



forme

Spa & Wellbeing





Today I will find balance in my life.

I will nurture myself by making conscious choices  
and put my wellbeing first.

I will choose to seek relaxation.

I will treasure my skin and treat it well.

And strive to be the best most complete version of me.

## 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 \$259**

### 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 \$195**

### 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 \$225**

### 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 \$199**

### 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 \$295 for two \*\* selected spas only**

## Spa-rtty 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. Spa Lunch may be ordered in some spas.

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 is approx 40 mins)**

### More Party Bliss

Choose two doses of bliss each from:

Luxe Pedicure

Luxe Manicure

Rejuvenate Me Facial

Bliss Me Body Massage

**\$240/person**

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

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.

### Bioelements

#### Rejuvenate Me

There's no facial more personalized to your needs than this. Each step is a fusion of science, natural botanicals, aromatherapist oils and luxurious techniques customized with clinical strength ingredients uniquely designed to deliver results.

**1 hour \$135**

#### Collagen Rehab Facial

Rehabilitate your skin's aging, lined, exhausted appearance with this innovative, collagen-targeted treatment. You'll emerge with improved line appearance, and renewed, firmer and more dewy skin.

**1 hour \$165**

#### Radiance Rescue Facial

This facial is designed to wake up your skin and deliver an enviable glow as it improves lines, hydration and under eye puff. A must-book treatment before any big event – or any time you want radiant skin.

**1 hour \$165**

#### Firm and Lift Facial

A one-of-a-kind treatment designed to lift and sculpt the look of sagging, aging skin. You'll see and feel the renewing benefits immediately, as poor elasticity, dullness and lines improve.

**1 hour \$165**

## **Vitamineral Deep Detox Facial**

Press “refresh” on your skin with this instant rescue facial anytime you’re in need of a deep detox. A deep-down cleanse and exfoliation and detoxing mask to filter out skin-stressing toxins with vitamin C and activated coconut charcoal.

**1 hour \$165**

## **Power Facial**

Our increasingly dirty world is full of skin-aging atmospheric stressors from pollution, exhaust fumes, industrial smoke, ozone, extreme weather, free radicals and more. Designed to target and protect atmospherically -compromised skin, you’ll emerge with stronger, brighter, revived skin.

**1 hour \$185**

## **Ultra-Detox Chemical Peel**

The skin you want is under the skin you see. Reveal it with our powerful, non-surgical acid-hybrid peel. You’ll undo years of visible damage and premature age signs – without the redness, flaking, or actual “peeling” of the skin from a traditional peel.

**1 hour \$165**

## **Powerful Surface Peel**

Your skin’s introduction to a peel begins here. Potent but gentle lactic acid, plus exfoliating pumpkin fruit acids and stimulating pomegranate zero in on premature age signs, with zero recovery downtime.

**1 hour \$165**

## Enzyme Exfoliation Treatment

Dramatically aid the removal of aging dead cells, awaken dull skin and target pores with this active enzyme treatment that's ideal for all skin types – even sensitive. See noticeably improved skin that's smoother, energized, and radiant.

**1 hour \$165**

## Rapid Results

### Rapid Results - Refresh Me Facial

Need a facial but short on time? This quick, yet highly personalized treatment will cleanse, exfoliate and revitalize your skin in just 30 minutes.

**0.5 hour \$85**

### Rapid Results - Lift

Need a lift? In just 30 minutes, this amazing express facial will tighten and firm your skin as it smoothes-out surface wrinkles.

**0.5 hour \$99**

### Rapid Results - Peel

Want smoother, softer, retexturized skin but short on time? This advanced, ultimate-strength 'quick peel' contains potent acids and enzymes, to provide a powerful peeling of dulling surface cells in just 30 minutes!

**0.5 hour \$99**



## Dr Babor

### Dr Babor Skin Renewal Therapy

A light peel combining glycolic and lactic acid to lift dull dead skin cells and increase cell renewal. This delivers a smoother, brighter, more refined complexion.

**40 minutes \$145**

### Dr Babor Ultimate Vitamin C Facial

Invigorate and strengthen your skin with the concentrated power of Vitamin C to support the skin's natural collagen production and give your complexion a smooth and even appearance.

**1 hr \$179**

### Dr Babor Ultimate A16 Facial

A fresh “reboot” for your skin, using the new active ingredient Retinew A16 that is 16 times more concentrated than Vitamin A, combined with iontophoresis for maximum absorption. Perfect to revitalise your skin.

**70 minutes \$199**

### Dr Babor Ultimate Face Lifting

Plump and densify your skin with this collagen booster therapy. Using ultra-potent hyaluronic acid and collagen to boost the skin from the inside out and smooth lines and wrinkles. The effect of this treatment is amplified with a thermo sculpting mask to seriously lift and reshape.

**70 minutes \$239**



## Synergie

Introducing Synergie, an Australian made and owned cosmeceutical company dedicated to the long-term health and vitality of your skin harnessing the power of clean science.

### Synergie Suprema-C

This is the ultimate facial treatment for those concerned with the signs of premature ageing, hyperpigmentation and photo damage, delivering intense hydration, instant firmness and a refreshing luminosity to all skin types.

**1 hour \$189**

### Synergie Ultimate-A

This targeted medifacial designed to resurface the skin and reset cellular function. Great for skins suffering from pigmentation and dullness.

**40 min \$130**

### Synergie Reveal BHA Peel

With a chemical composition very closely related to aspirin this BHA salicylic peel results in deep pore purification, exfoliation and potent anti-inflammatory actions.

**0.5 hour \$115**

### Synergie Balance

This gentle yet rejuvenating facial rebuilds the barrier proteins and boosts skin immunity, including a restorative treatment mask brimming with probiotics, vitamin B3, anti-inflammatories and antioxidants.

**0.5 hour \$99**

## 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	<b>\$300</b>
Chest	<b>\$95</b>	Course of 3	<b>\$255</b>
Face and Chest	<b>\$160</b>	Course of 3	<b>\$420</b>

#### **Add-on to facial:**

Face	<b>\$85</b>
Chest	<b>\$65</b>
Face and Chest	<b>\$125</b>

### 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**

## 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, peel or microderm	<b>\$79</b>
3 Light Treatments	<b>\$269 prepaid</b>
8 Light Treatments	<b>\$679 prepaid</b>

## 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**

## Make It Luxe - Facial Add Ons

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>\$70</b>
Bliss Me Back Massage 20 min	<b>\$40</b>
Bliss Me Back Massage 30 min	<b>\$60</b>

## Get with the Programme!

Sometimes you need a little focus in life to get what you want.

### **New Beginnings:**

**For skin needing a boost and rejuvenation 3 single treatments.**

1. Resurface
2. Infuse
3. Light Me Up Lumiere with Babor Vitamin Ampoule

**NOW \$289 VALUE \$367**

### **Kick Start:**

**Address specific skin concerns with three double treatments.**

1. Resurface & Infusion
2. Resurface & Light Me Up Lumiere
3. Infusion & Light Me Up Lumiere

**NOW \$379 VALUE \$476**

### **Renew:**

**A more intense programme with five double treatments.**

1. Resurface & Infusion
2. Resurface & Light Me Up Lumiere
3. Resurface & Infusion
4. Infusion & Lumiere Light Me Up
5. Infusion & Lumiere Light Me Up

**NOW \$699 VALUE \$873**

Programmes must be paid in advance and are best used within a 4-8 week period.

## Welcome to BELONG Spa Membership

We believe that nurturing yourself, and taking time out to relax, rejuvenate and care for your body shouldn't be something that happens just once in a while – it should be a regular thing. With your BELONG Spa Membership, monthly spa treatments are even more affordable. We won't lock you in to a long contract – you can cancel at any time after the first 3 months if it doesn't suit you anymore without penalty. If you don't use your monthly treatment you can carry it forward to the next month. Plus there are extra benefits like discounts on extra treatments and product purchases. Total flexibility, total savings - it just makes sense to BELONG.

To find out more about Belong visit our website, [formespa.co.nz](http://formespa.co.nz).





## Replenish Me

Massage restores balance and well-being, 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.

### Bliss Me

Using Swedish Massage techniques, this treatment is designed for utter relaxation, relieving physical stress and tension.

**30 minutes \$75 / 60 minutes \$125/ 90 minutes \$175**

### Thai Fusion Massage

A Thai Fusion Massage combines both Thai and traditional massage movements, including stretching and pressure to relieve muscle tension with traditional relaxing strokes.

**30 minutes \$80 / 60 minutes \$135**

### Rock Me

Using gently heated hot basalt stones, your massage is a combination of warmth and expert hands to relax and provide a sense of calm and wellbeing.

**30 minutes \$85 / 60 minutes \$140/ 90 minutes \$195**

### 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 \$80 / 60 minutes \$135**

### 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.

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

## Spa Journey

### Soak Me In Aqua

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 in selected spas only**

### 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 leave you polished and feeling like you've had a tropical holiday.

**\$89**

### 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. A body mask detoxifies and hydrates leaving your skin smooth and your spirits lifted.

**\$149**

### Back & Booty

Put your back (or behind) in the spotlight with this fast “facial on the flipside”. It starts with a deep cleanse and exfoliation, then it is your choice of relaxing aroma therapeutic massage or targeted treatment customized to your skin's needs.

**\$99**

## **Nailed**

Toxin-free manicures and pedicures that last, from celebrity nail tech Deborah Lippmann. Find out why Hollywood choose these first.

### **Shape Up & Shine On**

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

**\$45**

### **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.

**\$65**

### **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.

**\$105**

## **Manicure & Pedicure Add-ons**

### **Smooth Operator**

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

**\$29 per area.**

### **Softly Does It**

Smooth and soften with warm keratin gloves or socks.

**\$19**



## Men's Work

Feeling stressed? Spas are not just for the ladies.

### 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 \$80 / 60 minutes \$135**

### Rock Me

Using gently heated hot basalt stones, your massage is a combination of warmth and expert hands to relax and provide a sense of calm and wellbeing.

**30 minutes \$85 / 60 minutes \$140/ 90 minutes \$195**

### 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 \$75 / 60 minutes \$125 / 90 minutes \$175**

### Thai Fusion Massage

We've taken some core elements and created a Thai Fusion Massage that combines both Thai and traditional massage movements, including stretching and pressure to relieve muscle tension with traditional relaxing strokes.

**30 minutes \$80 / 60 minutes \$135**

### Bioelements Facial for MEN

A customized treatment designed to keep your skin looking its best. A deep cleansing and exfoliation to target any breakouts, blackheads and ingrown hairs plus a relaxing face and shoulder massage.

**1 hour \$135**

## Hair Be Gone

### WAXING: WOMEN

Half Leg	\$49
Full Leg	\$80
Underarm	\$35
Bikini Tidy	\$42
Bikini G-String	\$55
Brazilian	\$85
Brazilian repeat*	\$69

*\*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	\$55-\$85
Full Leg	\$95

### GROOM ME

Lash Tint	\$40
Lash Tint & Brow Shape	\$55
Brow Tint	\$30
Brow Shape	\$35
Lash & Brow Tint	\$49
Lash & Brow Tint, Brow Shape	\$65
Lip or Chin Wax	\$27

Add to facial and deduct \$5 per grooming treatment.

## At Forme Spa & Wellbeing

### Feel The Love

When you spend \$350 on products and treatments at Forme Spa, you will receive a \$25 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 \$25 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 10 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.

formespa.co.nz | 0800 367 772

 @forme\_spa  @FormeSpas