

DISCOVER YOUR NATURAL BEAUTY



PRANA FACIALS

When our imperfections disappear it is both a visible and deeply emotional experience. Nature has so much to offer and it gifts us a lifetime of care and replenishment.

Prana Vayul

(Sanskrit: breathing)

75 minutes \$130

Prana Vayul breathes life into the ageing process, balancing nutrients and stimulating cellular rejuvenation. A must-have if you work in dusty environments or enjoy your cigarettes!

Prana Yuva

(Hindi: youthful)

90 minutes \$190

Your choice of microdermabrasion or botanical peel treatments combine with an intense infusion of vitamins. Simply put, Yuva gifts your complexion with youthfulness and radiance!

Prana Prerit Karna

(Hindi: to stimulate)

120 minutes \$205

A visually satisfying and non-invasive face-lift, Prerit Karna uses light, heat and energy to stimulate new collagen for a more youthful appearance.

PRANA BOTANICAL PEELS

90 minutes \$155

Inherently regenerative, our botanical peels create the environment for skin that looks and feels wonderful! Visible signs of fatigue disappear, revealing a perfectly intact layer of finely textured skin.

Papaya One of our most sought after peels, Papaya treats pigmented and dehydrated skin, enlarged pores and relaxed elasticity.

Zesty Orange Gold Our hero treatment for ageing skin. Packed with antioxidants and anti-microbial, anti-inflammatory and analgesic properties.

Pumpkin Choose Pumpkin if you have sensitive, oily, combination and acne-prone skin.

Cherry Berry Cherries... delicious to eat and richly therapeutic too with antioxidants which stimulate cell production and nourish sun-exposed skin.

Mango Aromatic and mild, Mango has long been known to enhance the immune system while it smooths and replenishes sensitive, dehydrated skins.

Rhubarb Packed with vitamins to improve skin texture if you suffer from acne scarring, uneven pigmentation, fine lines or wrinkles.

MANICURES

Indulgence Nail Treat

60 minutes \$65

From cuticles to shaping and conditioning, sit back and relax as we massage and soothe in preparation for the polish colour of your choice.

5 Star Luxury Manicure

75 minutes \$90

From a relaxing soak in essential oils and a mandarin, sugar and honey exfoliation; to a nourishing hot towel wrap before we apply the colour of your choice. Pleasure sublime!

Prana Anti-Ageing Hand Treatment

60 minutes \$100

A fusion of cleansing, anti-ageing and nourishing treatments for hands and arms... culminating in a totally blissful neck and shoulder massage.

REMEMBER TO ASK US ABOUT

Soak off treatments to remove and refresh gel colours	\$20
Fabulous and long-lasting polishes with Surmanti Natural Nail Gels	\$30
French polish, for elegant and stylish nail tips	\$25

WAXING

From the catwalk to the beach and beyond, waxing leaves the body clean, deliciously smooth and infinitely touchable! Expect the diligence, care and hygiene we are justly proud of.

Eyebrows	\$30.00	All Round Bikini	\$35.00
Upper Lip	\$18.00	Beach Bikini	\$45.00
Eyebrows & Lip	\$42.00	Full Leg	\$60.00
Chin	\$20.00	Full Leg & Bikini	\$85.00
Lip & Chin	\$36.00	Lower half Leg	\$40.00
Full Face	\$75.00	Half Leg & Brazilian	\$85.00
Under Arm	\$25.00	Upper Leg	\$50.00
Full Arm	\$40.00	Brazilian first time	\$65.00
3/4 Leg	\$45.00	Brazilian	\$60.00

You are most welcome to ask us about additional treatment areas



PRANAVEDIC MASSAGE

Welcome to our world, an unapologetically indulgent celebration of the senses! Experience the therapeutic touch of Ayurvedic massage treatments; each of which begins with a special puja, a ritual prayer for all that troubles or concerns you, and the tranquility of quiet meditation.

Prana Jivaniya

(Sanskrit: invigorate)

90 minutes \$195

Awaken body and mind with Jivaniya, which invigorates and stimulates the energy centres of the whole body before we apply a gently warmed infusion of therapeutic oils and herbs to banish aches and pains, tiredness, lethargy and stress; leaving you bursting with vitality and ready for life!

Prana Mani

(Sanskrit: jewel)

45 minutes \$100

Prana Mani is our tiny jewel, a touch of Jivaniya's luxury when you need a fresh burst of energy and wellbeing for that all important event!

Prana Dhauti

(Sanskrit: cleansing)

120 minutes \$205

Designed for bliss, Prana Dhauti is a totally natural cleanse and detox using our unique combination of herbal powders blended with fresh yoghurt to heal and balance the lymphatic system and condition the skin; freeing it from minor blemishes. A beautiful ayurvedic massage accompanies your treatment.

Prana Inipi

(Hindi: purification)

105 minutes \$205

Most prized of all our massages, Prana Inipi targets cellulite and loss of muscle tone whilst improving the detoxification process of the body. Your treatment begins with our exclusive infusion of turmeric cream and karpuradhi oil, an ayurvedic preparation used to drain toxins, stimulate the tissues and tighten the pores. A relaxing and pleasurable steam treatment reduces pigmentation and decongests the skin before we apply a natural orange and lemon peel mask.

Prana Sariri

(Sanskrit: dweller in the body)

60 minutes \$125

There is no one more honoured and respected... you who patiently await the miracle of creating new life, and you for whom the wonder of birth can hardly be expressed. Now is your time! Prana Sariri is a gentle, protective and restorative massage for all mothers, pre and post natal.



Prana Maharani

(Sanskrit: the queen)

2 hours \$250

The ultimate ritual of indulgence, our Maharani massage treatments rebalance the vital energy points in the body, breathing life and vitality into the mind, body and spirit. Relinquish all stress as we gently anoint the feet with warmed rose water and freshly picked fragrant flowers... a full body marma point massage awaits, using our exclusive blend of herbalised Ayurvedic oils. Blocked energy is released as a stream of warm oil is slowly poured over your forehead, stimulating your chakra (third eye); soothing the nerves and imparting a deep sense of wellbeing.

THREADING

Cotton thread skilfully twisted and rolled along the surface of the skin to entwine the hairs and lift them out from the follicle. It is a very gentle, natural and precise procedure which, in the hands of an experienced beautician, balances the features, frames the face and draws a finely tuned, blemish free portrait.

Eyebrows maintenance	\$28.00
Eyebrows Shaping	\$35.00
Upper Lip	\$16.00
Eyebrow & Lip	\$42.00
Chin	\$20.00
Lip & Chin	\$35.00
Lip, Eyebrow & Chin	\$60.00
Facial sides	\$25.00
Full Face	\$75.00
Full face and neck	\$85.00

TINTING & PERMING

The eyes are the jewels of our face, sending very powerful non-verbal messages about our health as well as our feelings; richly deserving of the time we spend accentuating their contours, adding colour, drama and allure.

Eyelash	\$30.00
Eyebrow	\$18.00
Eyelash Perm	\$65.00
Eyelash Perm & Tint	\$88.00

SPRAY TAN

30 minutes \$55

Beautifully tanned all year round.