

OM DAY SPA

Yallingup



Menu

Ayurvedic Therapies

At Om Day Spa we specialise in Ayurvedic Therapies – these therapies are based on traditional Indian medicine which encompasses the Science of life. These therapies aim to balance your dosha bringing serenity to the mind and body. We offer both Ayurvedic and Western therapies throughout our menu.

MARMA POINT MASSAGE

A customised warmed Ayurvedic oil is selected for your dosha and the body is firmly massaged to infuse herbs into the skin. This massage concentrates on vital points within the body to release stress, pain and tension. Following the massage a blend of finely crushed Ayurvedic herbs are gently exfoliated over the body to leave the skin supremely smooth.

90 minutes	\$165
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90 minutes four handed massage (2 Therapists)	\$300
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AYURVEDIC MASSAGE AND STEAM TREATMENT

Abhyanga and Swedana – This treatment stimulates deep circulatory stagnation and counters body stiffness. A warm medicated oil massage using rhythmic strokes followed by a herbal steam to allow skin to absorb the nourishment of the oils.

90 minutes	\$180
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OM SHIRODHARA

Shirodhara - with a difference. Following the original ancient tradition medicated oil is poured onto the head and third eye area to induce deep relaxation. A treatment to improve mental clarity and is perfect for those suffering migraines, anxiety and insomnia. A complimentary medicated herbal hair oil is given to allow you to continue the benefits at home.

30 minutes	\$95
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HERBAL MASSAGE - VATAKIZHI

A therapeutic bundle of herbs along with medicated herbal oil is selected. The herbal ball is then massaged over the whole body and within the areas of concern. This therapy has ability to reduce aches and pains from arthritis, rheumatic joint pain, swelling, psoriasis and dermatitis.

60 minutes	\$105
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AYURVEDIC HEAD AND FOOT MASSAGE

Beginning with a seated head massage while your feet soak in rose water you will immediately feel the vitality returning to you. Continue your therapy laying down with a scalp and foot massage. You will feel tension diffuse from the extremities of the body.

60 minutes	\$110
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LUSH LOCKS

Ayurvedic Hair Spa Treatment. Traditional Om signature ritual to encourage lustrous and repaired hair. A shirodhara flows to calm the mind then scalp and neck massage is performed followed by a herbal hair mask.

60 minutes	\$100
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Massage - Reinvented Classics

LUXURY CRYSTAL RELAXATION

Indulge in a customised fully body massage with genuine crystal charged aromatherapy oils. This massage uses light relaxing pressure and flowing technique. The powerful healing properties of aromatic wildflower essences and precious gem stones work in unison to take you on a balanced journey calming the mind.

60 minutes - full body	\$115
90 minutes - full body & focus areas	\$160

TENSION RELEASE

A therapeutic massage melts away the body tension within whilst calming the mind. This full body massage is personalised to you with luxurious blended oils. Leaving you feeling restored and more flexible by combatting your stressed areas within the body.

60 minutes - full body	\$115
90 minutes - full body & focus areas	\$160

DEEP TISSUE

Using an organic thermal cream blend and oils the therapist uses deep pressure and slow, firm strokes to relieve deep seated pain. Muscle release techniques are used throughout the body.

60 minutes	\$130
90 minutes	\$175

FUSION STONE

Geo thermal therapy with the use of heated stones alternated with chilled stones to balance and recharge the body. Used with herbal infused oils this massage flows with your energy points and areas of tension.

90 minutes

\$170

OM LOTUS SIGNATURE MASSAGE

Exclusive to Om this massage is the ultimate body balancing and rejuvenating massage. Releasing tension and tailored to your preference of pressure this massage re aligns the body whilst taking you on a journey of massage techniques across the world. With a blend of hot stone placement, Ayurvedic, Hawaiian and Swedish massage.

60 minutes - full body massage

\$130

**90 minutes - includes Ayurvedic Indian
head & foot massage**

\$175

MUM TO BE MASSAGE

A soft and nurturing massage that relieves the areas a pregnancy puts stress upon. Our highly trained staff will leave you feeling revived and restored. Om Pregnancy massage includes a foot soak and cooling mist to relieve your tired feet.

60 minutes

\$115

90 minutes

\$160

Ayurvedic Facials

Using Om Veda Ayurvedic skin care we can treat all areas of skin care effectively and precisely while offering you the purest organic treatments. These facials are a truly sensory journey.

OM VEDA PRESCRIPTIVE FACIAL

This facial is designed according to your specific dosha and skin requirements. Prescribing the finest in Ayurvedic skin care to rejuvenate your skin. OmVeda facials are herbal and organic whilst being highly effective. Your treatment will include a signature facial massage as well as hand massage.

60 minutes

\$110

OM VEDA DELUXE EXOTIC FACIALS

Power of herbs plus exotic gems and metals

Pure Silver – This facial has cooling properties for inflammatory, allergic and heat sensitive skins. Your skin will be refined and emerge hydrated and calmed.

Royal Pearl - With the benefits of the rare pearl ash this facial rejuvenates and strengthens cell structures with high amino acids. It is perfect for those suffering from hyper pigmentation and will leave skin balanced and with a beautiful lustre.

24 Carat Gold – Pure gold is used to rejuvenate the skin combatting ageing and dull skin. It is ideal for dry mature skin and improves circulation.

60 minutes

\$130

Diamond Dreams – Totally indulgent and a powerful age-defying treatment kick starting cellular metabolism and collagen production. An elixir of youth for timeless beauty.

60 minutes

\$150

OM VEDA VEGETABLE PEEL

An excellent herbal exfoliant and skin toning treatment to reduce scarring and brighten the complexion. A mask featuring actives rich in azealic acid act on and diminish darker marks and accelerate skin renewal.

60 minutes

\$125

THERMOHERBAL FACELIFT

A rich moisturising triple mask treatment combining an exotic combination of herbs. High in natural enzymes that soften the skin and helps improve elasticity. A sensory and rejuvenating scalp and facial massage will bring you back to balance while diffusing fine lines.

90 minutes

\$170

**** Please note whilst OmVeda is organic, Vegan versions of the facial are available upon request.**



Natural Medi Spa Facials

SKIN CARE INTENSIVE FACIALS BY HERITAGE HEALERS

DIVINE GODDESS FACIAL

Combined with your choice of Caviar, Vitamin C or Whitening actives your journey to beauty begins with an aromatic relax and de-stress cleanse, followed by a cooling and soothing active massage mask. To complete the transformation your fine lines are then targeted with an intensive anti-ageing infusion of pure collagen and Myoxinol - nature's own Botox, extracted from the Hibiscus flower - while a gentle scalp massage soothes your inner soul. Awaken to reveal the Goddess in you.

75 minutes	\$165
45 minutes - Express Version	\$99

PEPTIDE POWER FACIAL

This ultra-firming power facial pumps high performance anti-ageing actives deep into the skin. The unique combination of plant-derived bio-peptides instantly erases facial wrinkles for naturally smoother, firmer and healthier skin.

60 minutes	\$140
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OXYGEN THERAPY

YOUTH ELIXIR O2 FACIAL

21st Century skincare science floods the skin with 180 million nutrient particles a second of pure oxygen gas, vitamins A, C, E and essential minerals. This cascade of micronized nutrients revitalises every skin cell pore by pore, banishing fine lines, wrinkles and dehydration. The result is an instant fresh rejuvenated skin, glowing with good health that looks younger and younger with every treatment - a natural facelift.

60 minutes	\$165
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ACNE DIFFUSION

This treatment will deep cleanse and diffuse troubled skin conditions. We combine wildflower essences with the remarkable anti-bacterial and healing properties of pure oxygen gas. This unique combination will regulate, clear and refresh your complexion, to restore the skins natural equilibrium and your confidence.

60 minutes	\$170
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OM Spa Journeys

OM GODDESS INDULGENCE

Let your body and soul relax with a goddess inspired journey. A rose water foot soak will welcome you as we customise your ritual ahead. Begin with a personalised relaxation massage with gemstone infused oils followed by a herbal dry body scrub and a nourishing hand and feet mask. A deluxe exotic facial is performed and a tension relieving facial massage softens the skin. Emerge an OM Goddess.

2.5 Hours

\$275

MR OM REGROUP

Recharge your back and body it's time to regroup. Relax aching muscles with a private steam room session followed by a full body massage using customised pressure to melt away tension. Refresh the skin with a deep facial cleanse and exfoliation to lift impurities balanced by a custom mask. While the mask works into the skin a stimulating scalp massage clears the mind.

2.5 Hours

\$275

COUPLES RETREAT

Escape everyday life together with a couples stone foot soak and scrub. We will then bring you into our couples treatment room surrounded by hand carved limestone and candles. Relax together with a full body massage customised to you as well a scalp and foot massage.

90 minutes

\$299 per couple

THE INDULGENT - OM HALF DAY ESCAPE

We will welcome you with a warm foot soak to relax you as the steam room awaits for some muscle relaxing work. A full body sugar scrub and kaolin clay mask is applied all over the body and the under the rain vichy experience will leave your skin soft and renewed. The lotus signature massage is then performed to bring you on a unique massage journey to melt away tension, aches and pains. Om Veda's exotic deluxe facial will balance and restore and your spa journey will be completed with artisan fresh teas and a lunch platter.

3.5 hours

\$360

THE ULTIMATE – LUXURY OM DAY ESCAPE

Begin your day with a private yoga class and meditation to awaken the body and calm the mind. Whilst consulting with your therapist enjoy a luxurious aromatherapy rock foot soak while sipping on artisan fresh teas. Detoxify and reward the body after yoga with a steam session and under the rain experience Vichy shower. Your body will be exfoliated with organic lemon scrub and nourished with a raw chocolate and raspberry mask. A trio of canapés are served while you relax in your robes before your customised full body gemstone massage and exotic facial experience fully relaxes you. Let your hands and feet be treated in a warm bees wax and honey rejuvenating mask. You will complete your escape with a spa platter served with your choice of a vitality or indulgent drink from the menu.

5.5 Hours

\$550

VEDIC VENTURE

This Ayurvedic journey begins with a dosha consultation to truly customise your time. A marma massage and an Ayurvedic head and foot massage begins the journey. Followed by an herbal body scrub and steam completed with a body infusion using Ayurvedic herbal body mask. Then OmVeda facial therapy will leave your face renewed restored and in balance and a shirodhara pouring of warm oil will calm your mind. This ritual completes with fresh artisan teas and nourishing vegetarian soup served with toasted woodfired bread.

4 Hours

\$440

BABY MOON RITUAL

Celebrate this milestone time together with a couples bubble foot soak and relieving foot mist. We will then bring you into our couples treatment room surrounded by hand carved limestone and candles. Relax together with a specialised pregnancy table massage for her and a tension release massage for him. Followed by a pure organic express facial to refresh both of your skins.

90 minute

\$299 per couple



Water Body Experiences

UNDER THE RAIN EXPERIENCE 💧

A unique experience of a body exfoliation and clay mask whilst under a warm rainwater Vichy Shower. The treatment begins with a steam session and leaves your whole body soft and renewed.

60 minutes

\$120

CHAKRA BODY EXPERIENCE

Full body sugar scrub followed by application of a Dead Sea mineral rich mud mask. You are then invited to enter into your drawn warm rainwater bath immersed in light therapy to balance the chakras. Overlooking the natural bushland enjoy time out with herbal tea and hydrotherapy jets.

60 minutes

\$100

Energy Healing

INTUITIVE SESSION

Reiki therapy to balance the chakras this is a completely customised session to balance emotions and have energy flow freely unblocking any areas of concerns. This session is finished with a personalised bath in healing waters and light therapy.

90 minutes

\$170

TIBETAN HEALING FACIAL

This holistic facial merges ancient Tibetan healing traditions with professional skincare to enhance your skin health, energy and well-being. With gentle strokes, Kansa healing facial wand gently harmonises and re-charges the aura, smoothing wrinkles and rejuvenating the skin. Mineral rich clays refine and purify the skin while the healing sounds of Tibetan singing bowls are chimed by your therapist.

60 minutes

\$120



Beauty

WAXING + TINTING

<i>Waxing From 15 minutes</i>	<i>From \$19</i>
<i>Tinting with colour of choice</i>	<i>\$20 per area</i>

***** Please see online for full pricing and services list.***

EYESSENTIAL

<i>Eyebrow wax and reshape with eyelash and eyebrow tint</i>	<i>\$59</i>
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HANDS + FEET

DELUXE SPA MANICURE

Hand exfoliation and Ayurvedic tension release hand and arm massage with a nourishing mask followed by buff, reshape and polish of choice.

<i>60 minutes</i>	<i>\$100</i>
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CHAKRA BALANCING DELUXE PEDICURE

Luxurious aroma stone foot soak, exfoliate, Ayurvedic tension release foot massage and nourishing mask followed by buff, reshape and polish.

<i>60 minutes</i>	<i>\$100</i>
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MR OM GENTLEMEN'S MANICURE AND SPORTS PEDICURE

Mint hand and feet exfoliation will renew then a buff, cut and shape. A menthol foot and hand massage will melt away tension and complete the gentlemen's experience.

<i>60 minutes</i>	<i>\$100</i>
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MAKE UP APPLICATION + SKIN FLAWLESS LESSON

A consultation with our skin and make up specialists to create the best look for you. From skin care to make up. We will prepare the skin and apply natural based makeup products with high end results. At Om we only use elite make up + skin care.

<i>From 40 minutes</i>	<i>from \$65</i>
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Enhancements

Choose one of these luxurious enhancements to add on to your spa experience.

CHROMO THERAPY BATH

Let colour therapy immerse your bath drawn with specific salts and oils.

45 minutes	\$60
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HALOTHERAPY BATH

Let a Magnesium charged warm bath relieve aches and pains.

45 minutes	\$65
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AROMA THERAPY STEAM SESSION

45 minutes	\$40
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FULL BODY SCRUB AND VICHY

40 minutes	\$70
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BACK NECK SHOULDER MASSAGE

30 minutes	\$70
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MINI MANICURE OR PEDICURE

35 minutes	\$65
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OMVEDA MINI FACIAL

30 minutes	\$60
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 **Signature Om treatment**



Passes + Fitness Memberships

PRIVATE YOGA CLASS + MEDITATION

One hour private rejuvenating yoga class \$80 for up to three people and \$25pp for groups of four or more. Mats provided. In the warmer months Yoga is undertaken beneath the peppy trees and in winter by the open fire.

PRIVATE STEAM ROOM PASS

One hour steam pass for the 43 Degree Steam room. Perfect for alleviating aches pains and for detoxification. With access to shower facilities after the treatment.

Allow 1 hour \$40pp or 10 Sessions for \$200 – this needs to be booked through the spa as it is a private steam session.

POOL MEMBERSHIP

6 month membership for the 25 metre pool a membership which gives you access 7 days a week sunrise to sunset to keep fit. Also allows access to shower and change room facilities. Strictly limited membership \$300 for 6 months. Please note pool closed throughout winter and is strictly adults only. First session includes walk through and induction.

POOLSIDE CABANA

Book a private lunch cabana with friends to enjoy the pool and order from our lunch and beverage menu. Groups of four \$40 (These cabanas are complimentary for OM Day Spa clients that have booked a treatment for that day.

PERSONAL TRAINING SESSION

One on one or two on one training with our resident trainer Brendon. One hour of training personalized to your fitness goals working to tone and exercise your entire body.

1 hour, 1 person - \$60.

1 hour, 2 persons - \$80.

Contact Us

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HOLISTIC PEELS

GRAPE WINE PEEL

This peeling treatment is based on a 20% fruit acid complex that gently, but effectively, removes the top layer of skin cells stimulating cellular renewal and revitalising the skin. The result is an instantly smoother, refined skin – without irritation.

30 minutes

\$90

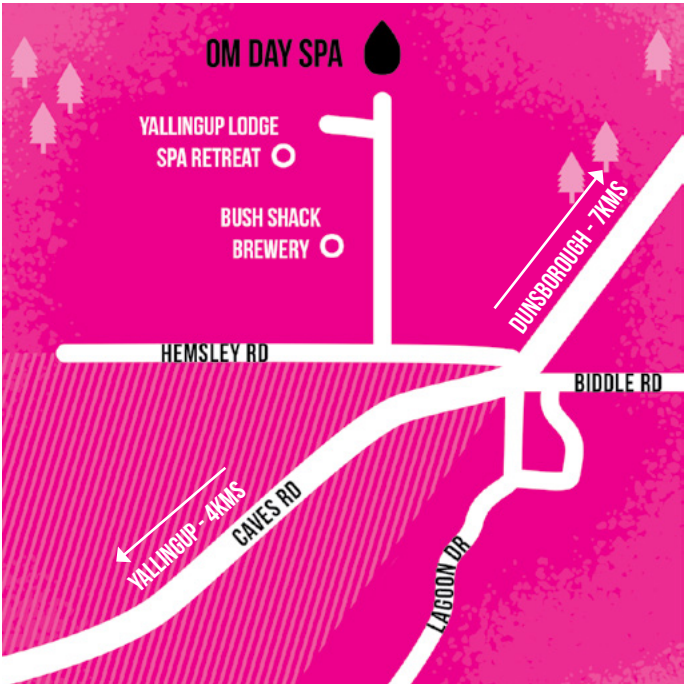
PAPAYA ENZYME PEEL

Harnessing the natural enzymatic exfoliation action of papaya and pineapple, this tropical treatment gently softens, brightens and clears the complexion. Skin is left incredibly clean, smooth and radiant. With the addition of intensive serums this will leave your skin feeling completely renewed.

60 minutes

\$185

Location



Spa Guest Information

RESERVATIONS

You are welcome to book online for treatments. We ask that you contact the spa directly for appointments within 24 hours on (08) 9755 2411. We also ask you contact the Spa directly for groups of three or more so that we can best cater to you call or email us at relax@omdayspa.com.au.

Spa Cuisine bookings can be made prior to visiting at the spa as it is made fresh to order. Dining options are by the open wood fireplace in winter, on the treetop balcony or by the pool in summer.

ARRIVAL AT OM DAY SPA

Please arrive five minutes before your treatment time is due to begin to check in at OM Day Spa. In doing so it will allow you the maximum treatment time. Unfortunately if you arrive late for your treatment there is no guarantee you will receive the full treatment time as it will impact other guests in the day spa. Guests booking any treatment or staying at the Yallingup Lodge Spa Retreat have complimentary access to the pool whilst checked in at the retreat. The pool is open sunrise to sunset November to April.

SPA ETIQUETTE

When arriving at the Spa please be aware that other treatments may be in progress and our spa therapy zone requires guests to be respectful of others. We request you have your phones on silent and talk peacefully in reception whilst waiting for your therapist to greet you.

We encourage communication with your therapist so that we can customise your treatment, after all we want you to have the best treatment possible. If you are having a treatment with us, please inform your therapist of your preferences at the beginning of your treatment on your client form. All of our therapists will customize your spa experience.

GIFT VOUCHERS

Om offers the ultimate gift experience and giving has never been so easy. Purchase vouchers online, over the phone or in person. Om gift cards come beautifully packaged and can include a personalised message alternatively we can email you an OM Day Spa Voucher. Contact our reception for details on (08) 9755 2411.

CANCELLATIONS

Any guests wishing to cancel a booking must inform the spa 24 hours before the treatment is due to begin. Less than 24 hours or a no show will result in the complete amount being charged to your credit card.