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THE REEF HOUSE

*spa menu*

## THE REEF HOUSE DAY SPA EXPERIENCE

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The iconic and award winning Reef House Spa offers a beautifully appointed seaside escape, where each element and experience is an intimate journey offering an enchanting Spa Wellness sojourn.

Stunning rituals for face and body incorporating the latest techniques and meticulously formulated products ensure each spa journey rejuvenates skin targeting results while delivering a slice of relaxation heaven.

### Professionally Exclusive Spa Collection

Waterlily is an Australian Spa Collection formulated exclusively for Exquisite Day Spas and Leading Salons using the purest Aromaceuticals and Phytonutrients to create a performance driven sensory journey.

### Professional Spa Therapists

Be nurtured by our professionally trained and compassionate Spa Therapists dedicated to tailoring each Spa Wellness visit to your exacting requirements.

YOUR SPA WELLNESS JOURNEY BEGINS TODAY ... *we invite you to escape, enrich, enlighten.*

While many of our Spa therapies have been crafted with certain outcomes in mind, please know there are no limits and you may choose any treatment from our entire spa menu, whether you are a single or couple, a mum or a man. Absolutely all of our Spa journeys are beneficial to physical health and emotional wellbeing. And if you are not quite sure where to start, then please speak to our Spa specialists who will be delighted to tailor a treatment for you.



## *the reefhouse signature*

### **SIGNATURE SPA RITUAL | 120 mins**

The ultimate sensory journey entwining rejuvenation with relaxation for complete spa indulgence.

Catering to him and her, we tailor this experience to suit your sensory preferences.

Begin with a full body exfoliation massage steeped in an aromatic infusion of organic cane sugar, molten nut butters and cold pressed oils. Once removed, surrender to a full body hydration massage enriched with this season's botanical harvest to replenish and deeply hydrate.

Skin is then treated to the seasonal botanical spa facial, which includes a hydrating double cleanse, deep clay exfoliation, vitamin enriched emulsion massage and performance contour masque infused with 500mg of pure C. Face, eyes and lips are then finished with hydration.

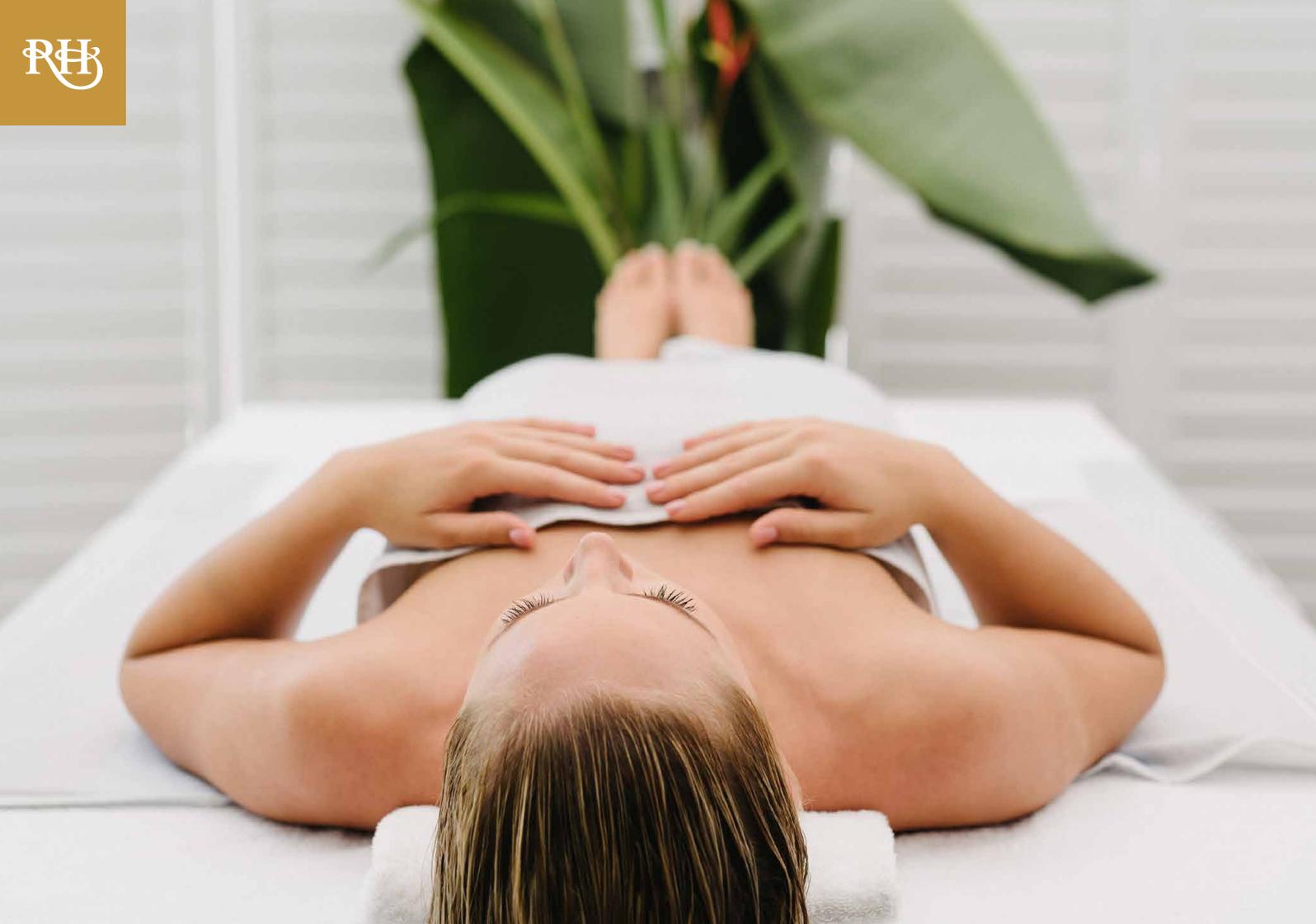
### ***Pure botanical indulgence from head to toe!***

Botanical Body Exfoliation

Full Body Hydration Massage

Orange Creme Hair Treatment Massage

Seasonal Botanical Spa Facial



## SPA JOURNEYS

*Breathe in peace, breathe out love*

*Melt into rituals rich in vitamins and botanical nutrients to nourish, hydrate and revitalise mind, body and soul. Our beautifully appointed Spa Journeys have been thoughtfully created to induce deep relaxation for the ultimate escape.*

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### BOTANICAL BLISS | 180 mins

Body Exfoliation & Body Wrap | Orange Crème Hair Treatment | Vichy Shower | Massage | Spa Facial

Drift into dreamtime with this exquisite ceremony of pampering. Begin with a walnut and papaya exfoliation massage, followed by a nourishing clay cocoon infused with vanilla bean, hazelnut, honey and molten cocoa butter. Surrender to an indulgent hair and scalp massage and masque layered with blackberry, jojoba and crushed citrus. Once removed, the body is finished with a moisture locking hydration massage layered in molten nut butters and aromatic oils before this exquisite journey is completed with a spa facial drenched in vitamins and omega rich infusions.

### REEF HOUSE ROMANCE | 120 mins

Wellness Massage | Seasonal Spa Facial | Scalp Massage

Close your eyes and fall in love as your romance begins with a full body massage using warm aromatic oils that leave soothing trails of relief. This indulgent ritual then continues with a refining facial treatment rich in exotic fruit extracts, vitamin infusions and a clay butter masque before closing with a tension dissolving scalp massage.

### OCEAN PURE RITUAL | 120 mins

Body Brushing & Exfoliation | Body Wrap | Pressure Point Facial Massage | Vichy Shower | Drainage Massage

This highly effective slimming and detoxifying ritual commences with an invigorating full body brushing and cleansing marine exfoliation, before skin is layered and wrapped in a blue volcanic clay masque drenched in the purifying properties of spirulina and kelp. Whilst cocooned, a pressure point facial massage releases tension and tightness in the face, and finally, a decongesting body massage infused with pink grapefruit, French cypress and lemon leaves you feeling light, healthy and refreshed.

### TROPICAL LULLABY | 90 mins

Body Exfoliation & Body Wrap | Facial Cleanse, Masque & Serum | Hydration Body Massage

Surrender into an artisan inspired ritual for healing, rest and rejuvenation. Begin with a smoothing crème clay exfoliation massage, followed by a rich French clay cocoon mousse steeped in vitamins, precious oils and exquisite botanical extracts. Whilst the clay is infusing, the face is treated to an antioxidant hydration treatment and once unwrapped, the body is complete with a molten nut butter massage.

### TIME OUT TONIC | 90 mins

Hot Stone Back Massage | Express Refresh Facial | Scalp Treatment | Foot Massage

Look younger and feel better with this combined therapy offering a deeply warming stress release back massage, a vitamin infused express refresh spa facial, a citrus infused scalp therapy and ginkgo spearmint foot treatment, making this a favourite with many of our male guests. Leave relaxed and restored.

### JET SET REFRESH | 90 mins

Foot Exfoliation & Massage | Hand Exfoliation & Massage | Express Refresh Facial | Eye Treatment

This restorative ritual begins with a cleansing foot to knee exfoliation and massage infusing botanicals of ginkgo, pineapple and mint. Hands are smoothed and hydrated with an infusion of raspberry, rose and pink French clay crème. Before the face and eyes are treated to a hydrating antioxidant rich facial and a vitamin drenched eye masque. A perfect synergy of therapies for expectant mothers, weary travellers or anyone who is a little body shy.



## FACIAL THERAPIES

*beauty is the illumination of your soul*

*Our Professionally Exclusive Spa Facials by Waterlily are formulated harnessing pure aromaceutical concentrates with premium dilutions of active botanicals, vitamins and omega rich infusions to deliver a sensory spa ritual that promises visible results.*

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### YOUTH ELIXIR SPA FACIAL | 75 mins

Anti-ageing | Hydrating | Rejuvenating | Mature | Dry | Sensitive Skin Types

This ultimate anti-ageing treatment offers an infusion of precious omega serums, collagen and opulent essential oils to deeply rejuvenate, replenish and renew. Exquisite essential oils of rose balsam, crushed nut butters and anti-ageing vitamins deliver the ultimate hydration treatment.

### PHYTO NUTRIENT SPA FACIAL | 75 mins

Clarifying | Rebalancing | Corrective for Oily | Acne | Congested | Problematic Skin

Detoxify and rebalance congested skin with a boost of nutrient rich marine and herbal infusions, clarifying essential oils and healing vitamins. This is the ultimate treatment to promote a clear and confident complexion while maintaining hydration.

### SEASONAL BOTANICAL SPA FACIAL | 60 mins

Firming | Brightening | Hydrating for All Skin Types

Refresh and hydrate any skin type with fresh seasonal ingredients, omega oils, vitamin A and pure essential oil concentrates. Once infused, a performance contour masque steeped in active botanicals and pure vitamin C effectively transforms the skin.

### EXPRESS REFRESH SPA FACIAL | 30 mins

Revitalising | Cleansing | Hydrating | Replenishing for All Skin Types

A cleansing facial designed to offer a 'quick pick me up' to brighten, nourish and revitalise the complexion using a selection of nourishing oils, fruit extracts, replenishing botanicals, French clay and an aromatic infusion of essential oils.

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### **UPGRADED ENHANCEMENTS**

*Add another element of hydration within your facial:*

*Anti-ageing Eye Treatment*

*Orange Crème Hair Treatment Masque*

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### **30 MINUTE INDULGENCE**

*Add an additional therapy to your facial:*

*Back, Neck & Shoulder Massage | 30 mins*

*Foot Zone Massage | 30 mins*

*Note: All facials and indulgences can be enjoyed as a couple. A 30 minute indulgence can be enjoyed as an add on or solo treatment. Please refer to the price list.*



## MIND BODY & SOUL

*the purpose of our lives is to be happy*

*A healthy body and a peaceful mind is the key to a happy life. With the support of specialised practitioners and drawing on healing modalities from around the world, be guided towards true health and happiness.*

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### AROMATIC POULTICE MASSAGE | 60/90 mins

Rare and sacred oils are infused into steaming poultices of aromatic herbs and spices, which are applied in a kneading and rolling motion along the body's energy pathways in combination with an oil massage. The nutrient rich comfort of the poultice promotes circulation, balances the nervous system and soothes aches and pains.

### INTUITIVE MASSAGE | 60/90 mins

Drawing on a blend of healing modalities, sink into sublime serenity with this deeply restorative massage. Using potent oils, various massage strokes, and energy balancing techniques this journey will have you floating away on a cloud of calm.

### POLYNESIAN MASSAGE | 60/90 mins

This style of bodywork as inspired by Lomi Lomi, flows to music, with your therapist moving around the table using hands, forearms and elbows to massage. Wonderful for anyone needing comfort through difficult times as you are safely supported to release stress, depression, exhaustion, confusion and even grief or loss.

### HOLISTIC HEALTH CONSULTATION | 60 mins

Attain optimal health with expert advice from our qualified naturopath, homeopath and ayurveda practitioner. The knowledge that comes with all three modalities offers you a comprehensive solution for health challenges and achieving wellness on all levels.

### LIFE PATH COACHING | 60 mins

Rediscover who you are and what is truly meaningful in your life with the guidance of our life/balance coach. The understanding you gain in this session can help you to break free from the negative habits of the past and move towards the life you wish to create. Gain clarity and a new found sense of freedom.

### MEDITATION | 60 mins

Settle your mind, connect to the breath and be present to this moment with a guided mindfulness practice. Meditation has been shown to significantly reduce stress, relieve anxiety and improve wellbeing and performance on all levels.

### BREATHING | 60 mins

Knowing how to breathe well has many profound effects on the nervous system, the body's alkaline balance and vitality. This one-to-one practice explores various styles of ancient and scientific modalities that will change the way you live, breathe and feel forever.

### YOGA STRETCH | 60 mins

Whether beginner or advanced, this one-to-one class will be adapted to your level and can be relaxing or invigorating. Weaving breath, movement and meditation into a sequence of stretches, this session will have you feeling alive, calm and well.

### PILATES POSTURE | 60 mins

With a focus on breath, mindfulness and coordination, Pilates offers a dynamic and relaxing exercise environment. Working on a biomechanical methodology, exercises enhance overall strength, range of movement, core stability and postural alignment.

*Note: Advance booking is essential for these specialty practitioners.*



## MASSAGE MOMENTS

*oh the experience of this sweet life*

Combine the therapeutic effects of clinical essential oil blends steeped in a skin nourishing infusion of pure plant oils. Skin is replenished, the soul soothed and the body rejuvenated. Surrender to the journey!

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### DEEP RELEASE MASSAGE | 60/90 mins

The very firm and consistent pressure of this deep tissue massage is ideal for sports enthusiasts and anyone with deeply held tension or general muscle tightness. As blood flow is encouraged, metabolic toxins are flushed and athletic performance is improved.

### WELLNESS MASSAGE | 60/90 mins

This gentle flowing massage offers the gift of nurturing touch, as traditional Swedish techniques and movements safely support the release of stress, tension and fatigue.

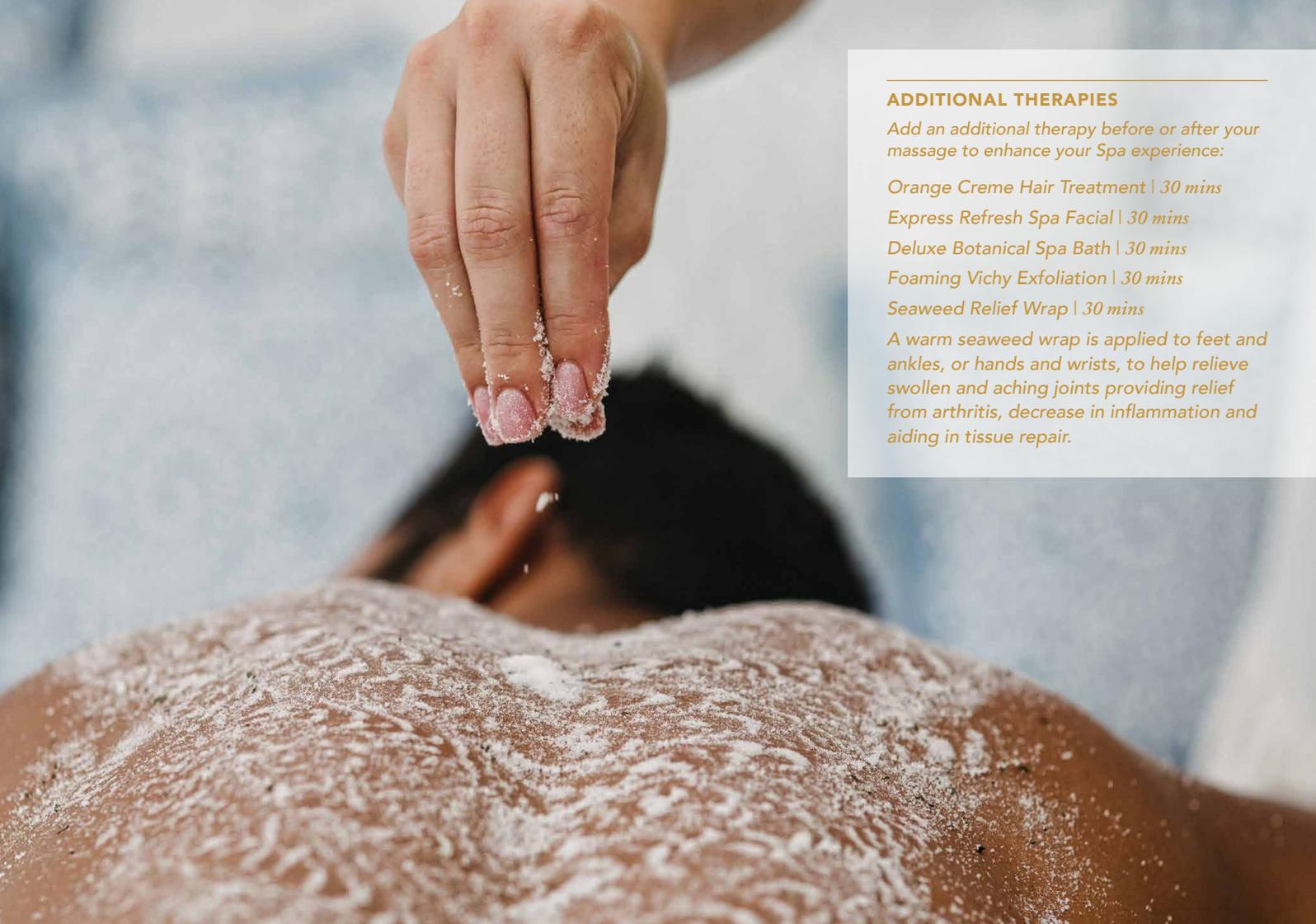
### MUSCLE MELT MASSAGE | 60/90 mins

Therapeutic heat is slowly released into the deeper layers of muscle as warm stones, bathed in oils and held in the palms of your therapist, glide over the body. This deeply soothing experience is wonderful for circulation and the relief of stiff joints and injuries.

### BABY BLISS MASSAGE | 60 mins

In the safe and caring hands of an experienced therapist, this nurturing massage caters to the needs of expectant mothers for balance, ease and comfort during this special time.

*Note: All massages and some additional 30 minute therapies can be enjoyed as a couple. A 30 minute therapy can be enjoyed as a solo treatment for an additional cost. Please refer to the price list.*



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### **ADDITIONAL THERAPIES**

Add an additional therapy before or after your massage to enhance your Spa experience:

*Orange Creme Hair Treatment | 30 mins*

*Express Refresh Spa Facial | 30 mins*

*Deluxe Botanical Spa Bath | 30 mins*

*Foaming Vichy Exfoliation | 30 mins*

*Seaweed Relief Wrap | 30 mins*

A warm seaweed wrap is applied to feet and ankles, or hands and wrists, to help relieve swollen and aching joints providing relief from arthritis, decrease in inflammation and aiding in tissue repair.

## HAND & FOOT THERAPY

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*Botanical nutrients, herbal infusions and pure essential oils deliver a luxurious experience for hands and feet.*

### MOROCCAN ROSE MANICURE | 60 mins

Hand Soak | Exfoliation | Cuticles, Nails | Massage | Polish

Replenish beautiful hands and nails with a skin softening hand soak, a raspberry crème smoothing exfoliation and focused fingertip attention, before completing with a nourishing hand massage and nail polish.

### PINEAPPLE MINT PEDICURE | 60 mins

Foot Soak | Exfoliation | Cuticles, Nails, Heels | Massage | Polish

Restore tired toes and feet as your soles are welcomed to a bathing ritual and bamboo, pineapple exfoliation, followed by focused attention on nails, cuticles and heels. This decadent treatment finishes with a rich spearmint and ginkgo foot massage and toenail polish.

### GEL AND ACRYLIC NAIL SERVICES

Gel Polish is available. Please refer to the price list for our extensive menu of specialised gel and acrylic nail services.

## GLAMOUR TOUCHES

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*Our team of beauty experts, offer a complete approach to glamour for special occasions and everyday beauty.*

### MAKE OVER

Achieve the perfect photo finish with an expert makeup application for a fresh and radiant look.

### LASH ARTISTRY

Add an extra touch of glamour and accentuate your eyes with a natural or dramatic set of lash extensions.

### WAXING AND TINTING

Our professional therapists take the utmost care to ensure waxing and tinting services are hygienic and comfortable.

### SPECIAL OCCASION PACKAGES

With an extensive menu of services, our Spa can prepare a Bespoke Experience catering to wedding parties, groups, couples, expectant mothers, men and those with specific needs or preferences.

## SPA SAVVY

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### Spa Opening Hours

The spa is open from **9am to 7pm**. Appointments outside of these times can be arranged with advance notice.

### Arrival

Please arrive to the spa 15 minutes prior to your appointment to allow time for your preparation, consultation and spa refreshment. Please note: Your late arrival may compromise the full length of your treatment as we endeavor to remain on schedule as a courtesy to each and every guest.

### Cancellations

The time for your experience has been exclusively reserved for you; however if your plans change, we do request the courtesy of 24 hours notice to cancel your appointment. Regrettably without due notice the full charge of your scheduled treatment will be applied to your account or credit card. Please call 4080 2600.

### Spa Attire

Please wear whatever makes you feel comfortable. Upon arrival you will be provided with a personal locker, bathrobe, slippers and disposable underwear.

### Health Consultation

Your wellbeing is very important to us and it is essential that you inform us of any health conditions or pregnancy when scheduling your appointment as certain spa treatments may not be recommended.

### Valuables

We recommend leaving valuables and jewellery in your room as the Spa cannot accept responsibility for the loss of personal items.

### Privacy & Modesty

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential. It is our intention to provide a safe, healing environment based on trust where you can truly relax.

### Spa Manners

The spa environment is one of peace and quiet. Please keep noise to a minimum and switch off mobile phones in respect to other spa guests who wish to relax.

### Public Holidays

Please note all bookings on public holidays incur a 15% surcharge.

### Payment

We accept eftpos and all major credit cards. In-house guests may charge spa therapies and products to their room account.

### Gift Vouchers

The Reef House Spa is delighted to offer customised gift vouchers. Please ask our Spa for more details. Gift certificates must be redeemed within 6 months. Please quote your voucher number when booking and present voucher when arriving to the Spa. We can not guarantee that lost or misplaced vouchers will be honoured.

### Retail Therapy

Complement your spa experience or create the Spa ambience in your own home with our beautiful selection of Australian skincare, bath and home products. Your therapist will gladly recommend the products most suitable to you.



## SPA PRICE LIST

### SIGNATURE RITUAL

120 mins \$290

### SPA JOURNEYS

Botanical Bliss	180 mins	\$390
Reef House Romance	120 mins	\$260
Ocean Pure Ritual	120 mins	\$280
Tropical Lullaby	90 mins	\$210
Jet Set Refresh	90 mins	\$210
Time Out Tonic	90 mins	\$195

### MIND BODY & SOUL

Holistic Health Consultation	60 mins	\$160
Life Path Coaching	60 mins	\$160
Meditation	60 mins	\$110
Breathing	60 mins	\$110
Yoga Stretch	60 mins	\$110
Pilates Posture	60 mins	\$110
Intuitive Massage	60/90 mins	\$145/195

### MASSAGE MOMENTS

Deep Release Massage	60/90 mins	\$135/185
Wellness Massage	60/90 mins	\$135/185
Muscle Melt Massage	60/90 mins	\$145/195
Baby Bliss Massage	60 mins	\$135
Aromatic Poultice Massage	60/90 mins	\$175/215
Polynesian Massage	60/90 mins	\$145/195

*Additional Therapies (Can be added to your massage or enjoyed solo)*

Orange Crème Hair Treatment Masque	30 mins	\$55
Express Refresh Spa Facial	30 mins	\$65
Deluxe Botanical Spa Bath	30 mins	\$55
Foaming Vichy Exfoliation	30 mins	\$85
Seaweed Hand or Foot Wrap	30 mins	\$65

*Note: Add \$20 extra when having as a solo therapy.*

### SPECIAL OCCASION PACKAGES

With an extensive menu of services, our Spa can prepare a Bespoke Experience catering to wedding parties, couples, expectant mothers, men and those with specific preferences.

## FACIAL THERAPIES

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Youth Elixir Spa Facial	75 mins	\$165
Phyto Nutrient Spa Facial	75 mins	\$175
Seasonal Botanical Spa Facial	60 mins	\$145
Express Refresh Spa Facial	30 mins	\$85

### Upgraded Enhancements *(Added into your treatment)*

Anti-ageing Eye Treatment	Add In	\$35
Orange Crème Hair Treatment Masque	Add In	\$25

### 30 Minute Indulgences *(Added time and relaxation to your facial)*

Back, Neck & Shoulder Massage	30 mins	\$65
Foot Zone Massage	30 mins	\$65

*Note: Add \$20 extra when having as a solo indulgence.*

## HAND & FOOT THERAPY

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Moroccan Rose Manicure	60 mins	\$95
Pineapple Mint Pedicure	60 mins	\$95
Fingers or Toes - Buff, Shape & Polish	30 mins	\$55
Gel Polish Upgrade		\$30

## GLAMOUR TOUCHES

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Makeup - Photo & Special Occasion		\$95
Lash Artistry		\$95

## GEL & ACRYLIC NAIL SERVICES

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Full Set + Tips	\$85
Full Set Overlay	\$85
Infill	\$65
Toes - Acrylic or Gel	\$55

### Gel or Acrylic Extras

Gel Polish - Hands or Feet	\$55
French Finish - Hands or Feet	\$20
Basic Nail Art (per hand)	\$10
Extensive Nail Art (per hand)	\$15
Repair Work (per nail)	\$15

## TINTING

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Eyelash Tint / Eyebrow Tint	\$20/\$15
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## WAXING

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Eyebrow Shaping	\$20	Neck or Shoulder	\$25
Lip or Chin	\$15	Back - Top or Bottom	\$35
Facial Area	\$25	Half Leg - Top or Bottom	\$30
Underarm	\$20	Full Leg	\$45
Half Arm	\$30	Bikini Line	\$35
Full Arm	\$35	Bikini Extended/G-String	\$45
Stomach	\$25	Brazilian - Maintenance	\$55
Chest	\$35	Brazilian - First Time	\$75

*Receive 10% discount when booking 2 or more waxing services*

*the reef house spa*

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