



*Bridal Face & Body
Beauty Plan*

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 Cullen.bay.day.spa







64 Marina Boulevard
Cullen Bay Darwin

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CULLEN BAY day spa

BEAUTIFUL SKIN & HEALTHY WELLBEING

At Cullen Bay Day Spa we can supply all your pre-wedding beauty preparations to ensure you look your absolute best on your big day with a diagnosed personalized program in the lead up to ensure the skin on your face and body is at its absolute glowing best.

Cullen Bay Day Spa is also a gorgeous place to enjoy with a group of friends for a pre-wedding party or just 'girly day'. Complimentary glass of bubbles for the wedding party!

Bridal beauty tips to be flawless for the big day

As many brides start their healthy eating, daily exercise & hair maintenance program months before the wedding – it's just as important to see our beauty therapists for advice on face, nails & body care. At Cullen Bay Day Spa our staff are here to reduce the stress and help you prepare a treatment plan and send you friendly appointment reminders via SMS to keep you focused. Planning the Big Day can be stressful but we will make sure you look relaxed and Gorgeous for your Special Day!

❖ Face & Eye Treatments & Skin Products By Sothys & ASAP

Primary focus for any bride apart from her bridal dress is having clear and glowing skin. If you have any skin concerns, its best to consult with our skin therapists some time (4- 6 months) before the wedding to allow sufficient treatment time and to choose the right beauty products that relax facial lines & remove dead skin cells and highlight your natural glow!

Remember a daily skin care routine is far more effective than just a monthly facial treatment so speak to our therapists about skin care products that will help achieve the results you want.

While you're at it, why not book in your special man for a facial, massage or eye treatment to help reduce those puffy eyes and dark circles. We have a special men's distress facial and take home retail that will help prepare his skin to look great for those everlasting photos. This may be the one chance you will get him to visit the Spa and he may decide to spoil you and get you a gift voucher in turn!

❖ Cosmetic & Anti- ageing Medi- Spa- Treatments

If you are looking to reduce sun spots, pigmentation, pore size, fine lines & wrinkles, and have a fuller, smoother & more radiant complexion then book in for our Anti- ageing eye treatments & Facial treatments that include Sothys IT Facial Treatments, Micro-dermabrasion, Facial Peels and Skin Needling. We also have a visiting Cosmetic Physician who can advise you & perform Wrinkle Relaxers, Fillers, PRP Skin Regeneration Therapy & Spider Vein Removal.

❖ Website & Facebook

Refer to monthly specials on our website www.cullenbaydayspa.com.au or "Like us" on Facebook to hear the latest Treatment specials and Retail promotions at www.facebook.com/cullenbaydayspa. Or follow us on Twitter www.twitter.com/cullenbaydayspa

❖ Mineral Makeup by Jane Iredale

Our mineral makeup will help treat your skin over the coming months, not just cover it! It is also water resistant so it won't smear during those teary moments or sweat off or clog your skin during the wet season. It's also able to cover up small tattoos. It's so flawless your man can even use it to cover up those pre wedding stress pimples, if you couldn't get him to start his face care routine.

You can come in and speak with our therapists about your colour match or receive a finishing touch application after your facial.

Makeup lessons

We offer makeup lessons and if you purchase \$250 worth of makeup and accessories the lesson is free. It's also a great investment to practice months before if you want to do your own make on the big day. Great for bridesmaids also who want to do their own makeup or help the bride with hers. Come in separate or as a group

Trail before the big day

Just to get it right and co- ordinate eye & lip colours with nails& gowns.

Wedding day Makeup

Best done after your hairstyle. The day is pretty hectic so let us know if you would like any lunch & we can pre-order it for you from the Boatshed.

❖ Nails for hands & feet

Your hands will draw a lot of attention & there is nothing better than perfect natural nails, especially when the groom slips the ring on your finger. Speak to our trained therapists about how to develop & maintain your nails & start working on them several months before the wedding. You want your hands to look flawless for the wedding ring photos, cutting the cake & signing the marriage certificate.

Best to leave painting your nails the day before or on the day of your wedding. Co-ordinate your nail colours with your bridesmaids and wedding theme. Make sure there are no bright fluorescent surprises! If you want French, make sure your nails are healthy & advise the receptionist at the time of booking French requires extra time & cost.

❖ Waxing & Tinting

Body waxing should be done 1- 2 weeks before the wedding to prepare the skin for tanning. Waxing is done before any massage & it's best to do any waxing at least a day before anybody polish and spray tan.

A week before the wedding getting your eyelashes tinted & eyebrows shaped and tinted a darker hue will contour the eyebrows & frame the face.

Not a bad idea to book in your "hubby to be" to get his back or chest waxed (even eyebrows, nose & ear hairs) so he is ready to bare all for the honeymoon! Maybe some of the Grooms men should come & have a wax for moral support.

❖ Body Rituals

Body polishes or body wrap treatments

Waxing helps exfoliate the skin and for super smooth & baby soft skin why not try one of our body polishes or body wrap treatments? They also include a mini facial for a complete head to toe treatment. It's best to exfoliate & hydrate the skin if planning to get Spray Tan before the wedding

Slimness & cellulite treatments

Finish your body treatment plan by taking inches off with a detoxing slimness wrap & take home retail that will firm the skin & help reduce the appearance of cellulite. Achieve more effective results when combined with a weekly massage to really get those toxins moving! & drink plenty of water in between.

Body massage or Aromatic Hot Stone Massage

Or distress and rejuvenate ready for that big day with one of our Full Body Massages or Aromatic Hot Stone Massage. Why not get one every month leading up to the big day? Or combine it with our delicious body polish or tropical body wraps for super smooth & hydrated skin?

Spray Tan or cream application

Look healthy & tanned (without risking it in the sun) with one of our St Tropez cream applications (if you like lying down) or Spray Tan(if you like standing up & half the time). Best to try it a month before the big day to see if you like the colour. It's one of the most natural looking tans on the market and our clients love it! It also has take home retail to extend the life of your tan. Remember it's always best to exfoliate your skin before you tan in order to achieve an even tan and never book a massage on the same day, as the tan will not last.

Bridal & Hens pamper packages

We have some ready-made packages for you and your bridesmaids to get you started. You can always add treatments to them to cater to your specific needs. Bridesmaids can also chip in and purchase a Brides Pampering Gift Voucher or Services to a dollar amount.

Please advise us if you would like a glass of champagne & nibbles for \$5 each and we can always pre-order your lunches at the Boatshed to eat there or at the Spa.

Pamper Package for the Bride (5 hours \$495)

Fruit Body scrub & Relaxing Spa bath /Skin consult /Secrets Deluxe facial /Eye brow wax & eyelash tint/Finishing touch mineral makeup /Spa pedicure & Paraffin/Express manicure/Spray tan

Optional - Please advise if you would like a glass of champagne or for us to order you lunch

For the Hens (minimum 3 ladies)

You may be all organised and looking gorgeous but are your bridesmaids? Consider taking your bridesmaids or friends to a spa retreat the week before the wedding where you can be pampered & treated like the princesses you are. Extra treatments can always be added ie waxing, paraffin, spa bath, eye & body treatments.

Pamper Package for the Hens (minimum 3 ladies)

Hens 1 (2 Hours \$250)

Aromatic warm stone massage with Sothys mini facial/ Finishing touch mineral makeup/Choose 1 - express manicure or pedicure

Hens 2 (2.5 hours \$250)

Seasonal Facial/Eye brow wax & eyelash tint/Finishing touch mineral makeup/Express manicure & pedicure

Hens 3(3 hours \$300)

Seasonal or Organic Facial/Eye brow wax & Eye lash tint/ Finishing touch mineral makeup/Express manicure & Spa pedicure

Face and Body treatment plan

Your checklist is prepared by Cullen Bay Day Spa to make it easier for you. Just print off, come in and see us, email or call us to book in your appointments. Write up your appointments & stick it on the fridge. We will remind you via SMS of your next appointment.

Long term plan (4-6 months before the big day)

- Start drinking more water & eat more fruit instead of coffee, alcohol, chocolate and junk food. YOUR complexion & body will benefit enormously
- Have a look at our website/ Pre wedding Packages and read Bridal Beauty Tips. Have a read of our Treatment menu with prices / skin care products /Cosmetic Injectable. Print this treatment plan & write a list of things you would like to address and call us on 89411 522 or visit us at 64 Marina Boulevard, Cullen Bay.

Facial Concerns

- Skin.....
- Eyes.....
- Lips.....
- Facial waxing../ tinting
- Neck/Décolletage.....

Recommended Facial Treatments & Products

Facial.....dates.....
Course of

Micro.....dates.....
Course of

Peels.....dates.....
Course of

Skin Needling.....dates.....
Course of

Cosmetic Injectables with Dr Yeo.....dates.....

Skin type.....skin condition addressing first.....

Skin care range

Cleanser/ Lotion.....Exfoliant.....Serum.....

Day Cream.....Night Cream.....Mask.....

Treatment Creams.....Eye Cream.....Lip Cream.....

Other.....

Mineral Makeup (helps improve skin problems)

Face (skin condition addressing))

Base.....powder.....liquid minerals.....

Spritzer.....

Cover.....

Pimple treatment.....

Bronzer.....

Eyes

Shadow.....highlighter.....

Liner.....Mascara.....conditioner.....

Eyebrows.....

Lips

Moisturiser.....exfoliant.....pencil.....

Lipstick.....Plumper.....gloss.....

Other.....

Nails/ Hands & Feet

Nail concerns.....

Hands

Feet.....

Treatment plan

Body Concerns

- Tension/ Stressed
- Dry skin
- Break outs
- Sun Damage & Scarring
- Cellulite
- Loss of Firmness/ Stretch marks.....

Other.....

Treatment Plan & Retail Home Care

Relax stressed muscles & calm the mind

- 1) Spa bath.....
- 2) Relaxation Massage.....
- 3) Warm Stone Massage or Pregnancy
- 4) Aromatherapy Wrap.....

Dry Skin or Break Outs /

- 1) Exfoliation (Delicious or French (AHA soft peeling) or St Tropez)
- 2) Hydrating Mineral Mud WrapAromatherapy Wrap.....

Retail./ Sothys soft peel exfoliator/ hydrating lotion / massage elixr./ satin elixr/ delicious scrub.....

Break outs on Back/ Shoulders..(Back purification) (Microdermabrasion)

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Sun Damage Sunspots & Scarring (Décolletage, Back & Shoulders)

1) Microdermabrasion.....

Retail.....

2) W+Brightening.....

Retail.....

3) Skin Needling.....

Retail / Environ- Hydrating body lotion & Body oil/ Sothys- ..W Brightening range & noctuel cream

Cellulite & Firmness

1) Slimness Body Wrap.....

Retail (Resculpting serum/ Sublime firming Cream/ Bust Firming Serum)

2) Skin Needling.....

Retail

3) Spray Tan or Cream Tan Application.....

Retail

Short term plan (1-3 weeks before the Wedding)

Last minute beauty treatments to be done before the big day

Face

Products

MakeupLesson..... Trial.....

Products.....

Body.....

Products.....

Waxing.....

For a treat book yourself, with friends or your bridesmaids & feel the stress melt away. Choose from our Bride & Hens packages (Hens 1, 2, 3), add on or customize your own package.

Pamper Package for the Bride (5 hours \$495)

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Optional - Please advise if you would like a glass of champagne or for us to order you lunch.

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