



Holiday  
Massage & Spa

Affordable luxury

**M E N U**

# MASSAGES

## **Relaxation massage**

Relieve tension and soothe nerves through total body relaxation. Our expert massage therapists will help restore your sense of well being and reduce your stress level. This traditional Swedish style massage is designed to help stimulate circulation and relax muscles.

30 mins \$50 | 45 mins \$70 | 60 mins \$80 | 90 mins \$120

## **Deep tissue/Remedial massage**

**\*Health rebate available**

This is a therapeutic massage with added focus on trigger points and problem areas. Helps loose tight muscles and areas of tension to ease pain and promote healing. \*Health Fund Rebate Available

30 mins \$60 | 45 mins \$80 | 60 mins \$90 | 90 mins \$130

## **Pregnancy massage**

Nurturing and rejuvenating, this treatment will soothe away prenatal aches, pains, and blues. A professional pregnant pillow is provided to support your body safely and comfortably.

30 mins \$50 | 45 mins \$70 | 60 mins \$80 | 90 mins \$120

# MASSAGES

## **Lymphatic massage**

**60 mins \$90**

Lymphatic drainage massage helps to eliminate toxins and waste products from the body using median pressure. This massage helps to reduce swelling and boost your immune system, also increases lymph flow and helps to flush out waste. \* Female only

## **Hot stone massage**

**60 mins \$100 | 90 mins \$130**

Hot stone massage combines relaxing warm stone and massage to encourage the body to detox and heal, deeply increases the blood circulation and relieve the tension on tight muscles.

## **Reflexology**

**30 mins \$45**

The ancient Chinese practice of reflexology, a manual therapy focusing on the feet, can relieve the pain and stress effectively as a modern holistic therapy.

### **Add-ons**

15 mins Head massage \$20

15 mins Foot massage \$20

30 mins Foot massage \$35

# FACIAL

## **Signature Facial**

**60 mins \$105 | 110 mins \$155**

This signature facial is created with your skin's needs in mind, 2 options to choose from **Hydration** or **Sensitive**. Designed to deliver a boost of hydration to dry skin, and build up a firmer skin barrier to protect the damage to sensitive skin. Includes a thorough cleanse and gentle exfoliation, followed by a relaxing facial massage and a hydration mask. This treatment finishes with moisture protection, revealing skin that is instantly plump, dewy and healthy.

The 90 min option includes a relaxing back massage and a rejuvenating skin peel.

\*All skin type

## **Anti-wrinkle Correcting Treatment**

**75 mins \$150**

Also called - Better than Botox, an effective alternative to injectables! One of our top sellers and it's easy to see why after you've experienced it. This facial uses two peptides to reduce the movement of the muscles and fills existing wrinkles. It works deeper into your skin to protect against future ageing.

\*Mature skin

## **Multi-Vitamin Detox Facial**

**60 mins \$110**

Using an advanced formula of Vitamin A, B, C & E this illuminating treatment revitalizes cells with intense energy and increase vitality, reducing fine lines and wrinkles and making even the dulliest skin luminous and radiant.

\*Premature or dull skin

# FACIAL

## **Lymphatic Detox Facial**

**45 mins \$70**

Give your skin a pick me up with a botanical tailored facial, this lymphatic facial is a great way for detoxify, Neutralizes free radicals while beautifying the appearance of the skin and restoring its tone and radiance. Your skin will be cleansed, exfoliated, massaged and left feeling revitalized.

## **Anti-Imperfections Enzyme Peel**

**30 mins \$60**

Rest assured this gentle peel will deliver targeted results that'll heal and prevent breakouts. This treatment contains highly active ingredients including Papain and Keratinase Enzymes that remove dead skin cells, as well as a Bioactive Complex to soothe irritated skin. Suitable for sensitive skin.

## **Skin Rejuvenating Peel**

**30 mins \$60**

Deeply exfoliation to remove dead skin cells, reduce fine lines, wrinkles & clogging. Comprised of 31% alpha-hydroxy acids including glycolic, tartaric & citric acid, it gently renews and restores your skin to enhance radiance.



## UPGRADES

### **Clinical Boosters**

**15 mins \$30**

Deeply exfoliating to remove dead skin cells, reduce fine lines, wrinkles & clogging. Comprised of 31% alpha-hydroxy acids including glycolic, tartaric & citric acid, it gently renews and restores your skin to enhance radiance.

### **Anti-wrinkle Eye ( & Lips) treatment**

**15 mins \$30**

Experience visible results after just one treatment

## SPA PACKAGE

### **Ocean Breeze**

**90 mins \$130**

Footbath+45 mins Massage+45 mins Detox facial

### **Spring Refresh**

**120 mins \$160**

Footbath+15 mins Dry body brushing + 60 mins Full body massage + 45 mins Detox facial

### **Body Delight**

**90 mins \$130**

Footbath + 30 mins body exfoliation + 60 mins Full body massage

### **Lu`lur Ceremony**

**90 mins \$130**

Footbath+ 60 mins full body massage + 30 mins Express facial

### **Winter Escape**

**90 mins \$130**

Footbath + 75 mins Hot stone massage + 15 mins Foot massage

### **Angel`s Touch**

**120 mins \$160**

Foot bath+ 60 mins Full body massage+ 60 mins Signature facial

## SPA PACKAGE

### **Body Ritual**

**120 mins \$200**

Foot bath+ 30min Body Exfoliation + 30min Detoxifying Mud  
Wrap + 60min Full body Massage

### **Pamper Me**

**2.5 hrs \$200**

Foot bath+15 mins Dry body brushing + 60 mins Full body massage+15 mins F/H massage + 60 mins Signature facial

### **Heavenly Head to Toe**

**2 hrs \$175 | 2.5 hrs \$215**

Footbath + 30 mins Body exfoliation + 60 mins Full body massage + 30 mins Express facial

Footbath + 30 mins Body exfoliation + 60 mins Full body massage + 60 mins Signature facial

*\*Free upgrade to Deep tissue or Remedial Massage for any Spa Packages*



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