



## 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 for 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 2hr before or miss your appointment we have to charge full price. Additional conditions apply for group bookings (5 hours or more). **Minimum age** is 18 years. **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...



### **more than 2 hours**

Dreamtime

### **up to 2 hours**

Face and Body, Spa Special, Spa Sampler, Extremities, Tropical Treat, Pamper Package, Sunburn Soother, Massages, Facials, Hot Stone Therapy, Life Coaching

### **up to 1 hour**

Full Body Treatment, Skin Reviver, Hot Stone Therapy, Body Mask, Body Scrub, HydroBath, Aroma Steam, Facial, Massage, Bowen, Shiatsu, Reiki

### **In-room treatments available**

### **Gift Certificates**

Gift certificates are available for all occasions. Ask your therapist or enquire at spa reception.

## HYDRO TREATMENTS

*Indulge...*



### **Body Mask**

45min - \$99

Choose the mask that suits your body best. The aroma steam will increase the healing effect and leave you totally relaxed. The treatment finishes with a mini-vichy and body moisturizer.

### **Aromatic Salt Glow**

30min - \$79

Your body will be exfoliated and nourished by the salt minerals. After everything has been washed away with a mini-vichy treatment you will be replenished all over with body moisturiser.

### **Gentle Body Polish**

30min - \$79

Ideal for sensitive skin to get rid of impurities and dead cells. You will relax during the mini-vichy treatment and after the body moisturizer is put on you will feel totally refreshed.

### **Hydrobath**

30min - \$69

Water, salts and essential oils – plus the underwater massage help you to relax, stimulate your lymphatic system and your circulation. Please bring your bathers.

### **Aroma Steam**

30min - \$69

Your skin will love you for this hot experience where the essential oils really can enter your system and give you the much needed relaxation.

*your senses*


**Massage** 30min - \$69 45min - \$89 60min - \$99 90min - \$149

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 MASSAGE** - a relaxing massage using aromatic essential oils and light to medium-firm strokes to totally relax body and mind.

**SWEDISH MASSAGE** - feel tension and stress melt away during this medium-firm to firm massage.

**DEEP MASSAGE** - deep therapeutic massage to combat tension, 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 - \$109

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.

**Hot Stone Therapy** 60min - \$129 90min - \$179

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.

## FACE

we cater for male and female guests

*I want to ...*



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. They are 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 - \$79**

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

### **Dreaming**

**60min - \$119**

A tailored wellness facial. Lay back and relax - we will cleanse, exfoliate, and nourish your skin with the right choice of natural products. Mask, massage and moisturising of your face and décolletage are all inclusive in this soothing treat.

### **The Works**

**90min - \$159**

This intense caring treatment will give your face and décolletage all the attention it needs. Cleansing, exfoliation, de-stressing massage, a deeply cleansing mask followed by a nourishing and hydrating one – it's all there. We will finish your indulgence with beautiful moisturizers to replenish your skin.

## FACE, HANDS AND FEET

*rediscover myself*

### Anti-Ageing Eye Treatment

\$79 / add on to facial \$39

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.

### Special additions to your facial

each \$15

#### BOTANICAL RENEWAL SERUM

Restores and protects against premature aging

#### REFINING HIBISCUS SERUM

Refines, revitalises and brightens the skin tone

#### ESSENTIAL REBALANCING SERUM

Purifies and repairs while controlling sebum

#### ORANGE CREAM HAIR MASK

A botanical treatment to restore brilliance to tired, dry hair.

### Botanical Barefoot Indulgence

\$45min - \$89

Using the ancient techniques of massage, aromatherapy and pure botanicals, this aromatic foot treatment relieves stress and tension while enhancing relaxation and general well being, leaving feet smooth enough to kiss.

### Pampering Hand Treatment

\$30min - \$69

Drift away while your hands get gently exfoliated, massaged and restored. Your whole body can relax during this pampering experience.

### 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.

## PACKAGES

*This time ...*



### **Dreamtime**

180min - \$359

If you want it all this is it. Salt glow, body mask, aroma steam and mini-vichy to start with, followed by a relaxing full body massage and the ultimate facial. What more is there to wish for?

### **Spa Special**

120min - \$299

Feel like a new person. The salt glow takes away all impurities of your skin and leaves it invigorated and refreshed. The relaxing and re-hydrating body mask replenishes your cells while your face gets pampered with a relaxing face ritual. The mini-vichy treatment gets you ready for the full body massage that concludes this special treat.

### **Spa Sampler**

120min - \$229

Indulge in a foot soak and scrub, let go of stress during the massage and feel renewed after the refreshing express facial.

### **Extremities**

120min - \$229

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

### **Face and Body**

120min - \$219

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

## PACKAGES

*it is all about you*



### **Pamper Package**

90min - \$199

Melt away in your personalised aroma steam, indulge in the refreshing facial and finish this incredible treat with a relaxing full body massage.

### **Sunburn Soother**

90min - \$199

Had a little too much sun? This might help. A nourishing and re-hydrating full body mask while you relax in the nourishing lavender steam, followed by a full body massage with lavender oil.

### **Tropical Treat**

90min - \$169

Relax during the massage and drift away during the relaxing spa facial. This treatment combines the best of both worlds.

### **Full Body Treatment**

60min - \$159

The name says it all, treat your full body. It starts with a gentle body scrub, followed by a full body mask, then it is time to relax in the aroma steam and get washed away by the mini-vichy.

### **Skin Reviver**

60min - \$109

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

### **The Individual**

If you don't find the combination of treatments you are looking for, just talk to our helpful staff. They will assist you in creating your personal Spa pamper package.

# BODY AND SOUL

*Express...*

## **Bowen**

**30min - \$79 60min - \$109**

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 - \$109**

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 up to 90min per session - \$139**

**series of 3 sessions (to be used within 1 month) - \$299**

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 THREE SESSIONS IS RECOMMENDED.

## **Specials**

Ask what other modalities are available while you are here.

## FEEL GOOD ACTIVITIES

*your personality*

### **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.

### **Baby Massage Course**

**5 x 1 hr sessions - \$249**

By touching your baby with your hands you present safeness as well as security and a warm welcome to the world. Learn to stimulate muscles, breathing, circulation and metabolism of your baby and thus support the age based physical development. You will work one-on-one with the trainer over five hours at the time most suitable for you and your baby.

### **Girls Pampering Day Out**

**minimum 4 people - \$150pp**

Come to our Partner Spa wellness@port with your 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 each of your friends 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



### Sunbird Spa

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