



day

Essential Elements

Spa

Angourie Rainforest heaven

tranquility harmony peace



walk into a world of complete sensory heaven where time is left at the door and a new journey begins each of our unique spa-therapies begins with *the Welcome Touch* * a warm aromatic compress on your feet in a cleansing ritual to remove the urban environment, focus your senses and centre your thoughts



your journey continues through *the Ten Cultural Touches of Elemis* * a new sequence of massage movements influenced and inspired by an exotic blend of cultures and techniques

*Hawaiian Lomi Lomi Massage * Chinese Tui Na * Thai Massage * Balinese Massage * Reiki * Indian Ayurvedic * Middle Eastern * Swedish Massage * Reflexology * Japanese Shiatsu*

each treatment respects the body's complex physiology and formulations scientifically designed by *Elemis* * using marine and plant extracts, are developed for maximum therapeutic results

rediscover your senses, rest your mind and breathe freely as you step in our temple of touch and exquisite aromas

Face

Advanced Anti-Ageing Facials

Tri-Enzyme Resurfacing Facial

60 mins

\$135.00

This ground breaking anti-ageing facial instantly resurfaces and smooths the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, peeling away the years for smoother, more radiant skin.

Pro-Collagen Quartz Lift Facial

75mins

\$135.00

This advanced anti-wrinkle facial with outstanding results after just 1 treatment is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%. Padina Pavonica, empowered by electrical energy from minerals, boosts cellular regeneration for a more youthful, uplifted appearance.

Visible Brilliance Facial

75 mins

\$135.00

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this Anti-ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.

Advanced Performance Facials

Oxygen SkinCalm Facial

75mins

\$135.00

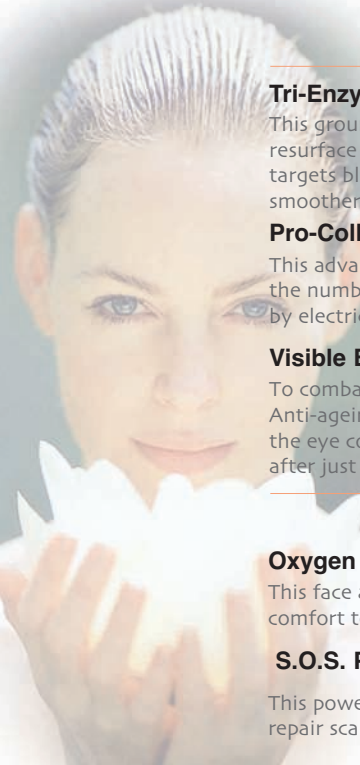
This face and eye treatment is pure soothing heaven for sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

S.O.S. Purifying Facial

75mins

\$135.00

This powerful purifying face and eye treatment for oily, problem skins helps absorb sebum, calm irritation and repair scarring, leaving a beautiful matt skin.



Body



Deep Tissue Muscle Massage

60 mins

\$95.00

Submit your body to a vigorous workout of deep rhythmic pressure massage. Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs:

- Your consultant will choose from the Stress-a-Way, Spirit Reviver, Muscle Melt or Chakra Balancing

Deep Tissue Back Massage

30 mins

\$65.00

Maximum tension-relieving results for those with minimal time. Specifically targeting the back, shoulders and neck areas, this powerful massage is focused where you need it most. Can be combined with Elemis facials as a pre-facial relaxer!

Aromastone Therapy

1hr 15mins

\$145.00

Many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. Smooth warmed basalt stones are placed over key energy points on the body. The heated stones are then used for deep muscle work, melting away muscular tension whilst balancing the spirit.

Nurturing Massage for Mother-to-be

1hr 15mins

\$145.00

Tried and tested safe pregnancy massage techniques are adapted to each stage of pregnancy. Specialised positioning on the unique Elemis beanbag, is used to ensure the ultimate in comfort and relaxation to relieve back tension and swelling in the hands and feet. Recommended: One treatment every 2 weeks in 1st/2nd trimester. One treatment every week in the 3rd trimester.

Exotics

Strawberry Herbal Back Cleanse

45mins

\$85.00

An area we don't often see, or even think about most of the time! Your back can be an overlooked part of the body where the skin becomes clogged, dry and neglected. Using a mask with premium grade fruit essential oils combined with cleansing Eastern massage techniques, this treatment acts like a facial for the back, helping to cleanse and replenish leaving your skin radiant and glowing.

Exotic Lime and Ginger Salt Glow

45mins

\$85.00

An exotic exfoliation ritual to invigorate and bring vitality to your body. After light body brushing, warm oil is dripped luxuriously all over your body, before our sublime Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, finishing with a final application of Exotic Island Flower Body Lotion leaving the skin glowing and vibrant, replenished and flawless.

Sole Delight Foot Treatment

30mins

\$55.00

Warmed Aromatherapy Oils nourish and condition your feet and nails, whilst the decadence of Milk and Exotic Frangipani Monoï Oil lavish their richness and healing action on your skin. A sensory experience for your feet, which promises to leave you walking on cloud nine!

Exotic Hand Ritual

30mins

\$55.00

Simply beautiful. Pure pampering for your hands and nails to restore beauty and suppleness. Warmed Aromatherapy Oils nourish and condition whilst the sublime sensation of Skin Nourishing Milk Bath lavishes its richness and healing action on your skin.



Wraps

Musclese Aroma Spa Ocean Wrap

1hr 15mins

The power of Aromatherapy is combined with the riches of the ocean in this deep muscle warming treatment. A heated seaweed mask of Pine & Rosemary Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away, whilst you have a soothing face and scalp massage and feel the active ingredients work to ease arthritis, fatigue and muscle spasm.



\$130.00

Cellutox Aroma Spa Ocean Wrap

1hr 15mins

Combining the richness of sea plants and marine algae with Aromatherapy, this treatment is deeply detoxifying at all levels. A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Relax and unwind whilst you have a soothing face and scalp massage and let the active ingredients work to detoxify, decongest and stimulate your systems.

\$130.00

Exotic Coconut Rub and Milk Ritual Wrap

60 mins

A ceremony of pure sensuality to tantalise and delight! A traditional Balinese recipe with Coconut, Mungbean, spices and Lavender polishes the skin, whilst the exotic body oil indulges your senses. Cleopatra was renowned for bathing in milk before her secret liaisons with Mark Anthony, so now it is your turn to bask in the ritual as warm Skin Nourishing Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap. Healing, comforting opulence with pure unadulterated pleasure.

\$105.00

Exotic Frangipani Body Nourish Wrap

45 mins

From the exotic shores of Tahiti, Coconut and Frangipani flowers are soaked together to produce Monoi, which literally means scented oil, with the most exotic aroma and texture imaginable. Polynesian women traditionally use this to protect their beautiful bodies and condition their lustrous hair. Monoi will soothe, condition and soften your skin while you are drenched in its moisture, in a comforting foil wrap.

\$105.00

Packages

rejuvenation

radiance

Absolute Spa Ritual

2hrs

\$185.00

Deep tissue massage and choice of Advanced
Anti-Ageing Facial or Advanced Performance Facial

Tahitian Bloom

1hr 30 mins

\$170.00

Exotic Lime & Ginger Salt Glow
Exotic Frangipani Body Nourish Wrap

Muscle Reviver

2hrs

\$180.00

Musclese Aroma Spa Ocean Wrap
Deep Tissue Massage

Detox and Relax

2hrs

\$180.00

Cellutox Aroma Spa Ocean Wrap
Deep Tissue Massage

Other Treatments

Remedial Massage
Swedish Massage

\$95.00 hr

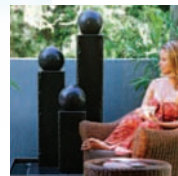
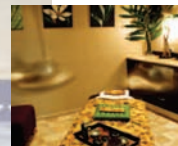
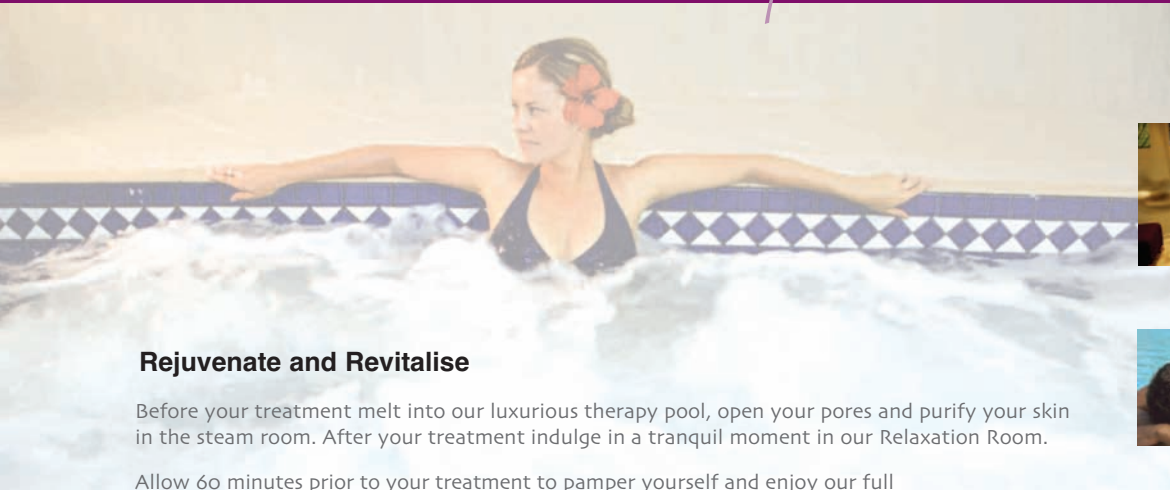
\$95.00 hr



sensuality

relaxation

Spa therapy



Rejuvenate and Revitalise

Before your treatment melt into our luxurious therapy pool, open your pores and purify your skin in the steam room. After your treatment indulge in a tranquil moment in our Relaxation Room.

Allow 60 minutes prior to your treatment to pamper yourself and enjoy our full Day Spa experience. Clients who wish to change or cancel an appointment please provide notice and note that late appointments may not be honoured. A no show or cancellation of booking with less than 24 hours notice will incur a fee of 50% of your booking. There is a 10% surcharge for all treatments on public holidays.



Elemis

Prior to treatments a complimentary robe and slippers are provided for your stay. Please bring swimwear for the therapy pool and steam room.