

s i m p l y



h e a l i n g

Nearly everyone today leads lives that are frantic with business, personal and social commitments. Uspa body treatments were born from the idea that your body and soul needs to relax, to rest, to be soothed, and calmly pampered, in an effort to balance our busy lives.

The treatments we provide for you are designed to incorporate time honored rituals that include a cleansing herbal foot soak, scrub and moisturize with an offering of a uniquely blended herbal tea, followed by your choice of one or more of our sensational treatments in a pleasant and private environment.

These facial rituals are also available as petite treatments.

• **REGENERATIVE ANTI-AGEING RITUAL** • Designed to strengthen capillaries and assist in collagen production, this regenerative treatment will revitalize and boost the radiance in your skin. Recommended for normal, ageing, lined and environmentally challenged skin.

• **HYDRAMAX COMPLETE HYDRATION RITUAL** • Allow your skin to drink in the Use Aloe Vera with its intense soothing, hydrating, firming and nourishing qualities.

Recommended for de-hydrated, dry and ageing skin.

• **REFINING FRUIT ACID RITUAL** • Diminished fine lines, age spots and roughness are just some of the benefits of this ritual. Uspa offers the Alpha Hydroxy Acid (AHA's) derived from berry fruits that allow a fresher more radiant skin to emerge. See and feel the effects immediately.

Recommended for acne scarring, lines, aging, spots and severe sun damage

• **PURIFYING RITUAL** • Recommended for fighting surface bacteria and congestion. This treatment is aimed at detoxifying and balancing with unique Uspa herbal elixirs.

Recommended for oily acne congested skin

• **SOOTHING DESENSITIZING FACIAL** • A nurturing ritual designed to soothe and calm and can be ideal in maintaining a balance for the most sensitive skin.

Recommended for highly sensitive or inflamed skin

• **EYE CONTOUR WRAP** • A brilliant treatment that aids to brighten your eye area, reduce the signs of aging, puffiness, fatigue, and dark circles under and around the eyes. Also helps reduce inflammation caused by hay fever and other allergic reactions. The natural poultice will temporarily stimulate the skins cell production around the eye by 100%.

BODY / MASSAGE TREATMENTS

- * HOT OIL ELIXIRE INFUSION *** Recommended to hydrate, relax and condition the entire body. A warmed oil of your choice will be anointed onto freshly exfoliated skin and infused into your body to provide a stimulating, de-stressing or detoxifying effect. We include a refreshing facial ritual and awakening head massage
- * INDIAN HEAD & SHOULDER MASSAGE *** Recommended to release tension and to rejuvenate your hair & scalp. A gently heated blend of nourishing oils are poured and massaged into the scalp. This is the ultimate stress release.
- * BALINESES BODY PALMING *** Recommended for relaxation and improvement of circulation. Utilized within the Balinese culture for thousands of years Body Palming aids relaxation, clarity, stimulation of the circulation & energy channels. A beautifully rhythmical full body treatment.
- * KO-DOH – THE FRAGRANT JOURNEY *** Let us take you on a truly sensational journey that will leave you at an even better destination. Taste the venerable green tea, while you experience the footbath ritual. Hear the tingsha-bells as they focus your attention on the moment. Breathe deeply and smell to experience the amazing aromas. Feel the relaxing & balancing effect of your body massage and the purifying, hydrating effect of your facial. See the difference.
- * ESSENTIAL EARTH - HOT STONE RITUAL *** You'll have no choice but to surrender to the smooth stones permeating heat and gliding pressure to melt away muscle tension, while activating cellular metabolism, lymphatic drainage and aiding infusion of selected pure essential oils.
- * BAMBOO & GINSENG BODY POLISH *** Recommended to exfoliate and nourish the skin, this treatment promotes regenerative and activating properties through the intelligent use of Ginseng and Ginko biloba.
- * COMPLETE REJUVINATING BODY MUD WRAP *** Uskincare Mud Therapy utilizes the benefits of clay combined with a unique blend of active herbal and essential elements to completely rejuvenate your skin and ensure a refreshing detoxification.
- * ORGANIC HERBAL HYDRATION WRAP *** Recommended for sensitive or dry devitalized skin. An intensive hydrating and relaxing body mask with a blend of 9 organic herbs including wild calendula flowers, softening oatmeal and ground sesame seeds. Aimed at gently exfoliating, detoxifying and hydrating even the most sensitive skins
- * ALOE LINEN WRAP *** all skin types should experience the healing powers of aloe vera and green tea with this calming body wrap that is rich in anti-oxidants. Ideal for over exposure to the sun or dry flaking skin as it provides extra plumpness and suppleness to underlying skin tissue.
- * ORGANIC COFFEE & SEA KELP CONTOUR WRAP *** Aims to increase cellular metabolism and detoxification. Stimulating nanah mentha leaves, vanilla and grapefruit awaken the senses, ground pumice exfoliates and enlivens, while Macadamia nut oil will leave the skin soft and supple.