

GILLIAN ADAMS
SALON • SPA • DINING

Gillian's Inspiration

Around 30 years ago, the industry was going through a lot of change. I wanted to create a place that set the standard for a true urban spa; an oasis, where guests received the very best.

It was a dream of mine to have hair, beauty, body and cuisine all in one place, that would provide an awesome experience for guests and to introduce, in particular, the-then ground breaking concept of wellness.

At Gillian Adams Salon & Spa, we are inspired by one purpose:

To help you see your inner beauty and endless possibilities so you can conquer your world and beyond.

We offer a unique Urban Spa experience, an oasis, reincarnating the tradition of ancient pools, which were places to relax and locations of social encounter.

Your Journey

You will commence with time in our exclusive Aquamedic Pool. As you progress through the variety of needle point and massage jets in the oxygenated water, toning skin and promoting blood circulation you will experience mind and body tranquillity.

Then to the steam room for an intensified aromatherapy experience, perfect for detoxing and building immunity.

In our relaxation lounges enjoy refreshing juice, tea, herbal tea, coffee, fruit or just chill out, ready to enjoy the variety of hair, beauty and body experiences.

You can relax in our garden and enjoy breakfast, lunch or high tea with complimentary wines. Our cuisine is fresh and nutritious with constantly changing menu choices.

Our exclusive VIP Suite offers state of the art anti-ageing treatments, by appointment.

To make your day complete, finish with a touch of Bobbi Brown makeup to highlight your inner glow.

With love,

Gillian

Garden Restaurant

Enjoy our delicious gourmet cuisine freshly prepared daily by our in-house chef.

Breakfast	<i>From \$15</i>
Gourmet lunch*	<i>\$65</i>
Cheese board with wine	<i>\$35</i>
High Tea**	<i>\$45</i>
Devonshire Tea**	<i>\$30</i>

We cater to all dietary needs.

*Lunch starts with freshly baked sourdough with aged balsamic and olive oil followed by your main course, which is complemented by matching wines or champagne. Finish with dessert and tea or coffee made by our in-house barista.

** Includes a glass of champagne.

Hair Salon

*Your hair is the crown you never take off.
Let us create a style so you can conquer your world.*

Cut and Style

Ladies shampoo, cut and blow wave	<i>\$100 - \$150</i>
Men's classic hair cut	<i>\$75</i>
Principal Creative Stylist; consultation, scalp ritual, cut and style*	<i>\$185</i>

**Includes consultation, scalp cleanse, conditioner, cut and blow wave with finish.*

Styling

Shampoo and blow wave (includes straightening iron & curling wand)	<i>\$80 - \$90</i>
After colour blow wave	<i>\$65 - \$75</i>
Upstyle from	<i>\$150</i>

Hair Solutions

Kerastase Fusio Dose ritual reconstruction	<i>\$40</i>
GHD Split End Therapy System (includes blow wave and straightening)	<i>\$80</i>
Shu Ceremony ritual (does not include blow wave)	<i>\$60</i>

Our prices depend on the seniority of the stylist and the length of hair.

Colour Techniques

Full Head Highlights	\$220 - \$275
Half Head Highlights	\$170 - \$200
3/4 Head Highlights	\$185 - \$215
Individual Highlights x10 (\$11 each)	\$110
Permanent colour plus gloss	\$125 - \$145
Permanent colour regrowth only	\$105
Semi permanent colour	\$90 - \$110
Permanent colour part line	\$80
Creative colour techniques from	\$220 - \$250
Pre bleach	\$200
Colour camo	\$70
Toner	\$50

Add Smartbond strengthening system to any colour technique from \$35

Smoothing and Curling

Permanent curl or wave	\$180 - \$230
Keratin smoothing*	\$350 - \$450

**Includes complementary take home shampoo and conditioner and return appointment for blow wave.*

Spa Packages

Ultimate Royale Suite Experience Price on application

Our exclusive VIP Suite offers state of the art anti-ageing treatments, by appointment only.

L'Escape Voyage \$850

Aquamedic pool and steam, vichy shower, ultimate aromatherapy massage, Le Classique facial, spa manicure and pedicure, scalp ritual, shampoo, blow wave and gourmet lunch.* **7.5 hrs**

La Princess Classique \$700

Aquamedic pool and steam, ultimate aromatherapy massage, Le Classique facial, gourmet lunch*, manicure and pedicure with paraffin, shampoo blow-wave and Bobbi Brown Edit Make-up. **6 hrs**

La Lumiere \$550

Aquamedic pool and steam, ultimate aromatherapy massage, Le Classique facial, gourmet lunch*, pedicure, shampoo blow-wave. **5 hrs**

Le Royale – unisex package \$380

Aquamedic pool and steam, ultimate aromatherapy massage, Le Classique facial, gourmet lunch.* **4 hrs**

Couples Massage Experience \$500 per couple

Aquamedic pool and steam, ultimate aromatherapy couples massage and Gourmet Lunch.* **3hrs**

Le Social Spa-ing \$200 per person

Aquamedic pool and steam, choice of; ultimate aromatherapy massage or our Le Classique facial and cheese and wine. Available to groups of four or more (price per person). **2.5 hrs**

**Includes a complementary glass of champagne or wine.*

Gillian Adams Signature Rituals

Traditional Aquamedic Pool and Steam \$70

A Gillian Adams exclusive. Reincarnating the tradition of ancient pools which were places to relax and locations of social encounter.

The pool's oxygenated water rehydrates and energizes the body. Experience a circuit of gentle invigorating needle point massage and reflexology jets, toning skin, relaxing muscles and promoting blood circulation, you will experience mind and body tranquillity. **60 mins**

Aquamedic Pool and Steam with another treatment **\$50** Package of 10 sessions **\$500**

Vichy Shower Ritual \$250

Our signature Vichy ritual features water therapy and massage performed simultaneously. Beginning with a salt body exfoliation followed by a relaxing body massage using warm coconut oil and pulsating shower jets while you float in bliss. A mini facial and body moisturisation completes this ritual. Our Vichy is the ultimate treatment that everyone needs to experience. **60 mins**

Ultimate Aromatherapy Experience

50mins \$160 // 80mins \$220

This exclusive massage starts with a ritual for your feet. Followed by a sensory journey to choose the oil most suitable to meet your emotional and physical needs. This signature ritual eases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Your choice of aromatherapy oils includes Relax, De-stress, Revive, Support Inner Strength, Renew and Nourish.

Body and Wellness

Intense Body Nourishment (Unisex) \$320

The ultimate in body pampering. A full body exfoliation following a layering of warmed rose body gel and mineralising mud to the hands and feet. Whilst cocooned in a warm cotton wrap you will receive a hydrating facial, scalp massage completing with a relaxing full body massage. **110 mins**

Inner Strength \$285

Ideal for anyone needing a nurturing treatment. A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of rose, clary sage, frankincense and cardamom help find your strength in challenging times, whilst a relaxing facial and scalp massage relieve anxiety and emotional exhaustion. **80 mins**

Uplift Your Mood \$185

A complete ritual to lift the spirits. Evening primrose and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to uplift your mood. A blend of rose, frankincense and geranium essential oil used in conjunction with an uplifting massage including relaxing scalp treatment, will help harmonise and rejuvenate your spirits. **50 mins**

Aromatherapy Salt Glow \$185

Your Vichy without the water.

A must have body exfoliation to revive, nourish and stimulate. Using warm fragrant oil, toning salt scrub, layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth. **50 mins**

Add a circuit in the Aquamedic Pool and Steam before any treatment. **\$50**

Body and Wellness

Swedish/Relaxation Massage 50 mins \$145 // 80 mins \$210

A nurturing classic massage using smooth gliding, rolling and kneading strokes moving blood flow towards the heart.

Deep Tissue Massage 50 mins \$155 // 80 mins \$220

Melt away knots and tensions in tight and aching muscles. Therapeutic oils will warm and disperse the built-up lactic acid in muscles.

Remedial Massage 50 mins \$165 // 80 mins \$230

Remedial Massage focuses on specific areas in the deeper layers of muscle tissue. Deep and direct pressure alleviates tension, reducing pain and tightness. Tailored to your specific needs.

Volcanic Warm Stone Massage \$180

The skilled combination of warm stones and manual massage increases circulation, improves immunity and provides the ultimate relaxation. **50 mins**

Mother to be Suitable from the Second Trimester

Ultimate Rose Pregnancy Ritual \$340

Give yourself a moment to appreciate the joy of pregnancy. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin to reduce stretch marks. This ritual will relieve stress and tension, ease heavy legs and help to alleviate an aching back. Complete your treatment with a brightening facial and scalp massage. **105 mins**

Nurturing Pregnancy Massage \$170

This nurturing massage connects mother and baby through the power of touch. **50 mins**

Facials

Innovative solutions... After every consultation you have the opportunity to customise your facial to suit your skin.

Le Classic Facial \$150 // with light therapy \$240

A personalised skin consultation, revitalising mask, deep cleanse, exfoliation, ampoule and face, neck and shoulder massage to instantly brighten your complexion. **50 mins**

Collagen Booster Facial \$300 // with light therapy \$390

A facial that intensively plumps, hydrates and renews the skin. Especially designed for the first signs of ageing and declining skin tone. **80 mins**

Luxury Facials *Results with Super Premium Formulations.*

Sea Creation Ultimate Facial \$380 // with light therapy \$470

Showcasing exclusive marine derived active ingredients, this personalized facial increases elasticity, tone and radiance. Instantly you will see and feel a revitalized visage.

Gillian uses Sea Creation products every day. **80 mins**

Reversive Signature Facial \$330 // with light therapy \$420

Utilising the healing and restorative benefits of Black Rose extract, this treatment actively firms the skin, smoothing fine lines and wrinkles. **80 mins**

Ultimate Firming Facial \$285 // with light therapy \$375

A deluxe facial specifically designed as a deep lifting treatment that will help slow down the natural ageing process by lengthening the life of your skin's DNA. **80 mins**

Add light therapy to any facial. *\$90*

Anti-Ageing Facials

Vitamin C Antioxidant Facial \$200 // with light therapy \$290

Immediate rejuvenation benefits for all skin types. Skin will appear brighter, firmer, lifted and contoured. **50 mins**

Ultimate Regeneration Facial \$240 // with light therapy \$330

An intensive resurfacing and rejuvenating facial uses a combination of antioxidants, peptides and glycolic acids. Your skin will feel firmer, smoother and healthier. **50 mins**

Advanced Medical Peel \$170 - \$350 // add light therapy \$90

A medical peel instantly resurfaces and smooths the skin. A thorough consultation will reveal the appropriate peel for you. Peels are available to target blemishes, uneven skin tone, fine lines and the effects of ageing. **50 mins**

Omnilux™ Medical Light Therapy \$135 // \$90 as add-on

Omnilux™ Light Therapy is a non-invasive treatment which energises and repairs damaged cells, encouraging more efficient production of collagen, elastin and hyaluronic acid. **30 mins**

Men's Energy Facial \$150 // with light therapy \$240

Using mens shaving brushes to deep cleanse and stimulate. Your skin will be strengthened, vibrant, smooth and relaxed. Mini cool stones around the eyes relieves puffiness and provides an energized complexion. **50 mins**

The Couple's Facial Experience \$500 per couple

Aquamedic Pool and steam, Le Classique Facial for her and Men's Energy Facial for him. Followed by lunch and a glass of champagne. **3 hrs**

Emerge Fractional Laser Facial from \$240

Palomar EmERGE™ Fractional Laser is ideal for the following skin conditions: fine lines, wrinkles, acne and oily prone skin and surgical scarring, pigmentation, melasma, sun damage, irregular texture and stretchmarks. Laser resurfacing treatment concludes with a hyaluronic mask to cool and hydrate the skin. **50 mins**

Recommended as a course of treatments.

Da Vinci Facial Dermaroller Supreme \$370 // with light therapy \$460

Our Dermaroller™ therapy provides advanced micro-medical skin-needling, a procedure that stimulates the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, healthier, younger-looking skin. **50 mins**

Recommended as a course of treatments.

Microdermabrasion \$240 // with light therapy \$330

Microdermabrasion produces instant, visible results, smoothing the surface of the skin, renewing collagen production and enhancing cellular communication using the most advanced preventative and manual face lifting techniques. **50 mins**

DermaPlaning Facial \$300 // with light therapy \$390

This unique approach removes dead skin cells and vellous hair revealing newer, younger skin. Dermaplaning also stimulates the production of fresh, young skin cells and enables active ingredients to penetrate into the deeper layers resulting in healthier skin. Treatments are performed by our skin specialists and are ideal for your busy lifestyle with no downtime. **50 mins**

Facial Enhancers

Ampoule Concentrate x 3 \$35

Collagen Sheet Mask \$55

Fruit Acid Peel \$35

Oxygen Therapy \$80

Treatment Mask \$55

Eye Mask \$30

The Essentials

Luxury Manicure and Pedicure*

Spa Manicure 50mins	\$80	Paraffin hand or foot treatment	\$30
Luxurious Spa Pedicure 50mins	\$100	File and Polish hands or feet	\$45

Waxing and Tinting

Eyebrow shape	\$25	Arm	\$45
Lip	\$20	½ leg	\$55
Eyebrow shape and tint	\$40	Full leg	\$75
Eyelash tint	\$30	Bikini	\$35
Chin	\$20	Full leg and bikini	\$110
Back/chest	\$75 each	High bikini	\$50
Underarm	\$25	Brazilian	\$75

Customised Tannings

SprayToniqs™ offers more than 54 tan combinations to ensure the perfect tan every time.

Tan only	\$70	Body Polish and Tan	\$140
3 visit pass	\$195	10 visit pass	\$600
5 visit pass	\$310	15 visit pass	\$900

*At Gillian Adams Salon & Spa we don't use/remove shellac or gel/acrylic nails. Please remove prior to your visit.

Make Up and Eye Brow Artistry

*The finishing touches ... that make a difference.
Create a flawless finish for every occasion.*

Event Make-up 60 mins	<i>\$140</i>
Event Make-up with party lashes 60 mins	<i>\$160</i>
Make-up Lesson	<i>\$180</i>
Bobbi Brown Edit Make-up 45 mins	<i>\$80</i>
Mini Make up	<i>\$40</i>
Hollywood Brows	<i>\$70</i>
Bridal Make-up 60 mins	<i>\$150</i>
Eyelash Extensions silk full set 60 mins	<i>\$220</i>
Infill	<i>From \$90</i>
Lash Lift	<i>\$90</i>

Bridal Packages

The experienced team at Gillian Adams will create personalised wedding preparation plans for both bride and groom to their individual needs.

Allow our team to consult with you on your specific requirements, whether it be a 6 month Skin and Hair preparation program, or luxury hair, beauty and body services before the special day.

Book in your consultation with our bridal experts. *Price on application.*

Spa Etiquette

Arrival at The Spa

To fully enjoy a complete Spa experience, we request that you arrive 15 minutes prior to your appointment time, in order for you to change into spa attire and complete your consultation.

Special Considerations

For your safety and comfort please inform your therapist or stylist of any health conditions so that we can customise your treatment accordingly. If you suffer from allergies, physical ailments or are pregnant, some treatments may not be suitable.

Cancellation Policy

Your appointment is especially reserved for you. Arriving late will limit the time of your treatment so that the next guest is not delayed.

We require 24 hours' notice to cancel your appointment, if we receive less than 24 hours' notice a cancellation fee will be applied. A 'no show' for an appointment will automatically incur 100% of the treatment charge.

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