



s t o n e   s o u l

## ● Stone Soul...your haven

When you need to be nurtured, pampered or just need a quick fix, this is the place to escape and soothe the soul so you look and feel fantastic!

Stone Soul opened in 2007, when Susie Prichard-Casey arrived in Sydney, bringing to Balmain over 16 years of experience and renown in top London wellness centres, treating celebrities and Londoners alike.

*"Spastress Susie Prichard-Casey is just incredible at melting away crippling knottage, concrete shoulders and off-the-charts stress levels..."*

Grazia January 2011

She offers you her dream – Stone Soul – a haven that offers a unique concept in excellence and client care.

Qualified in Advanced, Remedial, Pregnancy, Baby, Injury Rehabilitation and Sports Massage, Reflexology, LaStone Original Body, Deep Stone and Stone Sole plus her own developed range of unique Stone Soul Therapy, Susie has a highly trained sense of intuitive touch and a dedication to integrative health care and postural development.

*"...Susie is passionate about all things natural and organic in beauty. Her spa Stone Soul reflects this, and is an oasis of calm, perfect for pampering time"*

Cosmopolitan July 2010

Stone Soul wellness therapies take clients beyond the indulgent, relaxing treat to a memorable, educational and overall empowering experience, offering real cumulative benefits to health and personal growth.

Philosophy – quite simply: integrity, dedication and expertise especially for you.

*"Susie has worked with A-list stars and European royalty: her unique stone therapy treatments will completely change the way you think about "hot stones""*

InStyle February 2011

## ● Stone Soul Body

**Choose your oil, choose your style: drift off and dream with an aromatherapy Massage**

(30 minutes \$65, 1 hour \$100, 1 hour 30 minutes \$145 and 2 hour \$185 options)

### **Therapeutic or Pregnancy Massage**

Relaxing, detoxifying, or energising systemic care to boost circulation and immune system function and encourage healthy sleep patterns. Mums-to-be float fully cradled on our Body Support Cushions for comfort and safety – delicious throughout pregnancy!

*"Susie: her past-life as a midwife's assistant means she's the expectant mum's dream masseuse..."*

Grazia January 2009

### **Remedial, Sports Massage**

Deep-tissue treatment for muscular release, fibrosis reduction and improved connective tissue elasticity, flexibility and posture or to optimise sports performance and recovery

*"Susie: Incr edible...at making remedial treatments feel luxurious and deeply relaxing."*

Grazia January 2009

### **Lavish those feet and lift the soul with Reflexology**

Traditional reflexology: rebalancing, detoxifying, deeply relaxing manipulation of specific "reflex" points in the feet to restore circulation to all organs and systems of the body: excellent for migraines, IBS, hormonal imbalance, infertility and lymphatic congestion. A "must have" for pregnancy care, offering amazing benefits (1 hour)

### **Combined Aromatherapy Massage and Reflexology**

**Treatments** Experience the benefits of both therapies, specific to your exact needs for ultimate results (1 hour 30 minutes and 2 hour options)

*Stone Soul Therapy: "hypnotically relaxing...in-cred-i-ble". Susie: "reflexologist extraordinaire... skin whisperer..."*

Grazia January 2009

## ● Stone Soul Therapy

**Resonate with Stone Soul Therapy: expert hot and cold stone treatments. Thermotherapy for mind, body and soul**

**Unique Stone Soul treatments** are based on the sophisticated use of heated and cooled volcanic stones and marble for a deep penetrating healing effect. The circulatory gymnastics created by the alternating temperatures bring about cellular regeneration and rejuvenation, improving immune function and balancing all levels of physical, mental, emotional and spiritual energies.

Stone Soul Therapy produces waves of sedating and energising responses in the body and delivers a potent charge and deep meditative quiet. With unique chakra and spinal layouts, energy work and piezo-electric techniques (ultrasonic stone tapping – to break down fibrosis) this is a truly thorough and individual geo-thermo-therapy treatment, employing at least 80 basalt and marble stones during each treatment. A mind, body and soul experience...

### **Stone Soul Body \$160**

The quiet one. Systemic full body massage using warm and cool stones to refresh, rejuvenate and detoxify – relief for tired sore muscles and congested lymphatics (1 hour 15 minutes)

*"The Stone Soul Body...an out-of-body experience!...the ultimate in relaxation"*

InStyle February 2011

### **Stone Soul Deep \$180**

Personalised deep-tissue work with a difference. Natural anaesthetic and anti-inflammatory effects of thermotherapy minimise discomfort and promote increased blood flow to flush toxins and break down fibrosis (1 hour 30 minutes)

### **Stone Soul Facial \$195**

Balancing facial with stone work to the back, neck, face, hands and feet. Thermotherapy boosts the cellular uptake of the active skin-care ingredients for visible results and deep relaxation (1 hour 30 minutes)

### **Stone Soul Salt Cocoon \$180**

Unique treatment with Phyt's organic marine salt and shea butter polish, cocooned with warm stones, mini stone facial and stone work to the hands and feet – a real top to toe treat (1 hour 15 minutes)

### **Stone Soul Reflexology \$160**

Deep relaxation and rebalance using heated and cooled stones, combining traditional reflexology with thermotherapy (1 hour 15 minutes)

Stone Soul Therapy is not recommended during pregnancy, when thermal response may be affected

● Special Packages

**Drift** (1 hour 30 minutes)

Back, neck and shoulder massage & balancing facial \$170

**Supergirl** (2 hours 30 minutes)

Express manicure, luxury pedicure & balancing facial \$220

**The Zone** (3 hours)

1 hour massage or reflexology, luxury pedicure and balancing facial \$275

**Men's Time Out** (1 hour 30 minutes)

Men's facial with hand and foot buff and trim, including hot foot masque \$165

*Voted "Best local spa...this pint-sized spa is a haven for hard-to-find natural beauty brands"*

Shop Till You Drop January 2009

● Make-Up Price Lists

**Full Makeover** (1 hour)

Quick cleanse and make up application \$110

**Day to Night** (30 minutes)

Make-up application \$75

**Teen Makeover** (20 minutes)

Light application on eyes and lips only \$60

**Make-up Lesson** (1 hour 15 minutes)

Lesson in products, colours, application techniques, with quick cleanse and makeover \$125

*"Everybody must get stoned"*

Village Voice November 2008

**Natural Silk Eyelash Extensions**

Finest quality silk lashes and natural organically derived glue, includes complimentary lash tint with full set (patch test and tint 24 hours before application)

Full set	\$235	Half set	\$125
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Prongs in corners	\$95	Infills - per infill	\$10
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**Luscious lashes with our Tinting Treatments for that no fuss photo-perfect image 24/7!**

**Tinting**

Eyelash tint	\$30
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Eyebrow tint	\$25
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Eyelash and brow tint	\$50
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● Stone Soul Essentials | beauty therapy

Sparkle and glow from top to toe with Hand and Foot Treatments using vegan and DBP-free, non-toxic SpaRitual nail lacquers and organic spa products

**Express** treatments include soothing soak, nail trim, sole and cuticle tidy, deep moisturise and lacquer of choice

**Hand and Foot Treatments**

Express manicure	\$45
Express pedicure	\$60
Combined express manicure/express pedicure	\$100

**Luxury** treatments offer extra attention, thorough exfoliation, relaxing hot foot masque/peel and lashings of massage

Luxury manicure	\$60
Luxury pedicure	\$80
Combined luxury manicure/pedicure	\$135
French polish with manicure or pedicure, add	\$15
French polish with combined manicure/pedicure, add	\$25

**Stone Soul Pedicure \$115**

Unique organic, non-toxic luxury pedicure, with hot and cold stone spinal and chakra layout and stone work to the legs and feet (1 hour)

**Buff that body with Waxing Treatments using the finest pre- and post-wax products available. Immaculate results and minimal re-growth – see and feel the difference!**

*Multi Vita Facial: "lovely, preservative-free, smell-like-heaven products...skin is recharged and revitalised with the most amazing healthful glow"*

Grazia January 2009

**Waxing**

Eyebrow tidy	\$25	Full leg with bikini	\$85
Eyebrow shape	\$35	Half arm	\$30
Full face	\$50	Full arm	\$40
Lip or chin	\$20	Underarm	\$25
Bikini, from	\$30	Stomach line	\$20
G-string bikini	\$45	Full stomach	\$30
Brazilian, from	\$75	Men's chest	\$75
Half leg	\$45	Men's back	
Full leg	\$65	and shoulders	\$75
Half leg with bikini	\$70	Men's full leg	\$75

IPL Semi-permanent hair removal POA

## ● Stone Soul Face

Relax, repair, rejuvenate with exquisite, 100% natural and organic, preservative-free Phyt's Facials

Balancing | 40 minutes \$90 or 1 hour \$115

### **Soin Equilibre**

Fresh, glowing results suitable for all skin types – cleansing, balancing, hydrating and calming – the perfect introduction to Phyt's organic treatments. Includes deeply relaxing hand, foot and scalp massage (1 hour)

### **Soin Equilibre Express**

An effective quick rebalance to cleanse and hydrate. Includes deeply relaxing scalp massage (40 minutes)

### **Men's Facial**

Specifically designed for the male skin-type (40 minutes or 1 hour)

Specific | 1 hour 15 minutes \$140

### **Soin Anti-Comedon**

Eliminates blackheads and balances oil secretions – detoxifying. Includes deeply relaxing hand, foot and scalp massage

### **Soin Capyl**

For sensitive skin to reduce redness and relieve congestion – soothing and hydrating. Includes deeply relaxing hand, foot and scalp massage

### **Soin Energie Vitale**

For combination, dehydrated and devitalised skin – ideal for winter, after sun exposure or change of season – revitalising, firming and rejuvenating. Includes deeply relaxing hand, foot and scalp massage

Ultimate | 1 hour 30 minutes \$170

### **Soin Multi-Vita**

For mature, dry, wrinkled skin lacking tonicity – lifting and firming, oxygenating and vitamin-boosted moisturising. Includes deeply relaxing hand, foot and scalp massage

### **Aqua Phyt's**

For all skin types, a hyaluronic hydrating facial (vegetal origin) to smooth and plump for a visibly youthful radiance, reducing the appearance of lines and wrinkles. Includes deeply relaxing hand, foot and scalp massage

### **Soin Phyt'ssima**

For very dry/irritated skin – providing intense nourishment and healing, rich in argan and hemp to replace lipids and soothe dryness. Includes deeply relaxing hand, foot and scalp massage

## ● Stone Soul Detox

### **Lovely Legs Massage** \$145

Anti-cellulite treatment includes full body brush and massage treatment, focussing on hips, thighs, buttocks or upper arms with specific effective techniques (1 hour 30 minutes)

### **Bikini Body Masque** \$165

Detox! For hips, thighs and tummies – skin brush, specific massage and reflexology with Phyt's lipolytic, contouring bio-active masque; designed to target very poor circulation, cellulite and sluggish digestion. Great combined with our Lovely Legs programme or to kick start your detox (1 hour 30 minutes)

*"Insider information: the new (and entirely organic) bikini body detox masque showed us impressive results and we're signing up for a course of more. Fluid retention and cellulite be gone!"*

Grazia January 2011

### **Back Cleanse** \$85

Soothing "facial" for the back – deep cleanse, tone, exfoliation, refining masque and hydration – sumptuous massage and scalp work. Ideal for men and women (45 minutes)

### **Marine Salt Polish** \$100

Full body non-abrasive exfoliation with Phyt's organic marine salt and shea butter polish – deeply hydrating and relaxing (45 minutes)

## ● Stone Soul Gift Vouchers

Beautifully presented gift vouchers are available at Stone Soul or by mail for all treatments. Special packages designed for treats or gifts offer great value and a really memorable experience – please see our price brochure or call for more information and advice.

Gift vouchers can specify a treatment or state a dollar value, and can be used for either treatments or products. **Due to popularity, sorry but all gift vouchers must be used within their 3 month validity.**

**Cancellation Policy:** to avoid paying the full fee, please give 24 hours' notice to cancel a booking. If you are late arriving, your treatment may be shortened – we suggest arriving 5 minutes early so you can relax and prepare for your Stone Soul experience! Credit card details may be taken to secure your booking.