

HAUS OF AVEDA

SPA RITUALS – CLINICAL RESULTS – HOLISTIC WELLNESS – QUIET LUXURY



TO BOOK APPOINTMENT
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184 OXFORD STREET PADDINGTON

ADVANCED SKIN RITUALS

MASSAGE & WELLNESS

BODY RITUALS

BEAUTY RITUALS

SPA PACKAGES

Let us take you on a sensory journey.
Your body needs it, your soul will thank you



ADVANCED CLINICAL FACIALS

Discover advanced botanical skin therapies inspired by Ayurveda and grounded in barrier-first skin health. Our high-touch facial rituals combine proven science with quiet luxury to restore, strengthen and reveal naturally radiant skin.

THE AVEDA SIGNATURE CHAKRA BALANCING FACE & BODY EXPERIENCE

90 Minutes — \$300

Our ultimate, signature masterpiece delivers a deeply spiritual, full-body sensory journey that seamlessly weaves together energetic balancing and master-level bodywork. This exquisite ritual begins with an invigorating dry body brushing to stimulate circulation, followed by targeted body chakra energy work and therapeutic foot reflexology to ground your life force. Designed as the ultimate escape for facial massage devotees, this treatment features a high-performance facial massage masque to infuse your skin with deep, dewy hydration.

THE AVEDA HYDRO-RENEWAL FACIAL

90 Minutes — \$275

Aveda's high-touch answer to a hydra facial, this advanced ritual combines deep pore refinement, a targeted hydration infusion, and specialised lymphatic drainage. Experience a deeply cleansed, structural facial reset that leaves your complexion remarkably clear, sculpted, and radiating a fresh, hydrated glow with absolutely zero downtime.

Haus Tip: Not sure which facial? Book any facial based on the time you want to spend with us and discuss your skin goals with your therapist at the commencement of your facial.

ADVANCED BOTANICAL KINETICS™ PLUMP & RESTORE FACIAL

60 minutes - \$170 90 minutes - \$250

Facial Sculpting and barrier Repair for in a luxury pro-ageing experience. An advanced, results-driven facial designed to instantly smooth facial tension, sculpt the contours of the face. While restoring structure and youthful radiance, it simultaneously plumps the complexion, calms redness, and strengthens the skin barrier—making it the ultimate pro-aging sanctuary care for sensitivity, menopause-related changes, and total facial definition.

CALM + DETOX LYMPHATIC FACIAL

60 minutes - \$170

Barrier recovery, and reducing redness starts here. This advanced facial treatment utilises targeted lymphatic drainage techniques to enhance circulation, reduce fluid retention. A combination of calming, anti-inflammatory products is applied to soothe and balance the skin, while nourishing active ingredients work to restore hydration and strengthen the skin barrier. Ideal for reducing signs of stress, inflammation, and fatigue, this treatment provides a clinically effective solution for revitalizing the complexion and achieving a more balanced, refreshed appearance.

Haus Tip: Love massage? Add an Aromatherapy Massage to your facial for stress relief.



AVEDA SKIN TRANSFORMATION

60 Minutes - \$190 90 Minutes - \$275

This high-performance, non-invasive skin renewing treatment delivers a profound botanical transformation to deeply rejuvenate and resurface the complexion. Utilising Aveda's unique dual-action exfoliation, the high-touch therapy dramatically refines skin texture, boosts clarity, and softens the appearance of fine lines and wrinkles. This advanced ritual reveals an instantly smoother, fresher, and younger-looking skin.

ADVANCED BOTANICAL PERFECTING PLANT PEEL

30 Minutes - \$120

This advanced skin-refining treatment delivers the powerful exfoliation and radiance benefits of a 30% glycolic peel completely without the irritation, redness, downtime or photo-sensitivity. Designed to gently re-balance the complexion, this sophisticated Glucosamine based peel refines large pores, smooths fine lines and wrinkles, and evens out skin tone. It is exceptionally gentle, unveiling a smooth, clarified, and vibrant skin.

BOTANICAL SKIN RESURFACING

30 Minutes - \$120 60 Minutes - \$170 90 Minutes - \$230

Elevate your resurfacing ritual far beyond traditional microdermabrasion with a professional, high-touch facial designed to intensely energise and smooth the skin. This advanced botanical treatment dramatically accelerates cellular turnover and amplifies your skin's natural radiance—delivering a flawless, polished texture.

AVEDA PORE REFINING SKIN SOLUTION

60 Minutes - \$170 90 Minutes - \$250

The ultimate, high-touch antidote for acne, clogged, or heavily congested skin in need of deep, therapeutic care. This purifying facial combines specialised extractions with botanical solutions to gently clear impurities, refine large pores, and calm localised inflammation. Our expert team will meticulously coax your skin back into a state of clear, balanced health, restoring a clean, comfortable complexion.

AVEDA COLLAGEN BOOSTER FACIAL

60 Minutes — \$150

Harness the unquestionable power of pure Vitamin C with a high-touch, transformative facial designed to intensely boost your skin's natural collagen production. This multi-functional nutrient wonder works deeply to even skin tone and provide potent antioxidant protection against environmental stressors. This treatment will have your complexion radiating an even, luminous glow.

THE EXPRESS FIX FACIAL

30 Minutes - \$120

Achieve maximum results without the fuss through this time-targeted skin solution. Designed for when you are time-poor, this treatment is the great for regular maintenance, or an instant antidote for a blemish emergency.



ADVANCED CLINICAL SKIN NEEDLING

Total face/neck \$499 Face only \$299 Body FROM \$299

This clinical skin-perfecting treatment triggers deep skin rebuilding with minimal downtime, offering a powerful, non-invasive alternative for those serious about dramatic results. Also known as collagen induction therapy, using microneedling to stimulate your body's natural growth factors, sparking cell regeneration and fresh collagen formation.

BODY MASSAGE + WELLNESS CARE

We offer longevity-focused solutions and lifestyle fundamentals like reducing stress and taking time out to breathe, aromatherapy, and incorporating recovery options like our infrared sauna and lymphatic drainage massage.

AVEDA AROMATHERAPY MASSAGE

30 Minutes - \$120 60 Minutes - \$160 90 Minutes - \$210 2 Hours - \$300

Relieve tight knots and calm the nervous system. Drift into deep relaxation as we take you on a sensory journey. Stress, muscle tension and lack of energy can all be addressed with a customised massage treatment. Your therapist will provide you with the best combination of personalised Aveda aromas and massage techniques - which include Swedish, relaxation, deep tissue, remedial, reflexology, acupressure, chakra techniques, subtle energy work.

BOTANICAL LYMPHATIC DRAINAGE

90 Minutes - \$250 2 Hours - \$300

Designed for deep total-body wellness, this specialised treatment utilises light, rhythmic, and intentional massage movements to gently guide fluid toward the body's main lymph channels and aromatherapy to calm the senses. The perfect antidote to fluid retention, heaviness, and urban fatigue, this ultra-gentle, high-touch therapy stimulates internal purification, reduces swelling, and restores a profound sense of physical lightness and vitality. A single area can be treated in a 60 minute session \$195

AVEDA THERMAL HOT STONE MASSAGE

60 minutes - \$175 90 minutes - \$235

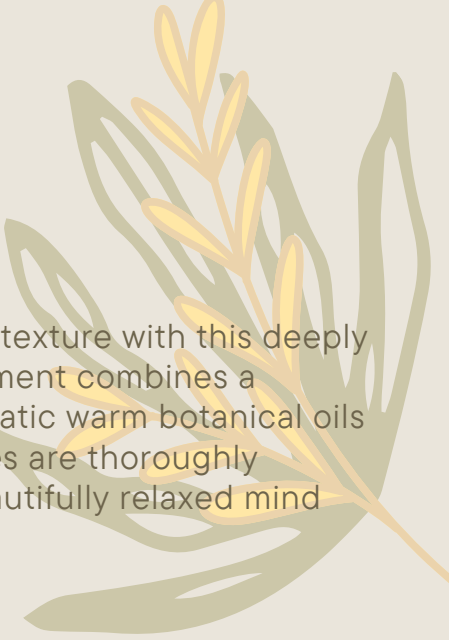
Experience a profoundly restorative journey designed to melt away stress and release deep, stubborn muscle tension. Rhythmic, heated basalt stones are used throughout the entire massage, using comforting warmth to soothe sore, tired muscles while naturally increasing circulation and stimulating lymphatic drainage for a total-body physical reset.

PREGNANCY BLISS MASSAGE

60 Minutes - \$195 90 Minutes - \$250

Renowned for delivering the finest pregnancy massage in Sydney, our expert team utilises a unique, specialised belly bag to ensure absolute comfort and complete safety through every stage of your pregnancy. This blissful escape melts away deep stress, sore muscles, and body tension, leaving you floating in a state of pure relaxation while gently guiding your baby into a shared sense of calm and quiet luxury.

BODY RITUALS



BOTANICAL WARM OIL & SEA SALT EXFOLIATION

60 Minutes — \$190

Smooth away dry, dull skin cells and instantly restore a radiant skin texture with this deeply therapeutic, full-body exfoliation ritual. This high-touch body treatment combines a mineral-rich blend of dead sea salts with Aveda's customised, aromatic warm botanical oils to polish the skin while deeply infusing lasting moisture. Your senses are thoroughly revitalised, leaving you feeling profoundly energised, yet with a beautifully relaxed mind and baby-soft skin.

NETI SINUS CLEARING RITUAL

45 Minutes — \$150

A sophisticated interpretation of traditional Ayurvedic Neti, this targeted therapy is designed to instantly clear physical congestion and lift mental fatigue. The ritual begins with an aromatic botanical steam inhalation to open the airways, followed by precise lymphatic drainage and pressure-point across the face, neck. By actively stimulating fluid movement and releasing blockages, this specialized treatment melts away painful sinus tension, leaving you breathing deeply with a sense of clarity, and total facial relief.

Haus Tip: Neti is an perfect partner with any of our massages for total body benefits.

AROMA BODY COCOON

60 Minutes — \$190

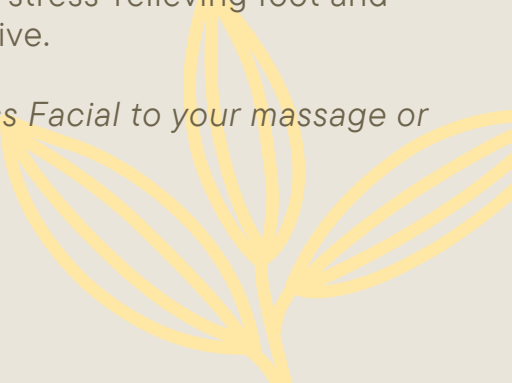
Drench your skin in absolute luxury with a warming, aromatic oil body infusion designed to banish deep dryness and restore a silken, radiant texture. Your journey begins with a soothing foot soak and our signature Aveda Aroma Sensory Journey to custom-blend a rich botanical oil base with your chosen essential oils. After an invigorating full-body dry brushing to awaken circulation, your body is drenched in these customised rich oils and enveloped in a steam cocoon wrap. While wrapped in this warming sanctuary, a stress relieving scalp massage leaves you completely calm, with body hydrated, velvet-soft skin.

ROSEMARY MINT AWAKENING BODY COCOON

60 Minutes — \$190

An invigorating, cooling sanctuary treatment designed to detoxify the body, relieve muscle aches, and release heavy fluid retention. Crafted specifically to energise the senses rather than induce sleep, this refreshing ritual is the perfect antidote for athletes in recovery, individuals experiencing menopausal heat, or anyone seeking to feel deeply revitalised and light. Your journey begins with a soothing foot soak and stimulating full-body dry brushing, before your body is drenched and completely cocooned in an uplifting Aveda Rosemary Mint botanical infusion. While enveloped in this cooling wrap, a stress-relieving foot and scalp massage leaves your body feeling light, awakened, and alive.

Haus Tip: For a quick refresh of your complexion add an Express Facial to your massage or body treatment.



HANDS + FEET CARE

THE SHAMPURE MANICURE

45 Minutes — \$120

A high-touch treatment for regular natural nail maintenance

What is included: An aromatic hot towel wrap, precise nail shaping, detailed cuticle care, a nourishing hand massage with Aveda Hand Relief™, and your choice of traditional polish or a clean, high-shine natural buff.

THE FOOT RELIEF PEDICURE

45 Minutes — \$120

A purposeful, deeply relaxing foot restoration targeting tired feet.

What is included: A warm botanical foot bath with Aveda Stress Fix essential oils and dead sea salts, professional heel smoothing, nail clipping and shaping, expert cuticle care, a stress-relieving lower leg massage, and your choice of traditional polish or a natural buff.

Haus Tip: Upgrade your hand or foot care to luxury experience with extra massage time.

ESSENTIAL GROOMING & BEAUTY ARTISTRY

These high-touch, essential grooming services are designed for both men and women to deliver a meticulously polished finish and instantly elevate your natural confidence. From masterfully sculpted brows and smooth face and body waxing to expert makeup artistry, each treatment is delivered with precise techniques. Experience an elevated, quiet luxury approach to everyday maintenance that leaves you looking flawless.

BROW TINT \$35 LASH TINT \$40

HENNA BROW & SHAPE \$100 BROW LAMINATION & SHAPE \$100

SPECIAL OCCASION MAKE UP \$150

PERSONALISED MAKE UP LESSON 60 Minutes \$150

RELAXING WAXING

Our waxing services are delivered with the highest care; using only the best wax technology to ensure you are provided with the best result, highest level of comfort and reduced skin recovery time.

BROWS \$40 LIP \$30 CHIN \$30 SIDEBURNS \$40 BIKINI \$45 BRAZILIAN \$95
ARMS \$50 UNDERARMS \$35 HALF LEG \$50 FULL LEG \$85 BACK \$100 CHEST \$100

Haus Tip: Best results happen when you see us regularly for waxing.



INFRARED SAUNA

SINGLE SESSION \$45 10 SESSION \$300

Increase circulation and speed up oxygen flow through the body to help the body to repair and to ease aching muscles. The perfect partner to massage or facial treatments that deepens relaxation, releases tense and tight muscles plus improves circulation and lymphatic flow.

Haus Tip: For a comfortable experience please come dressed in active wear to use our sauna. Guests having spa treatments in conjunction with the sauna are offered a towel to wear.

SPA PACKAGES

THE URBAN ESCAPE RITUAL 60 Minutes — \$185

Shifts the fast-paced "express lunch break" vibe into a quiet, purposeful hour of absolute silence and intentional, high-touch physical restoration. What is included:

30 Mins: Focused hot oil back and shoulder massage using an Aveda Shampure™ or Stress-Fix™ aroma compound to instantly melt tension.

30 Mins: Radiance-boosting flash facial utilizing high-performance Aveda plant extracts to clean, exfoliate, and deeply nourish the skin.

THE AVEDA GROUNDING RITUAL 90 Minutes — \$300

Shift the focus from a basic "reset" to a deeply personalised, meditative physical grounding experience. Your journey into deep stillness begins with a personalised aroma selection, followed by a heated stone massage designed to dissolve the burdens of city life. This holistic treatment harmonises mind and body, leaving you restored from scalp to toe. What is included:

30 Mins: High-touch back, neck, and shoulder massage using heated basalt stones and your chosen Aveda Composition Oil™ based on an initial aroma sensory journey.

30 Mins: Aveda Botanical Resurfacing facial to deeply hydrate and smooth the skin.

30 Mins: Aveda Scalp Solutions ritual using a ayurvedic ingredients to restore the scalp and strengthen the hair - the treatment is paired with a stress relieving scalp massage

THE CONTOUR & GLOW RITUAL 2 Hours — \$320

Immerse yourself in a luxurious, plant-powered transformation that sculpts the silhouette through high-touch lymphatic massage and advanced body brushing. This fluid-reducing ritual is completed with an illuminating facial mask, leaving your skin radiating a deep, natural glow. What is included:

30 Mins: Infrared Sauna to warm and release deep muscle tension

15 Mins: Full-body dry brush exfoliation to smooth the skin and stimulate micro-circulation

45 Mins: Precise lymphatic drainage body contouring massage to lift, sculpt, and ease fluid retention. (choose one area for your therapist to focus)

30 Mins: Aveda Express Facial perfecting treatment to refine and hydrate

THE ULTIMATE MOTHER-TO-BE RITUAL 90 Minutes — \$300

The ultimate gift of absolute peace and physical relief designed exclusively to pamper and support the mother-to-be. This deeply nurturing journey pairs a specialised, fully supported massage to melt away pregnancy strain with a calming plant-infused facial. What is included:

15 Mins: Express foot ritual starting with a soothing foot soak ritual using Aveda dead sea salts to relieve swollen ankles, followed by a stress relieving foot massage.

45 Mins: High-touch, fully supported prenatal massage using our signature Belly Bag. This treatment focuses on easing lower back strain, hip tightness, and shoulder tension.

30 Mins: Ultra-gentle Aveda calming and balancing facial designed specifically for sensitive hormonal skin, featuring a cooling facial massage and a deeply hydrating plant-based mask.

THE HAUS SIGNATURE SENSORY IMMERSION 3 Hours — \$495

The ultimate premium gift or ultimate self-care day. Our ultimate, unhurried masterpiece invites you into three hours of absolute luxury, beginning with a warming infrared sauna followed by a soothing botanical foot bath and an organic comforting tea. This completely bespoke journey seamlessly weaves together master-level ayurvedic bodywork and a high-performance plant peel facial to deliver profound physical renewal and an ageless, luminous radiance. What is included:

30 Mins: Infrared Sauna to warm and release deep muscle tension, served alongside a glass of organic Aveda Comforting Tea.

90 Mins: A Foot bath ritual infused with customised Aveda Stress-Fix™ salts and essential oils and High-touch bespoke aromatherapy full-body massage tailored completely to your muscle tension using specialised ayurvedic techniques.

60 Mins: Premium anti-aging Aveda PLUMP + RESTORE facial treatment to radically smooth skin texture and brighten the complexion.

Take-Home Luxury: A beautifully wrapped, full-size Aveda composition oil or body lotion to extend the sensory experience at home.

GIFT THE LUXURY OF WELLNESS

A gift voucher is more than a gift—it's an invitation to slow down, restore and indulge in a luxurious wellness experience. Beautifully presented and redeemable across our spa, salon and retail collections, our gift vouchers can be purchased online or in spa, making them the perfect gift for any occasion.

SPA ETIQUETTE

24 hr notice is required to cancel or alter a booking to avoid a 50% cancellation fee. Less than 2 hrs notice will incur a 100% cancellation fee - Please make childcare arrangements for children under the age of 12 and fur babies - Treatment time is approximate, it includes consultation and professional advice - Our tiered pricing structure reflects the educational and experience level of our team - Mineral Lifestyle Pty Ltd reserves the right to increase prices at anytime - Please inform us if you are pregnant, have any allergies or are under the care of a medical doctor or alternative practitioner - Please respect the privacy and quiet of other guests - Please keep your phone on silent - Although every attempt is taken, we accept no responsibility for your personal belongings within the premises - CCTV is recording, by entering our premises you are consenting to being filmed in the public spaces - Please arrive at least 5 mins prior to your appointment time in preparation for your experience - Prices effective 01.08.2025 - Haus of Aveda Paddington does not offer refunds or exchanges for change of mind or incorrect purchases of products or gift vouchers.

