



RUAH ORGANIC

Rituals



*the alchemy of nature, science and spirit is infused into
this unique array of spa treatments for
Radiant Conscious Beauty*

a synthesis of the tangible
and intangible elements of
whole body renewal

Ruah Organic offers a truly unique array of spa treatments inspired by the Australian landscape and utilising the purest botanicals from earth and sea,

Our understanding, as aligned with the great healing traditions of the world, is that we are all interconnected eco-systems of living, breathing, vital energy, much more than just skin and bones.

Our elegant range of high performance holistic skincare and aromatherapy by Synthesis Organics in Byron Bay has been uniquely Energy Imbued to bring beauty and balance to the mental, emotional and physical aspects of your being.



01.

SYNTHESIS ORGANICS SIGNATURE FACIAL

60min \$160

An elevated holistic facial journey, nurturing skin and senses, to enhance the timeless beauty of your natural radiance.

Synthesis Organics results-driven energy imbued® organic skincare, crafted with advanced bioactives and neurocosmetics, synergises with your skin to create an alchemy that optimises the skin's natural ability to heal and repair. Skin conditions are treated and holistic renewal restored.

A little extra...

For your health and glow from within, enjoy a By Beth collagen tonic. In the air, notice the aroma of your chosen Essential Oil Synergy

Suitable for:

All skin types and conditions. Pregnancy safe option

Benefits:

Balance energy, relieve stress and cleanses Aura.

Prevent premature ageing by stimulating circulation and promoting cell renewal.

Improve skin tone, texture and elasticity while nourishing and strengthening the skin.

Before & After treatment:

No preparation required before your treatment.

Key homecare, wellness tips and treatment recommendations are advised.



02.

RUAH HEALING MASSAGE

60min \$130

The healing touch, combined with Synthesis Organics therapeutic organic oil blends, take you on a journey of pure renewal.

Allow the aromatic touch to soothe away stress and tension as you surrender into stillness with a deeply relaxing full body massage.

A little extra...

For your health, a serving of our detox herbal tea along with a sacred scent journey to fragrance the space for your treatment.

Massage options:

Sweedish/ Aromatherapy, Lymphatic, Muscular Relief and Pregnancy (No health/rebate benefits)

Benefits:

Balance energy and Aura cleanse.

Deeply soothes tired sore muscles,

Leaves body infused with meditative Essential oil synergy

Supports lymphatic system, stimulate circulation and encourage natural detoxification.

Assist in reducing the appearance of cellulite and fluid retention.

Before & After treatment:

Post treatment, it is advised your rest and increase water intake to gain the full benefit of your treatment.

Key homecare, wellness tips and treatment recommendations are advised.



03.

OCEAN GLOW DETOX

60min \$150

Designed to refresh and purify from top to toe, leaving your skin and senses clearer, brighter and re-energised and your muscles eased and relaxed.

Begin with a back, head, neck and shoulder massage using Essential oils before a rejuvenating oceanic combination of Australian sea salt, organic kelp and essential oils which are used to smooth, exfoliate and remineralise the skin, while stimulating circulation and encouraging your body's natural detox.

A little extra...

Collagen tonic for your health and innate glow, following an aromatherapy scent journey to elevate your treatment for a memorable experience.

Treatment recommendation:

Regular body wraps will help encourage the removal of toxins and alleviate stress and promote wellbeing.
Add on a 30min treatment enhancement

Benefits:

Balance energy and Aura cleanse.
Deeply cleanse, exfoliate, smooth, purify and hydrate for soft and re-energised skin.
Revitalise skin and lymphatic system, stimulate circulation and encourage natural detoxification.
Assist in reducing the appearance of cellulite and fluid retention.

Before & After treatment:

Post treatment, it is advised your rest and increase water intake to gain the full benefit of your treatment.
Key homecare, wellness tips and treatment recommendations are advised.



04.

VOLCANIC MINERAL DETOX

75min \$185

A Ruah Healing customised massage transforms into a cleansing, remineralising Australian Volcanic Mineral Mud Mask with gently warming ginger to boost circulation and oxygen flow.

While cocooned, your head and scalp is massaged to soothe away stress and tension. A steamy shower or heated towels will leave your skin soft and supple.

A little extra...

TeaEsk Herbal Tisane for your health and innate glow, following an aromatherapy scent journey to elevate your treatment for a memorable experience.

Treatment recommendation:

Regular body wraps will help encourage the removal of toxins and alleviate stress and promote wellbeing. Add on a 30min treatment enhancement

Benefits:

Balance energy and Aura cleanse.
Deeply cleanse, exfoliate, smooth, purify and hydrate for soft and re-energised skin.
Revitalise skin and lymphatic system, stimulate circulation and encourage natural detoxification.
Assist in reducing the appearance of cellulite and fluid retention.

Before & After treatment:

Post treatment, it is advised your rest and increase water intake to gain the full benefit of your treatment.
Key homecare, wellness tips and treatment recommendations are advised.



05.

AUSTRALIAN ELEMENTAL

90min \$225

Combining Australia's natural elements with crystal and hot stone therapy for skin rejuvenation, relaxation and holistic renewal through connection to Country. Starting with a heated back massage and followed by a sophisticated facial treatment that leaves skin glowing with a new found radiance for weeks.

Australian Botanicals combine with stones and volcanic minerals to deliver exceptional transformative benefits by harmonising the skin's natural healing ability.

A little extra...

Herbal Tisane packed with antioxidants for your health and innate glow. A sacred scent journey allows you to deeply attune to your embodied wisdom.

Treatment recommendation:

Regular Rituals will help encourage the removal of toxins and alleviate stress and promote wellbeing.
Add on a 30min treatment enhancement

Benefits:

Traditional Healing techniques are used in this treatment designed to tone and uplift your complexion, boost absorption of the Synthesis bio-actives, relieve stress and tension, renew your skin and senses, and restore wholeness, balance and radiance.

Before & After treatment:

Post treatment, it is advised your rest and increase water intake to gain the full benefit of your treatment.
Key homecare, wellness tips and treatment recommendations are advised.



06.

MUM-TO-BE DREAM JOURNEY

75min \$185 / 90min \$225

Allow us to nurture, pamper and deeply care for you through your second and third trimesters.

Safe in loving hands, surrender your aches and tension through a whole body massage with Mum-to-Be Body oil (infused with supportive herbs and essences, energy balancing and a refreshing facial to complete your journey, leaving you relaxed and radiant.

A little extra...

Complimentary pregnancy safe herbal tisanes and an aromatherapy scent journey elevates your treatment for a memorable experience.

Treatment recommendation:

It is recommended for pregnant women to consult their health professional first before having treatments. Products & essential oils used are pregnancy safe.

Benefits:

Support changes in the skin.
Soothe aches and pains with gentle massage.

Before & After treatment:

Post treatment, it is advised your rest and increase water intake to gain the full benefit of your treatment. Key homecare, wellness tips and treatment recommendations are advised.



07.

RAINFOREST RETREAT

120min \$300

Inspire the senses and immerse yourself in a luxurious massage with sugar, berry and coconut exfoliation polishing away redundant skin cells and impurities, whilst an infusion of renewing antioxidants and minerals actively leave your skin smooth, soft and glowing with renewed radiance.

The pure aroma of Australian rainforest essential oils cleanse, refresh and invigorate your skin and senses throughout. Your treatment is completed with an organic Synthesis bio-active facial and luxurious Rainforest body lotion.

A little extra...

Enjoy a herbal tisane to support your inner health and an aromatherapy scent journey elevates your treatment for a memorable experience.

Treatment recommendation:

Regular Rituals will help encourage the removal of toxins and alleviate stress and promote wellbeing.
Add on a 30min treatment enhancement

Benefits:

Balance energy and Aura cleanse.
Deeply cleanse, exfoliate, smooth, purify and hydrate for soft and re-energised skin.
Revitalise skin and lymphatic system, stimulate circulation and encourage natural detoxification.
Assist in reducing the appearance of cellulite and fluid retention.

Before & After treatment:

Post treatment, it is advised your rest and increase water intake to gain the full benefit of your treatment.
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