



essential therapy

FACIALS • WAXING • MASSAGE • ELECTROLYSIS • MANICURES
PACKAGES • PEDICURES • GIFT VOUCHERS • SPRAY TANNING

'Best Sothys Clinic 2009 – 2010' Lower South Island
Sothys Professional Skincare National Awards

Our hours are flexible to suit you

9am – 3.45pm, Mon

9am – 5.30pm, Wed & Fri

9am – 8pm Tues & Thurs

9am – 4pm Sat

Ph. (03) 377 2377

essentialtherapy@xtra.co.nz

118 Purchas Street, St Albans, Christchurch

www.essentialtherapy.co.nz



at first glance

Eyelash Tint	\$26 (added to a facial \$23)
Eyebrow Shape	\$23 (added to a facial \$20)
Eyebrow Tint	\$23 (added to a facial \$20)
Eyelash Tint, Eyebrow Tint and Eyebrow Shape	\$45 (added to a facial \$40)
Eyelash Tint and Eyebrow Shape	\$38 (added to a facial \$33)
Eyebrow Tint and Eyelash Tint	\$38 (added to a facial \$33)
Eyebrow Tint and Eyebrow Shape	\$34 (added to a facial \$30)
Eyelash Perm	\$85

smooth as silk

Full Leg Wax	\$68
Full Leg Wax including Bikini line	\$77
Full Leg Wax including Brazilian	\$100
Half Leg Wax	\$45
Half Leg Wax including Bikini line	\$59
Half Leg Wax including Brazilian	\$82
Bikini	\$29
Brazilian	\$57
Brazilian Package	
(purchase 5 & 6th wax is FREE)	\$285
Underarm	\$27
Lip	\$22
Chin	\$22
Lip & Chin	\$30
Lip Bleach	\$25
Back Wax	\$57
Chest Wax	\$57

Propil hair retardant, to help retard and lighten the hair growth. Additional cost.

Waxing for men is welcomed.

Discuss with your therapist your individual needs.

* Please note, if you fail to meet your appointment or cancel within 24 hours of your appointment, a cancellation fee will be incurred.

welcome

At Essential Therapy we pride ourselves on meeting your individual treatment needs, with the most professional service in a relaxing, tranquil environment. Thus making your whole experience with us, something not only essential, but something you deserve.

Escape your day to day life and let us create for you, your own piece of heaven.

Maree

Maree Marshall
NASA (NZ) ITEC (London)
Reiki Practitioner.





about face

MICRODERMABRASION

A non surgical process that removes dead cells and encourages circulation. Results include: improved skin texture, tone, reduction in fine lines, acne scarring and open pores and pigmentation.
30min \$93

MICRODERMABRASION / SONOPHORESIS

A power packed combination to help delay the aging process. Microdermabrasion will remove surface cells and refresh, while Sonophoresis infuses essential vitamins A and C to deeply protect and nourish. This is a must for all skin types.
60min \$140

C COLLAGEN HYALURANIC FACIAL

Sothys has created and patented its new cosmeceutical anti-aging programme as an efficient, complete and totally customized solution for aging skins. This energizing 6 phase work-out will see your skin restructured, strengthened and revitalized. Great for customers afraid of surgery.
1hr 15min \$150

HYDRAVANCE TH13 FACIAL

Sothys revolutionizes the hydration concept and gives you a 3 dimension intelligent hydration treatment that leaves the skin reinforced, revitalized and up to 30% improved hydration (after first treatment).
60min \$145

ESSENTIAL FACIAL

A must! Includes cleanse, tone, steam peel, facial massage, mask and moisturiser, plus your choice of hands or feet massage.
60min \$97

SOTHYS SEASONAL CARE

Seasonal Care is a twice yearly, Autumn/Winter and Spring/Summer combination of natural ingredients that evolve with our skin. These ingredients are the answer to our needs, each changing season to ensure our skin is light, bright and hydrated.
45min \$95

EYE CONTOUR CARE

This treatment will soften fine lines, diminish puffiness and strengthen the skin around the eye area. Intensive actives will support and protect the fine eye contour area.
30min \$65

about face cont.

For optimal results ask your therapist about courses of Microdermabrasion, Sonophoresis and Glycolic.

FACIAL ADD-ONS

Microdermabrasion **\$45**
Sonophoresis **\$30**
Glycolic **\$25**
Eye Contour Care **\$37**
Nail Paint **\$15**
Back Massage **20min \$35**



best foot forward

ESSENTIAL PEDICARE

Refreshing foot bath, followed by cuticle care, nails shaped and painted.
30min \$57

DELUXE PEDICARE

After a relaxing foot spa, dead skin is removed from the soles of the feet, cuticles and nails are attended to. A foot massage relaxes you further, before feet are dipped into warm paraffin wax to sooth and condition them. Polish is applied to complete this pampering treatment.
1hr 15min \$85

hand impressions

EXPRESS MANICARE

Enjoy having your nails professionally shaped, cuticle care and polished for a well groomed look.
30min \$57

SPA MANICARE

This is a restoring hand treatment that repairs, conditions and improves the look of any hands. Hands are soaked, cuticles and nails are attended to, followed by a relaxing hand massage. It concludes with your hands dipped in warm paraffin wax and finished off with your choice of polish.
1hr 15min \$85

body

All our massages include a mix of essential oils, blended individually to suit your requirements.

Full Body Massage **1hr 30min \$110**
Body Massage **60min \$88**
Essential Massage includes back, neck and scalp **45min \$73**
Back Massage **30min \$57**

Our fully trained massage therapists offer you the best in deep tissue, pressure point or therapeutic Swedish massage.

HOT STONE THERAPY MASSAGE

1hr 30min \$140

BODY POLISH AND MASSAGE

A full body exfoliation, polishes away dry dull skin using an infusion of ginger, nutmeg, orange, mandarin and essential oils. Shower off to return to a 45min Back Massage of Marula and essential oils.
1hr 15min \$100

OR

A quick pick-me-up for your body. Full body polish followed by your choice of unique sensorial oils to replenish your skin.
45min \$60

HANAKASUMI

To begin the latest Body Ritual inspired by Japanese traditions, a warm cherry blossom rice powder gommage is applied on the whole body. Luxuriate with a specifically designed foot massage, followed by the gommage removal by soft exfoliating towels. We then complete the treatment with a body massage and conclude with enveloping the feet with a hot towel.
1hr 15min \$125

BACK TREATMENT

Deeply cleanse and refresh the back – includes back scrub, steam and massage.
45min \$80
With AHA treatment **\$95**

ST TROPEZ

Spray Tanning – Full Body **\$57**
– Half Body **\$37**
– Body Polish & Full Spray Tan **\$70**

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and soul

TOTAL BLISS

1 hour aromatherapy Body Massage, Essential Facial with a Deluxe Pedicure and a Spa Manicure.
4hrs \$355

BIG NIGHT OUT

Express Manicure and Essential Pedicure, St Tropez Tan and finished with Eye Lash Tint and Eye Brow Shape.
2hrs \$190

REVIVER

1 hour aromatherapy body massage followed by Essential Facial.
2hrs \$175

HOW TO TREAT A MAN

A deep cleansing back treatment combined with a Back Massage and an Essential Pedicure.
1hr 45min \$188

REFLEXOLOGY

Your feet mirror the general well being of your body. Treat them to a warm, aromatic foot bath and soothing massage.
60min \$90

reiki

Reiki is a word that means Universal Life Energy. We are all bathed in 'Life Energy' all the time. It surrounds us, animates and heals us. It is a natural holistic hands on therapy, promoting health on all levels. Reiki will balance and enhance your sense of well being.
60min \$90

electrolysis

Electrolysis, Depitron and Red Vein	
Minimum Charge	\$27
Electrolysis and Depitron	10min \$27
	20min \$37
	30min \$47
	40min \$60
Red Vein Removal	15min \$60
Milia and Skin Tag Removal	15min \$60



our products



Sothys offers you the opportunity to experience the pleasure of highly advanced technology, efficiency and comfort in a skin range.



ST. TROPEZ

St Tropez is the preferred choice of exclusive spas and salons for sunless tanning worldwide. St. Tropez is rated highly by more consumer magazines than any other salon brand. Indulge yourself with the complete line of St. Tropez Tanning Essentials.



Ultraceuticals is a scientifically proven skincare company that address major skin concerns – ageing, pigmentation and acne. Ultraceuticals will empower you to achieve your best ever skin.

special offers
Check out our website
for the latest special
offers and to make your
appointment online!



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