



EDEN
SPA MENU
VITALITY CENTRE

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EDEN VITALITY

Welcome to our new Eden Vitality Centre, where rejuvenation meets wellness. Discover a comprehensive array of treatments meticulously designed to elevate both your physical health and mental well-being. Through a tailored blend of therapies, you will unlock your personal potential, expedite mental recuperation and achieve a deep, restorative experience, leading to restful sleep patterns.

- ✓ Stress Release
- ✓ Increase Focus and Productivity
- ✓ Reduce Blood Pressure
- ✓ Improve Heart Function
- ✓ Reduce Pain and Inflammation
- ✓ Improve Sleep
- ✓ Improve Performance
- ✓ Mental Recovery

EDEN VITALITY

CRYOTHERAPY

01 session \$75 | 03 sessions \$165

Cryotherapy is a cutting-edge wellness treatment that offers a wide range of benefits. By reducing inflammation in the body through the stimulation of messenger signals, Cryotherapy can provide relief from pain and swelling. Additionally, it can improve circulation and boost metabolism, leading to an increase in the body's resting metabolic rate. In terms of beauty benefits, this process can stimulate collagen production, resulting in firmer, more youthful-looking skin. The cold exposure during the session can also trigger the release of feel-good hormones, such as endorphins, which can help reduce stress and improve overall mood. Overall, Cryotherapy is a versatile treatment that can enhance both your physical and mental well-being, making it a popular choice for those looking to optimise their health and appearance.

INFRARED SAUNA

01 session \$35 | 03 sessions \$90

Indulge in the therapeutic benefits of our Infrared Sauna, designed to enhance your well-being and rejuvenate your body and mind. The deep heat of the sauna can help relax muscles and relieve tension, providing relief from pain and inflammation. It is also known to improve circulation as the heat increases blood flow throughout the body. Sweating in the sauna helps flush out toxins and impurities, supporting the detoxification process. It can induce a sense of relaxation and stress relief, calming the mind and body. Experience the healing power of our Infrared Sauna and embark on a journey to improved health and vitality.



EDEN VITALITY

AIRPOD HYPERBARIC OXYGEN CHAMBER

01 session \$75 | 03 sessions \$165

The AirPod Hyperbaric Oxygen Chamber enhances oxygen levels by up to 35%. This heightened pressure, coupled with your treatment, allows oxygen to dissolve into the bloodstream, amplifying circulation and delivery to body tissues and the lymphatic system. The result? A sense of relaxation and rejuvenation. Hydrogen effectively tackles and eliminates harmful Reactive Oxygen Species, also known as free radicals, thwarting diseases, degeneration, and the aging process in the body. The chamber is the perfect place to read a book, take a quick nap or download a Spotify playlist or podcast to enjoy.

ZEROBODY DRY FLOAT THERAPY

01 session \$55 | 03 sessions \$150

ZeroBody offers a revolutionary and patented system that enables floatation in a state of zero gravity in a soothing 400 litres of warm water. This innovative technology is proven to be incredibly effective in helping individuals reach their parasympathetic recovery state. Activation of the parasympathetic nervous system (PSNS) through the ZeroBody experience results in a range of beneficial physiological effects. These include slowing of the heart and breathing rates, reduction of blood pressure, and promotion of digestion. As a result, the body enters a deep state of relaxation and recovery. By immersing yourself in the ZeroBody experience, you can enjoy unparalleled relaxation and rejuvenation, allowing your body and mind to unwind and recover from the stresses of daily life.

EDEN VITALITY

LUTRONIC HEALITE II LED PHOTOTHERAPY

01 session \$55 | 03 sessions \$150

To further elevate your experience at our Vitality Centre, consider enhancing any other session or opting for a stand-alone treatment with the Lutronic Healite II LED Phototherapy system. This advanced therapy harnesses the power of red and yellow light, offering a myriad of benefits that elevate overall well-being, plus aiding in recovery. It not only stimulates cellular activity, accelerating tissue and wound healing but also reduces inflammation, alleviating discomfort and supporting the body's natural healing process. Both red and yellow light therapies promote collagen production, enhancing skin texture and diminishing signs of aging. Plus, exposure to these therapeutic lights can uplift mood and energy levels, contributing to a profound sense of vitality and wellness.



EDEN VITALITY **PLUS**

COLON HYDROTHERAPY

🕒 55 MIN | \$200

Colon hydrotherapy is an effective and gentle way to cleanse the colon of excess waste and toxins that can accumulate in the body over time. Experiencing colon hydrotherapy is safe and relaxing, and cleans and tones the colon, encouraging natural peristaltic action, elimination of waste matter, and can increase energy levels. Warm filtered water is used to gently wash and clean the bowel, leaving you feeling clear and energised. Please note: Colon hydrotherapy is not recommended if you have any of the following – inflamed haemorrhoids, inflamed diverticulitis, Crohn's Disease, inflammatory bowel disease, abdominal hernia, recent abdominal or colon surgery, cirrhosis, severe anaemia, or early stages of pregnancy (before 16wks).

E D E N



At Eden Health Retreat, we are proud to announce our partnership with Biologique Recherche, a brand synonymous with French skincare excellence. Founded by the Allouche family in a Parisian research laboratory, Biologique Recherche blends biology, physiotherapy and clinical medicine to craft a skincare legacy marked by excellence, quality and passion.

With over four decades of experience, Biologique Recherche's methodology revolves around innovative products and meticulous protocols. Their raw, cold formulation ensures a high concentration of active ingredients from natural or biotechnical compounds, free from parabens, silicones and fragrance. The unique facial techniques, developed by a physiotherapist go beyond traditional skincare, focusing on facial structure, muscle health and employing non-invasive electro-muscle stimulation.

Much like our holistic approach at Eden Health Retreat, Biologique Recherche recognizes that our skin's condition fluctuates due to various external and internal factors. Their professionals analyze these variables to recommend personalized treatments, ensuring your unique skin needs are met. The 30-minute skin diagnosis with the Skin Instant Lab allows our therapists to tailor your Biologique Recherche facial, addressing specific concerns such as pigmentation, lines, acne, sensitivity, and more.

Embark on an exclusive and truly unique facial journey with Biologique Recherche at Eden Health Retreat, where our goal is to guide you toward exceptional skin health.

Warm regards,
Eden Skincare Consultants





EDEN VITALITY **PLUS**

SKIN INSTANT LAB CONSULTATION

🕒 30 MIN | \$90

The Skin Instant Lab and Visio Lab machines measure hydration, trans-epidermal water loss (T.E.W.L, an indication of barrier function), elasticity, sebum, pores, lines and wrinkles, redness and pigmentation. This gives us an incredibly detailed insight into your skin's needs and the knowledge to treat your skin individually and effectively to maximise your results.

FACIAL TREATMENTS

🕒 85 MIN | \$400

30 min Skin Instant Lab | 55 min Facial

This facial treatment includes skin diagnosis followed by a draining and lifting facial massage, exfoliation, personalised booster, and mask. The ingredients are deeply infused into the skin with the Remodelling Face oxygenation or desincrustation modules. Finished with a personalised treatment serum and creams to enhance the clarity, brightness and contour of your facial features.

🕒 115 MIN | \$450

30 min Skin Instant Lab | 85 min Facial

Our signature Biologique Recherche treatment is tailored to your unique skin needs. It encompasses a skin diagnosis, draining and lifting facial massage, exfoliation, personalised booster, and mask. To enhance the lifting effects, the Remodelling Face machine's lifting modules are employed, utilising various currents to facilitate the penetration of active ingredients to tone and lift facial muscles with electro-muscle stimulation. Finishing with serum and creams for lifted, redefined contours, plump and glowing skin.

EDEN VITALITY PLUS

FACIAL TREATMENTS

🕒 140 min | \$500

30 min Skin Instant Lab | 110 min Facial

Our ultimate luxury facial offers complete rejuvenation tailored to your unique skin needs. Includes skin diagnosis, draining and lifting facial massage, exfoliation, personalised booster, and face mask. This treatment is elevated with a treatment enhancer in combination with the Remodelling Face machine, which aids in the penetration of active ingredients to lift and tone your features using electro-muscle stimulation. Depending on your requirements, we can also incorporate specific masks or targeted fine-line or electroporation modules to achieve enhanced results.

TREATMENT ENHANCERS (CO-FACTORS)

From \$120

Specialty treatment enhancer for specific zones: eye area, jowls, and neck, lips, pigmentation, redness and/or dullness.



EDEN VITALITY **PLUS**

VICHY TREATMENTS

* Coming soon

SIGNATURE SEA BUFF

🕒 55 MIN | \$200

Full-Body Salt Exfoliation
Vichy Shower

Indulge in a full-body exfoliation, using a blend of luxurious oils and special sea salts to smooth and invigorate the body followed by a warm and relaxing Vichy Shower, releasing tension from the muscles and switching off the mind.

COCONUT OCEAN WAVE

🕒 55 MIN | \$250

Full-Body Coconut Exfoliation
Full-Body Hydrating Coconut Cream Masque
Face and Head Massage (while cocooned)
Vichy Shower

Experience the wondrous Vichy Shower “ocean wave” at the completion of the full-body exfoliation, cream coconut wrap, face and head massage. This spa ritual is a true celebration of relaxation and rejuvenation, leaving you glowing and extra soft, plus feeling refreshed and revitalised.

EDEN VITALITY **PLUS**

VICHY TREATMENTS

* Coming soon

SIGNATURE SPA RITUAL

Experience the true essence of an Eden spa indulgence with our full-body rejuvenation treatment. This all-encompassing session will cleanse, energise, exfoliate the body, then calm and revitalise the spirit. Luxuriate in the feeling of being cocooned in warmed muds whilst you submit to a mind-melting head massage. Followed by our Vichy Shower, you will then surrender your body and soul to the rhythms of a restorative body massage.

🕒 55 MIN (no massage) | \$250

Full-Body Salt Exfoliation

Full-Body Detox Masque

Soothing Head Massage (while cocooned)

Vichy Shower

🕒 85 MIN | \$300

Full-Body Salt Exfoliation

Full-Body Detox Masque

Soothing Head Massage (while cocooned)

Vichy Shower

Back, Neck and Shoulder Massage (30min)

🕒 110 MIN | \$350

Full-Body Salt Exfoliation

Full-Body Detox Masque

Soothing Head Massage (while cocooned)

Vichy Shower

Full-Body Relaxation Massage (55min)

EDEN VITALITY **PLUS**

VICHY TREATMENTS

* Coming soon

ESPECIALLY FOR HIM/HER

🕒 110 MIN | \$350

Full-Body Salt Exfoliation
Vichy Shower
Relaxation Massage

Begin your journey of relaxation with a lime and ginger salt exfoliation, which will gently scrub away dead skin cells, leaving your skin feeling soft and revitalised.

Experience the soothing benefits of our aromatherapeutic deep tissue massage, where our skilled therapists use sports techniques to relieve muscle tension and promote relaxation. Finally, immerse yourself in our "Rain Therapy" Vichy Shower, where warm water will cascade over your body, washing away any remaining stress and leaving you feeling refreshed and rejuvenated.



