

# silken

SKIN + SPA

SERVICE MENU



# Welcome to Silken

Located in the heart of the iconic Rutherglen wine region and just a stone's throw away from the famous Murray River, you'll find Silken Skin Spa Studio: your advanced skin, relaxation, beauty and makeup specialist.

Silken Rutherglen has two premium locations designed to maximise your experience.

'The Spa' 113C Main Street Rutherglen, for all your skin and specialty spa services and body treatments. A customised private space where we ensure we can tailor our treatments to all our clients' needs. At Silken we understand it's not just treating the body, but also treating your mind and your soul.

'The Studio' 113A Main Street Rutherglen, a more modern, upbeat, advanced lash, brow and makeup destination. Our small open-air boutique space is the perfect space for wedding parties, special occasion glam and a great time!

From the moment you walk through the door our highly skilled therapists will make you feel completely at ease. Using premium products combined with advanced education, means you will experience the best care on the border. Come in, meet our friendly team and drift away.

## APPOINTMENTS

All our appointments require a 40% deposit or an active card on file to secure your time and date. We recommend booking in advance to ensure you get an appointment that best suits you. If you are a new client please arrive 10 minutes prior to your appointment to fill out a consultation card, alternatively you can fill this form out online.

## GIFT VOUCHERS

Give the gift of relaxation, pampering and skin rejuvenation. Vouchers are valid for three years, unless discounted or donated, and can be purchased in store or online.

## LOYALTY PROGRAM

At Silken we believe that our clients should be rewarded. Every fifth appointment receives a discount. The more you visit, the better the savings!

## CANCELLATIONS & NO SHOWS

To ensure fairness to all clients, 24 hour's notice is required when cancelling your appointment. If you fail to give sufficient notice 40% of the treatment value will apply or your gift voucher may become void. If you simply do not arrive your appointment will incur a 100% no show fee. We appreciate you understanding our clinic policy.

# The Skin Series

## OUR WHY...

At Silken, your skin is our biggest mission. We use the highest quality skin care with advanced technology to not only treat you and your concerns, but to exceed your expectations.

## WE USE AND RECOMMEND

Dermaviduals, a medical grade skin care, focusing on feeding the skin internally and treating the cells from the inside out. A fully corneotherapeutic range with a unique delivery system, skin mimicking formulations and a fully customised approach. 'As with fingerprints, everyone's skin is unique'.

Environ, 'a beautiful skin for a lifetime'. Brought to life by passionate Cosmetic and Plastic Surgeon Dr Des Fernandes to combat and relieve the harmful effects of today's harsh environmental changes, specifically pollution and the ever-increasing amount of radiation from the sun due to the thinning of the protective ozone layer. Begin the journey of a specifically designed vitamin step-up system to enhance your skin's performance and normalise cell function.

## SKIN DISCOVERY SESSION

Your ultimate skin analysis. Sit down with one of our educated skin therapists and our advanced skin scanning machine. Collect up to 15 images of your skin in different layers and lights to depict a full skin diagnosis and prescription. Your therapist will also undergo a thorough face to face discussion about your lifestyle, genetics and concerns to make sure your needs are met and the right skin care prescription is designed for you. 15% off all products purchased on the day.

### Express

\$70

SD Express includes a consultation with your therapist and advanced skin scanner. Leave receiving a full skin diagnosis and prescription.

### Enhanced

\$120

Add a mini facial and LED to your Skin Discovery session to ensure you targeted your main concerns from the very first appointment.

### Teen Cleanse & Clean

**\$88 - 30 minutes**

A great express treatment specifically designed for teens wanting to take care of their skin, hydrate and target breakout areas. A great addition to the express Skin Discovery for first time teens visiting Silken.

### Enzyme Xcel

**\$99 - 30 minutes**

An advanced customised treatment perfect for targeting serious concerns, increases cell proliferation and calms the skin. Great for the lead up to a special occasion.  
*Add LED therapy, next generation ultrasound technology and hand and arm massage.  
Maximum results meet minimum time - \$35 - 15 minutes*

### The Vitamin Infusion

**\$120 - 30 minutes**

The perfect pick me up for tired, stressed skin. Fighting free-radical damage, oxygenated stress and repairing cellular damage.  
*Add LED Therapy and a hand or foot massage - \$45*

### The Cool Peel

**\$125 - 30 minutes**

'Experience the transformative power of the industry's most intelligent peeling technology.' Great for reviving, refining, brightening and breakout prone skins while preserving the skin's barrier, promoting the natural function for healthier skin.  
*Add LED Therapy and a hand or foot massage - \$45*

### Vibrant-C Micro Peel

**\$150 - 30 minutes**

The go to treatment to treat and reduce the appearance of sun damaged, rough and tired looking skin. Aids in reducing the appearance of fine lines and wrinkles.  
*Complete the treatment with adding neck and décolletage areas - \$60 - 15 minutes  
Add LED Therapy and a hand or foot massage - \$45.*

### Derma Level 1

**\$149 - 45 minutes**

Customised signature cleanse, supercharged enzyme treatment, multivitamin infusion, scalp, shoulder and arm massage, targeted serum, hydrating moisturiser and SPF.  
*Add LED Therapy and a hand or foot massage - \$45*

### Derma Level 2

**\$179 - 60 minutes**

Your complete customised experience.

A bespoke double cleanse and supercharged enzyme with ultrasound and microcurrent technologies. Stimulate the circulation with a décolleté, neck, shoulders and face massage and finish with a calming, anti-inflammatory technique. Your skin therapist will choose from our high-performance masks to infuse our active ingredients all the way into the dermis to plump, hydrate, calm and soothe. Upgraded with MAX+ LED targeting the skin on a cellular level with your choice of a hand or foot massage.

Leave knowing that your skin has been looked after from the inside out, customised to you, and only you!

### Fire & Ice

**\$169 - 60 minutes**

For those who find redness, inflammation, heat and sensitivity is on the forefront of their skin's needs and concerns.

Hydrate, smooth and soothe the cells then follow with a targeting and recharging LED for an overactive inflammatory response, hand and arm massage, cold compresses, a calming lymphatic drainage, antioxidant and anti-inflammatory infused massage. Finish with a firming alginate mask with ice therapy and a soothing scalp massage.

### Medical Micro-Needling

**\$339 - 60 minutes**

Stimulate fibroblast activity, create new collagen and get your best skin yet without compromising your skin's barrier. Micro-Needling is results driven when it comes to any skin concern and is the next best thing before cosmetic procedures. Includes FREE follow-up Enzyme Xcel post needling and take-home products.

Please speak to your skin therapist to see if your skin is suitable for Micro-Needling before making an appointment.



## Derma Spa

\$249 - 90 minutes

Advanced results, luxurious escape.

Begin your experience with an aromatic foot soak and scrub while sitting back enjoying a herbal tea or a glass of local Prosecco, followed by touch therapy and holistic hot stone placement.

Includes our signature customised cleanse and supercharged enzyme to smooth, resurface and brighten your skin while a multivitamin infusion massage fights the signs of aging and detoxifies the skin while you drift away.

The warmth from a paraffin treatment on feet assists in hydrating and nourishing the skin while your arms and hands are relieved of any tension and stress.

Enhance your results with an advanced hyaluronic or contour mask and a complete ice-therapy eye treatment.

Finish off this decadent treatment with skin regenerating finishing products, MAX+ LED therapy and a spine tingling foot massage.

## LED LIGHT THERAPY

MAX+ is leading in LED light therapy. Create an abundance of cellular activity, amplify collagen and elastin formation, achieve greater skin volume and increase the skin's natural healing process. Treating all types of skin conditions and disorders.

A Date with MAX+

\$85 - 30 minutes

Add a MAX+ treatment to ANY service

\$45

A Month with MAX+

\$300

4 MAX+ treatments, saving \$40

Marry MAX+

\$710

10 MAX+ treatments, saving \$140

# The Spa Series

## **Signature Head Massage** **\$99 - 30 minutes**

Rest and regenerate with tension relieving techniques delivered by your spa therapist. A massage designed to relieve headaches, sinus and elevate stress. Includes hair treatment oil, hot towel and hot stone placement.

## **Rest & Relax Massage**

Drift away with a calming flow massage to soothe the soul and the body. Incorporates hot towels and techniques to increase circulation, relieve aching muscles, relax and revitalise the whole body.

**30 minutes** **\$80**

**60 minutes** **\$120**

## **Hot Stone Ritual** **\$169 - 75 minutes**

Melt away muscle tension and incorporate the healing benefits of heat. Your spa therapist will relax and relieve tired aching muscles with natural smooth volcanic rocks which is spiritually used to increase mental focus and transform weaknesses into strengths.

## **Aroma Spa and Smooth** **\$179 - 90 minutes**

An aromatic journey from your head to your toes. Enjoy herbal tea with a detoxifying foot soak and scrub. Choose your own signature scent to customize your experience and begin with a back-scratching scrub to get the senses started. Relax while your spa therapist works the oils into the muscles and leaves you feeling lighter, reinvigorated and reenergised. Includes inhalation therapy and a spine tingling scalp massage.

## **The Body Polish** **\$140 - 60 minutes**

Buff, polish and resurface the biggest organ of the body. We use and incorporate natural Himalayan Salts with a blend of essential oils to remineralise the skin and enlighten the senses. Your body polish is finished with hot towels and a hydrating moisturiser. We recommend adding 15-30 minutes of muscle melting massage, starting from \$35.

## **Baby & Me Massage** **\$159 - 60 minutes**

Nourish and feed your expecting body with muscle relieving techniques whilst maintaining absolute care at all times. Your massage is focused on areas concerning you and your body. Not recommended in the first trimester of pregnancy.

## **Ear Awakening** **\$79 - 30 minutes**

Experience an ear candling and sinus relief treatment that re-energises and lifts the senses and the soul. Incorporates an aroma sinus drainage massage and ear massage.

# The Sauna Series

We use an infrared sauna wrap which incorporates the holistic benefits of heat.

We recommend drinking plenty of water before experiencing The Sauna Series and please make sure you are wearing full length pants, shirt and socks to your appointment. We also advise you to bring a fresh set of clothing to change into after your sauna session. Please be mindful that heat treatments such as sauna experiences have contraindications and your health will be discussed before any sauna experience at Silken. Please speak to your Spa Therapist if you have any concerns or questions.

## SAUNA SESSION

30 minutes	\$45
45 minutes	\$55
60 minutes	\$65

We recommend upgrading your sauna session to add LED, massage or a type of facial to receive maximum impact with minimal time. Alternatively, you can bring your wireless headphones along to your appointment to listen to music or your favourite podcast. We recommend tuning into some deep meditation.

### Refuel & Xcel \$149 - 30 minutes

An express treatment to recover from aches and pains, burn calories or destress while receiving total body care from top to toe. An Infrared Sauna wrap with a result driven skin treatment.

*Add LED therapy, next generation ultrasound technology and hand and arm massage. Maximum results meet minimum time - \$45*

### Regenerate & Recharge \$189 - 45 minutes

Experience the ultimate in relaxation and regeneration. Simplistic targeted care for the face and body. Receive the benefits of LED therapy and holistic heat from your head to your toes. This treatment is great for the time conscious individual wanting to maximise health benefits and the detoxification process. Includes Infrared Sauna wrap and derma treatment with LED.

*Add an extra 15 minutes of holistic heat therapy - \$25*

# The Luxe Series

Our packages have been carefully crafted to maximise results and effectiveness while maintaining ultimate relaxation.

All our packages include herbal tea, Prosecco and chocolates. We can arrange extra catering at an additional cost if requested prior to your treatment.

We have a double treatment room available and welcome couple and group treatments.

Please speak to our friendly therapists for any questions or requests.

## **Could 9** **\$160 - 1 hour**

Our Signature Ear Awakening treatment followed by our spine-tingling Silken Scalp massage. A treatment designed to relieve headaches and elevate stress, relieve sinuses, lifts the senses and the soul. Includes aromatherapy hair treatment oil, hot towel and hot stone placement.

*Add an aromatherapy foot soak and scrub - \$30*

## **Soul Soother** **\$249 - 2 hours**

A full body flow massage to soothe the soul and the body. Incorporates hot towels and techniques to increase circulation, relieve aching muscles, relax and revitalise the whole body. Dive into this treatment from head to toe with a fully customised facial treatment with a multivitamin infusion, scalp, shoulder and arm massage, targeted serum, hydrating moisturiser.

*Add an aromatherapy foot soak and scrub - \$30*

## **Ultimate Indulgence** **\$325 - 2.5 hours**

Begin with an aromatic foot soak and scrub, heel polish, nail work and a CND Shellac polish. Drift away and warm and nourish the feet with a paraffin treatment while your spa therapist relieves unwanted tension on the back neck and shoulders using muscle melting techniques. Brighten, hydrate and smooth the face and décolleté with a completely customised skin treatment, recharge with LED therapy and melt into the bed with a spine tingling foot and calf massage.



# The Prep Series

## FACIAL WAXING & TINTING

Brow Tidy	\$30
Lip Wax	\$20
Sides of Face	\$25
Chin	\$25
2 Facial Areas	\$45
3 Facial Areas	\$55
Full Face	\$65
Brow Tint	\$25
Lash Tint	\$30
Brow Tidy & Tint	\$45
Brow & Lash Tint	\$49
Lash, Brow Tint & Tidy	\$70

For advanced lash and brow services please view the Studio Menu or speak to your Skin and Spa Technician.

## BODY WAXING

Half leg	\$45
<i>Add - Standard Bikini</i>	\$70
<i>Add - Extended Bikini</i>	\$85
<b>¾ Leg</b>	\$50
<i>Add - Standard Bikini</i>	\$75
<i>Add - Extended Bikini</i>	\$90
<b>Full Leg</b>	\$55
<i>Add - Standard Bikini</i>	\$80
<i>Add - Extended Bikini</i>	\$95
Standard Bikini	\$32
Extended Bikini	\$45
Brazilian (4-6 weeks)	\$60
Brazilian (over 6 weeks)	\$75
Stomach	\$30
Underarm	\$30
Half arm	\$35
Full arm	\$45

## MALE WAXING

Back	\$70
Chest & Stomach	\$80
Stomach	\$60
Chest	\$60
Half Leg	\$59
Full Leg	\$75
Half Arm	\$50
Full Arm	\$65
Neck	\$30
Ear	\$25

## TANNING

Full Body	\$45
Half Body	\$35

## HANDS & FEET

Cut & File	\$30
Removal of Gel, SNS, Acrylic & Shellac	\$35
Express Manicure	\$50
Spa Manicure	\$70
Express Pedicure	\$60
Spa Pedicure	\$80
CND Shellac Application	\$55
CND Shellac Application with Removal	\$65
Add	
CND Shellac	\$15
CND French Shellac	\$20

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## SKIN + SPA OPENING HOURS

Mon 8-4

Tues 9-5.30

Wed 9-8

Thurs 9-8

Fri 9-5.30

Sat 8-1

later by appointment

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[silkenrutherglen.com.au](http://silkenrutherglen.com.au)

Book  
online  
now

