

SPA ETIQUETTE

Welcome to



Our spa environment is one of relaxation and harmony. Please respect the other spa guests by keeping noise to a minimum and ensuring cellular phones etc. are switched off. **Bookings** To ensure you receive your treatment at your preferred time of the day it is recommended to book a few days in advance. **Gift certificates** are available for all occasions. **Arrival** We recommend that you arrive 5-10 minutes before your appointment. If you are late your treatment time may be shortened. **What you should wear** Please wear clothes you find comfortable. During treatments our therapists will drape you appropriately for privacy and comfort at any time. We recommend that you leave your valuables in your room. **What if I am pregnant or have special health considerations?** Please notify us when booking your treatment so we can recommend suitable treatments. We have treatments that are safe for pregnant women. **Cancellations** Out of consideration for others we require a minimum of **24hrs** notice if you need to change or cancel your appointment. If shorter periods of notice are given 50% of the treatment cost applies. If you notify less than 2hr before or miss your appointment we have to charge full price. Additional conditions apply for group bookings (5 hours or more). **Minimum age** is 18 years. **All prices are subject to change without prior notice. Surcharges apply on public holidays.**

our Spa

TIME TABLE

If you don't know what treatment you would like, but you do know how much time you have...



more than 2 hours

Dreamtime

up to 2 hours

Signature Treatment, Spa Special, Spa Sampler, Extremities, Tropical Treat, Pamper Package, Sunburn Soother, Massages, Facials, Hot Stone Therapy

up to 1 hour

Full Body Treatment, Skin Reviver, Hot Stone Therapy, Body Mask, Body Scrub, HydroBath, Aroma Steam, Facial, Massage, Shiatsu, Reiki

In-room treatments available

Gift Certificates

Gift certificates are available for all occasions. Ask your therapist or enquire at the spa reception.

PACKAGES

I want to ...

Dreamtime

180min - \$360

If you want it all this is it. Salt glow, body mask, aroma steam and mini-vichy to start with, followed by a relaxing full body massage and the ultimate facial. What more is there to wish for?

Spa Special

120min - \$320

Feel like a new person. The salt glow takes away all impurities of your skin and leaves it invigorated and refreshed. The relaxing and re-hydrating body mask replenishes your cells while your face gets pampered with a relaxing face ritual. The mini-vichy treatment gets you ready for the full body massage that concludes this special treat.

Spa Sampler

120min - \$220

Indulge in a foot soak and scrub, let go of stress during the massage and feel renewed after the refreshing express facial.

Extremities

120min - \$220

Get pampered to the extreme with a barefoot indulgence, pampering hand treatment and a dream-like facial.

SIGNATURE TREATMENT

120min - \$210

This very special treat starts with a stimulating dry brush. Next you can relax during your personalised massage, before you drift away receiving a hydrating and nourishing spa facial. You will love this experience!

PACKAGES

rediscover myself



Pamper Package

90min - \$225

Melt away in your personalised aroma steam, indulge in the refreshing facial and finish this incredible treat with a relaxing full body massage.

Sunburn Soother

90min - \$170

Had a little too much sun? This might help. A nourishing and re-hydrating full body mask while you relax in your personalised lavender steam, followed by a full body massage with lavender oil.

Tropical Treat

90min - \$165

Relax during the massage and drift away during the relaxing spa facial. This treatment combines the best of both worlds.

Full body treatment

60min - \$160

The name says it all, treat your full body. It starts with a gentle body scrub, followed by a full body mask, then it is time to relax in the aroma steam and get washed away by the mini-vichy.

Skin Reviver

60min - \$105

Revive your skin with a dry brush and relax during the massage. This really gets you up and going.

Hot Stone Therapy

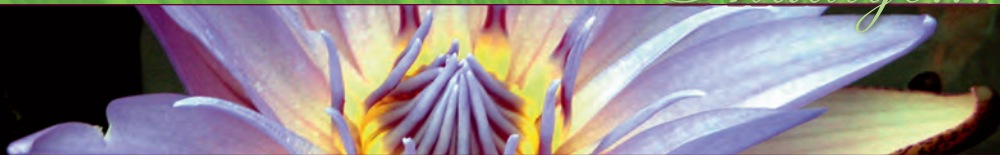
45min - \$110 90min - \$180

Heated stones will be placed on key points of your body and used for a deep massage in combination with cool marble. A sensation of comfort and warmth is created. You will feel deeply relaxed, allowing you to let go of all the stress that you hold within your body. A really amazing experience.

BODY TREATMENTS

wet treatments

Indulge...



Body Mask

45min - \$95

Choose the mask that suits your body best. The aroma steam will increase the healing effect and leave you totally relaxed. The treatment finishes with a mini-vichy and body moisturizer.

Aromatic Salt Glow

30min - \$75

Your body will be exfoliated and nourished by the salt minerals. After everything has been washed away with a mini-vichy treatment you will be replenished all over with body moisturiser.

Gentle Body Polish

30min - \$75

Ideal for sensitive skin to get rid of impurities and dead cells. You will relax during the mini-vichy treatment and after the body moisturizer is put on you will feel totally refreshed.

Hydrobath

30min - \$70

Water, salts and essential oils – plus the underwater massage help you to relax, stimulate your lymphatic system and your circulation. Please bring your bathers.

Aroma Steam

30min - \$65

Your skin will love you for this hot experience where the essential oils really can enter your system and give you the much needed relaxation.

BODY TREATMENTS

dry treatments

your senses

Massage

30min - \$65 60min - \$95 90min - \$140

We personalise our massages to what you need. Please let us know at time of booking what you would like to achieve so we can advise on the best possible treatment for you.

AROMA - a relaxing massage using aromatic essential oils and light to medium-firm strokes to totally relax body and mind.

SWEDISH - feel tension melt away and let go of stress during this medium-firm to firm massage.

EXTRA FIRM - the right choice if you seek a more therapeutic treatment to help with those aches and pains.

PRE-NATAL  - you have passed the first trimester of this special time and are ready for the nurturing and relaxing touch of our experienced therapist.

SHIATSU

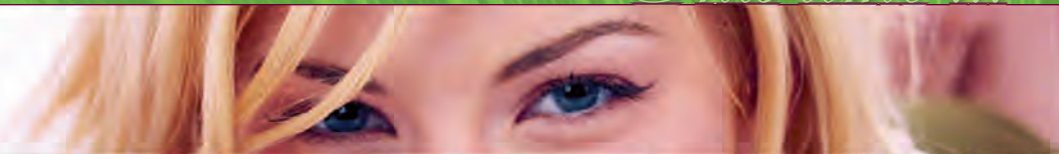
60min - \$100

An ancient Japanese technique of massage. Pressure is applied along the meridians, helping to release blockages of energy within your body. You stay dressed throughout the treatment, so remember to wear loose, comfortable clothing. No oil is used.

FACE

we cater for male and female guests

This time ...



During our treatments we use **Waterlily**, an Australian brand inspired by the principles of Aromatherapy. All products are derived from pure botanical ingredients, natural plant extracts and an infusion of essential oils. They are available for your home-care, so you can extend this beautiful experience into your daily routine.



These treatments are suitable for HIM and HER - you are worth it!

Face Ritual

30min - \$75

Get carried away by the gentle touch of your therapist and the subtle fragrances of the natural products. Your skin is cleansed, gently exfoliated, massaged and moisturized. You will leave looking and feeling renewed in no time.

Dreaming

60min - \$110

Lay back and relax - we will cleanse, exfoliate, and nourish your skin with the right choice of natural products. Mask, massage and moisturising of your face and décolletage are all inclusive in this soothing treat.

The Works

90min - \$155

This intense caring treatment will give your face and décolletage all the attention it needs. Cleansing, exfoliation, de-stressing massage, a deeply cleansing mask followed by a nourishing and hydrating one - it's all there. We will finish your indulgence with beautiful moisturizers to replenish your skin.

FACE, HANDS AND FEET

it is all about you

Enhance your facial

add \$15

BOTANICAL RENEWAL SERUM

Restores and protects against premature aging

REFINING HIBISCUS SERUM

Refines, revitalises and brightens the skin tone

ESSENTIAL REBALANCING SERUM

Purifies and repairs while controlling sebum

ORANGE CREAM HAIR MASK

A botanical treatment to restore brilliance to tired, dry hair.

Botanical Barefoot Indulgence

\$45min - \$75

Using the ancient techniques of massage, aromatherapy and pure botanicals this aromatic foot treatment relieves stress and tension while enhancing relaxation and general well being, leaving feet smooth enough to kiss.

Pampering Hand Treatment

\$30min - \$55

Drift away while your hands get gently exfoliated, massaged and restored. Your whole body can relax during this pampering experience.

Par Excellence

add \$25

Add this special touch to your hand or foot treatment. Layers of delicious paraffin wax will give your skin this additional smoothness that you have been looking for.

BODY AND SOUL

Express...

Bowen

60min - \$100

This gentle but dynamic Australian therapy comprises sequences of small, gentle moves at specific sites on the body. It empowers the body's own healing resources, achieving balance and harmony, frequently resulting in fast and lasting relief from pain and discomfort.

Reiki

60min - \$100

Japanese for "Universal Life Energy", Reiki helps create balance, harmony and well-being through a non-invasive, light hand touch that transfers a flow of energy to the body. Reiki can clear and heal energy pathways, revitalizing the client's natural life force and allowing it to flow freely and undisturbed.

NLP coaching

allow 90mins per session - \$130

NLP training & coaching provides personal one on one coaching for areas such as: Relationships, goal achievement, altering thinking patterns, changing unwanted behaviours, better control over your emotions, phobias, improved career performance, improved communication plus much more... A SERIES OF THREE IS RECOMMENDED.

Specials

Ask our staff what other specialties we are offering while you are here.

FEEL GOOD ACTIVITIES

your personality

Classes

Be active and feel good! Our wellness activities help you feel good about yourself. Join just once or come as a regular. We offer a broad range of activities to help you enjoy that happy lifestyle. Try any of the following and combine it with a pampering treatment if you like:

- Tai Chi - Yoga - Meditation - Chi Gong - Korean Ki Sung Exercises

Or learn about wellness and health related issues during our talks. We cover all kinds of topics, from nutrition to fitness training and anything in between.

Ask for our current time table to see which trainers and topics are happening today.

Baby massage course

5 x 1hr sessions - \$195

Touching your baby with your hands you present safeness as well as security and a warm welcome to the world at the same time. Learn to stimulate muscles, breathing, circulation and metabolism of your baby and thus support the age based physical development.

You will work one-on-one with the trainer over five hours at the time most suitable for you and your baby.



A mind & motion® wellness spa



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