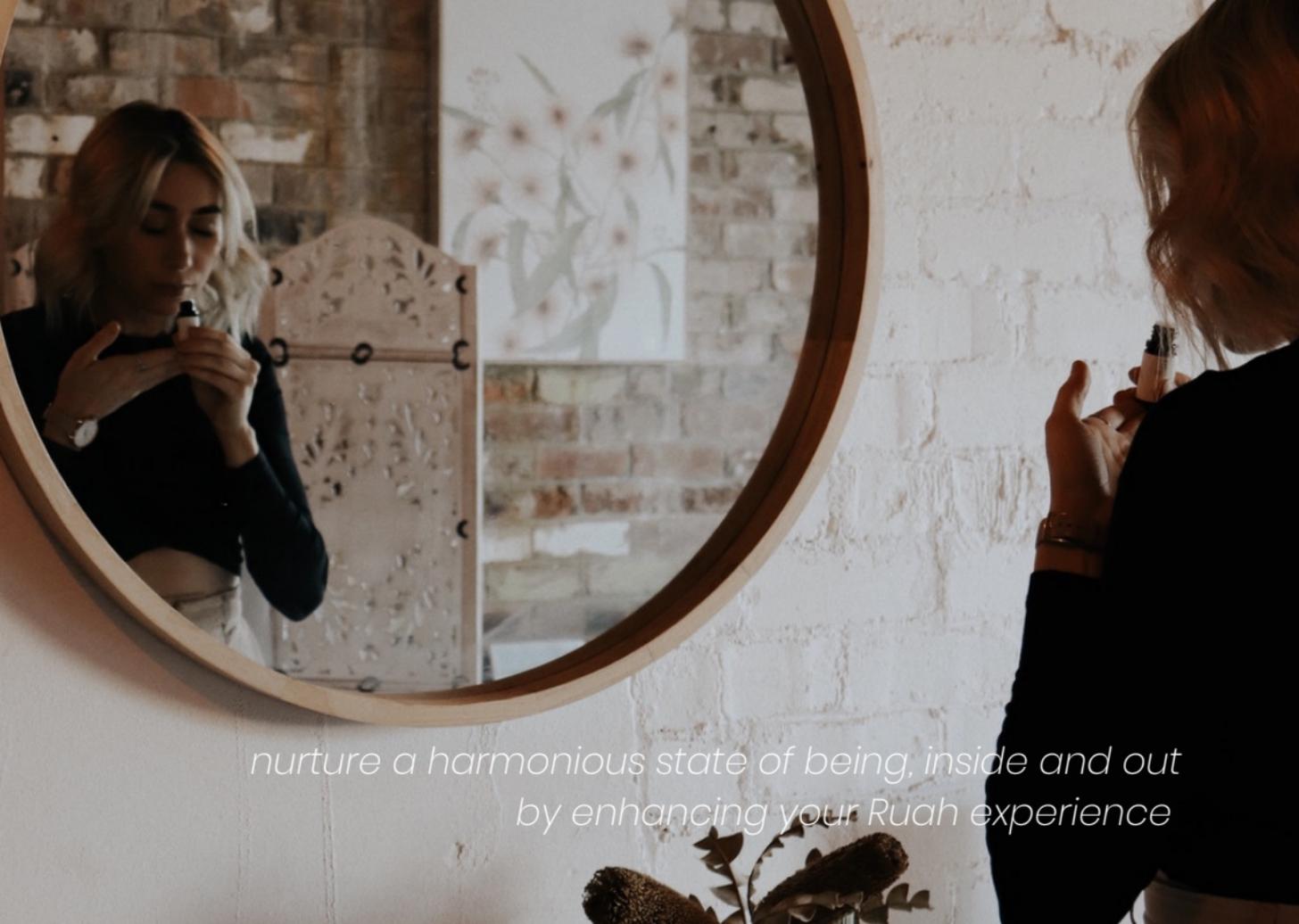




RUAH ORGANIC

Enhancements



*nurture a harmonious state of being, inside and out
by enhancing your Ruah experience*



a creation of rituals
to evoke deep relaxation
and renewal

To experience a little extra, we have designed healing spa journey enhancements to make your experience unique.

Reflecting our spa values of a bespoke treatment, we can combine various elements of our menu into an unforgettable spa ritual.

Through pure plant botanicals, volcanic minerals, essences, aromatherapy, ancient therapies and energy healing, all Rituals created at Ruah evoke deep relaxation and renewal as well as addressing skin concerns with a holistic approach, leaving you glowing.



01.

MAX+ LED

Base 15min \$49 / Advanced 30min \$65

Enhance your next facial appointment with MAX+ LED

Just like plants, our skin has the ability to absorb light and convert it to energy. MAX+ LED delivers UV FREE light energy that stimulates the skin cells own natural process to build new proteins and regenerate cells.

Each wavelength used offers a different benefit to the skin from helping stimulate collagen and elastin, reduce inflammation, speed healing, increase circulation and destroy acne bacteria.

Suitable for:

All skin types and conditions.

Benefits:

Increased circulation

Restoration of the skins cellular activity

Aids in nutritional elements existing within the skin

Encourages a natural chemical reaction within the skin to create moisture

Promotes collagen production leading to a more youthful skin

Powerful and safe.

To add on:

When filling out our online booking form, please leave a note of the enhancement you wish to add.



02.

FOOT REVIVAL

30min \$75

Refresh tired feet with Peppermint, Lemon Myrtle, and sea salt foot exfoliation, followed with a detoxifying mud mask and relaxation massage of the lower legs and feet.

This nourishing foot treatment helps to improve circulation and revive the senses.

Suited to:

Not suitable during pregnancy.

Benefits:

Reflexology

Deeply soothes tired sore muscles,

Leaves feet infused with refreshing Essential oil synergy

Supports lymphatic system, stimulate circulation and encourage natural detoxification.

Assist in reducing fluid retention in the lower legs.

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.

AROMATIC MASSAGE

30min \$75

Release, relax and renew with a massage tailored to you. Beginning with an aromatherapy journey and followed with a relaxing or deep tissue massage of your choice.

Allow the power of touch soothe away stress and tension as you surrender into stillness.

Treatment recommendation:

Regular massage will help encourage the removal of toxins and alleviate stress and promote wellbeing.

Benefits:

Balance energy and Aura cleanse.
Soothe and relieve tired muscles and stress
Aroma therapeutic effect
Reconnection with nature and self

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.

SYNTHESIS ORGANICS REFRESH FACIAL

30min \$75

Enhance your natural beauty and ignite your youthful radiance.

Your skin is nurtured with potent plant actives through an immersive journey of the senses, optimising your body's innate ability to repair.

Suited to:

All skin types. Can be made pregnancy safe.

Benefits:

Balance energy and Aura cleanse.

Rejuvenate and revitalise skin

Stimulate circulation and encourage natural detoxification.

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.

CHAKRA HAIR & SCALP

30min \$75

Relieve a busy mind with this deeply relaxing head, neck and shoulder massage. A warm aromatic Synthesis Organics Hair & Scalp elixir is applied & an acupressure point massage works along the meridian lines to relieve stress and tension while increasing blood flow to the scalp.

The Synthesis Organics elixir penetrates deep into the hair for a nourishing and conditioning treatment, encouraging healthy hair growth and leaving hair silky soft.

Treatment recommendation:

Regular scalp massage stimulates circulation, promotes hair growth and nourishing hair treatments will help restore and strengthen the hair follicle.

Benefits:

- Aura cleanse and balance meridians/ energy centres
- Reduce tension in the neck, shoulders, face and scalp
- Promote better sleep
- Boost immune system
- Nourish and condition the scalp and hair
- Promote healthy hair growth and stimulates circulation

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.

EYE OF HORUS

30min \$75

This Dermaiduals enhancement has been designed to hydrate and strengthen the delicate eye area.

Its a revitalising treatment, targeted to protect the fragile eye area and improve the appearance of fine lines, wrinkles and dark circles.

Our skin around the eye is extremely elastic, quite thin and has comparatively little connective tissue.
It needs to be treated with a gentle approach.

Suited to:

All skin types of any age.

Benefits:

Hydrate and soothe

Strengthen the delicate eye area

Improve fine lines, wrinkles and dark circles

Before & After treatment:

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

Our extensive range of Eye care along with wellness tips and treatment recommendations are advised.



07.

DERMAVIDUALS DERMA-EXPRESS FACIAL

30min \$75

The derma express facial treatment is designed to provide fresh, radiant skin and is a great introduction to DermaVIDUALS and Cornootherapy.

This deep cleansing treatment will revitalise and improve the complexion of the skin.

Treatment recommendation:

A great entry point for all skin types and ages.

Benefits:

Learn about the skin barrier

Deeply cleansing and hydrating.

Before & After treatment:

DermaVIDUALS customised skin care along with homecare, wellness tips and treatment recommendations are advised.



