

# Feel Alive and Totally Unwind at Peninsula Life Medispa

**Peninsula Life Spa has grown from the passion of four women who have seen the need for a comprehensive Spa experience on the Mornington Peninsula.**

Vanessa Haller, Sally Shaw, Maree Sexton are all doctors working at Peninsula Women's Health, and Peninsula Skin Cancer Clinic. The doctors saw the need for comprehensive skin care in their experience with skin cancer. Many people wanted preventative care and treatments that are non invasive and that work.

The women's health practice alerted the doctors to the need for a caring, nurturing environment where people can feel alive and totally unwind from today's hectic pace. They have teamed up with Alana Dyer who has 10 years Spa management experience.

Alana had been instrumental in setting up and managing Woodman estate and Mizu Spa (rye) over the last 10 yrs. She has a team of dedicated therapists who have worked together for many years and who love Li'Tya products. Alana has also developed some special packages and variations to treatment to fill a need she has seen.

Vanessa, Sally and Maree are all interested in skin and beauty and have done extensive study and courses to be able to offer medical strength peels and injectables and the girls have invested in a

Cutera Laser for IPL and laser skin rejuvenation for treatment of wrinkles, 'liver' spots, dilated veins and can even tighten up collagen for the non surgical face lift.

**THE SPA** is located at 109 Tanti Ave and is a beautiful early 19th century cottage that has been totally renovated to keep the charm of the marble fireplaces, original floor boards, ceiling roses and dado boards.

The interior is elegantly furnished in French period style and painted all white. There is a stunning hand made chandelier in the "product room" by renowned glass blower Lisa Warrington.

The massage rooms have a tranquil ambience and all have a water feature, ranging from Vichy capsules to aromatherapy baths .

There is a huge group room catering for Hens parties and other "days out with friends", a couples room for the perfect romantic indulgence, as well as beauty room, and laser therapy room.

The product room has all the special potions and lotions that can be taken home, and there is a gift shop gallery for the perfect present.

**Gift vouchers are available on-line, as are bookings and our experienced therapists are available to answer any queries, or just to show you around.**

## Shape Up This Spring

Contours, Mornington's newest fitness studio for women on the go, is calling on local women to fight the urge to avoid exercise, and get fit this Spring, ready for Summer... helping not only their fitness but also their health!

According to Contours owner Monique McLaren, now is the most important time to be taking care of your body and build your fitness, so you are able to fight the common cold.

"Many women tend to neglect their health over winter, as the temptation to stay inside and avoid exercise is much greater than heading out into the cold," said Monique. So shake off Winter, by Shaping up this Spring.

"That's the beauty of being part of a gym – at Contours the ladies are able to exercise in style, literally! The equipment we use is state of the art, and the atmosphere is very friendly and relaxed,

you can often forget that you are actually exercising!" said Monique.

"The concept of an express workout is proving to be very popular. Finding just 29 minutes a day for fitness is appealing for mums and women on the go, finding an hour or more, which is often what you need with other gyms, can be another story altogether!" said Monique.

**Contours is located at 61a / 1140 Nepean Hwy, Mornington. (Left of Officeworks – use MIP Entrance) Phone: 5975 5989 for your FREE CONSULTATION.**



## Introducing Peninsula Life Medispa

**A luxurious and tranquil oasis for women and men**  
Situated minutes from the CBD of Mornington

- Immerse yourself in a luxurious aromatherapy bath or Vichy capsule
- Relax & unwind with the ultimate body indulgence with a LI'TYA spa ritual from the Australian Dreamtime
- Feel alive again with personalised treatments to renew your energy and spirit
- Share your experience with friends in our group room complete with hot tubs, pedicure, and massage
- Indulge with a loved one in an exclusive couples room
- Rejuvenate your skin with medically based antiaging treatments
- Personalised plans for skin treatment by experienced doctors





PERSONAL TRAINING

GROUP FITNESS

PILATES

where everybody enjoys fitness



PENINSULA LIFE

MEDISPA

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