

## PROFESSIONAL HAIR CARE

My name is Kathryn and with over 30 years experience in the hair & beauty industry my passion is beautiful hair. At Santosha I only use the highest quality products with minimum chemical impact. You'll notice that when you arrive as we don't smell like a hair salon.

### LADIES

|                       |               |                   |
|-----------------------|---------------|-------------------|
| Wash & blow dry       | short \$34.95 | long from \$49.95 |
| Blow dry & straighten |               | from \$64.95      |
| Style cut & finish    | short \$59.95 | long from \$79.95 |

### MEN

|              |  |         |
|--------------|--|---------|
| Cut & Finish |  | \$29.95 |
|--------------|--|---------|

### FOIL COLOURING

|                         |              |                                |
|-------------------------|--------------|--------------------------------|
| Single foils            |              | from \$4.                      |
| Partline                |              | \$44.95                        |
| Face framing (inc part) |              | \$65.                          |
| 1/2 head                |              | \$89.95                        |
| Full head               | short \$135. | medium \$155. long from \$185. |

### PERMANENT COLOUR

|                      |               |                                 |
|----------------------|---------------|---------------------------------|
| Regrowth application |               | \$59.95                         |
| With balance         |               |                                 |
|                      | short \$65.95 | medium \$89.95 long from \$130. |

### SEMI PERMANENT / TONE ON TONE

|  |               |                |                   |
|--|---------------|----------------|-------------------|
|  | short \$59.95 | medium \$74.95 | long from \$94.95 |
|--|---------------|----------------|-------------------|

### CAP HIGHLIGHTS

|       |               |                |                   |
|-------|---------------|----------------|-------------------|
|       | short \$75.95 | medium \$85.95 | long from \$99.95 |
| Toner |               |                | from \$28.        |

### BESPOKE COLOURING

Colour correction, balyage, high fashion colour & scalp lightening are all very indepth professional services that are custom created around your hair desires.

POA

Please enquire about our seasonal treatments menu.

*Santosha*  
hair & wellness spa

## WHEN TO ARRIVE...

prior to your appointment we need you to complete a client detail form. It is important that you take advantage of the environment to relax and unwind, so please arrive 10 minutes early.

## RUNNING LATE...

Whoops! Things can happen, but please plan your time with us carefully as we will endeavor to accommodate you, but keep in mind your service will end on time so that our next guest is not delayed. In consideration of others please turn your mobile phone either off or on vibrate in both the salon and spa areas.

## CANCELLATION POLICY...

We appreciate your co-operation by notifying us 24 hours in advance if you need to cancel or re-schedule your appointment. Know that your co-operation will benefit someone else. A missed appointment fee may apply for late cancellations - staff will advise you of these conditions.

## PAYMENT OPTIONS...

We accept all major credit cards excluding Amex and Diners. Santosha reserves the right to amend these prices at any time. GST is included in all prices.

## LIFESTYLE THERAPIES

Clairvoyant  
Australian wildflower remedies  
NLP & Hypnotherapy

## OPENING HOURS

Monday through Saturday  
Sunday closed

At Santosha we honour your lifestyle so we try to open when you need us, including early AM or late PM appointments.

To provide the best personalised service, appointments are required, so call today on 07 3396 3727 to book your Santosha experience.



*Santosha*  
hair & wellness spa

a *sanctuary*  
for your *senses* and a  
treasure trove of  
*delights*

Suite 7, 188 Stratton Terrace  
Manly Q 4179  
Telephone 07 3396 3727  
[www.santoshahairspa.com.au](http://www.santoshahairspa.com.au)



# Namaste

## and welcome to Santosha

where our philosophy is to nurture you beyond just experiencing beautiful hair. Our focus is to take your hair and beauty care to a deeper level of wellness by offering you the most personalised service to assist you in achieving your hair/beauty goals.

### OUR FACIAL RITUALS

Why are our facial treatments so beautifully unique?

At Santosha our skin treatments go far beyond the temporary "feel good" of superficial facials. We use a range of products that are both in harmony with nature and powerful enough to give you long-lasting results. We incorporate holistic therapies and massage techniques that improve skin texture, strengthen muscles, and give your skin a fresher, more youthful appearance.

### SUNDARI FACIAL RITUALS

Sundari means 'beautiful woman'. Inspired by the ancient wisdom of Ayurveda, this facial utilizes naturally active ingredients that are custom blended for intensive exfoliation and renewal. It contains natural herbal extracts and essential oils which provides lush layers of skincare leaving the skin deeply cleansed and hydrated. This holistic treatment stimulates relaxation and recovery leaving a profound sense of wellness and rejuvenation and these divine facials form the foundation for all our other facial treatments. What this enables us to do is create the perfect facial experience for you.

60mins – \$105.

90mins – \$145.

### FACIAL ADD-INS & ADD-ONS

Holistic Facial Peels – Effective, yet gentle, these peel treatments will boost cellular renewal, stimulating skin rejuvenation for a fresh, youthful new look

Papaya Enzyme Peel – \$20.

Grape Wine Peel – \$29.

Grape Wine Peel with Collagen – \$64.

Intensive Facial Treatments deliver a fast boost of regenerating actives directly into the skin.

**Matrigal** – Firming, deep hydration, rejuvenation and skin repairing  
45mins – \$95.

**Divine Goddess** – Discover the Goddess in you with nature's most powerful wrinkle remover found only in the beautiful Hibiscus flower – this natural beauty secret works like Botox to smooth dynamic wrinkles and banish fine lines!  
75mins – \$165.

**O2 Rejuvenation Facial** – super potent Heritage Healers ECHO2 specialist facial protocol that leaves your skin absolutely radiant.  
75mins – \$140.

### THE TIBETAN SHIRODARA TREATMENT

A traditional Ayurvedic rejuvenation therapy that promotes an extreme level of relaxation. The procedures synchronises brainwaves to profoundly co-ordinate mind, body & spirit. SHIRODARA is especially effective for those experiencing anxiety, insomnia, depression & stress.

So take some time to go deep and feel totally supported at all levels of your being. Tibetan Shirodara takes you on a journey through a seamless rhythm of four traditional Tibetan bodywork techniques that conclude with the pouring of a continuous stream of warm oil over the forehead to profoundly relax the body and bring peace and clarity to the mind. Rest in quiet space and experience your true self. Shirodara is a deeply nurturing psycho-spiritual experience that attunes the body/mind towards spontaneous healing.  
90mins – \$155.

### OXYGEN INHALATION

Inhalation oxygen therapy has been proven to heighten concentration & memory as well as offering a natural remedy for headaches, hangovers, sinus pain & general sluggishness. Enhance your skin from the inside out with an oxygen boost. This is a wonderful add on to any of our hair or spa services.

15min – \$19.95

30min – \$34.95

### INFRARED SAUNA

The benefits of the infrared sauna helps you to relax, relieve pain, kick start your metabolism & detoxify your body. Increase the benefits of other treatments by incorporating a session in our private sauna either prior to your massage or incorporated with your hair treatment.

60mins – \$39.95

Sauna session prior to treatment \$25.

### PEDIKARMA

A seamless, relaxing, yet energizing treatment including a balancing Himalayan salt foot bath, neck massage, Ayurvedic reflexology, the gentle and soothing massage with three-metal bowl, finishing with a gentle cleansing and exfoliation with an herbal powder. This treatment will lighten your step, give you a sense of balance and grounding and brighten your mood.

60mins – \$89.95

This treatment can also be performed as an add-on to other services for 15 or 30mins and is priced accordingly.

### THERAPY FOR HANDS & FEET

These treatments include filing, trimming, massage and polish.

Spa Manicure 45mins – \$45.

Spa Pedicure 60mins – \$59.95

Gel toenails – stayput colour no pedicure 45mins – \$50.

Gel toenails with pedicure extra 25mins – \$35.

AHA peel for tough heels & calluses extra 30mins – \$30.

Nourishing clay mask extra 15mins – \$18.

### EYE ENHANCING

Eyebrow shaping \$24.95

Eyelash tinting \$24.

Eyebrow tinting \$15.95

Eye Enhancing Package

(includes eyebrow shape, eyebrow & eyelash tint) \$55.95

### HAIR & SCALP RITUALS

Prescribed for your personal requirements, be it to soothe an irritated scalp or calm the hair frizzes, these treatments are not only an ideal way to help with your hair and scalp concerns but a wonderful way to relax.

CPR conditioning ritual \$39.95

Nanomax – complete hair repair treatment from \$85.

Purity renewal ritual \$18.5

Instant soothing ritual \$18.5

Luxury blow dry – Volume/colour lock from \$19.95

CPR Liquid Luxury from \$85

Aromatherapy Hair & Scalp Ritual \$39.95

Santosha  
hair & wellness spa

