

## SPA TREATMENTS

### Body Wrap Ritual

Exfoliation | Wrap | Massage | Heavenly Hair

Let your stress melt away in a peaceful and relaxing journey with a full body polish, followed by an immersion of rich clay and a body cocoon wrap. While the wrap infuses enjoy our heavenly hair treatment & scalp massage. This treatment finishes with a full body molten balm signature relaxation massage.

Choose from:

Lemongrass: Detoxifying, revitalising, and restorative  
Organic Honey & Cocoa: Sensitive-dehydrated-mature

### Body Sugar Smoother Ritual

Lime Caviar Sugar Smoother | Massage  
Vanilla Bean Sugar Smoother | Massage

Guilt free indulgence! This ultimate body treatment begins with a Lime Caviar Sugar Smoother rich in vitamin C and antioxidants or Vanilla Bean Sugar Smoother rich in omega serums blended with vitamin E. Complete your treatment with a full body massage using our luxury Body Collection by Waterlily.

### Hot Stone Therapies

Volcanic Stones | Performance Spa Facial | Heavenly Hair  
For the ultimate 2.5hr relaxation escape we will begin your journey with a Hot Stone Massage to relax muscles, release tension and knots in muscles leaving you feeling rejuvenated and invigorated after this session. This treatment is followed with a Performance Spa Facial and Heavenly Hair treatment sending you into a deep relaxation experience.

### Hot Stone Massage

Hot stone massage therapy offers deep relaxation, improves flexibility, and relieves muscle tension. Its heat relaxes muscles, aiding deeper pressure for tension release, enhancing mood, sleep, and mental health, suitable for all ages.

265  
120min

195  
90min

320  
150min

195  
90min

## SPA RITUAL PACKAGES

*Glass of Bubbles or Herbal Tea Included.*

### The Oasis

Full Body Sugar Smoother | Massage |  
Performance Spa Facial Massage | Heavenly Hair

Our luxurious signature Oasis begins with a relaxing full body Lime Caviar Sugar Smoother rich in vitamin C and antioxidants or Vanilla Bean Sugar Smoother layered in omega oils, organic cocoa butter and vitamin E to smooth and refine your skin. Your skin is then treated with a full body massage using lime caviar and mandarin molten body balm. Followed with our Performance Spa Facial and Heavenly Hair treatment to finish off this exquisite treatment.

320  
150min

### Pamper Package

Exfoliation | Massage | Performance Spa Facial |  
Foot Lovers Treatment | Heavenly Hair

This delightful ritual begins with a hot aromatic towel and back exfoliation. Continuing with a relaxing full body massage using our delicious lime caviar and mandarin molten body balm. Followed by a smoothing Foot Lovers Massage. Once massage is completed your face will be treated with our Performance Spa Facial and finish with our fabulous Heavenly Hair Treatment.

320  
150min

### Pure Delight

Massage | Petit Spa Facial | Foot Lovers Massage

Close your eyes and let go of your daily stress and escape to a state of relaxation and rejuvenation. This luxurious spa ritual begins with a full body massage using aromatic botanical oil layered with omega serums, molten butters, and vitamin E. Your indulgent treatment continues with a Petit Spa Facial to revitalise your skin and leave you with a beautiful, radiant glow. Completed with foot scrub, purifying marine wrap and foot massage.

265  
120min

## PERFORMANCE SPA FACIALS

### Triple Berry Performance Spa Facial

Problematic | Acneic | Congested Skin

The Triple Berry Spa Facial captures an intense infusion of super B vitamin synergised with clinical cosmeceutical, nutraceutical and aromaceutical touch points to create a remedial professional skin ritual to target problematic, acneic, congested and inflamed skin types. This clarifying treatment transforms barrier function, calms redness, equalises and clarifies oil while promoting skin brilliance, luminosity, hydration and healing.

150  
60min

### Rose Peptide Performance Spa Facial

Collagen inducing | Firming | Brightening

The Rose Peptide Spa Facial is a skin firming professional treatment harnessing collagen inducing clinical cosmeceuticals, nutraceutical actives and aromaceutical touch points to create a groundbreaking rejuvenation ritual. Smart peptide, heptapeptide-7, delivered in a clinical 5% concentration delivers the unique ability to stimulate collagen production, diminish wrinkles and improve skin elasticity.

150  
60min

### Spiced Maple Performance Spa Facial

Anti-inflammatory | Healing | Calming | Barrier Repair

The Spiced Maple Spa Facial is an intensely soothing skin ritual to combat inflammation, redness and irritation, promoting barrier repair while pacifying stress and rebalancing the skin's natural pH. Revolutionary nutraceutical active of PEA boosted with hyaluronic acid, essential fatty acids and antioxidants protect and support the acid mantle gently activating healing and repair for the ultimate skin calming treatment.

150  
60min

## MASSAGE

75 95 120 150 175  
30min 45min 60min 75min 90min

### Relaxation Massage

Relaxation massage is a gentle, soothing massage technique primarily focused on promoting relaxation, reducing stress, and enhancing overall well-being, rather than targeting specific muscle issues or pain relief.

### Remedial Massage

Remedial massage is a therapeutic approach to address specific musculoskeletal issues, using various techniques to target pain, discomfort, and muscle tension, promoting healing and recovery. It aims to restore optimal function. Private health fund available on request.

### Deep Tissue

Deep tissue massage is a massage technique that targets deeper layers of muscles and connective tissues to relieve chronic pain, tension, and muscle spasms using firm pressure and friction.

### Pregnancy

Pregnancy massage is a specialized massage therapy designed for expectant mothers. It focuses on addressing the unique discomforts and needs associated with pregnancy, providing relaxation and pain relief.

### Cupping Add-On to Massage

Cupping is a traditional therapy that involves placing cups on the skin to create suction. It's believed to promote blood flow, relieve pain, and reduce muscle tension.

15

### Dry Needling and Massage

Dry Needling is a physical therapy technique involving the insertion of thin, sterile needles into trigger points or muscle knots to release tension and relieve pain in muscles and soft tissues.

145  
75min

We also do wax and tinting in our centre.  
Please ask for our waxing menu.