

LEVEL ONE,
237 -239 UNLEY ROAD
MALVERN , ADELAIDE 5061

Ph. 8271 1433
info@dayspa.net.au

DAY SPA AT UNLEY PARK

HOW TO SPA

Frequently asked questions..



What should I wear to the Spa?

Wear whatever is comfortable. We will provide you with a robe, sarong wrap, disposable underwear and slippers.

When should I arrive for my treatment?

If this is your first appointment with us, please arrive 15 minutes before your appointment to allow yourself time to change and fill out the necessary forms and have the chance to relax in our relaxation room.

Will some one help me decide on the best treatments for me?

Normally before your visit to us you would have decided at the time of making your appointment what you wish to have done on the day. However further discussions with our spa therapists can be beneficial in deciding if you wish to have a different treatment at your next visit or change some of your treatment if time allows.

How many kinds of massages are there and how do I choose?

At Day Spa at Unley Park we offer simple but effective massage techniques to please you and benefit your body and specific requirements. When you phone for your appointment our staff will help you decide on specific massages that will relax, relieve muscle tension and invigorate you. You may be combining different treatments in your one visit which is a great idea to make the most of your visit. Our staff are well trained to make sure your choices are carried out to maximize your well being during and after your visit with us.

What if I have specific health considerations?

When you complete our 1st visit forms please also ensure that you notify our spa therapists of your health conditions

The staff must be informed of high blood pressure, allergies, pregnancy or other physical disabilities, medications. If you have any concerns please let us know.

Alcohol should not be consumed immediately before or after your spa treatments.

What do I wear during my treatments?

You may wish to bring your bathers but we supply you with disposable underwear for your treatments.

MALE TREATMENTS

Should men shave before their treatment?

It is recommended that men shave a few hours before their facial appointments rather than just before so that their skin will not be sensitive during the treatments. Men with a beard or moustache may wish to condition their beard with hair conditioner at home before their appointment.



What if I am late for my appointment?

Arriving late will simply limit your time for your treatment, therefore resulting in less effectiveness and pleasure for you. Your treatment will need to end on time however, so that the next client will not be delayed.

What if I need to cancel a spa appointment?

The treatments you have booked for are especially for you. We are a very busy Spa and our staff love caring for our clients but we ask that you are aware of the following policies.

48 hours notice is required for a cancellation without charge. Gift voucher change of appointment before 48 hours of your booking will ensure that you do not lose 50% of your treatments listed on the voucher

Can I ask the Spa Therapist to adjust things to increase my comfort?

Definitely! This is your time to and you should enjoy the experience to the maximum! Whether it is too much pressure during your massage, or not enough, or the air temperature of the room. Let your spa therapist know. We are here to ensure that you have the best treatments and experience.

Spa Etiquette At Day Spa at Unley Park we pride on offering an environment of peace and tranquility. Please respect the privacy and peace of the other guests by speaking in a soft voice in the Spa and you too will enjoy the tranquility. Please also ensure your mobile phone is switched off or on silent.

Dianne Miles Spa Director

Some of our services

- Hydro Therapy Spa
- Lymph Drainage
- Vichy Shower
- Steam Bath
- Lithos Warm & Chilled Rocks
- Relaxation Room
- Indian Head Massage
- All day packages
- Reiki treatments

DAY SPA AT UNLEY PARK

