

TREATMENT MENU



BOOK ONLINE

www.absfit.co.nz

OPENING HOURS

MON	12pm - 6:30pm
TUE	CLOSED
WED	1:30pm - 8pm
THU	CLOSED
FRI	9am - 3:30pm
SAT	9am - 2pm
SUN	CLOSED

EXPERIENCED AND QUALIFIED BEAUTY
THERAPISTS

FREE PARKING

CHILDCARE AVAILABLE 9am - 12pm
(Weekdays only, bookings apply)

PHONE: 03 455 0665

250 KING EDWARD ST, SOUTH DUNEDIN

PACKAGES

Divine package

Eye trio and Mini Facial followed by a head,
neck and shoulder massage.

-Allow 60 mins-

\$120

Pamper package

A relaxing foot spa and massage followed by
a 30 minute back and shoulders massage
finished off with a Mini Facial including a face
and neck massage.

-Allow 90 mins-

\$160

CANCELLATION POLICY

PLEASE GIVE AT LEAST 12 HOURS
NOTICE IF YOU CANNOT MAKE YOUR
APPOINTMENT OR YOU WILL BE
CHARGED A CANCELLATION FEE OF
\$10.00

EYES

Brow shape (15 mins)	\$20
Brow tint (15 mins)	\$18
Brow shape & tint (30 mins)	\$40
Eye trio	\$50
Shape, lash and brow tint (30 mins)	

WAXING

Nose	\$15
Full leg	\$56
Full leg & bikini	\$65
Half leg	\$40
Bikini	\$25
French Bikini	\$40
Brazilian - (45 mins)	\$55
Underarms	\$20
Full arm	\$40
Half arms	\$30
Lip	\$16
Chin	\$16
Sides of face	\$25
Full face	\$40

MALE WAXING

Full leg	\$65
Full arm	\$45
Back	\$50
Chest	\$45
Eyebrow tidy	\$20
Monobrow	\$10
Neck	\$15
Ears	\$10
Nose	\$10

MASSAGE

Swedish massage

Full body massage with a varying pressure to work for your needs including a head massage	
30mins	\$45
45 mins	\$65
60 mins	\$85

Sports massage

To help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries.	\$85
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Pregnancy massage

Head, neck, shoulders and lower back massage finished with a hand and foot massage.	\$65
-Allow 45 mins -	

Hot stone massage

Blissful head to toe treatment using basalt volcanic stones to help ease tense muscles increase circulation & deeply relaxing mind body & soul	
60 mins	\$100
90 mins	\$140

SPRAY TANS

Full body	\$39
Half body	\$25
Legs only	\$25
Group booking (4 or more)	\$35

FACIALS

We use Sukin in all our facials. Sukin utilises an abundance of beautiful botanicals, antioxidants and essential oils to restore natural vitality and radiance to your skin.

All products are naturally derived, cruelty free and vegan

Hydrating facial

Everyone's skin needs hydration. Indulge in making your skin glow & look healthy. Hydrating facials brings water content back into your skin and locks that moisture in.	\$80
-Allow 60 mins-	

Anti ageing facial

Our anti aging facial gently stimulates and nourishes your skin while infusing vitamins & moisture for a brighter more youthful glow.	\$80
-Allow 60 mins-	

Express and tone facial

A mini facial for people on the go. A delicate cleanse & vibrant massage followed by using nourishing moisturiser suited to your skin	\$60
-Allow 45 mins-	

Dermaplaning

Dermaplaning is a physical exfoliation that utilises a specialised instrument designed to scrape away accumulated dead skin cells and vellus hair. It is a comfortable, relaxing procedure that can brighten your skin & soften the look of fine lines & wrinkles, making your make up sit beautifully	
Full face (30-40 mins) with hydration mask	\$60
	\$75