

the day spa

*wellness@port*  
douglas




SPA TREATMENTS  
MASSAGES  
FACIALS  
GIFT VOUCHERS

OPEN FROM 10AM

## 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 of 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 2hrs before, or miss your appointment, we have to charge full price. Additional conditions apply for group bookings (5hrs or more). **Minimum age** is 18 years. **Relaxing** – Please feel free to enjoy our **relaxation area with mountain view between or after treatments.**

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...

### 2 hours plus

Spa for Two, Head to Sole

### up to 2 hours

Face and Body, Tropical Treat, Pure Body, Massages, Facials, Hot Stone Therapy, Spa Sampler, Extremities

### up to 1 hour

Skin Reviver, Body Wrap, Body Scrub, Facial, Massage, Botanical Barefoot Indulgence, Pampering Hand treatment, Shiatsu, Reiki, Bowen, Dry Hydrotherapy, Steam, Rasul, Hot Stone Therapy, Spa Bathing

## GIFT CERTIFICATES

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

## PRODUCTS

We exclusively use the Australian brand WATERLILY which is inspired by the principles of aromatherapy. All products are derived from pure botanical ingredients, natural plant extracts and infusions of essential oils and are a proven safe, holistic solution to natural beauty. The products are also available for retail.

This sign shows you which treatments are **safe during pregnancy** after 1st trimester. 

**Mobile treatments available.**

## INTENSE PAMPERING

*I want to ...*



### SPA FOR TWO

210min - \$415pp (\$430 single)

Why not share quality time with someone else? Enjoy a relaxing bath to soften your muscles in our double spa bath, wind down during the massage and get pampered with a body polish and mask. After the facial you will feel like you're in another world.

### HEAD TO SOLE

165min - \$330

You will love this total treat – your feet are soaked, exfoliated and pampered, your body relaxed with a delicious massage, body polish and nourishing body wrap. All of this plus a divine facial will have you feeling like new.

### SPA SAMPLER

90min - \$190 120min - \$245

Not sure what to try? Experience a relaxing foot soak and exfoliation, a body massage plus a pure Waterlily facial. A great way to sample a spa.

### EXTREMITIES

120min - \$245

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

### FACE AND BODY

120min - \$225

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

## HYDRO TREATMENTS

*rediscover myself*

### TROPICAL TREAT

90min - \$180

Relax during the massage and drift away during the full spa facial with all the treats – cleansing, exfoliation, mask, toning and moisturising.

### HOT STONE THERAPY

60min - \$135 90min - \$185

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 to offer to yourself or a friend.

### RASUL EXPERIENCE

45min - \$90pp

While in the steam room you will cover yourself with various colourful healing muds. With the steam spreading gentle warmth and increasing humidity the muds cleanse your skin. After a refreshing shower you are ready for the world.

### STEAM AWAY

30min - \$45pp

Perfect on your own or with couple of friends. Your circulation will be stimulated, muscle tension relaxed, the skin becomes smooth and soft. Beautiful on its own or a great start to your spa experience.

### SPA BATHING

30min - \$75(one or two)

Melt away tension in this relaxing bath. Salts and essential oils together with the powerful underwater massage help you relax and indulge. You may wish to wear your own briefs/swimsuit.

## BODY TREATMENTS

*Indulge...*

### SKIN REVIVER

60min - \$110

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

### BODY EXFOLIATION

45min - \$110

Clear your skin and help its natural renewal process. This treatment will give that healthy glow back to your skin, making it appear smoother and younger. And you will smell delicious as well!

### BODY MASK

45min - \$110

This is food for your skin. Be wrapped in pure clays, essential oils and fruit extracts, algae or rich cold-pressed oils. Whether you want to rid your body of toxins or give a hydration boost to your skin, we have the right wrap for you.

### BODY RENEWAL

75min - \$170

Surrender into the pure indulgence of a full body exfoliation, followed by an aromatic crème body wrap. A perfect way to seduce the senses while deeply hydrating the skin.

### PURE BODY

90min - \$190

Relax with a massage, renew with a full body polish and finish with a body wrap. This treat leaves you with pure skin.

### PURE BODY & FACE

120min - \$245

Why not extend your Pure Body with a facial to make it a complete makeover? You will feel like a new person from top to toe.

## BODY TREATMENTS

massages

*your senses*

### MASSAGE


30min - \$75 45min - \$95 60min - \$105 90min - \$155

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.

DEEP – the right choice if you seek a more therapeutic treatment to help with 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 - \$110

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.

### OCEAN WAVE

\$2/min - 10min recommended

Experience dry hydrotherapy. You stay dressed and dry while 9 powerful water jets massage you from head to toe leaving you feeling relaxed and rejuvenated. Ideal if you don't have a lot of time or as preparation for other treatments.

## FACE

*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. Also 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 - \$85**

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

### **DREAMING**

**60min - \$120**

Lie back and relax – we will cleanse, exfoliate and nourish your skin with beautiful aromatic products. Mask, massage and moisturising of your face and décolletage are all inclusive in this soothing treat.

### **THE WORKS**

**90min - \$165**

This intense caring treatment will give your face and décolletage all the attention it needs. Cleansing, exfoliation, de-stressing massage, a deep cleansing as well as a nourishing mask – it's all there. Finish your indulgence with beautiful moisturisers to replenish your skin.

## FACE, HANDS AND FEET

*it is all about you*

### ANTI-AGEING EYE TREATMENT

30min - \$85

A treatment dedicated to the delicate area of the eyes, combating signs of ageing. Gently cleansed and exfoliated, infused with marine collagen and soothed with a hydration boost, your eyes will be sparkling again.

### UPGRADE YOUR 60 OR 90MIN FACIAL WITH:

- HAIR BLISS restore the brilliance of your hair with an orange cream hair mask **\$15**
- BOOSTER SERUM choose between Renewal, Rebalancing or Refining Serum **\$15**
- AGE FREE EYES a hydration boost for the delicate area of the eyes **\$35**

### BOTANICAL BAREFOOT INDULGENCE

45min - \$95

Using massage, aromatherapy and pure botanical ingredients, this relaxing foot treatment will help to relieve stress and tension in your whole body. (This is not a pedicure)

### PAMPERING HAND TREATMENT

30min - \$75

Drift away while your hands get gently exfoliated, massaged and restored. Your whole body can relax during this pampering experience. (This is not a manicure)

### PAR EXCELLENCE

add \$25

A special touch to complete 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

30min - \$75 60min - \$110

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 - \$110

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.

### LIFE COACHING

allow 90min per session - \$145

**Series of 3 sessions (to be used within 1 month) \$350**

Our NLP based coaching provides one-on-one support in areas such as: relationships, reaching your goals, changing unwanted habits, gaining better control over your emotions, stopping phobias, improving your career, communicating better and much more!

A SERIES OF 3 SESSIONS IS RECOMMENDED.

## FEEL GOOD ACTIVITIES

*your personality*

### PERSONALISED PACKAGE

POA

Can't find what you are looking for? Select 3 or more treatments to create your own personalised package specific to your needs.

### CLASSES

Feel good about yourself and be active. We have qualified trainers available that can support you (and your friends). 1-4 participants can share sessions in

- Yoga
- Meditation
- Korean Ki Sung Breathing Exercises

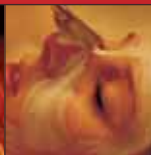
Please book your sessions 48hrs in advance.

### GIRLS PAMPERING DAY OUT

minimum 4 people - \$160pp

Bring a group of friends and have the luxurious surrounding of our day spa exclusively to yourself. Relax in the Steam Room, celebrate in the Serenity Area and drift away on the Oceanwave. All this plus you and your friends each will be treated to any two of the following;

- Massage (back, neck, shoulders)
- Body Polish
- Pure Botanical Facial
- Pampering Hand Treatment
- Relaxing Foot Indulgence



A mind & motion® wellness spa



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