

B E A U T Y & B A L A N C E

S P A & D I N E



As the day slows down and the skies glow pink
we light all candles, pre-heat your sauna
and purify the space with aromatic resin
bringing in stillness & harmony

to enjoy an evening
where you do nothing except
REST
NOURISH & RESTORE

SPA & Dine

is the gift we dreamed up for you and someone very special;
to unwind from the go-go-go of daily life,
to add a little extra magic to a moment
you share side by side



THE EXPERIENCE

Begins with a MINERAL RICH FOOT BATH;
a symbolic act of humble service that honors our guests and fosters trust.

As you slip into a bathrobe, time slows down
take a moment to sip on a herbal tea before you enter the cocoon of INFRARED SAUNA warmth.

A calming environment, of comfortable temperatures. The infrared healing light penetrates the skin at a subtle pace, assisting the nervous system to calm, while boosting overall immunity, softening muscle tension, and improving blood flow -
a perfect prelude to your spa journey.

A signature blend of MASSAGE, BODY POLISH and BOTANICAL FACIAL fosters a comforting and cocooning feeling giving your body time to absorb the healing powers of therapeutic touch, rich natural ingredients that cleanse, moisturize and re-energise the entire system.

The table is set and DINNER is served
uninterrupted in exclusive privacy.

NOTES

TIME	4PM - 9PM at Beauty & Balance studio
DATES	Saturday
COST	\$350 per person (dinner is not included)
DINNER	Yalla Sawa, Eat Lebanese, Alphabet Street, Giro Osteria
RESERVATIONS	8544 1711 or hello@beautyandbalance.com.au

SUITABLE FOR:

Gifting, Bride & Groom, Small Spa Party (maximum 4 guests), Special Anniversary and Birthday Celebrations

WHY SELECT THIS EXPERIENCE / BENEFITS

Reconnect to your essence and experience togetherness. Purify your skin from head - to - toe. Relieve exhaustion, stress, and fatigue. Reduce muscle tension and allow for deep relaxation. Balance energy and emotions. Spark the practice of new discoveries.

EXPERIENCE INCLUDES

Mineral Rich Foot Bath, Palo Santo Cleansing (if you wish), Herbal Body Polish, Massage, Infrared Sauna, Botanical Facial Ritual, Herbal Shower, Herbal Tea, Fresh Coconut Water, Private Dinner & little surprise to take home.

EARTH'S APOTHECARY

Impeccably sourced organic whole plants come together from the house of OmVeda & Ayu, following ancient traditions of sacred Ayurvedic science, beautiful roots, leaves, petals, and fruits are expertly blended into facial and body masks, scented oils, herbal powders and nourishing cremes to balance the mind, body & spirit.



For guests who wish for a more immersive spa & dine experience, for those who wish to step into a story larger than themselves, be inspired, expand by connecting within "new" and explore the fresh perspective of self, others, and the world, you may like to infuse your experience with extra magic.

Private meditation, sound bathing, a spiritual ritual that best suits your occasion or the art of energy healing.

For exclusive offerings, please speak to Emma 8544 1711 or email emma@beautyandbalance.com.au