



TREATMENT
MENU

meskinandbody

We know beautiful skin

Service is our focus. It's consistent and it's customised at every visit.

Every treatment on this menu has been tried and tested in order for us to provide our valued clients with the best results every time! We strive to exceed your expectations and we aren't happy unless we do so. Only the highest quality cosmeceutical skincare is prescribed at Me Skin and Body so that we can guarantee brilliant results for every skin and every concern. We aim to deliver long lasting sustainable results.

Hygeine and Cleanliness are priorities - No cutting corners here - We dont recycle wax. We sterilise all our equipment between clients. We use a professional laundering service for all our towels. Disposables are used where possible.





Facials

— Maintain Express Facial —

Invest just half your lunch hour and we promise you'll feel like a million dollars. Your skin will be deep cleansed and exfoliated and a professionally selected task-mask will refresh and restore moisture.

\$75

— Societe Green Facial —

This facial uses thermal clay and gentle enzymes to release dead skin cells and impurities. Ceramides will restore balance to the skin and marine extracts hydrate and brighten to re-awaken a dull complexion.

\$110

— Aspect Medifacial —

Are you between peels? Perhaps your skin is not prepped but you still want an active treatment. The Aspect Medifacial deeply exfoliates your skin whilst you enjoy an energising facial massage. Our infusion mask will deeply apply the active ingredients that your skin needs for a brighter glow.

\$145

— Aspect Lactobotanical Facial —

Results you can instantly see and feel after just one treatment. You'll receive a custom strength lactic peel, a decadent face, neck and shoulder massage and a targeted mask to treat your concerns. Prepare to be amazed, this is truly the bees' knees of treatments.

\$160



Resurfacing Treatments

— Aspect Lactobotanical Peel —

More beautiful skin in mere minutes. Whatever your skin concern is - signs of premature ageing, a rough, dull environmentally-challenged complexion, excessive oiliness, clogged pores, imperfections, discolouration or uneven skin tone - the Lactobotanical peel will beautify your skin quickly. The strength of peel can be increased depending on your skin's requirements.

\$110

— Aspect Pigment Punch —

Colour me evenly. Those brown spots, hormonal marks and other skin discolourations not only blemish your looks but also age you beyond your years. Brighten your skin and take years off with this BHA peel that gives you the glow of youth that pigmentation has stolen.

\$130

— Dermaquest Peptide Peel —

This powerful resurfacing treatment formulated with peptides and alpha hydroxy acids. It is an excellent professional age-management treatment. Peptides are amino acids that have the ability to help build the skin. With the assistance of alpha hydroxy acids, this treatment makes the skin more acidic, while simultaneously infusing the power packed, skin building peptides.

\$140



Microdermabrasion

Microdermabrasion is a non surgical, gentle and safe procedure. Microdermabrasion deeply exfoliates the outermost layer of dead skin cells from the epidermis revealing beautiful new refreshed skin.

\$140

Dermaquest Pumpkin Peel

A combination of acids and pumpkin pulp help to refine a thickened, congested or sun-damaged skin. Pimples zapped. Pigment lifted. Fine lines softened and smoothed.

\$140

Aspect Retinol Brulee

Rehab for wayward skin. Fine lines, wrinkles, dull, rough, lack-lustre skin, visible pores, minor discolouration and a muddy complexion will all but surrender to this powerful rehab treatment for time-damaged skin.

\$160

Benefit Peel

Utilizing encapsulated retinol, this stimulating antioxidant peel is especially effective at neutralizing hyperpigmented, problem and prematurely aged skin types. Enjoy brighter skin, more uniform tone and less apparent wrinkles.

\$200

Cosmedix Timeless Peel

Our most deluxe peel to dramatically reduce the visible signs of ageing. This peel is chirally corrected to generate immense activity in the skin. This enormously effective deep peel aids in exfoliation, increases skin's moisture levels and helps to improve pigmentation issues without the risks of other more ablative treatments.

\$200





Dermaplaning

Dermaplaning is a gentle method of deeply exfoliating the skin. A surgical blade is worked over the face removing the outer layers of dead skin cells as well as any fine hair. Ideal for blonde hair that cannot be laser treated, sensitive skin not suitable for micro, and a smoother makeup application.

\$95 with Lactic Peel \$175

Dermaquest's Modified Jessner Peel

Designed to comprehensively manage acne, preventing persistent breakouts and calming current blemishes with salicylic acid. Anti-inflammatory and antibacterial, our modified Jessner's peel also employs Lactic Acid to lift dark spots due to acne scarring, and resorcinol to exfoliate away dead skin cells, excess oil and debris to establish your clean and clear complexion.

\$179

Power Facials

Me Skin and Body's signature treatments

MicroPlus Facial

A specialized paramedical skin treatment using clinical grade equipment. The combination of a deeply exfoliating Microdermabrasion treatment followed by Sonophoresis that delivers a concentrated dose of active vitamins deep into the skin gives a healthy, radiant looking glow.

\$200



— The Manhattan Lift —

A combination of microdermabrasion and a customised peel, the Manhattan lift is a deeply effective treatment for those looking to treat pigmentation, fine lines, acne and acne scarring. Enjoy a firm looking and radiant glow that lasts.

\$200

— De Age De Stress De Toxify —

This treatment powerhouse leaves nothing to be desired. Starting with an ultra sonic deep cleanse we then gently peel away those dull dead layers with an Aspect Lactobotanical Peel. Now that your skin is freshly polished we perform a multivitamin infusion to get cells churning out plump, new skin.

A face, neck and décolletage massage will de stress even the most tense individual and the finished product: A brand new you.

\$210

— Luxe C3 Cocktail Facial —

The Luxe C3 cocktail brings together the three skincare C's - Collagen, Copper Peptides, and Vitamin C - to plump, rejuvenate and even out tired, dull complexions. This gorgeous treatment pays particular attention to the needs of discolouration and the eye area, two indicators of ageing. Finish off your active treatment with a luxurious face, shoulder and décolletage massage.

\$220

— Dermafusion —

A triple action rejuvenation involving chemical and physical exfoliation and a custom vitamin and antioxidant cocktail infusion that is customised to your skins needs. Enjoy deep results with no downtime. Perfect for acne, scarring, pigmentation and ageing skin.

\$249



Skin needling

Dermafrac inc. LED

DermaFrac is a vacuum assisted skin needling treatment that has the added benefit of simultaneous serum infusion, microdermabrasion and LED Light Therapy. The depth of the needles has been carefully selected so that the channels are created just below the dermal-epidermal (DE) junction and just above capillaries and nerve endings. This ensures no bleeding or pain. A great alternative to fractional laser treatments with NO down time. This treatment is ideal for ageing skin with slackened elasticity that is lacking firmness.

\$300 - 350

DermaStamp

Clinically proven to induce collagen and reduce scarring. The Dermastamp uses very fine needles with vertical penetration to create infusion channels into the skin to instantly create hydration with hyaluronic acid and infuse collagen stimulating ingredients. With minimal down time and no pain associated due to numbing prior to treatment, Dermastamp is suitable for anyone wishing to treat the following concerns:

- Stretch Marks
- Acne Scarring
- Wrinkles (Fine and Deep)
- Hyper Pigmentation
- Large Pores
- Skin Rejuvenation
- Sagging Skin (Especially the neck)
- Isolated Scars

\$450





Eye Treatments

Eyebrow tinting	—	\$30
Eyelash tinting	—	\$22
Brow and lash tint	—	\$48

Lash Lift

Your lashes at their best for 6 - 8 weeks, thanks to this latest innovation. Say goodbye to old school lash curlers - Lash lift uses a silicone mould to push each lash vertical for the ultimate curl and lift. The result? An eyelift in the blink of an eye. Semi-permanent, so no maintenance required. Includes tinting.

\$115

Feathertouch Brows

Using a natural 3D Hair Simulation technique, our brow specialist creates stunning results that blend naturally, in a colour specifically chosen to match. Each brow shape is bespoke tailored to suit the client to ensure maximum facial harmony. Receive a complimentary touch up 4 - 6 weeks after initial service, with results lasting 12 - 18 months.

\$750

Spray Tanning

Moroccan Tan	—	\$40
EcoTan	—	\$50



Hands and Feet

Express mani or pedi — \$45

Manicure — \$65

Pedicure — \$75

— Shellac Mani or Pedi —

Luxuriate in this full service including filing, buffing, cuticle trimming. Choose from a gorgeous collection of polish colours with a long lasting shellac finish.

\$60

— Aroma-Pedi —

Intense pampering for your worn-out feet using exquisite aromatherapy ingredients. Stilletos and lots of standing are cruel to your feet - treat them to a whole lot of kindness with the Aroma-Pedi. Hard, calloused skin is removed from the base of your feet followed by filing, buffing, cuticle work, foot and leg exfoliation, foot mask and foot and leg massage. Finally, choose your favourite polish colour.

\$90

— Pedi Foot Peel —

This treatment is designed to remove the hard skin that has developed on the heels or balls of your feet. Dead dry skin on the heels of the feet is softened with fruit acids and then buffed away resulting in cleaner, softer skin with no deep cracks and ridges. The results have to be seen to be believed.

Add on to any pedicure \$30



Body Treatments

Relaxation Massage

Treat yourself to some unabashed bliss. Swedish relaxation massage promotes a sense of wellbeing and helps to de-stress, rebalance and unwind.

Mums-to-be deserve extra special attention. We have specialised massage equipment for the mother-to-be so she can lie comfortably on her belly, allowing us to effectively massage her entire body including her sore neck, shoulders and back

30 mins — \$70

45 mins — \$90

60 mins — \$110

Micro for back or chest

Why save the big guns just for your face? Deeply exfoliating microdermabrasion on your back or chest will leave your skin smooth, blackhead and pimple free.

\$150

Deep cleansing back or chest

A specialist treatment for the skin on your back or chest. Customised to your specific concern, it includes deep cleansing, exfoliation, a treatment mask and extractions if necessary.

\$130





Female Waxing

Face

Eyebrow Design	—	\$38
Eyebrow Tidy	—	\$28
Lip	—	\$20
Chin	—	\$20
Full Face	—	\$50

Upper body

Underarm	—	\$30
Half arm	—	\$38
Full arm	—	\$45
Stomach	—	\$25
Lower Back	—	\$25

Lower Body

Half Leg	—	\$38
Upper half leg	—	\$48
3/4 leg	—	\$50
Full leg	—	\$60
Standard Bikini	—	\$33
Extended Bikini	—	\$40
G String Bikini	—	\$45
Brazilian	—	\$60
Additional areas	—	\$15

Waxing combinations available



Male Waxing

Face and neck

Eyebrow	—	\$28
Ear	—	\$20
Nose	—	\$30
Neck	—	\$35

Upper body

Back and shoulders	—	\$65
Full back	—	\$60
Lower back	—	\$30
Chest	—	\$60
Stomach	—	\$45
Full arm	—	\$50

Lower body

Half leg	—	\$43
3/4 leg	—	\$61

See our website for more detailed descriptions of our services and to learn more about the Me Skin and Body clinic.

meskinandbody.com.au

Prices effective July 1st 2016



Treatment Packages

Glorious Bliss

Lactoinfusion Facial, Aroma-Pedi with 45 minute Body Massage.
120 minutes.

\$289 (valued at \$340)

Top to Toe

Societe Green Facial, Express Manicure and Express Pedicure.
80 minutes.

\$159 (valued at \$190)

ManSpace

60min body massage, Maintain Facial Treatment, File and high-shine buff on fingers.
90 minutes

\$169 (valued at \$205)

Peel and Reveal

Microdermabrasion for Face, neck and decolletage, Maintain Facial Massage and Mask with a Foot Peel.
70 minutes.

\$299 (valued at \$389)





Salon Etiquette

RESERVATIONS

We recommend you rebook your next appointment before you leave our salon, in order to secure a time that is most convenient to you. Otherwise, we recommend you make your appointment bookings at least one week in advance as we do book up quickly and we would not want you to miss out on your preferred time. However, please feel free to call at the last minute, as there may be time available due to appointment changes. Please note that we keep a waiting list for the convenience of our clients and will call you should an appointment be available at your preferred time.

ARRIVAL

Please arrive 10 minutes prior to your scheduled appointment time to allow yourself to unwind, enjoy a complimentary beverage and allow time to check in. New clients, please arrive 15 minutes earlier so that you can fill in our “New Client” consultation form.

IT IS OUR POLICY TO RUN ON TIME

We value your time so it's our policy to run on time. We don't pack our appointment books but rather allow a generous allocation of time to cover your treatment, plus a little more for changing and any recommendations made by your therapist. None of us likes to be kept waiting which is why Me Skin and Body have a strict policy of running on time. Please be prompt to receive full service. Arriving late will reduce the time of your treatment as your treatment will end at the scheduled time so that the next guest is not delayed.

In the event that you are so late that we cannot provide your service as well as run on time for our next guest, our cancellation policy will apply.

SECURING YOUR BOOKING AND CANCELLATION POLICY

In order to maintain our prices and continually be able to offer our clients the very best, a credit card or gift voucher number is required at the time of booking to secure all reservations. A 50% deposit is required for all treatments. In the event that you need to cancel or reschedule your appointment, we require a minimum of 24 (business) hours advance notice otherwise you will forfeit your deposit. If something unexpected happens we are happy for you to offer your appointment to another friend or family member in your place.

CONFIRMATION OF APPOINTMENTS

At Me Skin and Body, we are fortunate enough to have a growing waiting list of loyal clients. In order to accommodate the needs of all of our valued clients, we need to follow a stringent confirmation procedure. Your appointment will be confirmed by text two days prior to your scheduled time and you will be requested to respond 'yes' to confirm or 'no' to cancel. Your response is automatically registered on our appointment screen. If you don't respond, we'll try again and call you. If we cannot reach you or do not hear from you, your appointment time may be made available to the first client on our waiting list. We hope you understand that this policy is in place for the best possible outcome for all of our clients. It allows for us to staff our clinic effectively and therefore make ourselves available to all of our clients at every opportunity possible.

CONDITIONS FOR COURSES AND PROGRAMS

Treatments in a course are not transferrable. 'No Shows' or appointment cancellation with less than 24 hours notice will result in the course treatment being considered as redeemed.

MOBILE PHONES

We kindly ask that you turn off your mobile phone prior to arriving for your appointment as the noise may disturb other guests who are here to escape the world and all its technological offerings.

YOUR SATISFACTION IS OUR OBJECTIVE

If you are dissatisfied in any way with your experience at Me Skin and Body, please do not hesitate to contact the owner. We are here to provide you with the best service and to make your experience a most pleasant and memorable one. Brooke Holmes can be contacted at bwalker@meskinandbody.com.au.



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TRADING HOURS

Monday	Closed
Tuesday	9 - 8
Wednesday	9 - 9
Thursday	9 - 9
Friday	9 - 6
Saturday	9 - 5
Sunday	Closed



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