

Thermal Body Therapy Treatments

Through the various benefits of heat and the undeniable power of touch, you'll experience a results-orientated body treatment like never before. Every dermalogica Thermal Body Therapy Treatment is customised for your skin condition, designed to target your skin's most pressing concerns while delivering an amazing sensory experience.

Mineral Salt Scrub Therapy

Completely customised to either energise or reduce stress, this therapy polishes the skin to a soft glow while providing critical hydration and nourishment skin needs. Mineral Sea Salts and Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body.

TIME: **30 minutes** PRICE: **\$50**

Body Foliation Therapy

Give your body the customised exfoliation it needs coupled with the warming sensation it craves. A gentle Oatmeal and Rice Bran Powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyperpigmentation. Skin is smoother and prepped for maximum absorption of rich, smoothing botanical oils. You'll leave this therapy with silky, healthier skin.

TIME: **30 minutes** PRICE: **\$60**

Power Recovery Therapy/Body Foliation

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customised essential oil blends in a massage medium offer aromatherapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

TIME: **75 minutes** PRICE: **\$140**

Nourishing Sea Mud Therapy/Body Foliation

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin. Customised essential oils provide aromatherapeutic and skin benefits while caffeine provides all over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals.

TIME: **75 minutes** PRICE: **\$140**

Mud Massage Therapy

A unique and exotic treatment that combines detoxifying and cleansing capabilities of earth clays with the intensely moisturising powers of natural oils. Olive and Grape Seed Oils protect, smooth and condition while fortifying skin with antioxidants and a unique blend of Asian herbs stimulate circulation. Your skin is smoothed, soothed and protected.

TIME: **90 minutes** PRICE: **\$150**

Deep Thermal Therapy with Thermal Stamp

Inspired by the practices of 14th century Thai Therapy, this thermal Body Therapy treatment utilises a unique fabric stamp filled with benefitting ingredients and the power of heat to detoxify, remineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while tropical Asian Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along the pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

TIME: **45 minutes** PRICE: **\$80** | TIME: **90 minutes** PRICE: **\$150**

body+sole

SKIN AND LASER CLINIC

Thermal Touch Treatments

Add a Thermal Touch Treatment onto your skin/body treatments or one of our other selection of services. Thermal Touches are 15-20 minute power sessions designed to focus on a specific section of the body that needs extra attention.

Thermal Touch for the Hands and Arms*

Your arms and hands will meet their relief during this Thermal Touch Treatment that includes paraffin. This customised treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed.

TIME: **20 minutes** PRICE: **\$33**

Thermal Touch for the Neck and Chest / Décolleté*

Don't stop at the neckline! Improve the health and appearance of your neck and chest with this treatment that's great for prematurely aging, sunburnt or irritated skin. Help repair damage brought on by long-term or recent exposure to the elements with intensely hydrating and nourishing ingredients.

TIME: **20 minutes** PRICE: **\$33**

Thermal Touch for the Back Purification*

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply cleansing scrub sloughs off dead skin cells, readying skin for the removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed.

TIME: **30 minutes** PRICE: **\$45**

Thermal Touch for the Legs and Feet*

It's time to give your lower legs the attention they deserve! Cleanse, exfoliate, hydrate and moisturise for healthy and revitalised skin and muscles that are ready to take on the day!

TIME: **20 minutes** PRICE: **\$33**

***Thermal Touch Treatments are also available as stand alone treatments.**

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