a massage with a nourishing body cream, leaving you feeling revived and your skin silky smooth.

HOT OIL BODY WRAP 90min \$200/2hrs \$275

To aid in the absorption of therapeutic plant oils, dry body brushing begins this treatment. The warm plant elixir is liberally applied with a full body massage that follows with a cocoon wrapping and a luxurious face and foot massage.

ORGANIC COCO CREAM WRAP 90min \$200/2hrs \$275

Sink into a soothing cocoon of fragrance. Your skin is exfoliated by dry body brushing then massaged with a luxurious blend of warm coco cream infused with vanilla and bergamot. Wrapped in natural cloth for maximum absorption, receive an uplifting scalp and face massage with sacred Jasmine Tamanu oil. This treatment will leave you on cloud 9.

COFFEE & SEA KELP CONTOUR WRAP 90min \$210/2hrs \$285

Rich in vitamins, minerals and antioxidants, coffee and sea kelp increases cellular metabolism and detoxification. Exfoliated, wrapped and nourished you skin will feel silky smooth and hydrated. Just divine!

TREATMENTS TO ADD ON...

EXFOLIATION 30min \$80

Dry body brushing stimulates the lymphatic system, detoxification process and removes dead skin cells enabling hydration.

FEET TREAT 30min \$80

Awaken tired feet. Foot cleanse, exfoliation and reflexology massage.

EXPRESS FACIAL 30min \$80

The quick pick me up for your skin, includes all the essentials. Cleanse, exfoliate, hot towels, mask and hydration.

HYDROTHERAPY BATH 25min 1 person \$100/2 people \$130

Rediscover the ritual of bathing, sink in and soak before or after your treatment. Choose from;

- THERAPEUTIC SALT BATH - A healing soothing soak
MANDI SUSU ROSE BATH SOAK - A hydrating milk soak that will relieve stress and nourish skin
AROMATHERAPY BUBBLE BATH - Choose from 4 different blends to suit your mood



HANDS & FEET

EXPRESS PEDICURE 30min \$90

Foot soak, exfoliation, nail and cuticle tidy, moisturise and polish.

DELUXE PEDICURE 60min \$125

Foot soak, scrub, reshape of toe nails, cuticle tidy, exfoliation, foot massage and polish.

EXPRESS MANICURE 30min \$90

Reshaping of natural nails, cuticle tidy, moisturise and polish.

SPA MANICURE 60min \$125

Soak, reshape of natural nails, cuticle tidy, exfoliation, massage and polish.



WAXING & TINTING

WAXING

WOMEN

Table listing waxing prices for women: Eyebrow shape \$35, Lip or chin \$22, Sideburns \$30, Nose \$22, Underarms \$35, Stomach \$20, Bikini \$45, Buttocks \$40, Half arm \$40, 3/4 arm \$48, Full arm \$55, Half leg \$40, 3/4 leg \$48, Full leg \$58, Half leg + Bikini \$85, Full leg + Bikini \$95, Half leg + Brazilian \$100, Full leg + G-string \$110, G-string \$55, Brazilian \$75.

MEN

Table listing waxing prices for men: Neck \$25, Nose \$22, Ears \$22, Half leg \$70, Full leg \$85, Half arm \$45, Full arm \$60, Shoulders \$40, Eyebrow \$35, Stomach \$45, Chest \$60, Stomach + Chest \$100, Half back \$50, Full back \$80, Buttocks \$60.

TINTING

Table listing tinting prices: Brow tint \$30, Lash tint \$35, Brow + Lash tint \$55.

