day spa | medi spa | beauty

the temple

SKINCARE & SPA

our vision

The temple skincare & spa is where advanced skin treatments meet the holistic. Whilst in our care we offer the utmost attention to balance your emotions and restore your well-being.

We are your skin, mind & body's complete place of worship all under one roof

Day Spa | Medi Spa | Beauty

The Temple Skincare & Spa is a **luxurious Day Spa** nestled inside the boutique Hills Lodge Hotel. Our Day Spa offers heavenly rituals and day spa packages guaranteed to balance your soul and clear your mind. We are also an **advanced Medi-Spa** that employs Dermal Therapists utilising the latest technology to confidently correct your skin & body concerns.

- Everything we do is with complete love & appreciation for you & your experience. We aim to exceed your expectations on every visit.
- We offer cutting edge treatments & machinery sourced globally, to give you the results you deserve.
- Our values are knowledge & education, love & kindness, trust & integrity. We are client-centric... we are FAMILY.
- We make a conscious effort to limit our carbon footprint. We only use products which are not tested on animals.
- We value education & our staff are trained to the utmost degree to care and advise, whilst bringing you harmony.

the temple skincare & spa

your skin, mind & body's temple of worship.

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our difference

Welcome to an escape where wellness is our focus. A luxurious spa, hidden beside the pool, in a truly boutique hotel – The Hills Lodge. From the moment you walk down the jasmine-lined stairs, a feeling of tranquillity will surround you.

Your journey begins with a skincare questionnaire to ensure your treatments are tailored perfectly to your needs. As you sip on a calming herbal infusion, the soft aromas of essential oils and soothing music will move you into a place of serenity as the worries of the world float away.

Our Medi-spa treatments are designed to offer high performance results, whilst our spa packages are designed to alleviate stress and reduce tension in your mind and body.

Revitalise & Reveal your best skin yet... Restore & Replenish your soul... whilst bringing balance to your skin, mind and body on your journey to wellness.

Specialist Consultation

Treatments include a professional computerised skin analysis, and a detailed problem solving prescription. You may also book in with one of our ageing or acne skins specialists to receive a complete personalised programme for real results.
*** Virtual Consultations are also available for your convenience via Facetime, WhatsApp or Skype.**

Advanced Training

All of our senior therapists have received advanced training at the worlds leading post graduate training facilities. All staff are specialists in their fields and provide an unparalleled level of expertise.

Cutting Edge Treatments

All treatments are designed to provide maximum results, through utilising the worlds leading product ranges, technology and equipment.

Spa Treatment Rooms

Enjoy our ultimate treatments in your own private and tranquil room – custom designed to provide complete comfort and privacy – with beautiful, relaxing background music. We have one couples room for you to enjoy a romantic spa ritual with your loved one, or perhaps a girls day out.

Customised Gift Vouchers & Corporate Packages

Gift Vouchers are available for all treatments and products. We also cater for corporate gift needs, and offer discounts to companies ordering 10 or more Gift Vouchers. Prices are subject to change without notice. Vouchers can be purchased online, emailed or postal.

Cancellation Policy

If you cannot make your appointment or need to reschedule, we ask that you provide a minimum of 24 hours notice, and 48 hours notice for all larger packages or group bookings. We regret that failure to provide this notice will incur 50%-100% of the treatment charge depending on the time frame.

If you cancel within 24 hrs before your appointment time, your credit card will be deducted with 50% of the treatment value. If you simply fail to turn up, you will be debited 100% of the treatment value. If you were using a gift voucher for this treatment, this will be cancelled.

Subscription Memberships

We have two levels of monthly subscriptions perfect for those who love to enjoy regular skin treatments or massages. With these subscriptions you will not only save money, you will also be guided to the treatments to best offer you your best skin yet.

Online Booking

Access our appointment book 24/7. Simply go to www.TempleSkinCare.com.au and click on 'book now'.

Referral Programme

We always welcome new clients – especially your friends. That's why we have a "refer a friend" programme, where both you and your friend receive a special gift to say thank you! You can pay us the nicest compliment by referring as many friends as you wish, and we would love to pay you a great compliment by giving you a gift for every friend your refer, to use on your next experience here with us.

Temple Hearts

We believe in giving back to our community and support other local small businesses through donations, sponsorships, events and charities.

Our Guarantee

We aim to exceed your expectations on every visit and to ensure quality control and your satisfaction, we will be emailing you a short 5 question survey after each visit.

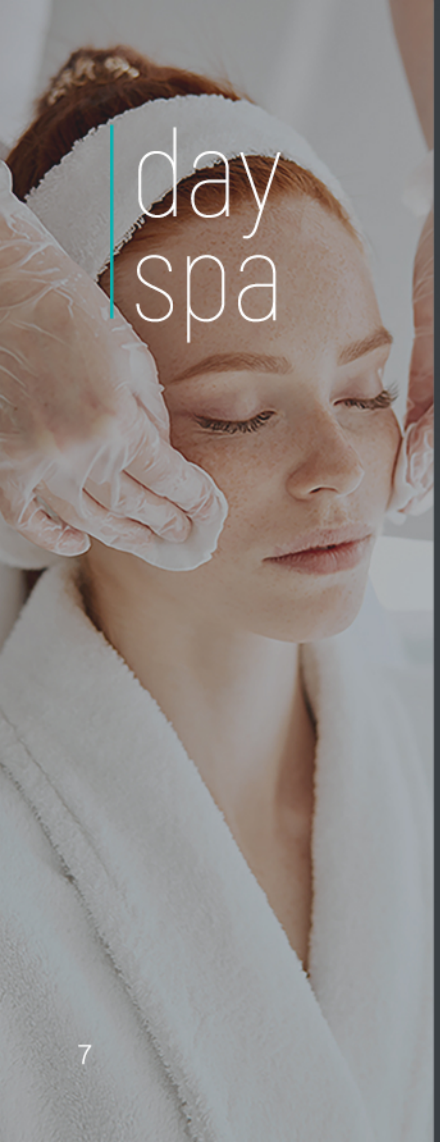
We also mystery shop our staff, perform quarterly reviews and extensive training to ensure your experience at **the temple skincare & spa** is amazing.

If for some reason we fall short please let us know and we will endeavour to make things right.

Want to come for regular skin treatments or massages but want the best price? Ask about our *Skin Subscriptions.*

the temple
SKINCARE & SPA

face



day spa

facial rituals

Facial treatments to de-stress and relax. Can't decide?
Let our expert aestheticians advise which facial will deliver you the best results.

General Consultation

We offer in clinic computerised skin diagnosis as well as virtual consultations in the comfort of your own space via FaceTime/ WhatsApp/ Skype. Consultations range from **$30 to $120** depending on the speciality and time.

Refresher Facial

(all skins) 30 mins ***$110***

Refresh your skin while having a taste of luxury. Focusing on effective cleansing, exfoliation and hydration in an express time frame.

Glow Facial

(all skin types) 50 mins ***$169***

Organic peel to gently refresh your skin, 5min LED light & Hyaluronic molecular sheet mask to hydrate & plump, plus Vitamin C burst to leave you glowing and refreshed.

Clear Skin Treatment

(oily & congested skins) 50 mins ***$159***

A deep cleansing facial with an emphasis on extractions & anti-bacterial ingredients to target congestion, acne & breakouts.

+ ADD 15min LED for calming & healing $70

Temple's Signature Facial

(all skin types) 60 mins ***$185***

Let our skincare therapists take you to above & beyond your expectations with a customised facial to hydrate, protect & restore the natural balance of the skin. This is guaranteed to give results with our advanced exfoliation, & relaxing scalp massage.

Moisture Infusion Facial

(dry, dehydrated, mature skins) 90 mins ***$269***

A combination of brightening enzymes to smooth and exfoliate, 10 min LED to repair and rejuvenate the skin, oxygen boosting mask, soothing face massage, moisture infusion mask followed by cryo globe lymphatic massage to finish. Your skin will be left with profound hydration.

Vitamin C Brightening

(dull skins wanting brightening)
60 mins ***$199***

The first anti-glycation treatment of it's kind, which helps to fight premature ageing caused by stress and lifestyle, it visibly restores the skin's firmness, luminosity & youthfulness. With pure Vitamin C to brighten dull skin and increase hydration this is a perfect facial before an event or for brides to be.

Plump & Define Facial

(wrinkles & ageing skins)
75 mins ***$269***

One of our top sellers and it's easy to see why after you've experienced it. This facial uses many peptides to reduce the movement of the muscles and fills existing wrinkles. It regenerates the skin, fills and inhibits deep lines and erases expression lines while strengthening, hydrating and firming your skin.

+ ADD 15min LED light to double your results *$70*

Before & After Glow Facial

Before & After Plump & Define Facial

Oxygeneo Express
(face only, All Skins)
30 mins ***$170***

Express results for face to oxygenate, exfoliate and infusion the skin for optimal health.

Rose Zen Facial
(sensitive, red skins) 60 mins ***$199***

Ideal for delicate, sensitive skin which can be irritated by emotional stress, the Rose Zen facial harnesses the calming essence of 5 different rose extracts for its healing properties. Tensions fade away while an active concentrate drip feeds the skin's deeper layers. Skin becomes soothed and hydrated, soft and supple once again.

+ add 15 mins LED Light to help in calming inflammation and redness, whilst assisting healing $70

Ultimate Wellbeing Facial
(all skins) 90 mins ***$279***

This facial stimulates the skin and takes you on a sensory journey. Combining aromatherapy rituals, drainage ice roller massage, energising rubber peel off mask, melting massage movements and warm towel infusions. Your skin and soul will feel revitalised.

Tween Facial Ritual
(for under 16 yrs old)
30 mins ***$89*** *& include extractions*

This is a special offer for those little tweens. Cleansing, gentle exfoliation, blackhead removal, pressure point face massage, hydrating mask and their choice of a scalp or hand massage.

This offer only available for under 16's, Monday-Friday, 9am-5pm.

Calm & Clear Skin
(oily & congested skins)
60 mins ***$210***

This is the perfect facial for correcting congestion, rough texture, open pores and breakouts. Includes: Deep cleanse, Charcoal Oxypod, extractions, LED, sonophoresis anti- bacterial infusion

For more results skin treatments see pages 10 to 21

+ ADD SOMETHING JUST FOR YOU
Select from the following to customise your temple facial treatment

LED Light Therapy *$70*
Stimulate collagen and boost hydration with red light. LED Blue destroys acne-causing bacteria to detoxify skin and reduce congestion. *20 mins*

Contouring Eye Treatment *$35*
Offers immediate results to hydrate and plump the eye area and visibly reduce dark circles and lines.

Extra Massage *$35*
Extend the bliss. Add 15 mins extra massage into your experience. Your choice of either hand, feet, back, face. *15 mins*

Refreshing Peel *$55*
Add a peel to deeper exfoliate, refresh and refine the texture of the skin.

Supercharge Your Results *$70*
Want the relaxation of a Facial ritual but more results?ADD peel+ampoule+speciality mask to supercharge your skin and soul.

Lymphatic Wrap *$50*
Unique compression pants will gently massage from your waist down and drain your lymph to relieve fluid retention & deeply relax you. *30 mins*

Callous Peel for Feet *$39*
Remove dead & dry skin on the feet and renew cracked heels.

Head, Neck & Scalp Massage *$80*
Head and scalp massage with your choice of Starfruit or White Ginger Lily warm hair mask, allows for the relief of mental fatigue.
This warm mask provides deep conditioning for the hair and assists with conditions such as psoriasis, or dry itchy scalp. *30 mins*

RF Eye Lift or Neck Lift *$89 each*
A skin tightening treatment that offers immediate results using radio frequency waves to heat the deepest layers of the skin to hydrate, plump, firm and tighten. *10 mins*

Neck & Décolletage Treatment *$75*
This area is gently exfoliated to renew dead dry skin, then hyaluronic acid is deeply infused with shallow needling for more intense results, finally saturated with a 40% hyaluronic acid mask to hydrate, plump and repair dehydrated and crepey skin.

Extractions + BT Micro *$35*
This is an exfoliation & extraction method to loosen blackheads and blocked pores.Followed by an active serum infusion using ultrasonic waves to re-hydrate and feed your skin cells.

Choose an Ampoule *$20*
Ampoules are pure concentrations of active ingredients, used to enhance results, and can be infused using a number of devices such as the BT Micro or applied manually.
Available in Collagen and Hyaluronic Acid

medi-spa face

Specialist Consultation
45 mins ***$120***

Our highly educated skin specialists will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

Our consultation include a computerised skin analysis camera to assess the deeper layers of the skin. Together we can see pigmentation, pore size, fine lines & wrinkles, bacteria, texture and sun damage.

Skin Peeling *30 mins* ***$140***
Advanced Peeling *30 mins* ***$145***

We offer a wide range of advanced skin peels to combat your serious skin needs. We can treat dry & ageing skins; sun-damaged & pigmented skins; congested & thickened skins; or simply soften & refine your skin to reveal your younger looking skin beneath.

+add LED Light to help control oil and heal acne *$70*

Image Power C Peel + LED
60 mins ***$235***

Highly potent and active using MD restoring cleanser, degreaser, signature peel, vitamin c mask, 2nd layer of signature peel, 20 min LED hydrogel sheet mask, MD restoring Power C serum SPF.

Anti Ageing Peel + LED
(fine lines, wrinkles, dull skins)
50 mins ***$215***

This is a combination of lactic acid peel to gently slough the dead skin cells away, then the LED to stimulate collagen and cell nutrition, then we infuse ferulic acid to brighten your skin before we finish with a retinol infusion to treat wrinkles.

Cosmelan De-Pigmenting Peel
Programme ***$1820***

This is a peel for melasma, chloasma, pigmentation & uneven skin colour. Includes 1 peel + 4 LED + 1 Brightening Facial + all full size homecare products.

Advanced Acnelan Peel
Programme ***$1460***

Intense programme for severe acne.Includes 6 full size Homecare products + 3 Acnelan Peels + 6 LED Lights

Microhydra-LIFT
(delicate resurfacing, ageing, hydration, deep clean, plumping)
60 mins ***$195***

MicroHydra-LIFT® is an advanced triple action, deep cleansing system that uses patented whirlpool suction technology to deeply, yet gently cleanse the pores and exfoliate the surface with a combination of oxygenated water, AHA Serums and BHA Serums. The treatment includes ultrasonic cleansing, hydration infusion, radiofrequency to plump out the skin, and an oxygen boost to reveal healthy, glowing skin.

Rejuvenation Facial + LED
(dehydration, ageing, Refining, Radiance) 90 mins ***$290***

This advanced treatment is packed with results, starting with a deep cleansing enzyme to decongest the skin and brighten the complexion. Next, potent LED therapy boosts skin rejuvenation and prepares the cells for maximum absorption of the hydrating cocktail. Plumping Peptides and Hyaluronic Acid reach the deeper layers of the skin with the help of a skin penetration device that is completely comfortable and pain-free. For the ultimate radiance boost, we end this treatment with a dewy HA sheet mask and a revitalising Vitamin C elixir.

Image Correction Facial
(customised for either ageing, sensitive or dry skin) 50mins ***$169***

This is a bespoke facial where your therapist customises your facial for your concerns. Focusing on either antioxidant infusion for sensitive and dry skins, or stem cells for powerful anti ageing results.

RF Eye Lift or Neck Lift
10 mins ***$89***

A skin tightening treatment that offers immediate results using radio frequency waves to heat the deepest layers of the skin to hydrate, plump, firm and tighten.

Glass Skin Facial
(dry, dull skin) 75 mins ***$245***

We're sure you will have seen Glass Skin TRENDING EVERYWHERE! As a result, we bring you what you demand! Our Glass Skin Facial uses clinical grade products that will transform dehydrated flaky skin into a smooth, glass like texture. Includes deep cleansing, resurfacing, dermaplaning, activation of healthy skin regeneration, soothing pH rebalancing, and deep hydration. Results are shrinking pores, increasing collagen, reducing fine lines & wrinkles, improves skin hydration & imperfections, anti-aging... gives you a glass skin effect by enhancing skin texture.

OxyGeneo Express
(face only, customised for all skins)
30 mins ***$170***

Express results for the face to oxygenate, exfoliate and infusion to the skin for optimal health.

Temple De-Age Facial
(all skins) 90 mins ***$415***

Cultivated from our best selling Medi-Spa Facial modalities, sure to show results in glowing, hydrated and plump skin! Starts with a Restoring cleanse, Brightening Peel, RF Coax, NIR led with Moisture Infusion Mask, heavenly Scalp Massage & finishing products.

OxyGeneo 3-in-1 Super Facial

(face + neck, customised for all skins) 50 mins ***$235***

A unique 3-in-1 Super Facial that works both on the surface of the skin and deep within to achieve firmer, fresher and naturally healthier looking skin. Oxygenate, exfoliate and infusion the skin for optimal health. Treats the face and neck area with Deep cleanse, Tripollar RadioFrequency, OxyGeneo pod, and Ultrasound Serum Infusion.

OxyGeneo 5-in-1 Red Carpet Treatment *(face + neck + chest, customised for all skins) 90 mins* ***$310***

A totally Luxe facial for optimum skin health. This treatment is tailored to your skin type and concerns to deliver immediate results, leaving skin visibly plumper, tighter, nourished and more youthful-looking after just one treatment. Treats the Face, Neck and Chest area with Deep cleanse, Tripollar RadioFrequency, OxyGeneo pod, LED, Ultrasound Serum Infusion, and Massage.

LED Light Technology

(ageing, plumping, dermatitis, eczema, psoriasis, acne, congestion, all skins)

Single LED *30mins* ***$85***

LED with Facial *15mins* ***$70***

LED Technology to detox and rejuvenate. Clinical studies guarantee your results.

We recommend a light therapy in combination with any facial to maximise results, or as a course.

Tri-Wave Technology For more advanced results in different skin conditions.

LED Red is a completely painless, pure non-laser light source, that is not an ultraviolet or infrared light.

LED Red Helps to minimise visible fine lines & wrinkles by plumping up the skin naturally. Reduce ageing by assisting to naturally heal the skin without causing cell damage.

LED Blue Helps stop the vicious acne cycle and reduces the production of the acne.

LED NIR/White Treats deeper layers for wrinkles, inflammatory pain relief, and skin conditions such as eczema, psoriasis and dermatitis.

Broken Capillaries Visible Vessels Spider Veins & Sun Spots

15 mins ***$199***

Our medical grade ND Yag and Q Switch lasers are of the highest quality. This specialised laser offer fast, comfortable and safe results on broken capillaries, spider veins and brown spots to even out the red and pigmented blotchy complexion.

IPL & Laser Skin Rejuvenation

half face 20 mins ***$130***
full face 45 mins ***$250***

Our experts utilise IPL, Switch, ND Yag or Diode medical grade lasers to rejuvenate ageing and uneven skins to reveal a more even fresher skin colour and health.

The combination of these modalities achieve remarkable results on freckles and sun-damaged skin, as well as breaking down melanin clusters formed as a result of hormonal melasma and chloasma.

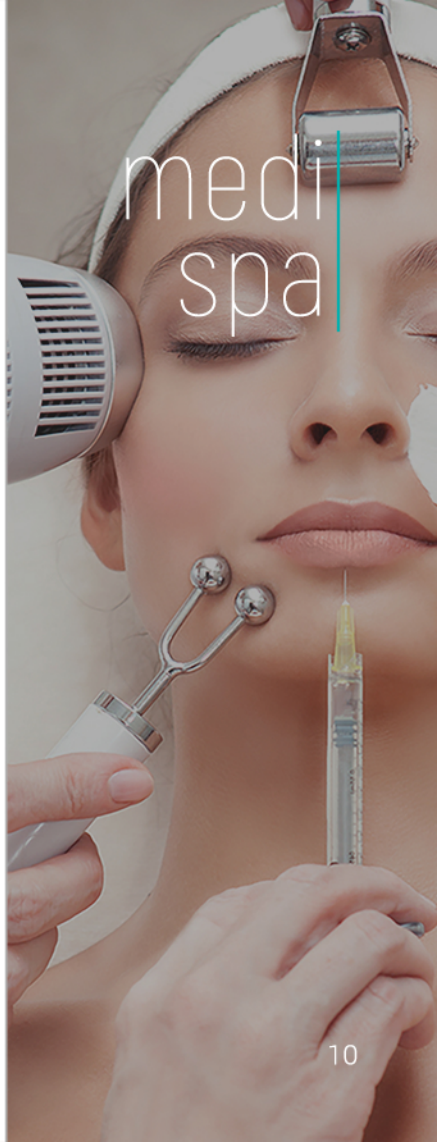
We also utilise medical grade lasers to treat Rosacea and Acne.

Chest/ Décolletage Treatment

(ageing décolletage area, crepey skin, creases) ***$400***

This treatment packs an intense result for ageing chest areas. Starting with a gentle peel to resurface, shallow needling to stimulate collagen then finishing with RF for plumping the area you will surely notice an improvement in the coming weeks. Can be purchased as a course for best results. Can combine with IPL for reducing uneven skin tone.

See our other Medi-Spa Results orientated skin treatments on pages 12-21



RF Plumping + Exosomes Mesotherapy Infusion

(skin rejuvenation, plumping, wrinkles reduction) 75min ***$310***

This cutting-edge treatment combines skin-tightening radiofrequency (RF) with the regenerative power of exosome mesotherapy to deeply revitalise and plump the skin. RF energy stimulates collagen production and improves skin firmness, while a targeted infusion of exosomes delivers potent growth factors to accelerate cellular repair, reduce fine lines, and enhance overall skin health. The result is firmer, fuller, and more radiant skin with a youthful glow.

RF Voluderm Needling + Exosomes Infusion

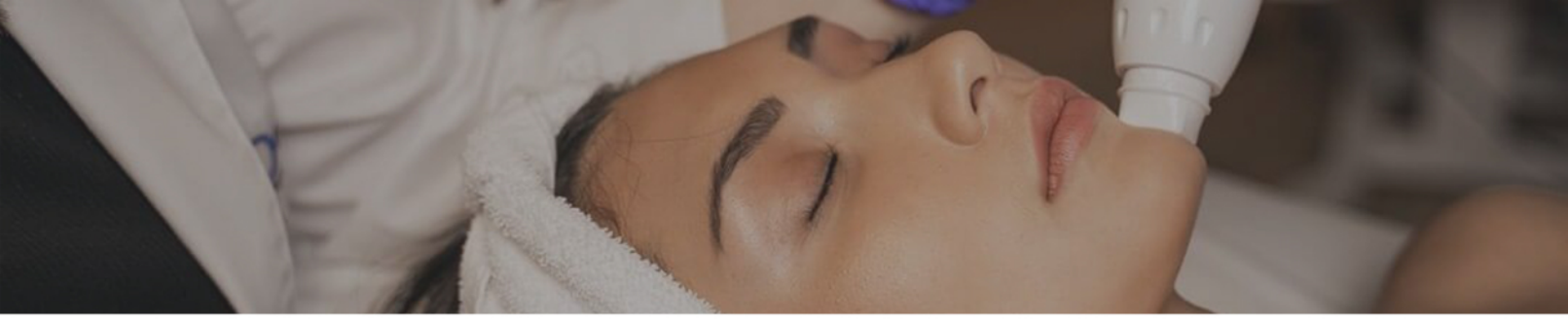
(skin rejuvenation, tightening, wrinkles reduction, deep hydration) 65min ***$449***

This advanced skin rejuvenation treatment combines the collagen-boosting power of RF (radiofrequency) microneedling with the regenerative benefits of exosome infusion. RF Voluderm delivers gentle radiofrequency energy through ultra-fine needles to stimulate deep dermal remodeling, while exosomes enhance skin healing, reduce inflammation, and boost overall radiance. Perfect for smoothing fine lines, tightening skin, and restoring a youthful glow.

Skin Needling + Exosomes Infusion

(skin rejuvenation, resurfacing, wrinkles reduction) 75mins ***$360***

This powerful skin rejuvenation treatment combines the collagen-stimulating benefits of skin needling with the healing -and regenerative properties of exosome infusion. Micro needling creates tiny channels in the skin to trigger natural repair and boost collagen production, while exosomes are infused to accelerate healing, reduce inflammation, and enhance overall skin tone and texture. Ideal for improving fine lines, acne scars, and dull, tired skin



divine pro

FACIAL REJUVENATION, SKIN RESURFACING, TIGHTENING, VOLUME & WRINKLE REDUCTION

Our Divine Pro device is the ultimate treatment platform that offers a comprehensive toolkit of technologies for effective skin rejuvenation, working on all 3 layers of the skin.

With the Divine Pro, we will work with you and your skin concerns to determine the most effective treatment for you and your needs. All treatments can be personalised o every skin type for effective facial rejuvenation, skin resurfacing, wrinkle reduction, facial contouring, pigmentation reduction and skin tightening, lifting & volumising - for a smoother, refreshed complexion.

Consultations are essential as we treat by concern. A course of treatments is required for best results.

Divine Pyramid Facelift

(skin rejuvenation, resurfacing, repairing & tightening) 75min ***$649***

DIVINE™ PRO offers the ultimate Non-Surgical Facelift treatment for total facial rejuvenation for an experienced skincare client. Includes skin toning, wrinkle reduction and skin firming with no surgery, minimal pain, and minimal downtime used both as a corrective and a prevention treatment. A Super Facial with a winning combination of 5 clinically proven technologies in 1 treatment:

- **RF Tripollar Skin Tightening**
  The RF targets the lower dermis for non-invasive collagen & elastin production for dermal volumising, smoothed fine lines & skin rejuvenation
- **Dynamic Muscle Activation** DMA Targets the deepest muscle layer to tighten, tone & lift skin for the ultimate sculpted facelift effect
- **Voluderm RF Skin Needling** Targets dermal volumisation to target the mid dermis to improve skin volume, deeper wrinkle reduction & rejuvenation
- **Trifractional RF Resurfacing** RF Micro-Needling is an advanced skin resurfacing treatment that targets the epidermis & helps with scarring, fine lines & wrinkles
- **LED Light Therapy** aid in skin recovery and minimise downtime to 24hrs. All working to renew the epidermis, mid-dermis and deep dermis, from the inside-out achieving the ultimate anti-ageing results.

\+ **We recommend you add a short booster course of 3-4 Dermalux LED 1-2 weeks prior to prepare the skin.**

RF Tripollar + DMA + LED

(targeting the lower dermis & deep muscle layer - skin tightening, lifting & anti-ageing rejuvenation) **full face & neck** *55min* ***$310***

This non-invasive technology heats the dermis layer and contracts collagen fibres for immediate skin tightening, wrinkle reduction & preventive treatment. The causes collagen fibers to contract and stimulates the production of collagen, elastin and hyaluronic acid. After this treatment, skin will have an instant "Cinderella lift" effect, along with glowing hydrated and perfected skin, followed by long term improvement in visible skin tightening and lifting, reduced wrinkles and rejuvenated appearance.
+ Includes 10min express LED in Full Face.

RF Voluderm Needling + Exosomes Infusion

(tightening, wrinkle reduction and deep hydration) **full face & neck** *40min* ***$449***

This advanced skin rejuvenation treatment combines the collagen-boosting power of RF (radiofrequency) microneedling with the regenerative benefits of exosome infusion. RF Voluderm delivers gentle radiofrequency energy through ultra-fine needles to stimulate deep dermal remodeling, while exosomes enhance skin healing, reduce inflammation, and boost overall radiance. Perfect for smoothing fine lines, tightening skin, and restoring a youthful glow.

Voluderm RF Skin Needling

(improve skin volumising, deep wrinkle reduction & rejuvenation) **full face & neck** *40min* ***$429***

This minimally invasive treatment using micro-needles (electrodes) with RF safely and effectively target the dermis layer of the skin. This triggers the production of new collagen, elastin and hyaluronic acid within the skin – leaving skin renewed and rejuvenated, especially on those hard-to-treat areas such as the neck, around the eyes and the upper lip areas.
+ Includes 10min express LED

Trifractional RF Resurfacing

(scar reduction, fine lines & wrinkle reduction & skin resurfacing)
full face & neck *40min* ***$359***

TriFractionalTM RF Resurfacing is an advanced, safe ablative technology that rejuvenates the face and neck, and provides a youthful look with minimal discomfort and downtime. The treatments are targeted towards wrinkles, fine lines, skin tightening, and skin resurfacing, including the improved appearance of scars.
+ Includes 10min express LED.

RF Tripollar Tightening + Trifractional RF Resurfacing Combo

(fine lines & wrinkle reduction, skin resurfacing & rejuvenation)
full face & neck *55min* ***$459***

The best of both worlds in reducing fine lines and wrinkle depth while increasing volume in the dermis. We are working with RF Tripollar Skin Tightening along with RF TriFractional Micro-needling to stimulate epidermis and mid dermis layers.
+ Includes 10min express LED

RF Tripollar Tightening + RF Voluderm Needling Combo

Fine lines & wrinkle Reduction, volumising & rejuvenation
full face & neck *55min* ***$459***

The best of both worlds for reducing deep wrinkles and improving volume and loss of elasticity in the dermis. We are working with RF Tripollar Skin Tightening along with RF volume needling to stimulate epidermis and mid dermis layers.
+ Includes 10min express LED

COURSES

RF Tripollar + DMA Skin Tightening

12 week course (2 weeks apart) ***$1550***

- x6 RF Tripollar + DMA + LED

Divine Pro Facelifts *(For moderate skin tightening + muscle toning*

6 week course (2 weeks apart) ***$1740***

- x3 Divine Pyramid Facelifts

RF Voluderm Needling

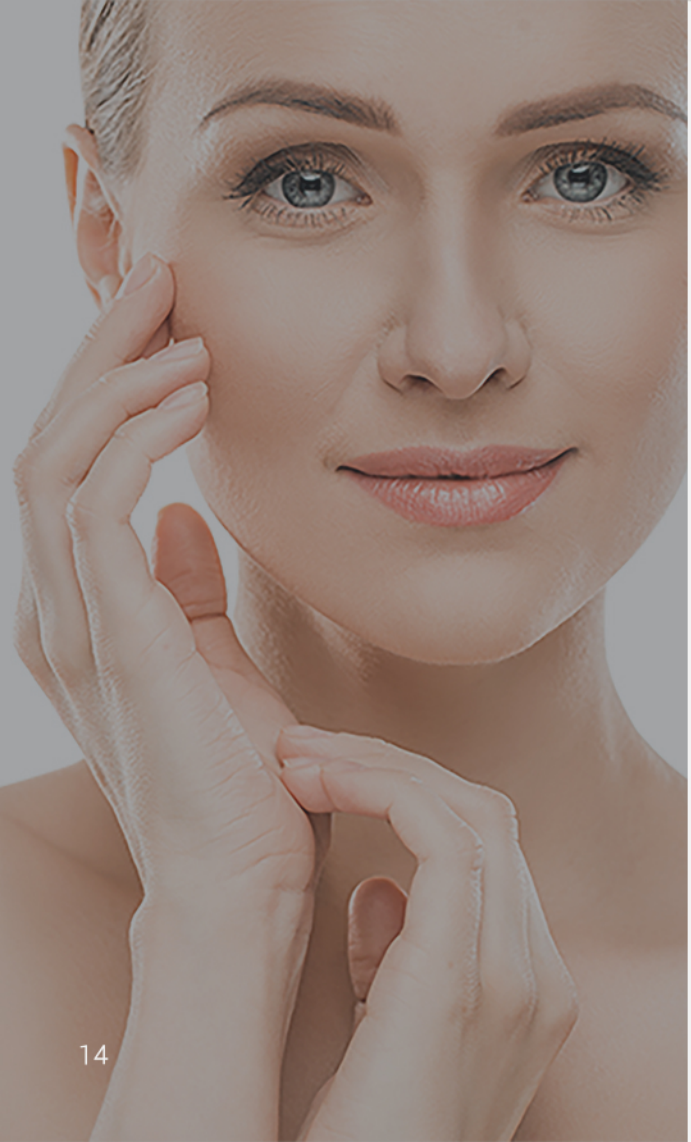
To increase volume and target moderate wrinkles / pitted scarring.
8 week course (2 weeks apart) ***$2225***

- x3 Voluderm RF Needling + LED
- x1 Pyramid Facelift
- x1 RF Tripollar Skin Tightening

Volume + Advanced Wrinkles / Scarring/ Stretch Marks

To increase volume + target deep wrinkles / pitted scarring / stretch marks.
14 week course (2 weeks apart) ***$2964***

- x3 Voluderm RF Needling + LED
- x2 TriFractional Micro-Needling + LED
- x1 Pyramid Facelift
- x1 RF Tripollar + DMA Skin Tightening



RF coaxmed

MODERATE PLUMPING & TIGHTENING

If you feel like you need a little pick me up and slow the ageing process, then the Coaxmed will give you a general lifting, plumping and glow.

This is the latest technology imported from Italy which is the natural alternative to botox and a facelist, without the risk of surgery!

We use radio frequency and cavitational waves to cause the collagen in the deeper dermis to contract to provide a lift, firm and tightening of your skin. This is a safe and painless procedure using the most superior technology.

There is no down time to this treatment and because we use the most advanced technology you will have natural results in the firmness of your skin. It is not like a facelift where all the skin is noticeably tight, your friends will just say you are looking healthy and happy like you've just had a holiday...but they will be thinking envious of your new look. Even Madonna loves this treatment

Cost per area	**20 mins**	**$150**
Chest / Décolletage Area	**30 mins**	**$220**
Full face lift incl. neck	**40 mins**	**$300**

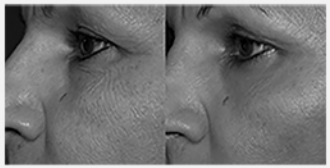
RF Plumping + Exosomes Mesotherapy Infusion

(skin rejuvenation, plumping, wrinkles reduction) 75min ***$310***

This cutting-edge treatment combines skin-tightening radiofrequency (RF) with the regenerative power of exosome mesotherapy to deeply revitalise and plump the skin. RF energy stimulates collagen production and improves skin firmness, while a targeted infusion of exosomes delivers potent growth factors to accelerate cellular repair, reduce fine lines, and enhance overall skin health. The result is firmer, fuller, and more radiant skin with a youthful glow.

Before & after CoaxMED Treatments

See page 21 for courses...



HIFU skin tightening

LIFTING, TIGHTENING, FIRMING & SCULPTING

If you can't stand those hanging jowls, your cheeks are looking flat, you hate your sagging neck, you have a pocket of fat under your chin and you have lost your jawline as it's all falling south... the HIFU is for you!

HIFU Treatment (High Intensity Focused Ultrasound) is a non-surgical, no downtime, in-office procedure for lifting and tightening sagging skin of the eyes, cheeks, lower face jowls, jawline and neck. Ultrasound technology is focused below the skin surface to firm and lift droopy skin tissue.

A smooth hand piece is used to deliver tiny deposits of focused ultrasound energy at just the right depth below the skin. Your skin's response to this energy is to recondition tired skin by stimulating the growth of fresh, new collagen. The result is a tightening and gradual lift of the skin back into a more youthful position and form-fitting shape. Over the next four to six weeks after the treatment, skin will be firmer and uplifted.

Treats the following areas:

- Skin Laxity
- Heavy Jowls
- Jawline to tighten and lift
- Collagen & Elastin loss: In face, neck & body
- Blurred neck contours
- Post Baby Belly

- The closest technology available to a true surgical face-lift
- No damage to the skin's surface
- A REAL alternative to needles and surgery
- Achieves amazing, visible results NATURALLY

Before & after HIFU Treatments

HIFU	One Session	2 sessions *moderate ageing*	3 sessions *advanced lifting + ageing*
Full Face + Neck	$1,300	$2,210	$2,925
Lower Face + Jaw + Neck	$850	$1,445	$1,912
Double Chin + Jaw	$699	$1,188	$1,572
Neck	$399	$678	$897
Decollatage	$499	$848	$1,122
Upper Face + Brow Lift	$499	$848	$1,122

skin needling

WRINKLES, SCARRING, STRETCH MARKS, OPEN PORES, REJUVENATION

If you suffer from uneven, dull or lifeless skin, wrinkles, open pores, pigmentation, scarring or hair loss, Skin Needling may be your solution

Skin Needling stimulates tissue regeneration and offers results comparable to lasers such as fractional laser, without the damage to tissue. Clinically proven to induce a collagen response. Your body will start to naturally regenerate the skin below the surface of the dermis to form new collagen and elastin fibres. New skin cells are stimulated and new capillaries form to improve the blood supply. This procedure is called Collagen Induction Therapy (CIT).

Our skin needling is far more effective than most as it combines CIT with the advanced delivery of serums through Electroporation. This is a technique in which an electrical field is applied to cells in order to increase the permeability of the membranes, allowing products to be introduced into the cell more efficiently.

It only takes up to 6 weeks to start to see the results and the process will continue over the following months.
Most skins will need around 3 treatments, being 4-6 weeks apart. These treatments are painless!

Before & After Skin Needling Treatments

Corrective Needling

$360 *90mins per treatment*
(no numbing)

$1150 *3 needling course*
3 needling course
(no numbing)

+ Aftercare Kit FREE **(save $200)**
* numbing can be done for an extra **$70** per treatment

Electroporation + 0.25 Needling Infusion *$250*

per treatment

Chest

$250 *per treatment*
* Combine with RF for best results

Hands

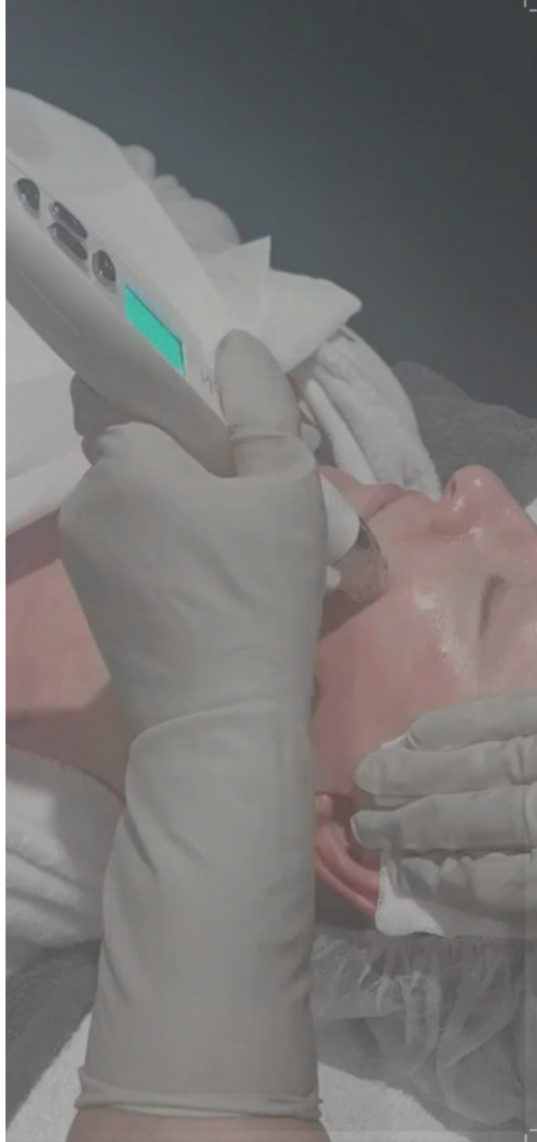
$250 *per treatment*
* Combine with RF for best results

Skin Needling + Exosomes Infusion

(skin rejuvenation, resurfacing, wrinkles reduction)
70mins ***$360***

This powerful skin rejuvenation treatment combines the collagen-stimulating benefits of skin needling with the healing and regenerative properties of exosome infusion. Micro-needling creates tiny channels in the skin to trigger natural repair and boost collagen production, while exosomes are infused to accelerate healing, reduce inflammation, and enhance overall skin tone and texture. Ideal for improving fine lines, acne scars, and dull, tired skin

For more Skin Needling options please see Page 11.



plasma pen

The Plasma device creates genuine plasma output not an electrical current. This plasma arc permits precise 'soft surgery'. Plasma lifting utilises a 500Hz modulated frequency which is specialised for deep wrinkle treatments. Plasma has advantages as there is no cutting of skin, no stitches required, very low risk procedure, minimal side effects and far less downtime than surgery, quick and easy procedure, and has no thinning of the skin.

Additionally, the device can treat:

- Eyelid lifting
- Treatment of acne
- Lifting of face and neck
- Post-acne scars
- Lifting of excess skin of arms and abdomen
- Scars - Discoloration of the skin
- Stretch marks

Upper Eyelid lift	$800
Jowls	$800
Nasolabial line	from $450
Nasolabial line & Lift	from $800
Under Eye	from $450
Marionette Lines	from $450
Crows Feet	from $450
Neck Lines	from $800
Small Area	from $150
Large Area	$800

Packages available in spa. Speak with one of our experts to see whats best for your desired results.

WHAT TO EXPECT: This is a typical post treatment healing timeline

Day 0: Slight swelling, redness, occasional blood spotting, skin discoloration.

Day 1: Maximum swelling, still red, slightly tender like sunburn, micro-scab formation.

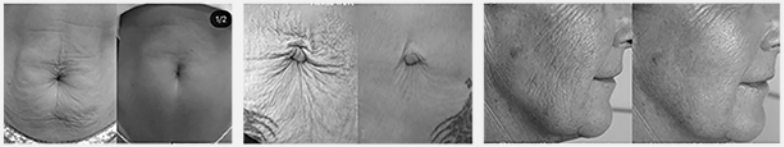
Day 2: 25% less swelling, micro-scabs start drying out, skin discoloration still present. Can cover with foundation.

Day 3: 50% less swelling, micro-scabs start shedding naturally, skin discoloration starts to fade. Skin starts showing signs of visibly tightening.

Day 4: 75% recovered, still tender to the touch, micro-scabs darken and continue to shed.

Day 5 onwards: For the next 6 to 8 weeks, the skin continues to recover and tighten during the healing process.

Before & after Plasma Pen Treatments



Before & after Eyelid Lifting

depigmentation

CHLOASMA, MELASMA & BROWN UNEVEN SKIN COLOUR

Depigmentation treats melasma and chloasma (dark patches on skin). Everyone's skin has pigment, it is what gives it colour. However, as we age, the even skin tone enjoyed as children and young adults start to become unbalanced. Brown pigment patches appear, most noticeably on our hands and faces. This is caused by environmental damage and our skin's natural melanin production but in some people it is more pronounced than others.

If you suffer from hyperpigmentation, or dark spots and patches on your skin, Temple's Depigmentation Program is your answer. This highly effective treatment uses the world's leading non-laser procedure that will significantly reduce hyperpigmentation. You will begin to see results from Day One. And, as you continue through the depigmentation process, you will notice a brighter and smoother complexion with a reduction of fine lines and wrinkles.

Temple Client at week 12 of Depigmentation Program

Depigmentation Program Inclusions

$1820 *for the complete 12-week program*

+ All in-spa treatments
+ Free LED Light sessions for healing boost
+ At-home Care Kit

12-Week Depigmentation Program

Phase I: Intensive Depigmentation

Phase II: Continuous Depigmentation

Phase III: Pigmentation Regulation

Phase IV: Reappearance Control

Specialist Consultation

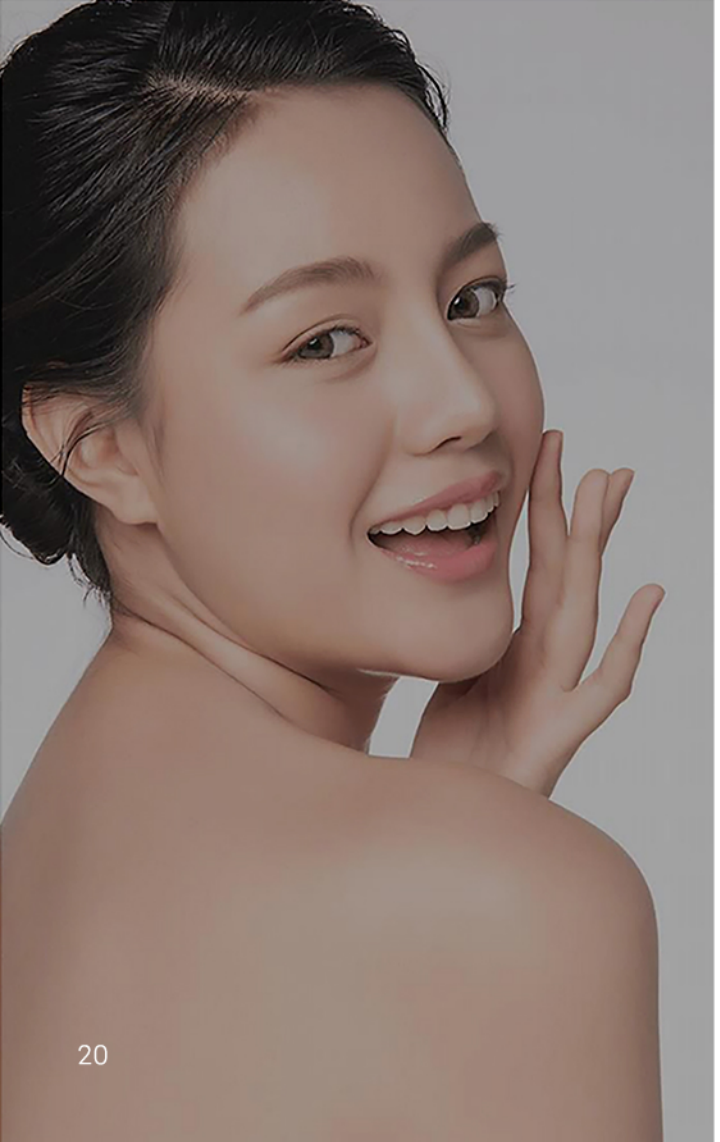
45min ***$120***

Our highly educated skin specialists will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

Our consultations include a computerised skin analysis camera to assess the deeper layers of the skin. Together, we can see pigmentation, pore size, fine lines and wrinkles, bacteria, texture and sun damage.

Temple Client at week 12 of Temple Depigmentation Program

Temple Client at week 12 of Temple Depigmentation Program



acne

Acne can be caused by many different triggers so we suggest you book a specialist consultation with our Temple Medi-Spa Therapists to investigate the cause which will allow us to better treat your condition in a more holistic manner to get the best results.

facials

Clear Skin Treatment
(oily & congested skins) 60 mins ***$159***

A deep cleansing facial with an emphasis on extractions & anti-bacterial ingredients to target congestion, acne & breakouts.

+ add 15 min LED Light for calming & healing $70

Calm and Clear Skin
(oily & congested skins) 60 mins ***$210***

This is the perfect facial for correcting congestion, rough texture, open pores and breakouts. Includes: Deep cleanse, Charcoal Oxypod, extractions, LED, sonophoresis anti- bacterial infusion.

Skin Peeling *30mins* ***$140***
Advanced Peeling *30mins* ***$145***

We offer a wide range of advanced skin peels to combat your acne skin needs. We have many different peel strengths and ingredients to best tailor your treatment to treat the congestion or acne you struggle with.Salicylic acid loves oily greay environments so is best to treat acne skins.

+ add LED Light to help control oil and heal acne $70

Image Power C Peel + LED
60mins ***$235***

Highly potent and active using MD restoring cleanser, degreaser, Signature Peel, vitamin c mask, 2nd layer of Signature Peel, 20 min LED hydrogel sheet mask, MD restoring Power C serum SPF.

Oxygeneo Express
(congested, oily, acne skin)
30mins ***$170***

We use a Charcoal OxyPod to offer results for the face to oxygenate, exfoliate, deep clean, detoxify and infusion the skin for optimal health.

programmes

LED Light Treatments for Inflamed Sensitive Skins
(Acne, breakouts, redness and inflammed skins)
Up to 12 Lights in One Month ***$335***

LED technology to clear, detox & heal skins. Clinical studies guarantee you results. We recommend a light therapy in combination with your facials to maximise results, or as a course to calm irritated and inflamed acne before considering one of our acne courses below.

LED is a completely painless, pure non-laser light source, that is not an ultraviolet or infra-red light.

LED Red LED Red helps to minimise scarring and increase wound healing for the red inflamed pustules. Assisting to naturally heal the skin without causing cell damage.

LED Blue Helps stop the vicious acne cycle and reduces the production of the acne. It stops the production of the acne-causing bacterium and excess oil, resulting in the reduction of inflammation, redness and acne lesions, leaving the complexion clear and healthy.

LED NIR/white Treats deeper layers for collagen & wound healing, inflammatory relief of sore pustules and nodules, redness and inflammation.

Grade I-II Acne Course for mild to moderate Acne

(Congestion, Papule's under the skin, moderate Acne pustules) ***$1360***

Includes your Image Skincare Homecare Starter Kit + 6 Image Acne Lift Peels + 12 LED Lights. We will design a program for your particular condition tailoring the level of advanced skin peels to combat your acne skin needs.

Cosmelan De-Pigmenting Program *(Best for chloasma, melasma, uneven skin colour & safe for all skin colours)* ***$1820***

Includes 1 peel + 4 LED + 1 Brightening Facial + all full size homecare products.

Advanced Acnelan Course for severe or long term Acne skins

(Pustules, papules, and acne inflammation) ***$1460***

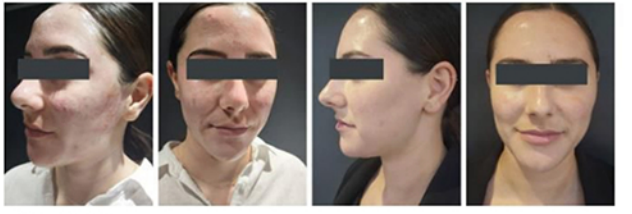
Includes your 6 full size Homecare products + 3 Acnelan Peels + 6 LED Lights.

A professional medical method for the intensive treatment of acne-prone and seborrheic skins. For effective, rapid and convenient control of acne-prone and moderate seborrheic skin.This program will see:

- Decrease in sebum production: this slows down the secretory activity of sebaceous glands.
- Control of bacterial proliferation: this inhibits the growth and reproduction of the strains making up the skin flora, which may infect blocked pilosebaceous canals
- Less redness and epidermal swelling: this reduces and soothes the intensity of the inflammatory process of acne outbreaks.
- Lightening of post-acne hyperpigmentation: this improves the appearance of hyperpigmented areas of skin after an acne outbreak.

The acnelan program of the medical treatment involves 3 sessions that are carried out with an interval of 15 to 21 days between sessions of peels, according to the sensitivity and recovery capacity of the skin to be treated. You will also combine these results with LED Treatments to calm red inflamed acne, control excessive oiliness, repair damaged scarring skins and reduce acne lesions.

Temple Client at week 12 of Acne Programme



Acnelan Course

Temple Client in various stages of their Acne Treatment Program

medi spa intensive programmes

Unfortunately, like most things in life, there is not always a one fix wonder when treating major skin concerns. Most of us have more than one thing we would love to correct. Usually these concerns require a combination of different treatment modalities to get you maximum results.

Your expert therapists at **the temple skincare & spa** will prescribe an individualised treatment solution program for you, however here are some ideas of the most effective ways to correct your skin.

Virtual Consultation

30 min ***$40***

We offer in clinic computerised skin diagnosis as well as virtual consultations in the comfort of your own space via FaceTime/ WhatsApp/ Skype. Consultations range from $30 to $120 depending on the speciality and time.

Specialist Consultation

45 min ***$120***

Our highly educated skin specialists will conduct a personalised skin analysis and offer you a comprehensive treatment plan for amazing results with either ageing or acne skins.

LED Bootcamp

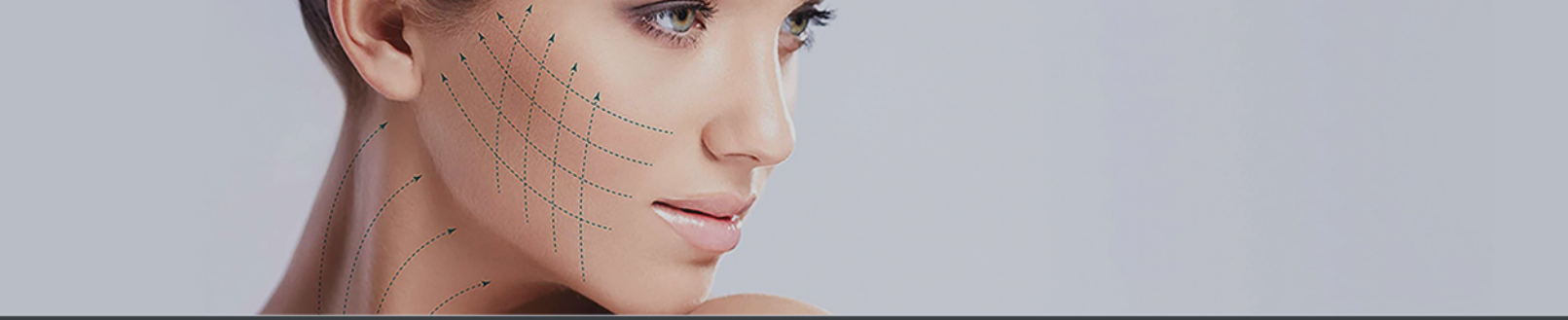
Up to 12 lights in One Month ***$335***

If you want healthy glowing skin then the LED should be your best friend. For best results correcting skin we suggest you come 3 times per week.

LED Flex Hire for Home

1 week Hire ***$240***
2 week Hire ***$490***

Clinically proven to be beneficial for the skin, The Dermalux Flex is the most advanced, portable professional LED device in the world! Offering relief from so many skin irritations like redness, acne, psoriasis and many more. The flexible LED canopy is secured in a base unit for application to the face and can be removed and positioned flat for treatment of the body also.



AGEING

Fine Lines *$1150*
Course of 3 Skin Needling sessions + post care kit + post LED lights

Wrinkles & Volume *$2225*
8 week course includes 3 Voluderm RF Needling + LED + 1 Pyramid Facelift + 1 RF Tripollar Skin Tightening

Lifting *$2750*
2 HIFU full face & neck uplifts + 2 Coax RF facelifts

Plump & Glow *$2400*
8 RF CoaxMed Facelifts + 11 LED light treatments + 3 image peels

Moderate Tightening & Muscle Tone *$1550*
12 week course includes 6 RF Tripollar + DMA + LED

Ultimate Anti-Ageing Package *$3450*
2 HIFU Full Face & Neck Uplifts + 7 RF Coaxmed + 7 LEDs

Volume & Deep Wrinkles / Scarring/ Stretch Marks *$2964*
14 week course includes 3 Voluderm RF Needling+ 2 TriFractional Micro-Needling + 1 Pyramid Facelift + 1 RF Tripollar + DMA Skin Tightening

Ageing Chest/Décolletage *$1495*
Course of 2 laser Rejuvenation + 2 Refreshing Skin Peels + 4 Skin Needling + 4 RF Coaxmed Plumping

ACNE

Grade I-II Acne *$1360*
Homecare starter kit + 6 acne lift peels + 12 LED lights

Advanced Acnelan Course *$1160*
Intense programme for severe acne, includes 6 full size Homecare products + 3 Acnelan Peels + 6 LED Lights

PIGMENTATION

Scattered Sun Spots *$799*
2 Half Face Laser Rejuv + 3 Q Switch Laser

Sun Damage & Freckles *$895*
3 Full Laser Rejuv + 2 Half Face Laser Rejuv

Cosmelan De-Pigmenting Program *$1820*
Best for chloasma, melasma, uneven skin colour & safe for all skin colours. Includes

Includes 1 Depigmentation Peel, 4 LEDs with sheet masks, and 1 Vit C Recovery Facial + Full Size Homecare Kit.

SCARRING

Program *$1799*
3 skin Needling sessions + post care kit + post LED lights + 4 skin peels

BRIDAL PACKAGES

Wedding Week Prep Package *$399*
Perfect for wedding week, Mother & Daughter spoiling, or even your Bridal Party Pamper Day!

- Eye Package
- Glow Facial with LED
- Organic Body Scrub
- Relaxation Body Massage

8 Week LED Bridal Program *$1200*
This will leave your skin hydrated, calm and radiant for your big day!

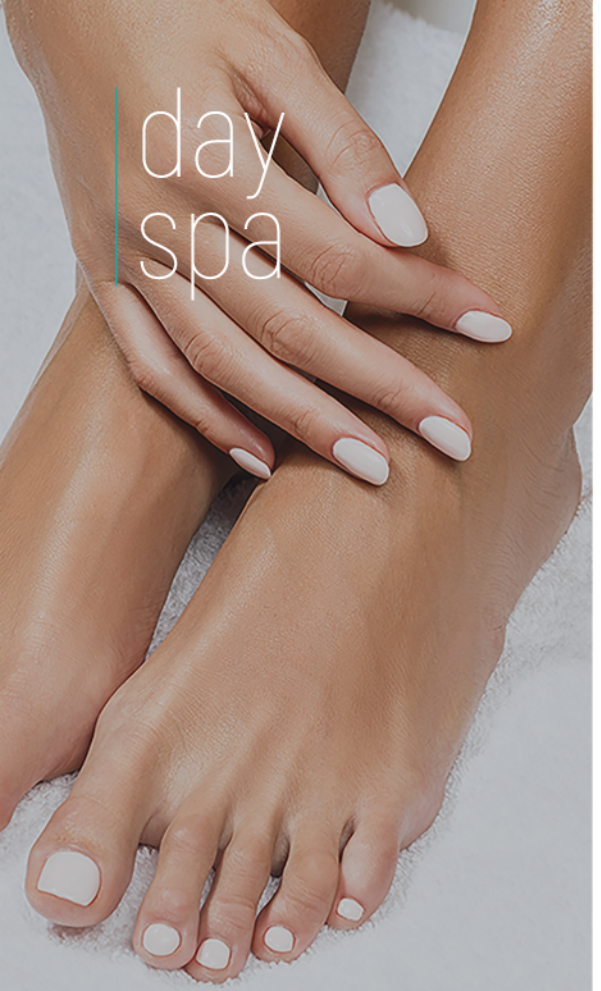
- X1 Luxury 02 Light Lift Facial
- X4 weeks of LEDs twice a week
- X4 weeks of LEDs once a week
- X1 Luxury 02 Light Lift Facial
- X2 Hyaluronic Sheet Masks for the wedding week

12 Week Bridal Program *$1695*
Walk down the aisle with grace and radiant, smooth, soft, and youthful skin

- X6 Peels + LED Lights
- X2 Infusion Needlings
- X1 02 Lift + LED Facial
- X1 Vitamin C Brightening Facial + LED

see pages 32 & 33 for programmes for stretch marks and body sculpting

the temple
SKINCARE & SPA
body



hand & feet rituals

Give your hands & feet a treat. Restore your neglected hands & feet with one of our beautiful hand or foot treatments.

Paradise Foot Restoration

30 mins ***$89***

Sit back, relax and be pampered from soul to sole. Starting with a ritual cleansing with coconut milk, followed by an exfoliation of natural occurring alpha hydroxyls in a pure cane sugar infused with essential oils, enzymes and coconut oil. A warm Body Butter wrap is then applied to the feet and while you are floating in paradise your legs are massaged with warm Coconut Exotic Massage Oil.

Callus Foot Peel

Add on treatment ***$39***

Callus Peel is the only professional blade free callus peeling system to guarantee outstanding results in 15 minutes. Usinga simple 4 step process, Callus Peel provides a new level of satisfaction never experienced before, leaving your feet fresh, smooth and callus free.

Nail Fungai Laser Treatment

15 mins ***$149***

We use medical grade laser to treat Onychomycosis. This is a term used for fungal nail infections, which may afflict fingernails or toenails. The most common symptom of a fungal nail infection is the nail becoming thickened and discoloured: white, black, yellow or green. As the infection progresses the nail can become brittle, with pieces breaking off or coming away from the toe or finger completely.

We get around a 85% success rate with laser treatment for the Onychomycosis, as opposed to about a 60% success with other treatment options.

Normally 4 treatments are required, treatments are once a week.

Hand Rejuvenation Program

90 mins ***$450***

May be performed over 1 or 2 treatment bookings. Starting with x1 peel to refresh and renew the skin , then x1 IPL to even out skin discolouration, combined with x1 Shallow skin needling to stimulate collagen and thicken a thinning skin, finished with x1 RF to plump, hydrate and renew ageing hands.

body rituals

We have many more divine body rituals under day spa packages.

Stress Relief Massage

50 mins ***$150***

Your therapist will gently relax your body and relieve those stressed or tired muscles through melting movements and soothing the soul.

Relaxation Massage

(soft-medium-pressure)

60 mins ***$170*** *90 mins* ***$240***

Let the healing touch of our therapists move you into a deep place of relaxation. With flowing movements and gentle muscle manipulations, this treatment is sure to put your mind at ease and have you walk out floating. Create your own journey. Choose from a selection of plant infused oils and let your therapist tailor your pressure and manipulation to suit your desire.

Lomi Lomi Hawaiian Massage

60 mins ***$155***

Beginning with a detoxifying body brush to aid exfoliation and lymphatic drainage, a very flowing, deeply relaxing massage originating from Hawaii. The therapist treats you with their arms and hands in flowing movements over the body in what becomes a dynamic dance of life. On a spiritual level, the energy within the massage relaxes the body & muscles under tension, allowing peace to be within the mind by removing reasons for stress. Described as one long, big hug!

Signature Spa Massage

1 hr 45 mins ***$285***

Theres nothing more special than a healing touch. This package is all about massage to destress and restore your well-being.

- Aromatic foot soak and scrub
- 90min Signature Body massage
- Paraffin infusion for trouble areas
- Pressure point face massage
- De-stress scalp massage

Ultimate Aromatherapy Experience

60 mins ***$180***

90 mins ***$235***

This treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the most suitable oil with powerful benefits for your body & mind. Your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes to dissolve away stress & tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

It may be taken as a 60 minute or 90 minute massage ritual. In the longer treatment extra attention is given to the facial massage.

Pregnancy Massage

60 mins ***$170***

Especially gentle for pregnant or nursing women to relax tired muscles in the lower back, thighs and feet. We only treat post first trimester. Our qualified therapist will ensure your well being with a beautiful, gentle, nurturing treatment.

Native Oil & Hot Stone Massage

90 mins ***$245***

Melt awary as the skilful hands of our therapists use the ancient art of stone massage and essential oils to massage away the tension. This unique form of massage with hot stones will bring about a sense of balance & wellbeing. This treatment is extremely good for muscle aches, fluid retention, and tired, stressed souls. A truly unique experience that everyone has to try at least once in their life! Relaxing the heart, grounding the soul and soothing the mind.

Head, Neck and Scalp massage with Deep Conditioning Hair Oil

30 mins ***$89***

Head and scalp massage is an age old healing art form of holistic therapy. It allows for the relief of mental fatigue, the calming of thoughts and easing of stored tension.

This warm oil provides deep conditioning for the hair and invites rest for the mind.

Organic Body Buff

45 mins ***$125***

A favourite for its instant results as this buff polishes away dull skin to reveal a radiant glow. Rich in essential fatty acids and antioxidants with natural oils to promote cell renewal. Your choice of Coconut Lime Blossom, Coconut Milk & Honey, or Mango. The finishing application of Organic Body Souffle leaves the body relaxed and rejuvenated.

Paradise Foot Restoration

30 mins ***$85***

Massage to restorative points in the feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. A native eucalyptus foot soak and scrub followed by a specialty massage and soothing hydrating body butter leaves you with a spring in your step. Absolute bliss for tired feet and legs!

Remedial Massage

45 mins (one area of concern) ***$150***

60 mins (two areas of concern, full body) ***$170***

90 mins (two areas of concern, full body) ***$240***

A specialised deep tissue massage, utilising myofascial release, Swedish, sports, myofascial cupping and assisted stretching techniques. Light to firm pressure.

Want to come for regular skin treatments or massages but want the best price? Ask about our *Skin Subscriptions.*

day spa packages

Revive
1 hr 30 mins ***$290***

The ultimate pick me up for those with a time poor lifestyle.

- Organic body buff
- Relaxing 30 min Back, Neck & Shoulder Massage
- Hydrate & Glowing Skin with a Refresher Facial

Ecstasy Combo
2 hrs 30 mins ***$430***

Body, mind & soul renewal.

- Organic body buff
- Temple's Signature Facial
- Relaxation Massage

Restore
3 hrs ***$480***

Restore balance to your skin and soul

- Head, Neck & Scalp Ritual
- Paradise Foot Restoration
- 60min Relaxation Body Massage
- 60min Temple Signature Facial

Signature Spa Massage
1 hr 45mins ***$285***

There's nothing more special than a healing touch. This package is all about massage to de-stress and restore your well-being.

- Aromatic foot soak and scrub
- 90 min signature body massage
- Paraffin infusion for trouble areas
- Pressure point face massage
- De-stress scalp massage

Moringa Melt Ritual
2 hrs 15 mins ***$345***

Rejuvenate your body and calm your mind with this nourishing head-to-toe experience. Begin with a dry body brush and exfoliating Moringa Scrub to smooth and revive the skin, followed by a soothing 60min hot stone massage to melt away tension. A rich Moringa body butter is then applied for deep hydration, finishing with a blissful head, neck, and scalp ritual for total relaxation and radiant renewal.

Temple Indulgent Facial
90 mins ***$265***

This luxury facial is 90 minutes of pure bliss. From the very first touch you will feel a sense of calm and nurturing. Tailored to your skins needs, this facial includes aromatherapy infusion, gentle peel exfoliation, 20minutes of heavenly massage including back, neck & face, a moisture infusion lymphatic drainage massage, restoring face mask, and a choice of hand or foot massage.

Royal Milk & Honey Ritual
2hrs ***$350***

Fijian Milk & Honey are combined to create a royal ritual designed to hydrate, nourish, tighten and strengthen the skin on your body.

- Dry brushing and organic sugar rub gently exfoliates the skin
- Moisturising Milk Body Mask is massaged in with hot stones to hydrate and soothe
- 30mins hydrating facial you have a group of 2 or more
- Fijian scalp ritual with exotic honey massage oil
- Honey Body Butter nourish

Coconut Lime Blossom Skin Renewal
2 hrs 30 mins ***$430***

Gently but effectively we achieve a total skin renewal with this ultimate lime body peeling treatment rich in antioxidants.
Restoring smoothness, clarity and radiance whilst evening the tone and hydration.

- Dry brushing to stimulate the skin
- Skin renewing peptide Body Mask
- Organic sugar exfoliation
- Exotic Coconut Lime Blossom Full Body Massage
- Fijian scalp ritual using Coconut Lime Blossom oil

The Ultimate Indulgence

4 hrs 30 mins ***$755***

Find refuge from the stresses of life and treat yourself with this indulgent day retreat package.

- Relax from top to toe with a divine sugar buff to create the ultimate healthy glow
- Followed by a hydrating Milk & Honey cocoon to soften and nourish your skin
- Rejuvenate & awaken every skin cell in your face with a LED Light Treatment
- The bliss continues with a 60min Renewing Facial including a de-stress facial massage
- Also included is some time out with lunch by the pool or in the Restaurant (45 minute allocation)
- Be grounded with the finishing touches of a Paradise Foot Restoration
- Relax as your tension is melted away with an exotic infused oil Full Body Massage

Enter your carriage to return home feeling blessed and balanced, with the memory of a day all about YOU

Signature Spa Massage

1 hr 45 mins ***$285***

There's nothing more special than a healing touch. This package is all about massage to destress and restore your well-being.

- Aromatic foot soak and scrub
- 90min Signature Body massage
- Paraffin infusion for trouble areas
- Pressure point face massage
- De-stress scalp massage

Mum 2 Be

2 hrs ***$365***

Becoming a Mother is one of the most exciting times of your life, yet it takes a lot out of you. Let us replenish your skin and soul at this special time.

- Full Body Pregnancy Massage
- Full Body Scrub
- 30min Refresher Facial

Couples Retreat

90 mins each, plus lunch time

$590 per couple

If romance is in the air and you need a little R & R with that special someone in your life, relax in the skillful hands of our therapists.

Your experience begins with the revitalising Refresher Facial, restoring hydration to the skin. Next, enter a deep state of relaxation and feel your mind drift away with a Full Body Relaxation Massage, designed to bring about balance and reduce stress. The massage is performed using luxurious, plant-infused oils.

Slowly slip back into the here and now, while enjoying your partner's company at the pool and energise with a healthy lunch from our Spa Menu.

Enhance your experience

To enhance your experience at the spa we suggest you take advantage of what else we have to offer...

- Be refreshed in our 20 mtr heated outdoor pool
- Enjoy a healthy lunch from our Spa menu
- The Hills Lodge High Tea is a must if you have a group of 2 or more
- Perhaps a nights accommodation is just what you need to savour the moment.

While you are in spa...

At The Temple Skincare & Spa, it's our mission to do whatever it takes to make you look and feel million dollars. So while you are here, you may want to incorporate any of these mini rituals into your treatment today to enhance your results and your spa experience.

Callus Peel for Feet *$40*

Remove dead and dry skin on the feet and renew cracked heels, buffing them smooth.

Collagen Eye Infusion *$35*

Immediate results for hydrating and plumping your delicate eye area. Relaxing fine lines and detoxifying dark circles.

Warm Hair Mask *$40*

Relieve dry hair and scalp as we infuse a warm oil hair mask whilst enjoying your scalp massage.

Hot Stones on the Back *$45*

Let us tailor you massage to your back area and unravel tight muscles whilst offering deep relaxation through the use of hot stones.

Aromatherapy enhancement *$25-49*

Add quality aromatherapy essential oils to enhance deeper relaxation, and relive tight muscles.

Guided meditation during Massage *$35*

Provided through our headphones system, a Deeper relaxation comes through quiet time with a guided meditation.

Lymphatic Compression Therapy for legs & hips *$50*

Eases lower body pains so you can warm up and recover faster. Drains toxins and fluid retention from the area. *(Can be done during massage whilst we work on your top half, or if you prefer after your massage ensure we have **extra 20min time**)*

celebrate with friends

Pre-Wedding Pamper
Hens Party
Girl's Day Out
Baby Shower Party
Any reason at all

Celebrate with friends at The Temple Skincare & Spa!

Relax with your girlfriends and enjoy a day spa treat packed with facials, massages, spa treatments, sparkling wine, high tea or lunch.
THE CHOICE IS YOURS!

+ Includes a bottle of bubbles!

Create your own package or let us help you select from our most popular bridal party packages.

Celebrate with Friends packages are available for a group of 4 guests minimum

Create your own package

Select your time then choose from the 30 minute treatments listed to create your own journey to welness at The Spa.

Two Treatments	*60 minutes*	***$195***
Three Treatments:	*90 minutes*	***$292***
Four Treatments:	*120 minutes*	***$390***

All our guests are welcome to make the most of their special day by enjoying High Tea/ Lunch/ Cheese platter or social time and a swim in our beautiful outdoor pool. For larger groups, we suggest splitting your group sessions into Spa group #1, then time by the pool with bubbles and Cheese Platter or Lunch in our restaurant , then Spa group #2, so that your group all gets to relax & socialise and make the most of your experience.

Choose from the following 30 minute treatments:

- Refresher facial
- Contouring Eye Treatment & Rose Quartz Face Massage
- LED Light Treatment
- Relaxation Massage
- Organic Body Buff
- Head, Neck & Scalp Massage with Conditioning Hair Mask
- Rainforest Foot Restoration

+

Need more pampering?

- Combine your spa packages with the Hills Lodge's famous High Tea or a healthy lunch from our Spa menu.
- Make it a day to remember and stay the night in one of our beautiful hotel suites
- Ask us for a quote to organise Personalised Gowns for your group to savour the moment. (Advance notice required)

medi spa

medi-spa body

These results orientated treatment solutions will combat your problem areas.

We can treat :

- Smoothing & eliminating cellulite
- Skin tightening & firming
- Reduce localised pockets of fat
- Body smoothing & shaping
- Excess Fat Reduction
- Lymphatic Drainage and Detoxification
- Muscle Delivery

FAT FREEZING - Cryolipolysis(pockets of stubborn fat)

1 area*(60 mins)* ***$399*** 2 areas*(60 mins)* ***$699*** 4 areas*(120 mins)* ***$1200***

Reduction of fat deposit thanks to the intense cold (-10°) that is able to target only the fat cells in that area. Since fat cells are more sensitive to cold temperatures than other skin cells, it freezes the lipids in the cells which then slowly dissolve. We use cryolipolysis (fat freezing) to destroy unwanted stubborn fat cells to reshape and sculpt the body. Once the fat cells have been destroyed they never return!

BODYSMOOTHING – Radiofrequency + Low Frequency Ultrasound (cellulite, fat reduction, tightening)

1 area ***$249 per treatment*** | Course of 8 + free Lymphatic pants ***$1695***

2 areas ***$399 per treatment*** | Course of 8 + free lymphatic pants ***$2795***

This technology uses mechanical vibration and causes disruption of the fibrosis and fat cells. The waste fat is expelled from the cells and then eliminated through the metabolism, thanks to the reactivated blood microcirculation.

The radio frequency drains the adipocyte (fat cell), whilst the ultrasound waves permanently remove the waste for the body metabolism and lymphatic system to eliminate it to smooth cellulite and reshape bulky fatty areas.

Packages for fat freezing, cellulite and body sculpting available
Book a private consult to obtain a treatment plan and quote.

Best results for the above are to be used in conjunction with a good exercise program.

HIFU Lifting

This High Intensity Focused Ultrasound works on the SMAS muscle layer to tighten the muscle and the subcutaneous layer to break down excess fatty deposits, while also working on the dermis to tighten loose skin and create new collagen.

HIFU is such a hit as it does all this without causing trauma or irritation to the surface. It is suitable for most skins and there's no downtime! This is usually performed in a course of 3 but this varies depending on the severity of the area. Treatments are 1 month apart and can take up to 3-6 months to see visible results.

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HIFU Arm Lift *90mins*
Courseof 3 treatments for ***$2400 or $999 each***

HIFU Tummy Tightening
Course of 3 from ***$2750 or $1145 each***

HIFU Inner Thigh Tightening
Course of 3 from ***$2990 or $1220 each***

Doctor Wraps

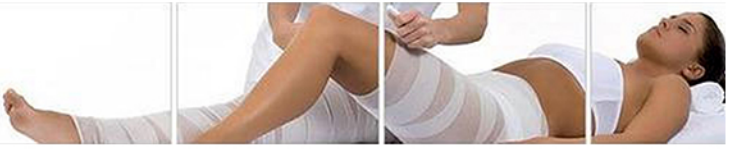
(Lymphatic Drainage, Fluid, Detox & Muscle Recovery)

Bandage Wrap + Compression Pants *75min* ***$169***
+ Add 30 mins of compression pants to your facial or massage ***$90***
Purchase a Course of 6 ***$845***

We use a two step process where a body wrap is applied to the client and then the client is placed into the DR WRAP body compression pants which then performs the treatment.

All human bodies are managed by smooth circulation of blood and lymph. DR WRAP's drainage system helps various patients recover from skin imperfections by promoting blood and lymph circulation and metabolism.

Lymph is the system that carries the waste materials away from the cells, while the blood brings in the nutrients to the cells. Stagnation of fluid makes the cells become exposed to an increased toxic condition. Increased lymphatic drainage deals with the stagnant lymph effectively.



Sculpt & Slim Wrap

Sculpt & Slim Wrap *80mins $260*

The Sculpt & Slim Wrap is a non-invasive procedure aimed at smoothing, toning, and contouring your physique. This wrap utilises a powerful combination of active ingredients to minimise the look of cellulite, promote slimming, and assist your body's natural detoxification processes. Throughout your session, the specialised formula is applied to your body and wrapped to optimise absorption while you relax for 60 minutes.

After your 60 minutes wrapping time is complete, the remaining solution is rubbed into your skin and continues to work. The wrap continues to take effect for up to 72 hours following the treatment, helping you to feel slimmer, smoother, and more contoured. Can be applied to the full body wherever you wish to sculpt and slim. Usual areas are waist, abdomen, hips, thighs, arms, and buttocks, this procedure complements a healthy lifestyle of clean eating and exercise, and delivers visible results with no downtime.

Ideal for anyone looking to boost confidence, improve skin texture, and feel revitalised. The Sculpt & Slim Wrap is your shortcut to a smoother, sleeker silhouette.

lysiwave

FAT REDUCTION, CELLULITE, FIRMING

Microwave and pure oxygen patented technology for body contouring

Lysiwave is a cutting-edge, non-invasive body contouring technology developed by world-renowned medispa technology innovator Biotec Italia. It combines microwaves operating at 2.45 GHz with a cooling system that delivers oxygen-enriched air. The treatment is designed to address cellulite (often referred to as the "orange peel effect"), skin laxity, and excess subcutaneous fat by targeting specific tissues without damaging surrounding areas.

The patented technology is customisable for individual patients, ensuring **tailored results from the very first session.**

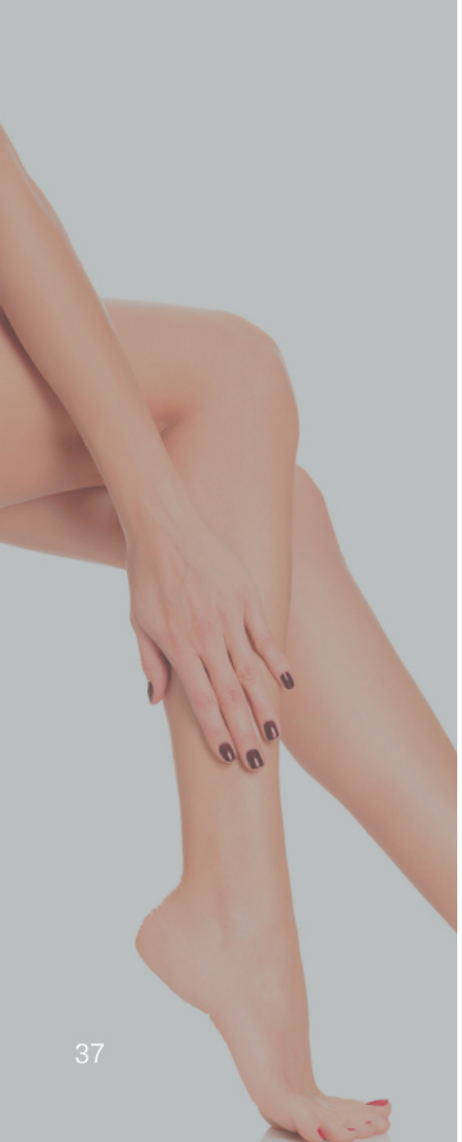
Temple Skincare & Spa is only one out of two other clinics authorised to perform Lysiwave treatments in the country.

LYSIWAVE 1 zone 15x15cm (Stomach)	*30 mins*	**$250**
2 zones 15x15cm (Thighs, Flanks, Arms, Buttocks)	*45 mins*	**$499**
4 zones 15x15cm (Thighs large area)	*90 mins*	**$800**

Before & after LYSIWAVE Treatments

the temple
SKINCARE & SPA

other services



hair removal

Waxing

The temple skincare & spa offers all waxing services in a comfortable and hygienic environment.

Men's Waxing

Chest	$69
Back	$69
Full Legs	$99
Full Arm	$63
Full Body (max 3 areas)	$240

Women's Waxing

Eyebrow Shape	$29
Lip	$15
Lip + Brow	$45
Chin	$20
Sides Of Face	$25
Full Face	$65
Underarm	$35
Extended Bikini	$55
Brazilian	$89
Full Arm	$63
1/2 Arm	$55
1/2 Leg	$60
Full Leg	$85
3/4 Leg	$70

Women's Waxing

Bikini	$45
Stomach Line	$15
Brow Wax	$35

Dermaplaning

Full face 50mins $135

Dermaplaning is a safe, painless and highly effective exfoliating treatment designed to remove dead skin cells and fine vellus hairs from the face and hands.

This skin treatment is perfect for combatting dull, uneven skin tone and removing pesky peach fuzz. Using a specialised blade to gently exfoliate the top layers of the skin where dirt, small hairs and debris reside, we are able to instantly reveal fresher, smoother and glowing skin!

This can lead to the appearance of thicker, smoother, and faster growing hair as the hair follicles are unclogged and can grow without interruption.

laser hair removal

Laser Hair Removal

Our treatments offer safe and effective results with minimal discomfort.

We suggest 6-8 treatments, and you will notice that 60% of the hair will be reduced after the first two treatments. By the end of your course, there should be a reduction of 85-90% hair, and the remaining hair will be finer and lighter.

Results may vary depending on skin type, this will be discussed in your consultation.

BUY 3 AREAS FOR 12 MONTHS LASER FOR $1850 | PRE-PAY 8 TREATMENTS – GET 20% OFF

Women's Hair Removal

Arms (full)	$135
Arms (half)	$69
Bikini line	$49
Brazilian	$80
Breasts areola	$40
Chin	from $25
Eyebrows middle	$20
Face (full)	$60
Face (sides)	$49
Legs (full)	$199
Legs (lower)	$159
Lip	$25
Neck	$40
Stomach line	$40
Thighs back	$75
Thighs (full)	$159
Underarms	$29
Shaving	from $50
Feet / Toes	$35
Hand / Fingers	$35
Kness	$49
Anus / Areola / Snail Trail	$49

Men's Hair Removal

Neck	$49
Shoulders	$79
Stomach	$85
Half Back	$130
Back & Shoulders	$205
Chest	$120
Chest & Stomach	$169
Buttocks	$120
Legs	$299
Shaving	from $50

finishing touches

Tinting

Eyebrow Tint $15
Eyelash Tint $35
Package - Eyelash Tint &
Eyebrow Wax & Tint $45

Lash Lift *$135*

Enhance your natural lashes with our lash lift service. Your lashes will be lifted from the root to give you longer, more obvious lashes which will open your eye and eliminate the need for lash extensions. Lasting 10 to 12 weeks, this service is suitable for short and long lashes and includes an eyelash tint to complete the look.

specialist services

Cosmetic Surgeon

Dr Charlotte Ying
MB BCh (Hons), LRCP (Hons),
SI (Hons), BAO (NUI) (Hons)

The staff at The Temple Skincare & Spa are Paramedical Aestheticians themselves, so we know you are in good hands with the Doctor we work closely with.

Dr Charlotte Ying specialises in cosmetic surgery and cosmetic injectables to enhance your natural beauty.

You can be assured you are in the best and most qualified hands for your cosmetic injectables and rejuvenation.

Our Doctor performs advanced facial reshaping techniques using injectables including:

- Botulim Toxin/antiwrinkle injections
- Lip Filler
- Cheek Enhancement
- Non-surgical Rhinoplasty
- Liquid Facelift- combination of fillers and neurotoxin injections

spa etiquette

when to arrive

We recommend that you arrive 15 mins before your appointed time. This will allow introductions & for you to relax and use the bathroom before your treatment. This also allows time for you to fill out all the necessary paperwork.

our spa

We aim to provide a quiet and tranquil spa environment for all of our guests, and kindly request that you turn off your mobile phone on arrival.

To enhance your journey of wellness, we invite you to enjoy our heated outdoor pool before or after your treatment. If you would like to use the facilities, please notify our spa team when making your booking so we can prepare for you.

group bookings

We love pampering you and your friends for a special day out. As there is a lot involved in the smooth and enjoyable runnings for a group booking we do require a small surcharge for any group of 10 or more to cover the extra staffing costs of a hostess and ensure your day flows smoothly.

Group bookings for 2 or more guests, or day spa packages over 2 hours, will require a holding deposit via credit card to secure your allocated time at the spa.

what to wear during treatments

Maintaining your sense of dignity & well being is of the utmost importance to us. Our fully qualified therapists are trained to drape correctly to respect your comfort & privacy.

Disposable underwear are available for body treatments.

Our clients are able to use the heated outdoor pool before and after your treatment if you desire so please bring your own towel and swim suit if you wish to take advantage of the facility.

what if I am late for my appointment?

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness & importantly your pleasure & enjoyment.

As a courtesy to all our clients all treatments are completed as scheduled.

payment

The clinic accepts cash, eftpos and all major credit cards. Amex will incur a 2.75% surcharge. Unfortunately we do not accept Diners cards.

what if I have a special health condition?

Please inform your therapist of any health concerns that you may have when completing your treatment card.

We do not treat anyone in their first trimester of pregnancy.

Our fully qualified therapists will advise on special conditions such as allergies, heart conditions or high blood pressure. If you are currently or recently have been taking roaccutane it is important you inform your therapist.

booking policy

As we are always busy at **temple skincare & spa**, to ensure we are able to provide you with your preferred appointment time, we have a booking policy to hold your spot.

Our booking policy requires you to please follow the link to verify your booking. Simply add your credit card details to guarantee your appointment.

You will receive an SMS appointment reminder 3 days prior to your booking, if something has come up and you need to reschedule, that's a great time to give us a call and do so.

If you cancel within 24 hrs before your appointment time, your credit card will be deducted with 50% of the treatment value. If you simply fail to turn up, you will be debited 100% of the treatment value. If you were using a gift voucher for this treatment, this will be cancelled.

the temple

SKINCARE & SPA

The Hills Lodge
Cnr Salisbury & Windsor Roads, Castle Hill NSW 2154

www.templeskincare.com.au | Phone 9634 2411

instagram.com/thetempleskincare

facebook.com/templeskincare

Monday	9.00am	-	8.00pm
Tuesday	9.00am	-	5.30pm
Wednesday	9.00am	-	7.00pm
Thursday	9.00am	-	9.00pm
Friday	9.00am	-	5.30pm
Saturday	9.00am	-	5.00pm