

haven

SPA & BATHHOUSE



Hot Spa Pool
Sauna
Massage
Organic Skin Care
Waxing
Natural Make Up

From the creator of Kiva Spa

The Bathhouse

Throughout the world there is an ancient tradition of visiting a bathhouse – a place where healing and rejuvenation comes from water and heat.

Visiting our bathhouse is like having a holiday. The outside world slips away and you are immersed in an environment of complete relaxation.

Hot Spa Pool

Our water is oxygenated and chlorine free, so it is fresh, pure and enlivening. We keep the water hot so that muscles soften and tension melt away.



Groups



Haven Spa and Bathhouse is ideal for small and medium size groups. Bring your friends or co-workers in for a lovely time together in the bathhouse, then go upstairs for treatments.

Our 6 treatment rooms all can be opened up to each other so that your group can stay in contact during the treatments if you wish.



Sauna

Settle into our Finnish "hot rock" sauna and let its warmth go to work. Most of the heat is produced from hot rocks rather than the electric coils which means you enjoy a soft negative ion heat rather than the harsh positive ion heat of electric coils.

Feel those muscles relax and the aches and tension fade away. Heart and circulation improve, calories are burned, skin is renewed and tension eased.

There is no better way to deal with mental strain and fatigue or to reduce stress and relax muscles.





Cold Monsoon Shower

Cold water is an important part of sauna and hot spa therapy. Your metabolism increases and the detoxification process is greatly increased when you bring your body temperature down after getting hot. Doing such a change from hot to cold several times will have a tangible effect- you will feel invigorated, relaxed and energised.



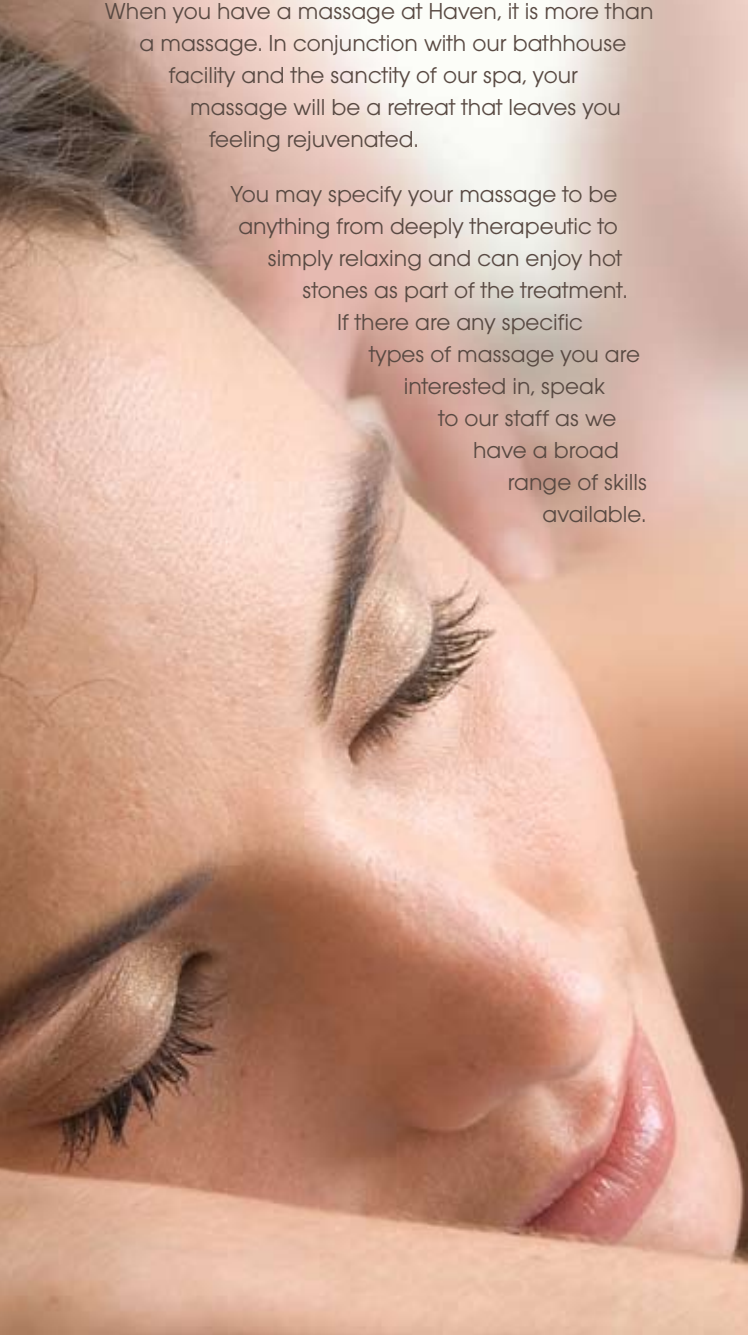
The Treatments

Massage

When you have a massage at Haven, it is more than a massage. In conjunction with our bathhouse facility and the sanctity of our spa, your massage will be a retreat that leaves you feeling rejuvenated.

You may specify your massage to be anything from deeply therapeutic to simply relaxing and can enjoy hot stones as part of the treatment.

If there are any specific types of massage you are interested in, speak to our staff as we have a broad range of skills available.



Facials

- Eminence Experience** (75 min) Eminence's signature facial customised to all skin types
- O₂ Oxygen Facial** (75 min) An Eminence classic facial with the added benefit of oxygen
- Eminence Classic** (60 min) Our classic facial customised for all skin types
- Eminence Express** (30 min) A quick pick me up customized for all skin types

Face & Body

- Rhapsody** (90 minutes) Body scrub and wrap, vichy shower and express facial
- Tranquillity** (90 minutes) Harmony and Serenity combined into one session
- Divinity** (60 minutes) Body scrub, wrap, vichy and moisturiser
- Harmony** (60 minutes) Back scrub, masque and moisturiser followed by express facial
- Serenity** (60 minutes) Foot scrub, masque and moisturiser followed by express facial



ÉMINENCE
HANDMADE
ORGANIC
SKIN CARE OF
HUNGARY

We offer skin care from Eminence Organics. These products, from Europe, contain the highest possible level of organically grown herbs, fruits and vegetables. Over 50 years of experience and extensive research have proven the effectiveness of these superior spa treatments. All products are handmade, without any heating or hydrogenating processes. You will immediately see and feel the difference evolving from the high level of active ingredients. Changes in the quality of your skin will be noticeable for all skin types and conditions.



General Information

Booking

Advanced bookings are necessary for all treatments. The bathhouse does not require a booking, however we suggest you phone before arriving to confirm availability.

Gift vouchers

Our beautiful vouchers are the perfect gift. Choose anything from our price list or a dollar amount. We can arrange vouchers by phone and post them to you or the recipient.

Arrival

All treatments include time in the bathhouse. Please arrive at least one hour prior to treatment for this. If you will not be using the bathhouse, please arrive at least 15 minutes before your scheduled treatment. Allow at least 15 minutes after your treatment before departure.

What to bring

Bring swimwear and 2 towels. Alternatively you may hire towels here. You may wish to bring a robe and pool shoes

Late arrival

Late arrival will shorten your session. Please arrive early.

Cancellation

We require 24 notice of cancellations.

Children

We do not cater for children. Ages 12-15 may be accompanied by an adult under certain conditions. 16+ welcome with appropriate behaviour.

Price List

Bathhouse

1 hour	\$25
Additional hour	\$10

Membership

6 month	\$120
Incl. 6 visits to bathhouse and discounts on treatments	
12 month	\$180
Incl. 12 visits to bathhouse and discounts on treatments	

Treatments

All treatments include use of bathhouse and relax time.

It is essential to allow at least 1 hour in addition to treatment time for your visit, or at least 1/2 hour extra time if you are not using the bathhouse.

Massage

90 min	\$125	
60 min	\$85	
30 min	\$65	
Authentic Hot Stone Massage	75 min	\$155

Eminence Organic Skin Care

Facials customized for all skin types

O2 Oxygen Facial	75 min	\$140
Eminence Experience	75 min	\$110
Eminence Classic	60 min	\$90
Eminence Express	30 min	\$70

Face and Body customized for all skin types

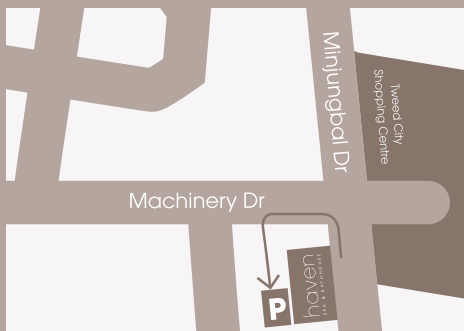
Rhapsody (scrub, wrap, vichy & facial)	90 min	\$160
Tranquillity (back, feet & face)	90 min	\$130
Divinity 1 (scrub, wrap, vichy)	60 min	\$120
Divinity 2 (scrub, vichy)	30 min	\$85
Harmony (back & face)	60 min	\$95
Serenity (feet & face)	60 min	\$95



telephone **07 5513 0855**

email relax@havenspa.com.au

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Parking is easy. There is plenty of parking behind the spa. Simply turn onto Machinery Drive and take an immediate left into the customer parking area.

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