



GOODNESS GRACIOUS

BEAUTY

A background image of a spa treatment room. It features a round mirror on a wall, a potted plant in a dark vase on a side table, a lit candle in a glass holder, and a bed with a grey blanket.

Treatment
Menu

Welcome to Goodness Gracious Beauty

The GGB Experience

Indulge yourself with our luxurious skincare and beauty salon services situated in the heart of stunning Berry, NSW.

Our highly trained therapists nurture and care for each individual client, taking time to customise treatments to provide results specific to their client's needs and also educate on how to continue care at home to enhance results. Our goal is to ensure our clients leave the salon looking their best and feeling relaxed and rejuvenated.

What we do

We offer a range of luxurious skincare and beauty treatments, from relaxing Sothys face and body treatments, through to result driven intensive skincare treatments such as microdermabrasion, Omnilux LED Light Therapy and Skin Needling; plus beauty services such as waxing, manis, pedis and more...

We are passionate about what we do and pride ourselves on our commitment to ongoing training and development, keeping us at the forefront of our amazing industry.

As a Sothys Australia Brand Ambassador, we have the privilege of using Sothys products to provide our clients with exceptional quality treatments. We are also a Sothys reseller and can provide you with innovative, professional homecare products.

We are driven to provide a top quality service by maintaining high standards and our high reputation that has been built over the past 7 years. We do not compromise on quality and our strict high standard of hygiene is always of the utmost importance.

FACIAL TREATMENTS

45MIN CUSTOMISED FACIAL THERAPY

45mins \$95

Includes sensorial aromatic journey

Let your therapist prescribe a personalised facial treatment that suits your individual skin care needs. Incorporating a double cleanse, exfoliation, deep pore cleansing, relaxing massage and treatment mask.

🕒 Time allowed – 60mins

60MIN CUSTOMISED FACIAL THERAPY

60mins \$140

Includes complimentary foot soak and scrub + sensorial aromatic journey

Let your therapist prescribe a personalised facial treatment that suits your individual skin care needs. Incorporating a double cleanse, exfoliation, deep pore cleansing, intensive ampoule complex, relaxing massage and treatment mask.

🕒 Time allowed – 90mins

SEASONAL FACIAL TREATMENT

60mins \$140

Includes complimentary foot soak and scrub + sensorial aromatic journey

Enquire about our latest Sothys seasonal facial treatment offering. The theme of our seasonal treatments update bi-annually with hero ingredients inspired by nature, designed to treat seasonal skin concerns.

🕒 Time allowed – 90mins

BODY TREATMENTS

BODY SCRUB TREATMENT

60mins \$120

Includes a complimentary aromatic sensorial journey

Rejuvenating and spicy body ritual based on Oriental traditions, the journey starts with a delicious exfoliating body scrub, followed by nourishing, velvety body moisturiser application. A relaxing, sensorial escape with delicious essential oils of ginger, nutmeg, mandarin and orange.

🕒 Time allowed – 75mins

ORIENTAL SENSATIONS BODY SPA RITUAL

75mins \$170

Includes a complimentary aromatic sensorial journey

A journey of total relaxation to ease body tensions with essences of Amber & Myrrh. The treatment begins with an exfoliating gel containing aromatic essences and enzymes that gently removes dead skin cells, enhanced with a terracotta stone to increase dead skin cell removal. Warm towels remove the exfoliant then warmed oil with date and amber extract is massaged into the body with smoothing movements...a delicious escape!

🕒 Time allowed – 90mins

INTENSIVE FACIAL TREATMENTS

HYDRA3 FOR DEHYDRATED SKIN

75mins \$195

Includes complimentary foot soak and scrub + sensorial aromatic journey

The Hydra3 Intensive Hydrating Professional Treatment, combined with the expertise of your trained therapist, is designed to leave your skin feeling plump, radiant and hydrated.

🕒 Time allowed – 1hr 45mins

PRO YOUTH INTENSIVE TREATMENT

75mins \$195

Includes complimentary foot soak and scrub + sensorial aromatic journey

A powerful, targeted treatment designed to combat the signs of ageing delivered with patented actives (BP3 TRI COMPLEX) and expert application methods. Ultimate relaxation for visibly younger skin with clinical tests showing up to 6 years off the visible age of the skin following the recommended three treatment course.

🕒 Time allowed – 1hr 45mins

DETOX ENERGIE INTENSIVE TREATMENT

75mins \$195

Includes complimentary foot soak and scrub + sensorial aromatic journey

Sothys Detox Energie Intensive Treatment helps the skin to defend itself against the harmful effects of environmental stress & pollution which can accelerate skin ageing. An essential treatment for the management of skin ageing, to balance the skin microbiome and boost skin energy.

🕒 Time allowed – 1hr 45mins

BRIGHTENING INTENSIVE PEELING & VITAMIN C TREATMENT

60mins \$175

Includes complimentary foot soak and scrub + sensorial aromatic journey

This facial treatment includes a resurfacing peel and Vitamin “C” infusion for a radiant and glowing complexion. It will also help to improve your collagen structure and reduce uneven pigment.

🕒 Time allowed – 90mins

COSMECEUTIQUE RX TREATMENT

45mins \$99

+ As an add on to specific facial treatments \$40

Includes complimentary skin consultation

Sothys high performance clinical skin treatment offers exceptional results on sun-damaged and prematurely ageing skin. The peel may assist in unclogging and smoothing oil-congested skin refining the texture of open pores. Not recommended for sensitive skin.

🕒 Time allowed – 60mins

CRYO EYE CONTOUR TREATMENT

50mins \$115

+ As an add on to specific facial treatments \$45

Includes sensorial aromatic journey

Offering immediate and long lasting results for the eye contour, this treatment targets tired eyes and premature ageing of the eye zone. Sothys exclusive Modelling porcelains provide a refreshing cryogenic effect on the eye contour, with active ingredients to lift, smooth and brighten the entire eye area.

🕒 Time allowed – 60mins

INTENSIVE SKIN TREATMENTS

MICRODERMABRASION FACIAL TREATMENT

+ As an add on to specific facial treatments - \$50

45mins \$110

Includes a double cleanse, hydrating mask and a relaxing neck, shoulder and scalp massage

Microdermabrasion is a skin resurfacing treatment and lymphatic drainage treatment which works by exfoliating away the surface of the skin to remove the superficial top layer of dead skin cells. This process stimulates new, healthy skin cells to come to the surface, leaving you with smoother and younger looking skin. Great results are achieved in the treatment of skin pigmentation, scarring, congestion, uneven skin texture and premature ageing.

🕒 Time allowed – 60mins

OMNILUX LED FACIAL TREATMENT

+ Add on Omnilux to any facial treatment - 30mins \$79

50mins \$120

Includes a double cleanse, exfoliant, relaxing neck and shoulder massage, followed with a treatment cream and SPF application

A course of Omnilux light therapy treatments stimulate collagen production, leaving you with plump, hydrated and beautiful glowing skin. Omnilux treatments are a relaxing and calming experience while naturally stimulating the body's own cellular mechanisms in a non-invasive and non abrasive way.

🕒 Time allowed – 60mins | 1hr 30mins with booster

Option to add on an Omnilux Booster Treatment - 30mins \$30

Choose from: Peel, Micro or Hydrating Sheet Mask

5 WEEKS TO GLOW PACKAGE

\$79 per treatment (total 10 treatments) save \$410

50mins (per session) \$790

Includes a double cleanse, exfoliant, relaxing neck and shoulder massage, followed with a treatment cream and SPF application

Includes two Omnilux light therapy treatments a week for 5 weeks (total 10 treatments). A treatment course of 10 sessions done closely together achieves fantastic results, both immediate and long term.

Receive 3 complimentary Omnilux Booster Treatments to add on to your glow journey - choose from Peel, Micro or Hydrating Sheet Mask.

🕒 Time allowed per session – 60mins | 1hr 30mins with booster

PEEL PACKAGES

PEEL PACKAGE 3.0

Receive 4th peel half price saving \$49.50

45mins (per session) \$346.50

Includes complimentary skin consultation and hydrating mask application

🕒 Time allowed per session – 60mins

PEEL PACKAGE 6.0

Receive 6th peel half price saving \$101

45mins (per session) \$622.50

Includes complimentary skin consultation and hydrating mask application, plus 50ml regenerative solution

🕒 Time allowed per session – 60mins

DERMAPEN 4 SKIN NEEDLING

Skin Needling uses micro needles on a medical grade pen that is moved over the skin creating tiny, evenly-spaced punctures on the skin. These micro-punctures go through the skin with minimal damage to the upper epidermal layer, but creates a microscopic, painless injury to the deeper dermal layer. The minor injury triggers a “wound-healing” response in the skin, resulting in increased production of collagen and elastin.

Dermapen 4 glides over the skin creating millions of fine fractional channels up to 104% faster than other microneedling devices. These channels can carry up to 80% more topical nutrients deeper into the skin. In turn our body’s natural response triggers a natural process of repair.

A series of skin needling treatments can be used for resurfacing, retexturising and overall skin renewal on the face, neck and décolleté. Ideal for visibly treating appearance skin concerns, such as: fine lines and wrinkles, acne, skin tightening, pigmentation enlarged pores and more...

Before starting any skin needling treatments we require you attend a consultation.

SKIN NEEDLING CONSULTATION

45mins \$67

This consultation is redeemable on specific treatments

Can be used towards a Skin Needling Treatment, Intensive Facial Treatment, Microdermabrasion, or Omnilux Treatment.

During your skin needling consultation, we will thoroughly assess your skin condition and discuss the areas you would like to treat, we will also run through what the treatment involves, what essential pre and post care is required on your behalf and recommend a treatment plan designed to help you reach your desired results.

FULL FACE & NECK TREATMENT

60mins \$400

One-off full face & neck skin needling treatment.

Please note, best results are achieved with a series of treatments. Your therapist will discuss the number of treatments required to achieve your desired result during your skin needling consultation.

SKIN NEEDLING 3.0 PACKAGE

60mins (per session) \$1,400

Includes 3 Skin Needling Treatments + Pre & Post Skincare Pack + One post Dermapen cleansing treatment + Two post needling skin treatments recommended by your therapist + \$30 product voucher

(valued at \$1,745)

SKIN NEEDLING 6.0 PACKAGE

60mins (per session) \$2,600

Includes 6 Skin Needling Treatments + Pre & Post skincare pack + One post Dermapen cleansing treatment + Three post needling skin treatments recommended by your therapist + \$50 product voucher

(valued at \$3,075)

SKIN NEEDLING ADD ONS

Maximise results with a Skin Needling Add On Treatment:

Décolleté Skin Needling - \$60

Hand Skin Needling - \$40

Uber Peel - \$60

Mesotherapy Infusion - \$80

LED Add On - \$50

MASSAGE TREATMENTS

Massage encourages your body and mind to deeply relax while also assisting in the release of muscular tension and increase circulation in the body. Your massage journey is customised to relax, detoxify, relieve tension, or to simply comfort.

Choose one of our massage treatments that best suits you.

RELAX EXPRESS MASSAGE

30mins \$85

Feel stress melt away with a nurturing GGB relaxing express massage. The perfect express pick me up, this 30 minute relaxation treatment relieves tension, easing tight muscles through the neck, shoulders and upper back, and calms a busy mind with the use of essential oils and placement of warm Basalt stones.

🕒 Time allowed – 45mins

60MIN TOTAL RELAXATION MASSAGE

60mins \$130

Includes a complimentary foot soak & scrub + aromatic sensorial journey

A 60 minute deep full body massage using essential oils to calm and relax a busy mind. Warm Basalt stones centre, heal and ground the body, leaving you feeling recharged and empowered.

🕒 Time allowed – 75mins

90MIN TOTAL RELAXATION MASSAGE

90mins \$190

Includes a complimentary foot soak & scrub + aromatic sensorial journey

A 90 minute deep full body massage using essential oils to calm and relax a busy mind. Warm Basalt stones centre, heal and ground the body, leaving you feeling recharged and empowered.

🕒 Time allowed – 1hr 45mins

SOOTHING STONES MASSAGE

90mins \$185

Includes a complimentary foot soak & scrub + aromatic sensorial journey

This 90 minute intensive, full body massage treatment uses a combination of warm stones to release tension and restore energy, soothes and heals the body from head to toe. Warm Basalt stones ground and centre you, whilst your therapist works the stones deeply into the muscles, stimulating acupressure points to rebalance the body, dissolving tension and stress.

🕒 Time allowed – 1hr 45mins

SPRAY TANNING

TECHNO SPRAY TAN

15mins \$45

TechnoTan have developed a range of unique blends to suit all skin types. All TechnoTan's tanning solutions are created using the finest naturally derived botanical and certified organic ingredients. Techno Tan is vegan friendly.

🕒 Time allowed – 30mins

TREATMENT PACKAGES

FACIAL + PEEL COMBO

\$135

Complimentary aromatic sensorial journey

Includes 45min Customised Facial + Rx Peel (Level 1 peel only)

🕒 Time allowed – 75mins

FACIAL + LED COMBO

\$165

Complimentary aromatic sensorial journey

Includes 45min Customised Facial + LED Add On Treatment

🕒 Time allowed – 90mins

REVIVE PACKAGE

\$195

Complimentary aromatic sensorial journey

Includes 30min Neck, Back and Shoulder Massage + 45min Customised Facial + Express Eye Patch Add On

🕒 Time allowed – 90mins

RADIANT SKIN COMBO

\$220

Complimentary foot soak and scrub + aromatic sensorial journey

Includes 60min Customised Facial + Rx Peel + a LED or Micro Add On Treatment

Want both the LED and Micro Add On Treatments? **+\$40**

🕒 Time allowed – 2hrs

REJUVENATE PACKAGE

\$220

Complimentary aromatic sensorial journey

Includes 15min Back, Neck and Shoulder Massage + Microdermabrasion Facial Treatment + LED Add On Treatment

🕒 Time allowed – 2hrs

SELF CARE PACKAGE

\$245

Complimentary aromatic sensorial journey

Includes 30min Relax Express Massage + 45min Customised Facial + LED Add On Treatment

🕒 Time allowed – 2hrs 15mins

PURE INDULGENCE PACKAGE

\$255

Complimentary foot soak and scrub + aromatic sensorial journey

Includes 60min Total Relax Massage + 60min Customised Facial (Saving \$15)

🕒 Time allowed – 2hrs 15mins

RESTORATIVE PACKAGE

\$350

Complimentary foot soak and scrub + aromatic sensorial journey

Includes 60min Hot Stone Massage + 75min Intensive Facial Treatment recommended by your Skin Therapist

🕒 Time allowed – 3hrs 15mins

HAND & FOOT THERAPY

Deluxe manicure (60mins) Includes cutical work, file, buff, massage, exfoliation & polish	\$80	Deluxe pedicure (75mins) Includes cutical work, file, buff, exfoliation, massage, mask & polish	\$90
Spa manicure (50mins) Includes cutical work, file, buff, massage & polish	\$75	Spa pedicure (60mins) Includes cutical work, file, buff, exfoliation, massage & polish	\$80
Buff & polish hands or feet Includes file, buff & polish	\$50	Buff & polish hands & feet Includes file, buff & polish	\$90
Shellac buff & polish hands or feet Includes file, buff & polish	\$70	Shellac buff & polish hands & feet Includes cutical work, file, buff & polish	\$130
Paraffin wax treatment (add on)	\$12		

EYE ENHANCING TREATMENTS

Eyebrow tint	\$25	Eyebrow wax	\$25
Eyelash tint	\$35	Eyelash tint & Eyebrow wax	\$55
Eyelash & Eyebrow tint	\$45	Eyebrow wax & tint	\$45
Eyelash & eyebrow package Includes eyelash + eyebrow tint & wax	\$60	Lash lift Includes eyelash tint and hydrating eye patches	\$105
Eyebrow tint with facial Includes complimentary brow tidy	\$20	Eyelash tint with facial	\$20

WAXING FOR HIM

Shoulder wax	\$28	Full leg wax	\$82
Neck wax	\$19	Brow tidy	\$20
Back, neck & shoulder wax	\$50	Middle brow tidy	\$12
Chest & stomach wax	\$55	Half arm wax	\$40
Half leg wax	\$48	Full arm wax	\$50

WAXING FOR HER

Eyebrow wax	\$25	Lower half leg wax	\$43
Lip wax	\$20	Upper half leg wax	\$50
Chin wax	\$20	3/4 leg wax	\$55
Sides of face & chin wax	\$40	Full leg wax	\$75
Eyebrow & lip wax	\$40	Half leg & bikini wax	\$65
Eyebrow, lip & chin wax	\$50	Full leg & bikini wax	\$85
Underarm wax	\$24	Bikini line wax	\$35
Half arm wax	\$35	G-String bikini wax	\$45
Full arm wax	\$45	Brazilian wax	\$60

TREATMENT ADD ONS

'Take your experience to a GraceFull Level with our treatment add ons'

SOTHYS EXPRESS EYE PATCHES

\$20

Biocellulose infused patches with a liposome-based formula provides instant freshness, minimising the signs of fatigue by delivering an immediate smoothing effect and lifting the eye contour. These eye patches visibly revive the eyes and enhance their radiance. Perfect for special occasions or to offer a mini eye lift.

V-SHAPE STRETCH MASK

\$25

An innovative mask that combines the mechanical shaping action of an original stretch fabric with a collection of active ingredients for anyone looking for an instant lift effect for the facial contour. This lifting mask is perfect for an immediate tightening of your jawline area

HYDRATING SHEET MASK

\$25

This innovative cloth mask delivers potent hydration and assists with healing for a stronger and more resilient feeling skin. The skin appears visibly refreshed and renewed with strengthened immunity and clarity.

RX PEEL ADD ON (Only available with specific treatments)

\$40

Sothys high performance clinical skin treatment offers exceptional results on sun-damaged and prematurely ageing skin. The peel may assist in unclogging and smoothing oil-congested skin refining the texture of open pores. Not recommended for sensitive skin.

EYE TREATMENT ADD ON (Only available with specific treatments)

\$40

Cryo Eye Contour Professional Treatment – Immediate and long lasting results targeting tired eyes and premature ageing. With active ingredients to lift, smooth and brighten the entire eye area.

VITAMIN C AMPOULE INFUSION (Only available with specific treatments)

\$30

Pure Vitamin C serum add on - Intense Vitamin C delivers radiance, freshness and youth to your skin. This upgrade improves collagen structure, reduces uneven pigmentation, increases oxygenation and illumination.

OMNILUX LED ADD ON

\$79

30min express LED treatment – Omnilux light therapy treatments stimulate collagen production, leaving you with plump, hydrated and beautiful glowing skin.

MICRODERMABRASION ADD ON (Only available with specific treatments)

\$50

30min express Micro treatment – Boost your treatment results with a microdermabrasion add on designed to resurface the texture of the skin, reducing congestion, leaving you with smoother, younger looking skin.

PARAFFIN WAX ADD ON

\$12

Paraffin wax treatment designed to treat dry and tired hands or feet. The warm paraffin wax wrap will rehydrate and soften the skin.

MAKE A DAY OF IT

BERRY CHEESE & CHOCOLATE PLATTER

\$50

Don't want the relaxation to end? Add on a platter to your experience and enjoy a selection of delicious cheese & chocolate plus a complimentary glass of champagne/wine on our balcony or in one of our treatment rooms at the end of your treatment.



GOODNESS GRACIOUS

BEAUTY



Spoil Yourself

Get in touch

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