

L'AQUA

day spa



Massage Therapies

SIGNATURE HOT STONE MASSAGE

Feel radiant from the inside out and indulge in L'Aqua's signature massage. Heated and chilled basalt and marble stones will be positioned over your chakra points and muscle groups to allow tensions to drift away and nurturing massage strokes and movement of the stones will induce deep relaxation.

80 minutes | \$175

DEEP TISSUE

A firm pressure massage designed to relieve deep muscle tension, stimulate the lymphatic system and eliminate lactic acid build up. This treatment will leave you with longer lasting results.

50 minutes | \$120
80 minutes | \$165

SWEDISH

Embrace your inner harmony and restore your body with smooth, flowing massage strokes perfect for aches and pains and general relaxation.

50 minutes | \$115
80 minutes | \$159

PRENATAL MASSAGE

This is the perfect treat for mum's-to-be as therapists use nurturing massage strokes designed to relieve stress and tired muscles, reduce fluid retention and provide relaxation. (Only recommended after the first trimester).

50 minutes | \$115
80 minutes | \$159

AROMATHERAPY

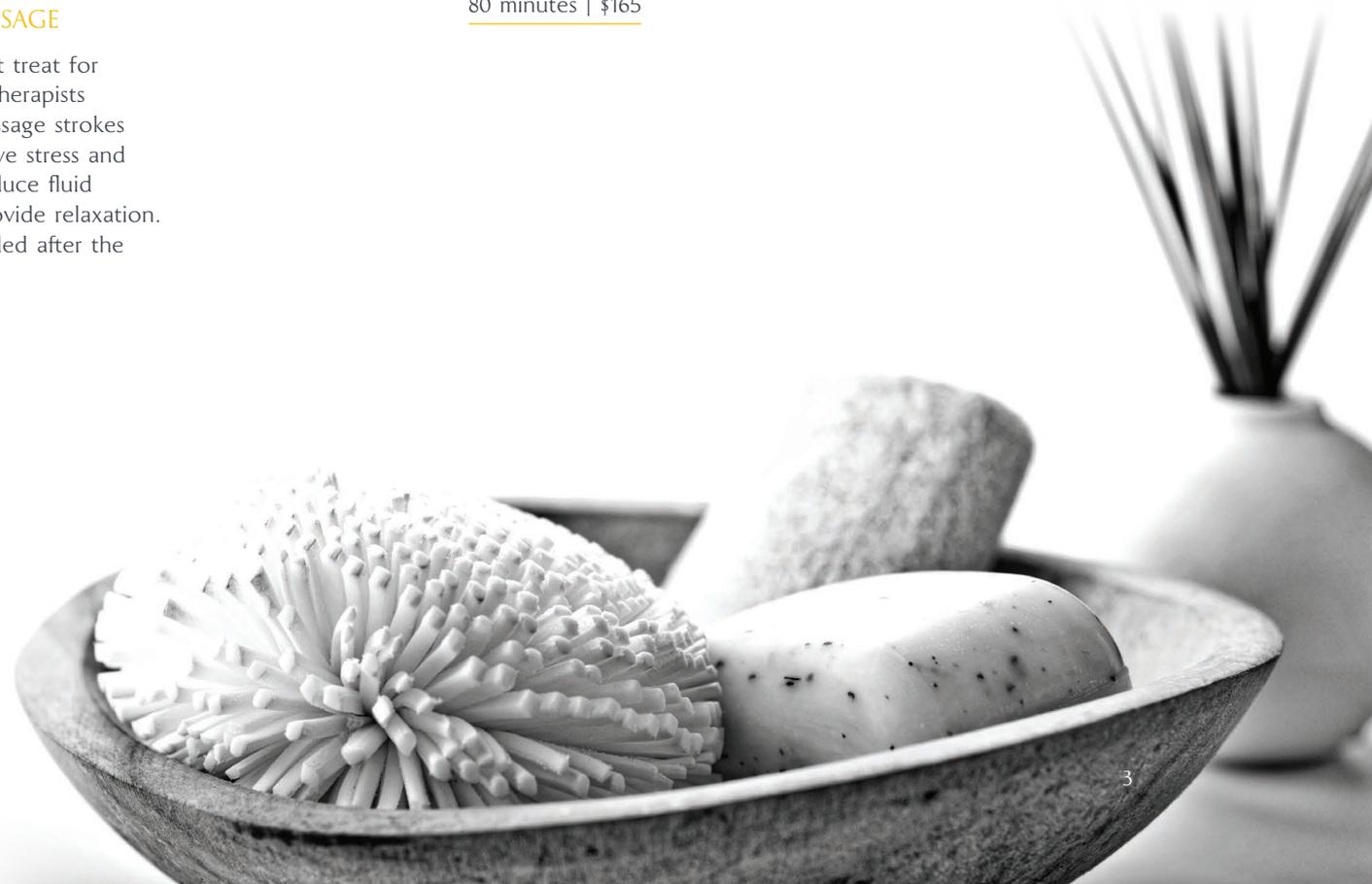
Clear your mind and enter a deeply relaxing state through massage strokes which enhance your balance and well-being and the application of a beautiful essential oil blend specifically suited to your individual needs.

50 minutes | \$120
80 minutes | \$165

REFLEXOLOGY

A targeted pressure-point foot massage treatment aimed at all over well-being and relaxation. This is a traditional oriental massage technique specifically for feet.

60 minutes | \$115



Spa Escape Retreats

WELL BEING RITUAL

This face and body ritual offers an innovative new approach to bodywork which allows the therapist to heal and assess the individual needs of each guest. It begins with a deeply relaxing 80 minute body massage followed by a professional rebalancing facial tailored to your skin's requirements.

130 minutes | \$250

PURE PERFECTION

Feel like a queen and pamper yourself to perfection with a relaxing 50 minute massage followed by an invigorating body scrub. Your therapist will then tailor a deluxe spa facial to your own individual skin needs and finish with a shape, buff and polish to give you beautiful hands and feet.

4 hours (approx) | \$385

TIP TO TOE THERAPY

Replenish your hands and feet with the Tip to Toe Therapy. Revitalise stressed feet with a foot soak, deep exfoliating scrub, warm oil massage, reinvigorating mask treatment, dry skin removal and file, buff and polish. Next your hand therapy includes gentle cuticle care, a luxurious massage and polish and heated mask. Your treatment will be completed with a manicure where nails are shaped, buffed and polished.

100 minutes | \$175

Couples Retreats

MARRIAGE PAMPER PACKAGE

Enjoy your honeymoon and indulge you and your loved one with this totally relaxing and tranquil treatment. Your pampering starts with a 50 minute massage, followed by a 30 minute purely aromatic mini facial. At the end of the treatment, slip into a private jacuzzi, and celebrate your marriage with strawberries, cream, chocolate, and of course a glass of sparkling wine.

100 minutes | \$399

ULTIMATE COUPLES INDULGENCE

Take some time out with a luxurious treatment for couples. Uncover your healthy glow through a cleansing body exfoliation and nourishing deluxe spa body wrap. Then slip into a private jacuzzi, receive a revitalising neck, back and shoulder massage and celebrate together with strawberries, cream and a glass of sparkling wine.

120 minutes | \$429

MASSAGE RETREAT FOR TWO

Enjoy the decadence of the dual room as you both receive a soothing, simultaneous 50 minute relaxation massage followed by a 20 minute private jacuzzi.

70 minutes | \$239

100 minutes | \$329



The L'Aqua Experience

Facials

DECLÉOR AROMA EXPERT HARMONIE CALM INTENSE FACIAL

For sensitive skin

Using natural essential oils and plant milks this wonderful calming facial brings immediate comfort to stressed skin. Increasing the skin's tolerance level, leaving the complexion smooth and cool. The steps of the facial uses specific techniques for the most sensitive skin including gentle rocking (draining), vibration (decongesting), and pressing movements to soothe skin.

60 minutes | \$150



DECLÉOR AROMA LISSE FACIAL

For signs of ageing and dryness

This facial is packed with antioxidants and Galanga Extract to lift, plump and firm while gentle exfoliation refines skin texture. Offering dramatic and immediate results, fine lines and wrinkles are smoothed to ensure skin looks luminous.

60 minutes | \$150

DECLÉOR AROMAPLASTY FACIAL

For most skins

A highly personalised facial and skincare experience. Starting with a back massage you will be transported to a relaxed state before being treated to a dual-action multi-sensory treatment mask made with 100% natural active ingredients, including wheat-germ, linseed and sunflower seed. Welcome to relaxation central.

80 minutes | \$165

MICRODERMABRASION FACIAL

For sundamaged and thickened skins in need of refining

Microdermabrasion is a specialised treatment that provides a multitude of benefits for many skin problems. A safe, gentle yet effective deep exfoliation, improving the texture and appearance of the skin by unclogging pores, removing dead skin cells and stimulating new cell growth. Your skin's texture will be instantly smoother and softer.

Our microdermabrasion machine is a clinic grade machine used by many doctors and plastic surgeons.

Choose from the following options:

DIAMOND EXPRESS
(include a leave on mask)

30 minutes | \$79

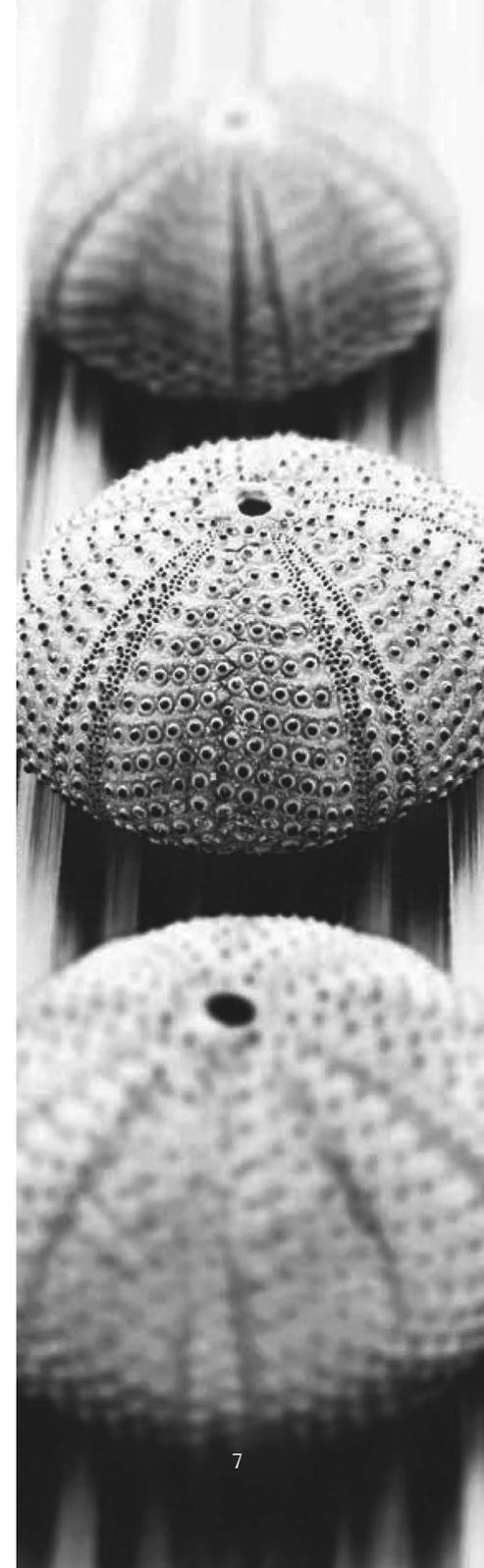
CRYSTAL SIGNATURE
(include a leave on mask)

40 minutes | \$99

HYDRABRASION FACIAL
(include a leave on mask)

50 minutes | \$119

Add on ultrasound infusion \$30, choice of collagen and elastin, or epidermal growth factor infusion according to client's requirement.



The L'Aqua Experience
Facials & Peels

THE PRESCRIPTION
FACIAL WITH
ELIZABETH ARDEN PRO
FOR OPTIMUM
ANTI-AGEING RESULTS

For most skin types

This hands-on, skin-enhancing facial incorporates a relaxing facial massage with a replenishing mask to firm, hydrate and exfoliate. It offers exfoliating benefits without a chemical peel. Personalised for your skin concerns.

50 minutes | \$150



THE EXPRESS PRESCRIPTION
FACIAL WITH
ELIZABETH ARDEN PRO

Protect and repair your skin

Designed for those on-the-go. With a cleanse, exfoliation and a mask, your skin will glow.

30 minutes | \$90

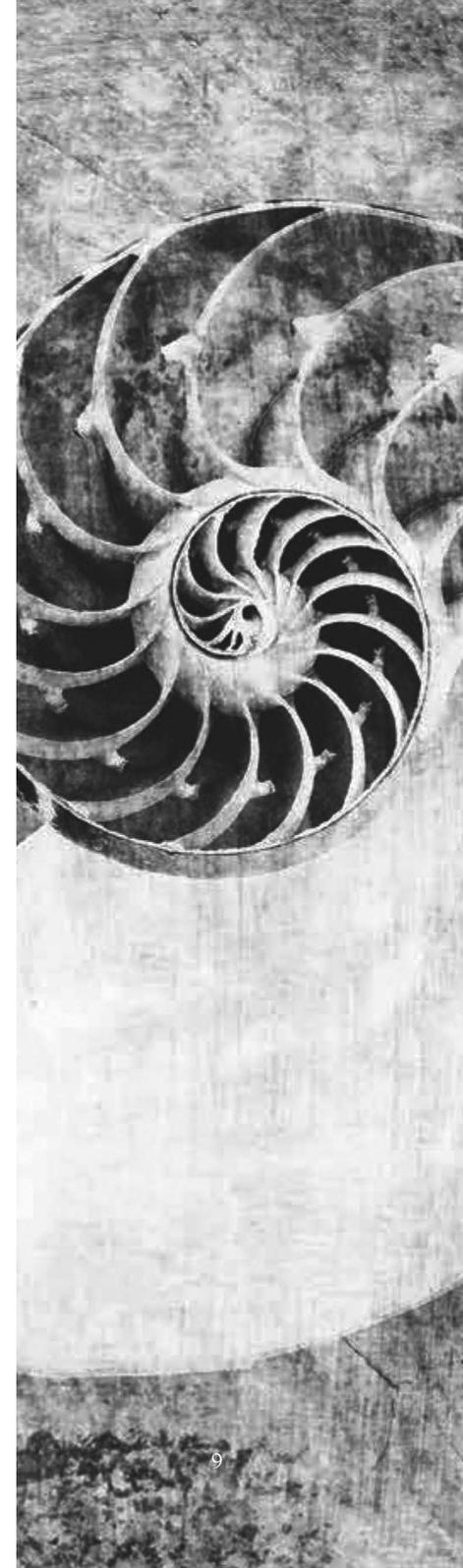
THE POWER-PACKED
HYDRATING PEEL

For ageing, sun-damaged, uneven skin tones and dryness

A power-packed peel with AHA antioxidants and vitamin A that helps balance the skin with noticeable results. Designed to exfoliate, hydrate and even the appearance of the skin, this quick peel is power-packed with skin-enhancing benefits!

30 minutes | \$90

Best results come from a series of 6 weekly peels. Skin gym at its best for \$450.



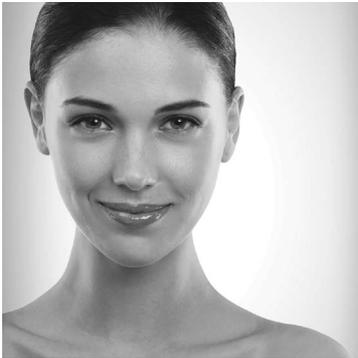
The L'Aqua Experience

Professional Facial Treatments

HIGH DEFINITION PEEL

Prepare to be impressed with high definition results! This is an advanced, intensive monthly peel providing age defying improvements with noticeable results and minimal downtime. Intensively exfoliates, plumps and volumizes the appearance of the skin, leaving it radiant and visibly smoother.

30 minutes | \$150



NEW LUXURY SKIN HEALTH FACIAL

Elizabeth Arden PRO

This luxurious Skin Health Facial uses all the power ingredient products together with a serious 'skin lift' massage technique. Combined with lymphatic massage to reduce congestion, firm and revitalize the skin.

This facial leaves your skin smoother, softer, more even and radiant. See a noticeable difference in just a single facial. This 'go to' red carpet occasional facial treatment is a favourite with celebrities and those in the know. See the difference for yourself.

75 minutes | \$170

The L'Aqua Experience

For Men

DEEP CLEANSE FACIAL

An advanced re-energising and detoxifying treatment which fights skin fatigue and is designed especially for men's skin - with handsome results. The Deep Cleanse Facial eliminates toxins and enhances skin luminosity through a face, neck, shoulder and foot massage.

50 minutes | \$115

ENERGISE HIM

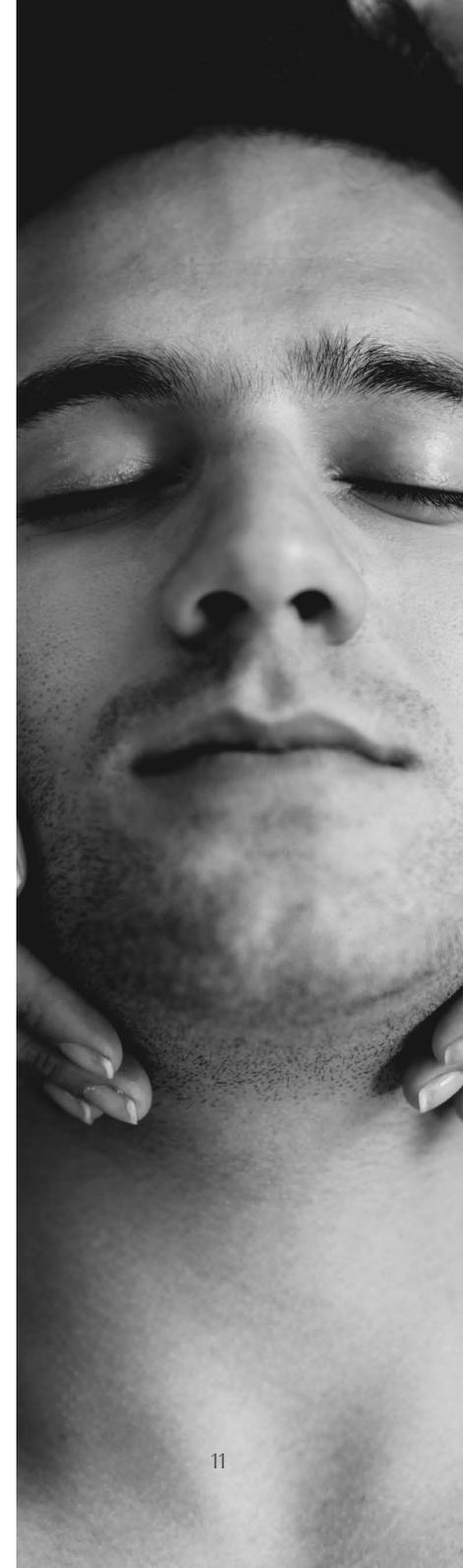
Recharge with a back scrub, muscle melting back, neck and shoulder massage and a relaxing foot massage.

50 minutes | \$120

RELAX & UNWIND

For the manliest of men, destress with a 50 minute full body massage, hot oil scalp massage, ultimate men's facial and rejuvenating foot massage.

110 minutes | \$230



Body Treatments

DETOX AROMA BODY WRAP

A true cocoon of effectiveness. At the heart of this treatment is a rich, creamy mask full of essential oils and plant extracts, chosen according to your needs and applied all over the body. Beneficial and comforting, you will be warmly wrapped, whilst the products work their magic. Your face gets a mini-facial and your scalp will be relaxed with massage using beautiful aromatic balms and a hair mask.

80 minutes | \$170



RELAX AROMA BODY WRAP

Designed to relax your mind, body and soul with aromatherapy ingredients to boost calmness and a quieter mind while the massage works on soothing tense muscles. A creamy papaya and clay mask wraps the whole body producing a feeling of warmth and wellbeing, to nourish and hydrate the skin. You receive a mini-facial and get a destressing scalp massage with hair mask.

80 minutes | \$170

THE PERFECT BACK TREATMENT

The Perfect Back Treatment is an ideal ritual to cleanse the back and remove imperfections in 45 minutes. This complete treatment comprises of an exfoliation, a massage and a clarifying mask to purify and cleanse this less accessible area of the body.

45 minutes | \$100

FRUIT SEED BODY SCRUB

An effective yet gentle body exfoliation using fruits seeds and fruit powder blended with essential oils and spices of orange, ginger and cinnamon. An aromatic back massage with a customised aromatherapy balm follows to relieve tension and sooth tired muscles. A hydrating body milk completes this journey of the senses.

50 minutes | \$99



The L'Aqua Experience

Hands, Feet & Waxing

L'AQUA RELAXING FOOT THERAPY INCLUDING PEDICURE

The soft feet ritual consists of an exfoliation, a dreamy massage and a creamy mask. It helps to relax and warm tired feet. Your feet will be filed, buffed and polished to perfection.

50 minutes | \$99

MANICURE

Nails are shaped before cuticles are meticulously cleaned and trimmed following a warm soak. Includes a firm hand and arm massage and polish.

25 minutes | \$45
with shellac | \$55

Designer gel nail

60 minutes | from \$120

Add a shellac application to any hand or foot therapy for an extra \$15.

WAXING

Eyebrow	\$20
Lip	\$20
Chin	\$20
Back	\$59
Half leg	\$44
Full leg	\$69
Underarm	\$20
Arm	\$49
Bikini	\$30
Brazilian	\$60

TINTING

Brow tint	\$20
Lash tint	\$25
Brow and lash tint	\$35

TANNING

Spray tan	\$35
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EYELASH EXTENSIONS

Eyelash Extensions	\$198
Removal	\$40

The L'Aqua Experience

Spa Etiquette

L'Aqua Day Spa is a 'quiet zone'. To ensure the relaxation of our guests we request your mobile phone is switched off during your spa visit. Children under the age of 15 are not permitted to visit the day spa for treatments.

Reservations

To secure your preferred appointment time, please make an advance booking on 07 5588 8368. Credit Card details are required to confirm all bookings.

Cancellation Policy

We understand that sometimes you need to change an appointment. We kindly ask for 24 hours notice, or a 50% cancellation fee will be applied.

When should I arrive?

10 minutes prior to your appointment.

What if I am late?

Arriving 10 minutes prior to your appointment means you will experience the full pleasure of your treatment. The full cost of the treatment booked will still be charged if you arrive late.

What should I wear?

Please wear comfortable clothing to the spa. We will provide you with an ultra soft robe to change into, fresh towels and a locker for your personal belongings. Please leave jewellery at home or in your hotel room. We will provide disposable briefs where necessary, therapists use draping techniques to protect your privacy at all times.

Gift Certificates & Group Bookings

Group bookings are a specialty and your event group or special occasion will be taken care of at L'Aqua. We can tailor packages to suit your requirements including gift certificates and spa cuisine.