

## Winter Is Here: Warm up with a Hot Stone Massage

Our skin is constantly changing due to seasonal influences. During the winter months temperatures drop and the elements become harsher causing skin to become irritated, sensitised and dehydrated. Dehydration causes fine lines if left untreated and over time leads to premature ageing. Cold, icy winds and the warm air conditioners draw all the moisture from our skin and often leave our skin feeling, tight, dry and even flaky.



There are many positive aspects of a Hot Stone Massage. Aside from being a deeply relaxing experience, the heat of the stones actually penetrates ten times deeper than a regular massage bringing oxygen and nutrients to the skin cells.

The volcanic stones used in a Hot Stone Massage sit at a temperature between 50-60 degrees allowing the break down of the muscle sheath resulting in an extremely beneficial massage!

Not only is a Hot Stone Massage beneficial for aching muscles, it also relaxes your mind and body. Your Hot Stone Massage incorporates the use of aromatherapy oils including mandarin, orange, lavender, ylang ylang and sandalwood.

**BOOK NOW:** It's only \$110 for the most relaxing and warming massage you'll experience!



Book in today for a Collagen Facial for the ultimate source of hydration that stays in the skin for up to two weeks.

### Specialised Facials WHY HAVE THEM?

Specific Institute Masks are used to achieve MAXIMUM RESULTS when treating particular skin conditions. These masks are SALON ONLY and have a higher concentration of active ingredients than tube masks or masks that you can do at home. Specialised Facials incorporated with quality home care products will give you fantastic results. A course of 3-6 treatments is recommended or optimum results.

**NEW**

#### Masque Expert Rides Treatment:

Designed specifically for an ageing dehydrated skin. Fine lines are plumped out and facial muscles are relaxed with this rubber setting mask containing ingredients including Hyaluronic Acid and the KOA Complex which will also help to densify the skin.

#### Masque Thermique Treatment:

Designed for a tired, dull, sallow and lifeless skin. This treatment will tone and re-energise the skin with a nourishing cocktail of citrus fruits, cocoa and wheat protein. Skin is nourished, radiant and microcirculation is boosted.

**TREAT YOURSELF**

### Save on EVERY treatment: Hills Retreat Day Spa member

With no joining or cancellation fees - just regular savings for you, *it makes sense to become a Hills Retreat Day Spa member.* For just \$39, \$69 or \$99 per month, you will receive discounted treatments every time you visit. Remember these monthly payments are to spend on whatever you like in salon. You may also purchase Gift Vouchers at a discounted price and take advantage of our membership offers. And you don't need to worry if you don't make it in to the salon every month. Your credit will simply continue to rollover and accumulate until we see you again.

PROTECT YOUR  
SKIN FROM SUN

Protecting your skin from the sun in winter is just as important as in summer. Payot's new line of Anti-Ageing sun care provides four protection factors using the powers of sunflower:



- \* UVA/UVB filters to *protect the skin from sunburn and premature ageing.*
- \* Prevents the formation of free radicals with sunflower oil extracts to preserve collagen and elastin fibres.
- \* Sunflower oil allows the epidermis to be renewed, *repairing skin damage.*
- \* Sunflower petals limit cellular deterioration by neutralising free radicals - *protecting your cellular integrity.*



### Member Only Offer

Pay for  
**FOUR Treatments**  
and receive your  
**5th Treatment**  
**absolutely FREE!**

Valid 1 to 31 August 2009.

Note: Excludes all other offers. Offer valid from 1 to 31 August 2009. V2009WINWU/1

### Skincare @ Home Offer One

Purchase any **SIX Payot or Dermalogica** skin care products within a 6 month period, and receive a **FREE 200ml or 250ml cleanser** suited for your skin type!

Note: Excludes all other offers.

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### Skincare @ Home Offer Two

Purchase any **TEN Payot or Dermalogica** skin care products within a 6 month period, and receive a **FREE 200ml or 250ml cleanser** PLUS a **FREE exfoliant!**

Note: Excludes all other offers.

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