

Massage

Your body and soul will relax as you are soothed and calmly pampered.

Deep Tissue/Remedial/Sports

For those of you with chronic/acute injuries, ingrained holding patterns or who just love deep massage. As experienced practitioners we work slowly to go deep and acknowledge how specific problem areas effect the body as a whole. Also effective for releasing emotional holding and ongoing stress. 1 hr / 1.5 hr / 2 hr

Swedish Relaxation Whole Body Massage

A gentle nurturing, soothing massage where all movements performed are slow, flowing and rhythmical. Designed to revitalise and relax the body. 1 hr / 1.5 hr

Aroma Massage

This is a rhythmic gentle hands on therapy using the powerful combination of essential oils and massage. This treatment also includes a mini facial and foot treatment.

1.5 hr Add on extra massage time or full facial 2hrs

Indian Head, Neck And Shoulder Massage

This treatment works on both a physical and mental level and provides a de-stressing for the whole body. It includes a ritual footbath, foot scrub, massage and moisturiser, aromatic hot towel wrap, head, neck and shoulder massage using essential oils.

45 min

Pregnancy Massage

Using a customised pregnancy bed to comfortably fit a growing belly. 1 hr / 1.5 hr / 2 hr

Couples Massage can be arranged advanced bookings required

A 30 min or one hour massage is a great add on to many of our treatments.

Waxing and Tinting Available

Not all waxing is created equally. At Skin Bliss we use premium quality wax and tints, and we have a strict no double dipping policy. We finish with either soothing or moisturizing creams and hot or cooling compresses.

Beauty stems from a state of mind

A relaxed face is a beautiful face.
Enhance your natural beauty with one of our therapeutic, regenerative treatments.

A beauty treatment should be a connection; a ritual leaving you mentally and physically relaxed and rejuvenated, every time.

At Skin Bliss we believe every woman can make the most of their natural gifts.

All our products are Uspa

Uspa products use only pure elements and plant extracts, which allows you to fully benefit from nature's remarkable botanical chemistry. Wherever possible, ingredients are organically grown and sourced in Australia.

Gift Certificates are available for all services.

EFTPOS facilities are also available.

Arrival time We recommend you arrive 5-10 min before your appointment.

Clothing Wear clothes that you find comfortable. You will be required to shower during some treatments to remove body scrubs, so you may choose to bring along some additional underclothes.

SKIN BLISS

in Bellingen

SKIN BLISS

in Bellingen

Spa | Beauty | Body | Massage

Monday to Saturday - by appointment only

6 Coronation Street Bellingen NSW 2454

www.skinbliss.com.au 6655 9364 0404 483 592

Spa | Beauty | Body | Massage



Face Each deluxe facial is prescribed for the individual. A foot bath, hot towel head wraps and foot massage are part of the wholistic treatment.

Regenerative Anti Aging Facial (vitamin C)

This facial infuses vitamin C, a potent anti oxidant for the skin. It is ideal for normal, ageing, lined and sun damaged skin to help rebuild and repair. Promotes collagen production, stimulates cell renewal and reduces skin discolouration. *1 hr 15 min*

Hydramax Facial

Recommended for dry and dehydrated skin, this facial uses herbal elixirs, Aloe Vera hydration gel and warm compresses to stimulate, hydrate and promote cell regeneration. It encourages moisture retention, restoring the skin's elasticity and suppleness. *1 hr 15 min*

Refining Fruit Acid

Designed to remove impurities and refine the skin. Recommended for acne scarred, sun damaged or lined, ageing skin. Increases circulation to the skin and relaxes the facial muscles. *1 hr 15 min*

Purifying Oily/Acne Facial

This facial is suitable for excessive oily skin types. A highly effective treatment in helping remove impurities and deeply detoxifying and cleansing congested skin. Helps aid in the healing process of acne. *1 hr 15 min*

De-sensitising Facial

A soothing treatment designed for those with highly sensitive or inflamed skin. Anti inflammatory serum hydrates and promotes cell regeneration, removes impurities, conditions and moisturises the skin, leaving you with a beautiful healthy glow. *1 hr 15 min*

Essential Facial

A facial boost for those short on time. Ideal for all skin types needing the benefits of a therapeutic facial. *45 min*

Eye Contour Wrap

A treatment based on Ayurvedic beauty techniques. Helps to eliminate puffiness, fatigue, lines and dark circles. *30 min as a stand alone treatment or add as part of your facial.*



Body Scrubs Tired, lifeless skin? Scrub and glow with these rejuvenating treatments.

Bamboo and Ginseng Body Polish

A complete body scrub designed to purify, relax and condition the entire body. This scrub contains the finest lavender and the regenerative qualities of ginkgo biloba.

45 min Add on extras: 30 min massage / 30 min mini facial

Coffee and Sea Kelp Contour Scrub

A stimulating body contour scrub utilising anti-cellulitic properties. Stimulating nanah menthe leaves, vanilla and grapefruit will awaken the senses. Ground pumice will exfoliate and enliven the skin and macadamia oil will leave the skin soft and supple.

1 hr Add on extras: 30 min massage / 30 min mini facial

Hibiscus and Turmeric Salt Scrub

A traditional body scrub to revitalise your skin. Contains Ylang ylang and Jasmine which are calming and balancing. Excellent for dry skin conditions, with turmeric for healing and warming.

1 hr Add on extras: 30 min massage / 30 min mini facial

Body Wraps You will be rapt in our wraps. All include mini facial and aromatic head massage.

Hot Oil Elixir Infusion

Be invigorated by a body exfoliation, then hot oil is infused into your body while wrapped in soft cotton muslin. Your skin becomes supple and hydrated.

1 hr 15 min with moisturisation 2 hrs with massage

Rejuvenating Body Mud Wrap

A complete wrap designed to purify, relax and condition the entire body. Your body will be smothered in warm aromatic clay, gently cocooned in muslin wraps to intensify the benefits of this truly wonderful experience.

1 hr 15 min with moisturisation 2 hrs with massage

Aloe and Linen Wrap

Discover the healing powers of aloe vera with this calming, antioxidant body wrap. The green tea masque softens and hydrates the skin and leaves your body in a state of deep relaxation.

1 hr 15 min with moisturisation 2 hrs with massage



Treat Packages

Bellingen Bliss Out

Enjoy our signature facial and a back, neck and shoulder massage. *1.5 hrs*

Pregnancy Pick Me Up

Pamper and soak tired feet then enjoy our Uspsa facial followed by a lush neck head and shoulder massage. *1.5 hrs*

Body Glow

Your choice of our body scrub to revitalise tired dull skin, cleanse off and then indulge in our customised facial. *2 hrs*

Skin Bliss Sampler

Treat yourself to our most popular menu items. Enjoy a one hour massage, our signature facial and a manicure or pedicure. Leave feeling truly blissed. *3 hrs*

Body Nurture

Soothe aching feet with our signature footbath, then exfoliate. Your skin is primed to receive a nurturing wrap, which warms your entire body and nourishes your spirit. While wrapped enjoy a facial and a head massage. You are released from your cocoon renewed to enjoy a moisturising one hour massage. *3 hrs*

Hands and feet

Deluxe Pedicure

Sit back while your feet are soaked in an essential oil bath and exfoliated. Cuticle repair work, buff and shaping of the nails is followed by a relaxing foot and lower leg massage. Polish is applied leaving your feet looking and feeling sensational. *1 hr*

Deluxe Manicure

This intensive hand treatment incorporates exfoliation, a mask, and a relaxing hand and arm massage. This is followed by a full manicure which includes cuticle repair work, buff, shaping and polish. *1 hr*

Express Pedicure or Manicure

Includes soak, nail care, buff and polish. *35 min*

