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spa & sport  
swissôtel SYDNEY



spa menu

## INFORMATIONS & RESERVATIONS

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Monday to Sunday 08:30 AM - 08:30 PM  
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## WELCOME TO SPA & SPORT AT SWISSOTEL SYDNEY

Here at Spa & Sport you will have the opportunity to enjoy uninterrupted time to yourself. Take a step back, regenerate, refresh and reward yourself with some well-earned rest and relaxation.

Enjoy a carefully crafted range of signature face and body treatments. All treatments use an exclusive range of anti-ageing Swiss and Australian products.

## OUR PRODUCT PHILOSOPHY

When choosing our products for the luxury Swissotel Day Spa, we have placed careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued guests.

**PÜROVEL** is a concept created by Swissotel and inspired by the alpine seasons - its philosophy mirrors the four stages of natural vitality. Celebrating the origins of wellbeing, Pürovel takes full advantage of the vitality deeply rooted in Switzerland. Allow essential oils from alpine flowers and herbs to invigorate your mind, body and soul. The four seasons of Alpine Vitality are the basis of all Pürovel treatments and rituals.

**ALPEOR** offers a unique alternative in the field of anti-ageing care and response to a growing demand for products formulated with botanical ingredients that provide tangible results. Alpeor uses the potency of Swiss Alpine plants for beautiful youthful-looking skin. After extensive research, Alpeor has developed an exclusive technology for extracting the rare properties of Swiss Alpine plants and ensuring that they work synergistically in order to boost effectiveness.

**RUVEL** botanical range of products are based on natural plant extracts. Where nature and science come together. Our carefully formulated skin and body products incorporate bio-active botanical extracts together with pure and potent nutrients to minimize the effects of ageing.



## SPA TREATMENTS

Each of our Spa & Sport spa therapies begin with the Welcome Vitality Touch a foot cleansing ritual combining the use of warm towels infused with essential oils. Your spa therapy journey ends with a final light touch from your therapist and a refreshing mist for your face to bring your body's awareness back together as one.

## PÜROVEL SIGNATURE MESSAGES

Spa & Sport offers three signature aromatherapy massages inspired by the Swiss mountains.

### PÜROVEL MOUNTAIN MEADOW MASSAGE

This customised relaxation massage uses long, smooth strokes to relax muscles and aid both the lymphatic and circulatory system. Deep breathing with our signature Pürovel aromatherapy blend starts the relaxation process and prepares you for this nourishing body, mind and skin massage.

**60 MIN / 90 MIN | \$145 / \$195**

### PÜROVEL ALPINE SPRING MASSAGE

A relaxation style massage with medium pressure that eases tension and stimulates blood flow. Deep breathing along with our signature Pürovel aromatherapy blend clears the mind and breathing passages. A perfect massage for active people who need subtle muscle recovery.

**60 MIN / 90 MIN | \$145 / \$195**

### PÜROVEL MOUNTAIN STONE MASSAGE

Our signature Pürovel aromatherapy blend combines essential oils with hot stones to create a deep heat massage to release muscles and melt away stress.

**60 MIN / 90 MIN | \$150 / \$200**

## SPA ESSENTIAL BODY MESSAGES

For our range of classic massages, our therapists use Spa & Sport Aroma Body Massage oils to rejuvenate and nourish your skin and expertly tailor their technique to suit your individual needs. We recommend you use the sauna to relax and prepare your muscles before any of our body massage treatments. Couples can enjoy massages side by side in our couples treatment room.

### INALA (rest time) AROMATHERAPY INDULGENCE

This light to medium pressure full body massage is designed to suit your personal needs. Choose from a selection of native Australian aromatherapy blends of essential oils that help improve circulation and tissue elasticity, stimulate your senses and relax the mind.

60 MIN / 90 MIN | \$140 / \$195

### ALPINE SWEDISH MASSAGE

An energising and vivifying massage that uses gentle flowing movements intended to improve circulation and tissue elasticity, promoting complete body and mind relaxation.

60 MIN / 90 MIN | \$140 / \$195

### THERAPEUTIC DEEP TISSUE MASSAGE

A specific massage tailored to your needs using specialised techniques which increase suppleness, stimulate lymph and blood circulation, ease muscle stiffness and tension, whilst also inducing a state of therapeutic relaxation and stress relief. This therapeutic massage uses dynamic blends of essential oils to suit your individual needs.

60 MIN / 90 MIN | \$150 / \$200

### JANGGY (muscle tissue) THERAPEUTIC REMEDIAL MASSAGE

An exceptional massage created exclusively by our experienced team of spa therapists that blends together the techniques of native Australian aromatherapy and remedial massage. Our therapists will tailor this treatment to suit your needs by focusing on specific areas of muscle tension, leaving your body realigned and your mind deeply relaxed.

60 MIN / 90 MIN | \$150 / \$200

### WARM CANDLE MASSAGE

This luxurious massage uses unique organic blends of antioxidant soy bean oil, shea butter, nourishing Australian jojoba oil, hydrating vitamin E, calming ylang-ylang, precious sandalwood, soothing lavender, fruit extracts, vitamin A, B, C and F to create an ultra-rich skin care balm. This balm, taken from a burning candle, liquefies into a warm massage oil with a melting point 2 degrees above body temperature that has the ability to relax muscles, improve circulation and tissue elasticity and promotes complete mind and body relaxation.

60 MIN / 90 MIN | \$150 / \$200

## WHY NOT COMPLEMENT YOUR MESSAGE WITH

### ORANA (welcome) VITALITY FOOT TREATMENT

A foot cleansing and exfoliating ritual, combining the use of warm towels and an exfoliant with native essential oils which will condition and soothe feet.

15 MIN | \$35

### BODY BRUSHING

A traditional technique that has been used for centuries to gently exfoliate dead skin cells, bringing blood and oxygen to the surface of the skin and helping to speed up the process of eliminating waste via lymph stimulation. This process also assists with the prevention of dry skin and premature ageing while obtaining brighter, smoother, softer looking skin.

15 MIN | \$35

### WARM PARAFFIN BACK TREATMENT

This treatment is the pinnacle in hydrating your skin while warming and relaxing your muscles. Layers of warm paraffin are placed on your back sealing in moisture while allowing heat to penetrate deeply into your muscles. While you are resting and comfortable, a relaxing and rejuvenating lower leg/foot massage is provided.

15 MIN | \$35

### HAND OR FEET WARM PARAFFIN TREATMENT

A warm lotion is applied while gently massaging your hands and/or feet. We then apply warm paraffin to your hands and/or feet by utilising a plastic liner. This liner creates a seal which improves heat retention. Next, a mitt or booties are slipped over the plastic liner. After the paraffin is removed incredibly soft moist hands and/or feet are revealed. Finally, we end your session with another massage.

15 MIN / BOTH | \$30 / \$50

### SALT AND OIL REVIVER

Reveal soft, glowing, nourished skin with this high-performance treatment. This exceptional skin softening body exfoliation combines sea salts with natural essential aromatic oils to leave your skin nourished, smooth and supple. It is the perfect preparation to maximise the absorbed benefits of your body treatment. For a lighter application, body polish is applied instead of the salt and oil scrub.

30 MIN | \$70



## SPA & SPORT TREATMENTS OILS

Guests may choose between five Spa & Sport organic aromatherapy blends of treatment oils to customize your ultimate massage experience. Spa & Sport uses a range of beautiful pure base oils. Jojoba restores skin elasticity, Grape seed oil as an antioxidant, Rice oil rich in vitamins, nutrients & antioxidants, Coconut oil with anti-inflammatory & analgesic properties.

### **CALMING BLEND OF ESSENTIAL OILS**

A blend to bring instant calm and comfort. It contains lavender to relax muscles, mandarin, bergamot, and clary sage to encourage a relaxed sleep.

### **UPLIFTING BLEND OF ESSENTIAL OILS**

A stimulating and refreshing oil designed to lift and energise the spirit. Contains a beautiful blend of nourishing base oils with uplifting essential oils including orange, lemon, ginger, geranium, lime, frankincense and juniper.

### **DYNAMIC BLEND OF ESSENTIAL OILS**

This dynamic oil will help reboot your system and work on tension, tight muscles and help flush out those unwanted toxins. A boosting blend of juniper, rosemary, sandalwood, peppermint, chili seed and thyme is added as a final touch.

### **HARMONY BLEND OF ESSENTIAL OILS**

The perfect oil for an ultimate soothing and relaxation experience. A rich oil base, elegantly enhanced with a combination of lemon myrtle oil, Peru balsam, mandarin, geranium and patchouli oil. This combination will help relieve the mind and stimulate the senses.

### **AUSTRALIAN SPICE BLEND OF ESSENTIAL OILS**

An exotic blend of essential oils to uplift your senses and calm the body. It is enhanced with essential oils such as bergamot, orange sweet oil, patchouli ylang-ylang, cucumber oil, Australian sandalwood, jasmine, rose, cinnamon, cardamom and clove oil.



## ADVANCED AGE DEFYING FACIALS BY ALPEOR

### ULTICELL PREMIUM AGE DEFYING FACIAL

An exclusive premium treatment and cell booster that promotes anti-ageing at three levels; focusing on wrinkles, firmness and radiance in order to restore and protect skin.

### AGE DEFYING WHITE PHYTO COMPLEX FACIAL

Truly rejuvenating, whitening and purifying care for combination and oily skin. Brightens complexion, reduces age spots and evens skin tone. A tonic wake-up of the skin, it sparkles with vitality and freshness.

### ANTI-AGE RESOR COMPLEX FACIAL

An advanced facial that smooths, renews, replenishes and tightens skin. Rediscover tone, density, firmness and youth for your face, eyes and neck.

90 MIN | \$215

#### Alpeor Advanced Age Defying Facials include:

Welcome vitality foot treatment, Double facial cleanse, Steam, Exfoliation, Relaxing age defying facial massage, Neck and Scalp massage, Hand and Foot massage, Advance age defying mask, Advance age defying face serum, Eye cream, Age defying moisturiser.

## SIGNATURE FACIALS BY ALPEOR

### PURIFYING FACIAL

A deep cleansing and rebalancing facial with detoxifying massage for oily skin. This will revive your complexion and maintain healthy skin.

### NOURISHING FACIAL 'RICHES MONTAGNES'

A multi-nourishing and revitalising facial treating dry skin. Deeply stimulated skin is supple, luminous and replenished.

### MOISTURISING FACIAL 'FRAÎCHES PRAIRIES'

This moisturising facial targets normal, combination or environmentally damaged skin. It utilises our proven hydration skincare revealing a glowing radiant complexion.

60 MIN | \$150

#### Alpeor Signature Facials include:

Welcome vitality touch ritual, Double facial cleanse, Steam, Exfoliation, Light facial massage, Customized mask, Neck and Scalp massage, Hand massage, Eye cream, Customised moisturiser.

### TEEN FACIAL BY ALPEOR

Teen skin needs delicate care to look its best. This facial calms and cleanses skin using products that will not overstimulate and teaches teens to look after their skin at home to achieve beautiful clear skin that they can be confident in. This facial is suitable for ages 12-18 years.

45 MIN | \$100



## ADVANCED INTENSE FACIALS BY RUVEL

### ADINA AGE-DEFYING FACIAL

An advanced, anti-ageing facial treatment containing some of the most potent natural antioxidants and nutrients which assist with collagen matrix remodelling and improving skin texture. These natural extracts together with Red LED therapy stimulate the production of collagen and promote the reduction of fine lines and wrinkles.

### KAKADU PURIFYING FACIAL

A treatment designed for oily, problematic and congested skin. Incorporating bio-active botanical extracts to help absorb impurities and assist cellular turnover to repair and rejuvenate skin. These nourishing native extracts are infused into your skin and together with Blue LED therapy reduce acne inflammation and boost skin recovery while decreasing skin oiliness by lowering excess sebum production.

### ALKIRA (bright, sunny) REGENERATING FACIAL

An intensive facial treatment designed to improve the texture of your skin using specifically targeted, natural active ingredients and plant extracts. Working together with Green LED therapy this regenerating facial aids hyperpigmentation, uneven skin tone and UV skin damage. Fresh, glowing results make this highly targeted treatment ideal for fatigued complexions.

90 MIN | \$210

#### Advanced Intense Facials include:

Orana (welcome) Vitality Foot treatment, Double facial cleanse, Steam, Exfoliation, Relaxing facial massage with neck and scalp massage, Hand and foot massage, Advanced intensive facial mask, Intense face serum, LED therapy mask treatment, Eye cream, Customised moisturiser.

## SIGNATURE FACIALS BY RUVEL

### JUMAGA (good) DETOXIFYING FACIAL

This remarkable facial is designed for problematic skin to draw out impurities and provide balance using native ingredients which help to cleanse skin and prevent breakouts. Concentrated extracts and complexes are used to achieve optimal results while massage techniques assist to decongest skin and reduce inflammation.

### NUNKERIE (beautiful) NOURISHING FACIAL

Renew your skin to its natural perfection with our radiance boosting and skin regenerating treatment using anti-oxidant ingredients specifically sourced from Australia and around the world that replenish skin, reduce the appearance of fine lines and improve skin tone.

### PANKINA (be happy) HYDRATING FACIAL

This facial is designed as an intensive boost for all skin types, focusing on replenishing skin moisture. A gentle exfoliation removes impurities that congest skin & the hydrating mask is packed with native botanicals, leaving skin smooth and feeling rejuvenated. This exotic facial is completed with a moisturiser that is designed to nurture uneven skin and leave you with a radiant skin complexion.

60 MIN | \$145

#### Signature Facials include:

Welcome Vitality Touch foot ritual, Double facial cleanse, Steam, Exfoliation Customized mask, Light facial massage with neck and scalp massage, Hand or foot massage, Eye cream, Customized moisturizer.

## WHY NOT COMPLEMENT YOUR FACIAL WITH

### AGE-DEFYING EYE TREATMENT

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment that helps to reduce the appearance of fine lines and relieve tension from eye strain and computer headaches.

### HYDRATING LIP TREATMENT

The hydrating lip mask incorporates a number of antioxidants to hydrate skin and improve the appearance of fine lines around the mouth area. The moisture rich mask gently soothes and plumps lips, increasing blood flow which assists in providing definition to the lip area.

### NECK TREATMENT

Give your neck an instant lift with this exclusive treatment. A thorough exfoliation reveals smoother skin and then a tightening, peel-off mask is applied for an instant lift. A neck-shaping cream is then massaged into your neck for a lasting lifted and hydrated look.

### ORANA (welcome) VITALITY FOOT TREATMENT

A foot cleansing and exfoliating ritual, combining the use of warm towels and an exfoliant infused with native essential oils. Followed by a stimulating foot massage and soothing balm with extracts of menthol and eucalyptus which will cool, condition and soothe feet.

15 MIN | \$35

### HAND OR FEET WARM PARAFFIN TREATMENT

A warm lotion is applied while gently massaging your hands and/or feet. We then apply warm paraffin to your hands and/or feet by utilising a plastic liner. This liner creates a seal which improves heat retention. Next, a mitt or booties are slipped over the plastic liner. After the paraffin is removed incredibly soft moist hands and/or feet are revealed. Finally, we end your session with another massage.

15 MIN / BOTH | \$30 / \$50

## LED THERAPIES

Refresh and revitalise with this non-invasive skin rejuvenation system. Photo-dynamic LED therapy, using light of varying wavelengths, penetrate the skin to improve its overall appearance and texture. LED therapy tends to use three different light sources - green, blue and red light. Completely painless, this therapy rebalances and heals cells, improves skin tone and diminishes fine lines.

### RED LIGHT THERAPY

Stimulates elastin and collagen production, improving skin texture complexion and increasing blood flow. It smooths wrinkles, fine lines, reduces redness and improves overall appearance.

### BLUE LIGHT THERAPY

Is an antiseptic, astringent and reduces inflammation. The antiseptic element destroys bacteria while accelerating the healing process and reducing congestion.

### GREEN LIGHT THERAPY

Balances skin tone and texture, is anti-inflammatory and great for hyper-pigmentation. Good for sun damage pigmentation, uneven skin tone and rosacea.

### LED SPA TREATMENT

The LED spa treatment is designed to rejuvenate, heal, hydrate, balance and plump dry or stressed skin. We incorporate a cooling plant-based serum tailored to your needs. Then experience a customised LED treatment delivering non-invasive, anti-ageing results that is effective and safe, with a relaxing hand/arm massage whilst under the light.

#### Includes:

Double cleanse, Toner, Exfoliate, Tailored face serum/mask, Customised LED therapy, Hand/Arm massage.

45 MIN | \$120

### BUY A COURSE OF SIX FOR \$600

An immediate glow is noticeable after one session, six treatments provide the ultimate, youth-enhancing boost.





## SPA PACKAGES | DAY SPA RITUALS

Our Day Spa Rituals incorporate full use of the Spa & Sport facilities including the rooftop heated swimming pool, sauna and Jacuzzi. To complete your Day Spa Ritual a light, healthy lunch will be served by the pool or at the Crossroads bar in the Swissotel.

### AUSTRALIAN DISCOVERY

**Includes:** ORANA (welcome) Vitality Foot treatment - Body scrub - Aroma massag - Mud wrap - Signature facial - Age-defying eye treatment - Spa Vitality lunch.

Begin the ritual with an invigorating full body scrub to remove dead skin cells. Then unwind into a warm cocoon where you will be wrapped in Australian Uluru mud, rich in a natural blend of clays and oils. Release tension with an INALA aromatherapy indulgent full body massage & experience a signature facial, leaving skin radiant and glowing.

**200 MIN | \$520**

### LUXURY RITUAL

**Includes:** ORANA (welcome) Vitality Foot treatment - Body brush - Pürovel body massage - Hydrating mask - Alpeor signature facial - Age defying eye treatment - Spa Vitality lunch.

Your journey begins with a welcome vitality foot treatment and full body exfoliation using a body brush, followed by a full body massage using one of our Pürovel signature oils and a warming body mask which nourishes skin. Finish the journey with an Alpeor facial tailored to your skin's needs, leaving you feeling revitalised and looking youthful from head to toe.

**180 MIN | \$490**

### AUSTRALIAN AROMA JOURNEY

**Includes:** ORANA (welcome) Vitality Foot treatment - Spa & Sport double deep exfoliation - Nourishing candle body massage - Warm and balancing hair treatment - Spa Vitality lunch.

Begin your treatment with a welcome vitality touch, a foot cleansing ritual combining the use of warm towels and an exfoliant infused with native essential oils which will condition and soothe your feet. Revive dry, dull skin with a full body exfoliation using our luxurious body scrub in a two-step treatment, followed by a loofah scrub with a botanical rich shower/bath gel. Next, indulge the senses with a rich, warm balm oil from a burning candle exotically scented with flowers such as jasmine, sandalwood & lemon myrtle which harmoniously work together to help lift emotions, nourish skin and leave you feeling enriched. The experience ends with a warm, balancing hair oil application and nourishing mask to moisturize and condition the scalp and hair.

**160 MIN | \$400**

## SPA & SPORT URBAN ESCAPE

### PURE SPA INDULGENCE

**Includes:** ORANA (welcome) Vitality foot treatment - Aroma massage - Signature spa facial - signature spa treat.

A luxurious package with all the basic spa treatments, including a personalized signature spa facial, de-stressing INALA aromatherapy massage and a welcome vitality foot treatment. The ultimate treat that pampers your body and soul.

130 MIN | \$300

### REVIVING HOT STONE ESCAPE

**Includes:** Welcome Vitality Touch ritual - Full body exfoliation - Back and leg massage with hot stones - Personalised express facial - Scalp massage - Signature spa treat.

Unravel tension, instantly boost your complexion and relax your body and mind with our most renowned treatment, a full body salt & oil exfoliation, legs, back, neck and shoulder massage with hot stones. Included is a focused express facial tailored to your skin's unique needs and finished with a stress reducing scalp massage. Our experienced therapist will soften and warm target muscles to ease aches and pains as well as help to relieve deep muscle tension.

120 MIN | \$280

### ENERGIZING DETOX

**Includes:** Welcome Vitality Touch ritual - Body brushing - Body exfoliation - Body massage.

Awaken your senses with this invigorating and purifying journey. Experience a stimulating dry-brush exfoliation followed by an energizing, deep-cleansing Midjuburi body scrub infused with Aloe Vera leaf powder, Australian sandalwood, jasmine and desert lime essential oils to help detoxify, promote circulation and improve skin texture and appearance. This is followed by an invigorating hour long full body massage with your choice of an uplifting or relaxing body oil.

100 MIN | \$240

### YIN-DEE (sun) DAY DREAM

**Includes:** Welcome Vitality Touch ritual - INALA aroma body and face massage - Scalp massage.

The ultimate in relaxation, this light touch full body massage uses our signature natural massage oil with long flowing techniques to place the body, mind and spirit into a meditative state. This treatment is intended to improve circulation and tissue elasticity and concludes with a face and head massage.

80 MIN | \$180

### SOUL RETREAT

**Includes:** Welcome Vitality Touch ritual - Back and neck massage - Personalised express facial - Age defying eye treatment - Scalp massage.

Revitalize and recharge your body with this treatment, it begins with a welcome vitality touch ritual, a foot cleansing and exfoliating treatment that combines the use of warm towels and an exfoliant infused with essential oils. Relax as the therapist gently soothes your fatigue away with a stress relief back and neck massage, relaxing scalp massage and an intensive personalised express facial to revitalise tired skin.

70 MIN | \$160

### PURIFYING BACK TREATMENT

**Includes:** Welcome Vitality Touch ritual - Back exfoliation - Back massage - Balancing mask - Leg massage.

Refresh and renew body and mind with this stress-relieving back treatment. Beginning with a welcome touch ritual, followed by a deep cleansing exfoliation across the back combined with an aromatherapy and balancing mask to purify and refine skin. Whilst the back mask takes effect, tension or fatigue in the back of the legs is released with a targeted massage.

70 MIN | \$160

### REVITALIZING LEG MASSAGE

This is a wonderfully relaxing treatment and begins with a warm compress of essential oils. Relax and enjoy a soothing massage that drains, relieves and improves circulation, removes and relieves stiffness, stress and irritations caused by the demands of modern living. This therapy is ideal for those who suffer from water retention (including pregnant ladies).

40 MIN | \$90

### INN-NAH (feet) REVITALIZING FOOT AND LEG THERAPY

**Includes:** ORANA (welcome) Vitality Foot treatment - Massage of the feet and legs - Refreshing foot mask - Scalp massage.

Relax with this traditional treatment which begins with the ORANA Vitality foot treatment, a foot cleansing and exfoliating treatment combining the use of warm towels and a mineral exfoliant infused with essential oils. Followed by a delightful effleurage massage of the feet and legs using our spa foot blend oil. Complete the experience with a rejuvenating and refreshing mask that leaves your feet and legs feeling fantastic.

70 MIN | \$160



## ULTIMATE BODY ENVELOPMENTS

### ULURU-WIRU (beautiful) BODY TREATMENT

**Includes:** Welcome Vitality Touch ritual - Body brushing - Body exfoliation - Deep cleansing and balancing mud wrap - Relaxing scalp massage - Moisturiser massage application - Age-defying eye treatment.

This cleansing ritual begins with an organic plant base exfoliant enriched with cucumber oil, bergamot oil, juniper berry and aloe vera extracts to buff and polish skin. Relax in a full body mud wrap, with high mineral content, from the dead sea which helps to regulate healthy cell function while marine collagen assists in improving skin elasticity and plumpness. Next, enjoy a full body invigorating massage with refreshing and toning moisturiser enriched with cucumber powder extract, Australian sandalwood oil and ginseng extracts to encourage healthy cell growth. Finally, a relaxing scalp massage and age-defying eye treatment completes this unique pampering experience, leaving you with a feeling of peace and purity.

110 MIN | \$250

### MIDJUBURI (Lilly Pilly) BODY TREATMENT

**Includes:** Welcome Vitality Touch ritual - Body brushing - Body exfoliation - Revitalizing and rejuvenating mud wrap - Scalp massage - Moisturiser application - Age-defying eye treatment.

This treatment comprises of a revitalizing and rejuvenating body wrap which includes a full body scrub with natural bamboo, cranberry and hibiscus granules that soften and revitalise skin. This is followed by a full-body mud wrap with Australian sandalwood oil, pomegranate oil, Kakadu plum, native Australian gardenia and papaya extract to invigorate and regenerate skin. Next, enjoy a relaxing body massage with a balm application of native Lilly Pilly fruit extract, Kakadu plum, quandong fruit extract and cranberry extract which provides powerful antioxidant properties to maintain healthy skin. A relaxing scalp massage and age-defying eye treatment completes this unique pampering experience.

110 MIN | \$250

### ALINA (bright, beautiful) HYDRATING BODY PACKAGE

**Includes:** Welcome Vitality Touch ritual - Aloe vera hydrating wrap - Head and scalp massage - Hydrating personalised express facial - Age-defying eye treatment.

The perfect hydrating treatment for dry, sun exposed skin. Pure algae blended with aloe vera is warmed and applied with an essential oil of your choice to create this fast-absorbed therapy which soothes your body. Loosely wrapped in a blanket, you will drift peacefully into blissful rest whilst enjoying a comforting head and scalp massage. Includes a luxurious, relaxing facial massage and hydrating mask.

80 MIN | \$190





## MAKURA (Mother) PREGNANCY SPA TREATMENTS

Specifically designed for this very special time, our pregnancy treatments focus on reducing tension, aiding relaxation and restoring comfort to the skin and body. Makura pregnancy spa treatments can be enjoyed throughout your pregnancy after the first trimester.

### MANANGA (meaning mother and child) PREGNANCY MASSAGE

A calming and soothing full body massage for mothers to be that helps improve skin elasticity, increase energy levels, alleviate discomfort and increases circulation.

**60 MIN / 90 MIN | \$145 / \$200**

### MUMS HEAD TO TOE INDULGENCE

**Includes:** Welcome Vitality Touch ritual - Gentle body exfoliation - Nourishing massage & Body mask - Relaxing scalp massage.

Your nurturing body treatment begins with a gentle body exfoliation with natural calendula and rose infused oil and advanced massage techniques to relieve stress in tension prone areas during pregnancy. You are then cocooned in a warm nourishing body mask, whilst enjoying a blissful scalp massage. This indulgent treatment leaves your body relaxed, spirit calmed and skin glowing.

**80 MIN | \$180**

### 'MUM-TO-BE' STRESS RELIEF PACKAGE

**Includes:** ORANA (welcome) Vitality Foot treatment - Body massage - Personalised express facial.

Your preferences for comfort are paramount in this combined personalised express facial and full body massage, which is tailored entirely for you with pillow support and positioning to ensure complete relaxation. The massage begins with an intense nourishing moisturiser; then a warm towel cleanse and exfoliation prepares your face for the nourishing mask. This mask is allowed to rest while your hands, feet & arms are gently massaged. Finally, a cooling leg massage relieves swelling and eases away the feeling of tired legs to leave you entirely revitalised.

**100 MIN | \$240**

### ULTIMATE RELAXATION

**Includes:** Welcome Vitality Touch ritual - Body exfoliation - Body massage - Personalised express facial with neck, shoulder and scalp massage - Invigorating foot treatment - Soothing hand treatment - Vitality spa lunch.

Your spa day will begin with a welcome vitality touch ritual, foot cleansing treatment combining the use of warm towels infused with cooling essential oils. Next is a refreshing spearmint body exfoliation and a full body massage using nourishing body butter/avocado rich oil, followed by a tailor made facial with a neck, head and shoulder massage. An invigorating foot and soothing hand treatment completes this package. A healthy vitality lunch is included.

**160 MIN | \$450**



## TREATMENTS FOR MEN

While all our Spa & Sport treatments are suitable for male clients, we have selected treatments specifically designed for men.

### GENTLEMEN'S FACIAL

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men, aiding relaxation of the skin and helping to refine pores. A luxurious massage and deep cleansing masque is included.

**60 MIN | \$140**

### BODY REFINER

**Includes:** Orana (welcome) Vitality Foot treatment - Body brushing - Deep tissue massage.

A detoxifying massage that will give those tired muscles a workout. Using our detox oil, containing body-boosting and warming essential oils, your treatment begins with our signature welcome vitality foot treatment, followed by a body brushing to improve circulation and deep-tissue massage to relieve knots, tension and tightness.

**90 MIN | \$210**

### TIME OUT FOR MEN

**Includes:** Orana (welcome) Vitality Foot treatment - Double deep back exfoliation - Back, neck and scalp massage - Gentlemen's deep cleansing facial.

Begin your experience with a back cleanse and exfoliation that refreshes your skin. Continue the journey with a stress relieving back massage and therapeutic scalp massage to pinpoint areas of tension. Finish with a deep cleansing facial complete with purifying mask to nourish and protect your skin.

**120 MIN | \$300**

### GENTLEMEN'S EXECUTIVE RESCUE

Specially designed for men, this package includes an energising and deep cleansing exfoliation, a JANGGY (muscle tissue) therapeutic remedial massage and a gentlemen's facial.

**150 MIN | \$350**



## COUPLES PACKAGS



### PÜROVEL MOUNTAIN STONE MASSAGE FOR COUPLES

Our signature Pürovel aromatherapy blend combines essential oils with hot stones to create a deep heat massage to release muscle tension and melt away stress.

**60 MIN / 90 MIN | \$285 / \$390**

### THOORUNA (together) PACKAGE

**Includes:** Welcome Vitality Touch ritual - INALA aroma massage - Signature treat.

Relax together with our INALA aromatherapy massage, which uses a native Australian aroma blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation and restore the flow of energy throughout the body. This wonderfully soothing and rejuvenating experience is ideal for sharing that special time together.

**70 MIN / 100 MIN | \$275 / \$385**

### NOWRA (you and me) COUPLES BLISS

**Includes:** ORANA (welcome) Vitality Foot treatment - Relaxing aroma massage - Personalised express facial - Signature spa treat.

Begins with an ORANA vitality foot treatment, a foot cleansing and exfoliating treatment combining the use of warm towels and a mineral exfoliant infused with essential oils. Enjoy side-by-side indulgence with a relaxing massage using aromatic oil and freestyle techniques combined with a personalised express facial to suit your skin care needs.

**110 MIN | \$480**

### MALBAR (magic stone) RITUAL

**Includes:** Welcome Vitality Touch ritual - Full body exfoliation - Back and legs massage with hot stones - Personalised mini facial - Scalp massage, Signature spa treat.

Unravel tension, instantly boost your complexion and relax your body and mind with our most renowned treatment - a full body salt and oil exfoliation, back, neck, shoulder and legs massage with hot stones. Includes a focused express facial tailored to your skin's unique needs and finished with a stress reducing scalp massage to revive and recharge. This exceptional skin softening body exfoliation combines sea salts with essential oils and a therapeutic massage using a Spa & Sport body oil matched to your specific needs, combined with hot volcanic stones. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax.

**130 MIN | \$560**

### MUNDROOLA (only two) URBAN DREAM

**Includes:** ORANA (welcome) Vitality Foot treatment - Double-deep exfoliation - Warm candle body massage - Customised facial - Vitality spa lunch.

This unique treatment begins with a welcome vitality foot treatment, followed by an energising double-deep cleansing exfoliation. Next, indulge the senses with a rich warm balm oil from a burning candle exotically scented with flowers and fruits which harmoniously work together to help lift emotions, nourish skin and leave you feeling enriched. The experience ends with a nourishing facial for her and a gentlemen's facial for him.

**180 MIN | \$990**

## SPA & SPORT EXPRESS ADD-ON EXPERIENCES

### Extend your experience with a 30min add-on (enhancement) \$70

These express experiences can be added-on to complement your existing spa experience when you need a boost to get you back to your fantastic self.

**Personalised Express Facial** Your therapist will select the most suitable facial for your skin. Every personalised facial includes a consultation, skin analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a serum and moisturiser to suit your skin.

**Back, Neck and Shoulder Massage** This massage focuses on the key areas where we hold tension within the back of our bodies, using a spa body oil matched to your specific needs.

**Salt & Oil Scrub** This exceptional skin softening body exfoliation combines sea salts with natural essential aromatic oils to leave your skin nourished, smooth and supple. The perfect pick me up when you want to glow and feel invigorated, we also recommend this prior to enjoying a massage. For a lighter application, body polish is applied instead of a salt scrub.

**Invigorating Foot Treatment** This revitalising treatment for tired feet and heavy legs helps to reduce puffiness and soothe aches and pains while indulging you with a refreshing exfoliation combined with a cooling peppermint balm/mask, finishing with a deep therapeutic foot and lower leg massage.

**Soothing Hand treatment** This replenishing treatment for dry hands begins with an exfoliation before the application of a deep nourishing mask using finger lime caviar and native Australian gardenia flower extract to leave skin soft and hydrated. To complete, a nurturing massage for arms and hands is performed that removes every ounce of stress.

**Hair and Scalp Treatment** Designed to free tension and relax the mind, stimulating the hair and scalp using all natural, nourishing hair oils whilst hot aromatic towels are applied. Our relaxing massage will dissolve all tension, leaving your scalp nourished and your body rejuvenated.

## SPA ADDITIONS

Eyelash / Eyebrow tint	\$25	Chin / Lip	\$25
Standard bikini / Underarm wax	\$35	Brazilian wax	\$75
Half Leg wax	\$40	Full Leg wax	\$70
Chest / Back wax	\$65	Half Arm wax	\$35
Full Arm wax	\$45	Eyebrow wax	\$25



## SPA WELLNESS EXPERIENCES

**Sauna** Maintained between 75-90°C, this dry heat soothes and warms muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

**Jacuzzi** Maintained at a temperature of 38°C, this luxurious bespoke pool is equipped with water jet features which help to increase circulation, alleviate joint pain and promote an overall feeling of well-being.

**Outdoor Swimming Pool** Bathed in natural light, the 15m outdoor heated pool is a private sanctuary for rest and relaxation.