



YASS VALLEY

DAY SPA

Massage, Body Treatments & Vichy Shower

All treatments involve a mandatory consultation prior to arrival for your appointment, which allows for any tailoring required to your treatment as well as any health or physical restrictions that may affect you receiving your treatment. The booking system will advise if the treatment is suitable to pregnant clients and those in a wheelchair.

How do I prepare for the treatment?

Keeping hydrated pre and post treatment is highly recommended as your circulatory system is engaged, toxins are released, and your blood flow is increased.

Body Treatments & Vichy Showers including a salt scrub, therefore it is not recommended to wax or shave 24 hours prior to your appointment.

Vichy Shower treatments will have a separate notification sent on attire during the treatment.

During the treatment

Client comfort, safety and enjoyment are our top priorities therefore being overt in a treatment about comfort levels or requiring additional assistance is highly encouraged.

What do I need to do after my treatment?

- Most packages involve facials, therefore no active ingredients to be used for 24 hours
- SPF will be applied directly after your treatment & is always recommended as a non-negotiable skin care step
- Avoiding alcohol, caffeine, and carbonated drinks for 12 hours (thus allowing your body to complete the detoxification process)
- Vichy Showers warm the entire body from head to toe, so avoiding strenuous activity, including hot-showers, baths and saunas for 12 hours is recommended.

Still have questions?

Please call or email us further to discuss.

Yass Valley Day Spa

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