

## Epidermal Levelling

Epidermal Levelling is a safe, painless and highly effective clinical treatment designed to evenly and deeply exfoliate the skin of the face and neck. This treatment may be performed every 4 to 6 weeks. It removes dead cell build-up, minimises congestion and pore blockage, increases the rate of new cell turnover in the deeper levels of the skin, helps product absorption and stimulates the production of the skin's own collagen and elastin.

## EPH Micro-needling

Encourages collagen and elastin production by creating micro wounds on the skin's surface. Our unique device also uses electroporation to help with serum penetration to achieve ultimate hydration and nourishment. It provides many benefits such as minimising fine lines & wrinkles, the appearance of scars (including acne scars), and strengthening your skin barrier.

## IPL Skin Rejuvenation

Diminish dark spots, redness, sun damage and other signs of premature aging for a youthful radiant complexion. IPL works by delivering light below the skin's surface. The natural body process then removes injured tissue to treat concerns. This improves overall skin tone, boost firmness resulting in a more youthful appearance. IPL can be used to reduce redness, pigmentation, fine lines and wrinkles, acne scarring.

## LED light therapy

LED is a non-invasive treatment that uses clinically proven light energy to trigger the skin's natural rejuvenation and repair processes without pain or downtime. It stimulates collagen and elastin, relieves acne, dermatitis and rosacea, improves healing times and enhances the results of our other professional skin treatments. We also have the options of purchasing multiple sessions which lowers the cost. Enhance your LED treatment with a hyaluronic mask.

## About Us

At Skinfit Body and Beauty we offer the kind of pampering and one-on-one attention you deserve. Self care is a priority at Skinfit. Whether it be a relaxing massage, a treatment facial, enhanced brows or maintenance hair removal, we have you covered. Offering professional service, advice and products to ensure you get 100% return on your investment - YOU!

## How to book with us

We know life is busy so we offer a few different options to make it easy to book at anytime of the day or night. Online booking is available 24/7 and you can find the link on our website, Facebook and Instagram.

You can also make your appointment by calling us on 55626333. Please do not inbox to book as we cannot guarantee a prompt response due to the salons busy nature.



## Cancellation policy

Cancellation requires a minimum of 6 BUSINESS HOURS notice to allow time for other clients to be pampered.

Our NO SHOW policy includes cancellations with less than 6 business hours notice or failure to show for your appointment. Your booking deposit will be absorbed. A future deposit when booking will be required to confirm your booking.

You will receive a confirmation text 2 days prior to your appointment. Cancelling or rescheduling at that time will be most beneficial to you and wait list clients.



*Skinfit*  
BODY & BEAUTY

Glowing Skin Menu

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55926333



# Body Treatments

## SAUNA - 45 MINUTES

Infrared works by heating the body directly with dry heat creating a cardiovascular workout which removes heavy metals and toxins. Benefits enjoyed include, reduced pain and stress, better sleep, faster muscle recovery, more energy and improved health. Tailor your experience by using Chromotherapy, a light therapy that uses different colours to address physical and mental health concerns.

## MASSAGE

Delicious Pure Fiji oils we will have your skin feeling radiant, soft and glowing while also feeling completely relaxed and at peace after your body massage. Our massage treatments pair incredibly well with our Infrared sauna. With a variety of options we are sure we have one that best suits you

Body Boost Massage options of 30 minutes 45 minutes 60 minutes  
Super Juice Revitaliser Massage + Facial 75 minutes  
Undecided Bliss includes facial 60 minutes

## BODY EXFOLIATION

Body exfoliation will leave you feeling soft, smooth and radiant. Using our Pure Fiji and Skin Juice products your skin will love you for it. A body exfoliation may include a scrub or a peel dependant on your skins needs. Follow on for a massage or perfect for the day before your tan.

- Top to toe juicy body glow 30 minutes
- Sweet Sugar Glow 45 minutes
- Berry Body Exfoliation 30 minutes

## EAR CANDLING

Ear candling is a gentle, relaxing treatment to clear the ear canals of accumulated debris and stimulate the flow of energy to the entire head area. It's an excellent therapy for relieving conditions affecting the head and ear area.

# Skin Consultations

During your skin consultation you will not only be assessed by your therapist but also the Observe 520 skin analyser. When it comes to your skin concerns our therapists can't always determine the root of the problem with the naked eye. Most of the time the real issues lay beneath the layers of the skin. The all new Observe 520 skin analyser will assess all layers of your skin from the surface and below. Our amazing therapists will provide you with advice, and a comprehensive treatment plan to help you with all your skin needs. Following our skincare triangle, which includes an in clinic treatment plan and an appropriate home care program for you to follow ensuring that you get the best results for your skin.

## Customised Facials

At Skinfit we understand everyone is different and so is your skin and skin concerns. This is why we customise all of our facial treatments. After consulting with you and your skin, our professional facials are tailored to you. If you are feeling dry, in need of balancing or bringing your glow back. Have a chat to your therapist and we can select the products best for your skin. Upgrade your facial with a Hydrojelly mask, Hyaluronic sheet mask and fusion treatment. See below facial options;

- Juice Shot Facial 30 minutes
- Juicy Relax Facial 45 minutes
- Customised Juicy Splurge 60 minutes

## Red Carpet Facial

The Red Carpet Facial is performed with our new Pollogen Geneo device. Geneo is the ultimate facial treatment platform for achieving a young, fresh and natural looking skin. The red carpet facial will give you plump lifted skin & is the perfect facial to have the day before or even day of your special occasion.

## TriBella Facial Lift

TriBella is the Ultimate non surgical skin rejuvenation treatment that simultaneously enhances tone, tightness and texture. Combining the power of three unique non surgical procedures into one complete skin renewal treatment results in incredibly smoother, younger, healthier looking skin. The high intensit, non invasive solution gives highly visible results faster in fewer treatments.

# Common Skin Concerns

## REDNESS

Skin redness is a common condition for many. Sometimes it is simple, using harsh skincare can cause the skin to become sensitive. Booking in for a skin consultation would be advised to assess skin concerns, needs and possible causes to develop a treatment plan for you.

## DEHYDRATION

Dehydration occurs when the skin is not retaining moisture as it should be. The environment, stress and incorrect products or useage will affect the hydration of your skin. Your skin will benefit from rebalancing. Book in for a professional facial. We will tweak your skincare routine and find the best way to give your skin the love it needs.

## ACNE

Acne is a common skin concern for many people young and old. Acne comes in many forms ranging from moderate to severe.

LED light therapy is a great way to target and control acne. However your at home skin care is just as important. Book a skin consultation today to chat to a therapist about your options.

## PIGMENTATION/ FINE LINES AND WRINKLES

Aging skin is concern for many people. Luckily there is a vast range of treatments available at Skinfit to help with aging skin concerns. The IPL Skin rejuvenation & EPN micro-needling combined with LED are perfect for reducing pigmentation, apperance of fine lines and wrinkles, boosting collagen and elastin.

## Add a touch of love

Do you want to enhance your skin treatments? Why not add a touch of love. Choose from the options below to enhance your skin treatment experience experience

- Hyaluronic Face Mask
- Hydrojelly Face Mask
- Illuminating Peel
- LED Treatment Enhancer
- Hair Infusion Treatment Enhancer