



# forme

Spa & Wellbeing

**Deep breaths are like little  
love notes for the body.**



# Indulge Me

## Chill Out

Forget stress and grind. Your feet take a soak to start, followed by magic hands banishing tension with a Bliss Me Body Massage and a Rejuvenate Me Facial to revive your skin.

**2.2 hours \$249**

## Triply Good

Three treatments rolled into one for maximum bliss. A Bliss Me Back Massage a Refresh Me Facial and a Shape Up & Shine On Pedi have you feeling dangerously good.

**1.5 hours \$189**

## Escape

Destination Bliss. Begin with a Polish Me Licious scrub to soften and smooth your skin followed by a deeply relaxing Rock Me Hot Stone Massage. Treat your skin to a Boost Me Facial for a radiant glow with a Luxe Pedicure for happy feet.

**3.5 hours \$445**

## Indulge

Head to toe feel good. A Rejuvenate Me facial gives your skin back its mojo, and a Cocoon Me body scrub and wrap nourishes your skin for luscious smoothness. A Luxe Pedicure makes your feet ready to fly.

**3 hours \$369**

## **Bliss Out**

Say bye to stress. For silky smooth skin we start with a Polish Me Licious scrub before you slip into the Soak Me in Aqua to relax away your worries. A Roll Me Bamboo Massage eases away aches and tension, and your skin will love the Rejuvenate Me Facial for delicious dewy softness.

**3 hours \$369 \*\* Selected spas only**

## **Ultimate Luxe**

A 90 minute Luxe Facial is the ultimate in sensational skin treatments for results and pure bliss. Team that with a Rock Me Hot Stone Massage and a Luxe Pedicure and your spirit will dance.

**3.5 hours \$445**

## **Mumma2be**

Nurture you and your baby with a Baby On Board Pregnancy Massage and treat the hard-to-reach feet with a Luxe Pedicure.

**1.5 hours \$185**

## **Manly Business**

A Bliss Me Back Massage helps you unwind and a Rejuvenate Me Skin Treatment for Men relieves signs of tiredness, with a foot massage for a dose of zen.

**1.5 hours \$189**

## Couples Date Night

Share the spa feel good and enjoy together a Rejuvenate Me Facial and a Bliss Me Body Massage for together time to relax and forget everyday worries.

**2 hours \$450 for two**

## Romance

Unwind with a Soak Me in Aqua experience together followed by a Bliss Me Body Massage for relaxation and together-bliss.

**1.5 hours \$290 for two**

**\*\* selected spas only**

## You Choose

*Many of our spas have couples rooms, so you choose the massage or facial you want to share together.*



# Spa-rty On

Time out at the spa to chill, laugh, indulge and unwind with some of your favourite people with a Spa Party. Give pre-wedding tension the boot, celebrate a special day, or just because you can. Choose one of our package options or get creative and come up with your own.

## Party Bliss

Choose two doses of bliss each from:

Lush Pedicure

Lush Manicure

Refresh Me Facial

Bliss Me Back Massage

**\$150/person**

**(Each treatment approx. 40 mins)**

## More Party Bliss

Choose two doses of bliss each from:

Luxe Pedicure

Luxe Manicure

Rejuvenate Me Facial

Bliss Me Body Massage

**\$225/person**

**(Each treatment approx. 60 mins)**

For groups of 3 or more, we will upgrade your massage to a Rock Me Hot Stone or Roll Me Bamboo Massage. Spa Lunch may be ordered in some spas.

Please see website or ask for conditions.



# **Skin You Love To Live In**

Trust us with your skin and we will treasure it. We use the best possible skincare products to nurture and treat your skin to get you kissable skin you will love to live in.

## **Refresh Me**

An express facial to give your skin a treat either when you are in a hurry, just starting out on skincare or on a budget.

**0.5 hour \$79**

## **Rejuvenate Me**

Lots of lovely facials to deal with skin concerns selected just for you and how you want your skin to look and feel. Designed to soothe, soften, de-stress and enliven your skin and relax your senses. Your skin expert will discuss the best solution for you.

**1 hour \$130**

## **Boost Me**

Take a great Rejuvenate Me facial and boost with some power-charged extra ingredients to create a facial with wow results, chosen specifically for your skin needs.

**1 hour \$160**

## Luxe Me

Wanting a luxe high powered treatment to have the very best skincare can offer? These facials are for you. Invigorate, plump, strengthen and reboot your skin but be warned – they are addictive....

Available from 40 to 90 minutes

**from \$145 to \$239.**

## Make It Luxe

Upgrade your facial for more skin Luxe.

Shut Eye Mask	<b>\$19</b>
Vitamin Boost Ampoule	<b>\$22</b>
Vitamin Infusion	<b>\$59</b>
Microderm away	<b>\$85</b>
Light Me Up Collagen Boost	<b>\$79</b>
Bliss Back Massage 20 min	<b>\$35</b>
Bliss Back Massage 30 min	<b>\$55</b>



**Glamour is about feeling  
good in your skin.**



# Stop The Clock Game Changers

Seriously good skin care treatments to take your results to the next level.

## Microderm Me

Gently does it as we carefully polish away surface dull and vacuum away grime to reveal a brighter skin.

Face	<b>\$120</b>	Course of 3 prepaid <b>\$300</b>
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Décolletté	<b>\$95</b>	Course of 3 prepaid <b>\$255</b>
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Face and Décolletté	<b>\$160</b>	Course of 3 prepaid <b>\$420</b>
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### Add-on to facial:

Face	<b>\$85</b>
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Décolletté	<b>\$65</b>
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Face and Décolletté	<b>\$125</b>
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## Light Me Up

Pain-free non-invasive light therapy uses medically proven light frequencies to help rebuild collagen, soften fine lines and rejuvenate. Clinically proven to reverse the signs of aging – who doesn't love that?

**\$109**

Add on to facial	<b>\$79</b>
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With Peel/Microderm:55 min	<b>\$179</b>
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3 Light Treatments	<b>\$269 prepaid</b>
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3 Microderm/3 Light Treatments	<b>\$519 prepaid</b>
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3 Lactic Peel/3 Light Treatments	<b>\$519 prepaid</b>
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8 Light Treatments	<b>\$679 prepaid</b>
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## **Peel Away Dull**

Don't you worry which one – chemical/glycolic/lactic – we have them all and will carefully select the right peel for you to remove the dull surface layer and let your dewy skin glow.

**\$99-160**

## **Infuse Me With Vitamins**

We get your skin ready to go and absorb goodness with a gentle exfoliation then a vitamin enriched ampoule is infused using technology magic to aid penetration for maximum results.

**\$129 or combine with Microderm, Facial or Peel for \$59**

## **I Need Oxygen**

This celebrity treatment uses oxygen to infuse the skin with a cocktail of the very best ingredients for either rejuvenation, skin clarity, brightening or line softening. Loved by Madonna, but can be enjoyed by all.

**from \$99 \*\* Selected spas only**

## **Power Combo**

Bring it on with this combo to deal with many skin concerns bringing you the best rolled into one. A Microderm Me exfoliates and smoothes, an Infuse Me With Vitamins penetrates the skincare goodies into your skin and a Light Me Up therapy stimulates collagen production. A wow-kapow facial.

**\$269**





**Get into your skin**

## Replenish Me

Bring on the zen. Massage restores balance and wellbeing, releases muscle tension and allows your body to move more freely. It counters the effects of stress, anxiety and lack of rest and helps get the energy flowing. And it feels good.

### Bliss Me

Using Swedish Massage techniques, this treatment is designed for utter relaxation, relieving physical stress and tension. It's ideal if you find it hard to relax, sleep or are generally run down.

**30 minutes \$70 / 60 minutes \$115 / 90 minutes \$165**

### Rock Me

Using gently heated hot basalt stones, your massage is a combination of warmth and expert hands to deeply relax and provide a sense of calm and wellbeing. Let us rock your world and give you back your zen.

**30 mins \$80 / 60 minutes \$135 / 90 minutes \$185**

### Roll Me

Using heated bamboo rods, we kneed and roll out knots and relax tense muscles, combining the traditional benefits of massage along with comforting qualities of heat.

**30 mins \$80 / 60 minutes \$135 / 90 minutes \$185**

## Work Me Out

If you are dealing with nagging aches and pains from sport, a deep tissue massage can help to release muscle tension and get you moving more freely.

**30 mins \$75 / 60 minutes \$125**

## Baby On Board

Nurture yourself and your baby with this soothing massage performed on a body pillow, allowing you to lie comfortably on your stomach. Please check suitability for your stage of pregnancy with our team.

**30 mins \$75 / 60 minutes \$125**

## Spa Journey

Linger longer at the spa with body treatments to shed your stress and let your skin glow.

## Soak Me In Aqua

As you slip into the scented water, your stress starts to melt away. The healing properties of water make it the ideal way to unwind and begin a treatment. So slow down, relax and release your muscles ready for the next stage of your spa journey.

**\$55 \*\* Available selected spas**

## Bacial

Our popular back facial gives you a fresh start for a clear, smooth skin and helps to deal with breakouts and skin problems.

**\$120**

## Polish Me Liscious

Seasonal body scrubs polish the skin, removing dull dead cells while stimulating lymph and blood circulation for a wellbeing boost. Natural fragrances such as Coconut, Lime, Lemon and Ylang Ylang leave you polished and feeling like you've had a tropical holiday.

**\$79**

## Cocoon Me

The ultimate nurturing treatment for your body and rebalancing treatment for your wellbeing. An invigorating dry body brushing stimulates circulation, then a Polish Me Liscious scrub softens and smooths your skin. We then apply a body mask selected for your needs and you are snugly wrapped to allow the product to do its thing, leaving your skin smooth and your spirits lifted. While your mask is on, you can choose to add-on a Refresh Me Facial for \$59.

**\$139**

## Bronze Me

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|--|--------------|
| *Spray Tan                               | <b>\$59</b>  |
| *Body Polish and Spray Tan               | <b>\$99</b>  |
| Body Polish and Bronze Cream Application | <b>\$119</b> |
| <b>*Available selected spas only</b>     |              |

# **Nailed**

Get your zen fix and your nails done in a tranquil day spa environment.

## **Shape Up & Shine On**

Let the professional take away the hassle of painting your own nails – a shape and polish for hands or feet.

**\$39**

## **Lush Mani or Pedi**

When you have a bit more time and want a bit more feel good, our Lush Mani or Pedi includes a cuticle tidy, luscious scrub plus Shape Up & Shine.

**\$59**

## **Luxe Mani or Pedi**

Take all the basics and make it Luxe for more indulgence. Upgrade from Lush to Luxe with a soak, foot rasp, nourishing Keratin treatment to soften and hydrate plus a relaxing hand or foot massage for extra bliss. Add on Shellac for \$15

**\$99**

## **Make It Last – Shellac**

The power gel polish that lasts two weeks and dries instantly so no smudges. You'll love this long lasting high shine polish that keeps on looking good day in and out.

## **Shellac Mani or Pedi**

Shape, cuticle tidy and Shellac Shine.

**\$69**

## **Shellac Removal with Shellac Mani/Pedi**

**\$15**

## **Shellac Removal Mani/Pedi**

Remove, shape and buff.

**\$35**

## **French Oh La La**

Upgrade any choice of Mani/Pedi to French Polish.

**\$15**

## **Smooth Operator**

Add on a Callus Peel treatment for especially dry areas to your Lush or Luxe Pedi or Facial.

**\$29 per area**



# Hair Be Gone

We use the gentlest wax we can for minimum skin irritation and follow strict hygiene procedures. After waxing it is important to avoid having a bath, hot shower, heavy exercise, swimming/spa pools and the sun for 24-48 hours after treatment.

## Waxing: Women

Half leg	<b>\$49</b>
Full leg	<b>\$80</b>
Underarm	<b>\$35</b>
Bikini tidy	<b>\$42</b>
Bikini – g-string	<b>\$55</b>
Brazilian	<b>\$85</b>
Brazilian repeat*	<b>\$69</b>

*\*Previous brazilian within prior 6 weeks.*

*\*\*Combine 2 or more areas at one appointment and take 10% off the total.*

## Waxing: Men

Chest or back	<b>\$45-85</b>
Full leg	<b>from \$95</b>

## Grooming

Lash tint	<b>\$40</b>
Lash tint with facial	<b>\$30</b>
Lash tint & brow shape	<b>\$55</b>
Brow tint	<b>\$30</b>
Brow tint with facial	<b>\$25</b>
Brow shape	<b>\$35</b>
Brow shape with facial	<b>\$25</b>
Lash & brow tint	<b>\$49</b>
Lash & brow tint, brow shape	<b>\$65</b>
Lip or chin wax	<b>\$27</b>
Lip or chin wax with facial	<b>\$20</b>

## Electrolysis

10 minute treatment	<b>\$40</b>
20 minute treatment	<b>\$60</b>
30 minute treatment	<b>\$80</b>



# **At Forme Spa & Wellbeing**

## **Feel The Love**

When you spend \$700 on products and treatments at Forme Spa, you will receive a \$50 credit to spend on treatments of your choice, any day of the week. You can shop and spend in any Forme Spa and it all goes into the same loyalty account, and you can also use your \$50 credit in any of the Forme Spas within 6 months. Conditions apply. See our website for full details.

## **Share The Love**

Everyone loves to spa and a gift voucher is a great way to share the love. Please bring your voucher to your visit and remember to use it before the expiry date or it can't be used and that is just sad. We can't refund vouchers or exchange for cash but you may be able to change what treatment the voucher was bought for. Just talk to us first.

## **Check In To Check Out On Stress**

For new guests, please arrive 15 minutes before your treatment to allow time for us to get to know you better by getting your preferences and background information. For all guests, late arrival will mean we have to cut your treatment short as we can't hold up the guest after you who has arrived on time so please try to be there in time to catch your breath and relax before your treatment.

## **Don't Leave Us Hanging**

Like many businesses, we rely on having our team happily booked to be able to price our treatments accordingly. If you cancel at short notice that means we have a period of time where we have costs of wages and running the business and most likely will have turned away other guests earlier, as we may not have time to resell your time slot. Please give us 24 hours notice (48 hours for bookings for 2 or more guests) if you can't make it or we do need to charge 50% of your treatment cost. We may require a credit card or voucher number to secure your booking which will only be charged if you no-show or cancel within the time zone.

## **Our Charges**

All prices are GST inclusive and subject to change without notice. We accept major credit cards and eftpos and all treatments must be paid on or before the day you have them.

[www.formespa.co.nz](http://www.formespa.co.nz) | 0800 367 772

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