

**Mercure**  
HOTELS  
GERRINGONG RESORT

**BELLASPA**  
GERRINGONG

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DELIGHTFULLY CHIC AND FABULOUSLY MODERN, BELLA SPA OFFERS AN EXPERIENCE UNLIKE ANY OTHER.

FROM A RELAXING 30 MINUTES TO YOURSELF OR WITH A LOVED ONE, TO A FULL DAY OR WEEKEND EXPERIENCE WITH A GROUP, BELLA SPA BOASTS FACILITIES TO MAKE YOUR VISIT A MEMORABLE ONE.

RELAX BY THE POOL BEFORE OR AFTER YOUR TREATMENT, HAVE A GAME OF TENNIS OR BOOK IN FOR HIGH TEA AT BELLA CHAR RESTAURANT. THE POSSIBILITIES ARE ENDLESS. WITH A FUNCTION ROOM RIGHT NEXT DOOR, BELLA SPA AT MERCURE RESORT GERRINGONG MAKES THE PERFECT HEN'S DESTINATION.

OR WHY NOT BOOK A ROMANTIC WEEKEND AWAY WHILE STAYING IN OUR MODERN, SPACIOUS ACCOMMODATION?

## FOR THE BODY

### RELAXATION MASSAGE

THIS DEEPLY RELAXING MASSAGE USES SMOOTH STROKING MOVEMENTS WITH LIGHT TO MEDIUM PRESSURES TO ENCOURAGE AN INCREASE IN LYMPHATIC CIRCULATIONS AND BALANCE THE ENERGY MERIDIANS IN THE BODY.

30 MINUTES \$55 | 60 MINS \$99 | 90 MINS \$145

### FIRM RELAXATION MASSAGE

THIS SPECIALISED MASSAGE IS DESIGNED FOR RELAXATION TO HELP REDUCE STRESS AND TENSION IN THE BODY. A TAILORED TREATMENT WHICH CONCENTRATES ON AREAS SUCH AS THE NECK, LOWER BACK AND TIGHT SHOULDERS.

30 MINUTES \$65 | 60 MINS \$110 | 90 MINS \$165

### HOT STONE HEALING

LET THE WARMTH OF THE HEATED BASALT STONES PENETRATE DEEP IN YOUR BODY TO RELIEVE TIRED, ACHING MUSCLES. EASE THE MIND AND CALM THE BODY BY EMERGING IN A STATE OF DEEP RELAXATION.

90 MINS | \$165

### PREGNANCY MASSAGE

A NURTURING MASSAGE TO TARGET ACHES AND PAIN ASSOCIATED WITH THE 2ND AND 3RD TRIMESTER.

30 MINUTES \$65 | 60 MINS \$110 | 90 MINS \$165

## FOR THE FACE

### ADVANCED FACIAL TREATMENTS

DESIGNED TO DEEPLY CLEANSE AND BOOST THE COMPLEXION, COMPLETE WITH NOURISHING, RICH MOISTURIZERS FOR THE FACE, NECK, EYE AND LIP AREAS.

30 MINUTES \$65 | 60 MINUTES \$130

### ADD-ONS

THESE 30 MINUTE CUSTOM FACIAL TREATMENTS ARE TAILORED TO ADDRESS SKIN CONDITIONS SPECIFIC TO YOU.

LACTOBOTANICAL PEEL \$108 | PROBLEM SKIN PEELS \$130 | PIGMENT PEEL \$130

TRIPLE ACTION PEEL \$150

## FOR ADDING ON | \$30

### EYE TREATMENT

GIVE YOUR EYE AREA SOME EXTRA LOVE WITH A GENTLE AND HYDRATING EYE TREATMENT.

### SCALP TREATMENT

FEEL THE WARMTH PENETRATE YOUR SCALP AND SOUL WITH A WARM SCALP MASK & MASSAGE.

### SOOTHING FOOT TREATMENT

SOOTHE TIRED AND ACHING FEET WITH A RELAXING FOOT TREATMENT.

### GENTLE HEALING HAND TREATMENT

A NURTURING HAND TREATMENT WHICH FITS IN PERFECTLY WITH ANY TREATMENT OR PACKAGE.

FULL BODY EXFOLIATION & HYDRATION 60 MINS | \$120

FULL BODY EXFOLIATION & MASSAGE 90 MINS | \$160

## FOR THE HANDS & FEET

### EXPRESS MANICURE OR PEDICURE

AN INDULGENT EXPRESS TREATMENT ON EITHER THE HANDS OR THE FEET, CONCENTRATING ON IMPROVING NAIL CONDITION AND PRESENTATION. INCLUDES A COLOUR OR CLEAR POLISH. 30 MINUTES | \$50

### DELUXE MANICURE

CLASSIC MANICURE TECHNIQUES ARE APPLIED TO SHAPE AND FORM YOUR NAIL, EXFOLIATION TO REVITALIZE, RELAXING HAND AND ARM MASSAGE AND A NOURISHING PARAFFIN TREATMENT. INCLUDES A COLOUR OR CLEAR POLISH.

60 MINUTES | \$80

### DELUXE PEDICURE

CLASSIC PEDICURE TECHNIQUES ARE APPLIED TO SHAPE AND FORM YOUR NAIL, AND ALSO TO RECONDITION YOUR FEET. A REJUVINATING FOOT BATH AND EXFOLIATION, RELAXING CALF AND FOOT MASSAGE WITH A NOURISHING PARAFFIN TREATMENT. INCLUDES A COLOUR OR CLEAR POLISH

60 MINUTES | \$80

### GENTLE HAND THERAPY

A NOURISHING TREATMENT BEGINNING WITH GENTLE EXFOLIATION, FOLLOWED BY A RICH, HYDRATING HAND AND ARM MASSAGE.

30 MINUTES | \$60

### SOOTHING FOOT THERAPY

SOOTHE TIRED AND ACHING FEET WITH A WARM FOOT SOAK AND EXFOLIATION WITH A RICH MOISTURIZER TO THE CALVES AND FEET TO RELIEVE TENSION.

30 MINUTES | \$60

## BEAUTY

### WAXING

LIP \$10 | EYEBROW \$18 | CHIN \$14 | SIDES OF FACE \$15

FULL LEG \$40 | 1/2 LEG \$25 | BIKINI \$40 | FULL LEG & BIKINI \$55

G-STRING \$65 | 1/2 ARM \$15 | FULL ARM \$25 | UNDERARM \$15

### TINTING

EYEBROW TINT \$12 | EYELASH TINT \$18

SPRAY TAN | \$30



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## PACKAGES



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## PACKAGES

ESCAPE REALITY AND INDULGE YOURSELF, A LOVED ONE (OR BOTH) WITH OUR DEVINE PACKAGES. WE HAVE PAIRED THESE TREATMENTS TO COMPLIMENT EACH OTHER AND ALLOW YOU TO DRIFT AWAY INTO A SEA OF GENTLE CALMNESS.

### RELAX PACKAGE

A 45 MINUTE MASSAGE PERFECTLY COMPLIMENTED BY A 45 MINUTE FACIAL.  
90 MINUTES | \$155

### SOUL TO SOUL

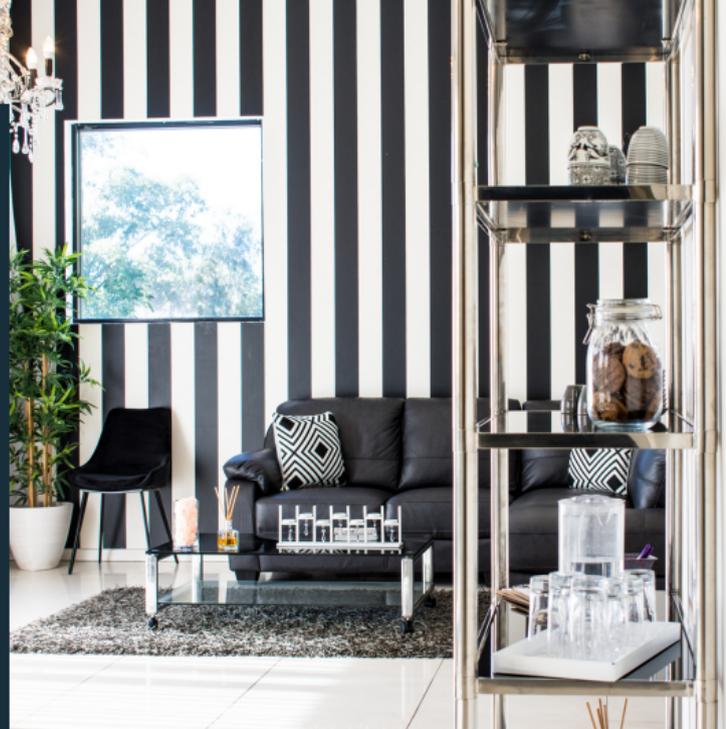
A PERFECT TREATMENT COMBINATION OF A SOOTHING FOOT TREATMENT, GENTLE HAND THERAPY, AN EXPRESS FACIAL AND A SCALP TREATMENT.  
90 MINUTES | \$190

### BELLA EXPERIENCE

ENJOY THE ULTIMATE BELLA EXPERIENCE WITH THIS INDULGENT SELECTION OF TREATMENTS, COMBINED PERFECTLY TO LEAVE YOU FEELING GROUNDED AND PAMPERED. INCLUDES A FULL BODY EXFOLIATION, A FULL BODY MASSAGE, A FACIAL, SCALP TREATMENT WITH A DELUXE MANICURE AND PEDICURE TO FINISH. INCLUDES COMPLIMENTARY NIBBLES AND REFRESHMENTS.  
4.5 HOURS | \$499

## GROUP BOOKINGS

WANT TO VISIT US AS A GROUP? WE CAN CATER TO ALMOST ANY SIZE GROUP, BIG OR SMALL. ALL INCLUSIVE ACCOMMODATION PACKAGES CAN ALSO BE ORGANIZED. PLEASE CONTACT US FOR CUSTOMIZED PACKAGE OPTIONS INCLUDING REFRESHMENTS AND NIBBLES.



## SPECIALS

FOR ALL CURRENT SPECIALS, PACKAGES AND OPENING HOURS, PLEASE VISIT OUR WEBSITE, SOCIAL MEDIA OR CALL OUR FRIENDLY TEAM