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THE
REEF HOUSE

spa menu

a special message for you....

Our commitment to you is to offer treatments designed for intense relaxation, rejuvenation, general well-being, and last but not least the simple enjoyment of being nurtured by a caring therapist.

we are an exclusive spa with a small dedicated team, where nothing is impossible when it comes to your care and making your experience unique.

Surrounded by tranquil ambiance, soothed by our beautiful botanicals and pure essence of the sea you will leave with a calm mind and reborn beauty.

THE REEF HOUSE DAY SPA EXPERIENCE

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.

WATERLILY is Australian formulated using the purest Aromaceuticals and Phytonutrients.

PHYTOMER from the sea to the skin is a true pioneer in marine skin care - over 40 years - and uses marine bio-technology that limits environmental impacts to preserve fragile marine ecosystems.

WATERLILY

PHYTOMER

the reefhouse signature

SIGNATURE SPA RITUAL | 120 mins

\$345

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



OCEAN SPA RITUAL I

120 mins

MARINE

\$345

Sea Salt, Oligomer, and Red Algae mixed with natural oils provide an exfoliation followed by a full body effleurage using Ultra-Moisturizing Body Milk.

Skin Freshness Facial - A de-polluting cleanse from a pure pore heating mask allows for the absorption of a water-in-oil serum that revives tired skin by reducing signs of fatigue, dark circles and puffiness. To finish, a moisturizing facial massage using a creamy balm with a hydrating, detoxifying and revitalizing effect for an instantly fresher skin.

Pure marine indulgence from head to toe!

Salt Crystal Exfoliation

Full Body Hydration

Sea Breeze Marine 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.

BOTANICAL BLISS | 150 mins **\$425**

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

Drift into dream-time 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 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 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 **\$345**

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.

TIME OUT TONIC | 90 mins **\$250**

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.



OCEAN BREEZE LULLABY | *90 mins*
Marine

\$250

Body Exfoliation | Rain Water Shower | Marine Sea Nourishing Cream Massage

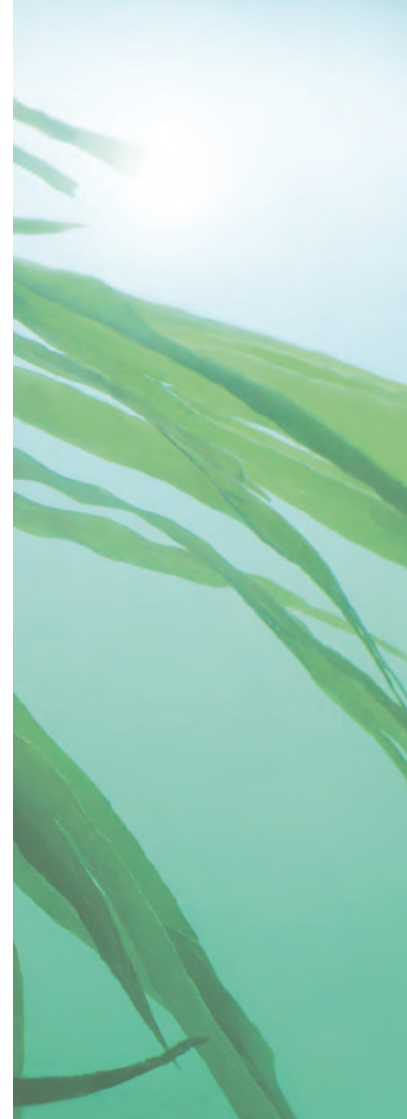
Surrender to a Marine Salt Crystals body exfoliation, eliminating dead skin cells and impurities, then a warm shower, and your skin is smooth, silky and toned, ready for a relaxing massage using a nourishing cream rich in marine extracts and trace elements.

OCEAN WAVE RITUAL | *120 mins*
Marine

\$360

Marine Extract Body Exfoliation | Seaweed Wrap | Sea Breeze Marine Facial | Vichy Shower | Drainage Massage

This deep cleansing ritual commences with our Satin Shimmer full body exfoliation with shower rinse, then wrapped in a seaweed clay to gently detoxify. While relaxing in this warm cocoon enjoy a Sea Breeze facial with massage to release tension and tightness in the face. After an invigorating Vichy shower you are ready for a de-congesting body massage.



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.

PURIFYING PHYTO FACIAL | 60 mins

\$200

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.

EXPRESS REFRESH SPA FACIAL | 30 mins

\$100

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.

SEASONAL BOTANICAL SPA FACIAL | 60 mins

\$200

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.

CYFOLIA ORGANIC FACIAL | 60 mins

\$200

Relaxing | Soothing | Plumping

Our new Cyfolia Organic Facial from Phytomer provides the skin with the exceptional benefits of the Cyfolia Algae, nicknamed 'rainbow algae' with its iridescent fronds for optimal light diffusion working on the skin for an intensely radiant complexion. This organic facial includes a relaxing, soothing and plumping face and eye contour massage.

SEA BREEZE FACIAL | 60 mins \$200

Skin Freshness Mask | Intense Hydration |
Radiant Complexion

Unwind and relax with the marine immersion phase, then a targeted serum is combined with a creamy balm skin freshness massage mask to detoxify and revive tired skin and restore radiance. The skin is intensely hydrated and signs of fatigue are erased... complexion is more even and regains it's freshness.

SEA BREEZE FACIAL for sensitive skin

DOUCEUR MARINE FACIAL | 60 mins \$200

Dream of softness and anti-redness

YOUTH REVEALING PIONEER TREATMENT | 75 mins \$240

Face, Lips and Décolleté

Beyond the frontiers of traditional skincare, this exceptional treatment guarantees instant results in terms of the skin's youthfulness and luminosity thanks to three major innovations:

- EPS XMF, an exceptional biotechnological ingredient that immediately smoothes wrinkles and densifies the skin mattress,
- VMR FINAL SKIN REFINER, an unprecedented "top coat" used at the end of the treatment over the cream for a radiance-boosting effect and prolonged results,
- PRO-YOUTH MASSAGE, an exclusive manual technique developed with an osteopath to combat visible wrinkles and skin slackening.

UPGRADED ENHANCEMENTS

Add another element of hydration within your facial:

- Anti-ageing Eye Treatment | \$40*
- Eye Perfection by PHYTOMER | \$50*
- Deep Conditioning Hair Masque | \$30*

30 MINUTE INDULGENCE

- Back, Neck & Shoulder Massage | \$110*
- Foot Zone Massage | \$110*



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!

WELLNESS MASSAGE | 60/75 mins

\$210 / \$250

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

Long gliding strokes increase blood circulation, easing tension in the body's muscles and improving their flexibility. As blood flow is encouraged, metabolic toxins are flushed, soothing the nerves, reducing both emotional and physical stress.

MUSCLE MELT MASSAGE | 60/75 mins

\$210 / \$250

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.

OLIGOMER® is a natural composition of seawater altered to match our blood plasma concentration

OLIGOMER® HOLISTIC MASSAGE | 60 mins Marine \$210

Re-energizing body massage using special techniques targeting muscle groups to restore harmony and fluid movement of the body. Professional manoeuvres complete your relaxation with an invigorating, energy-releasing effect.



MIND BODY SOUL

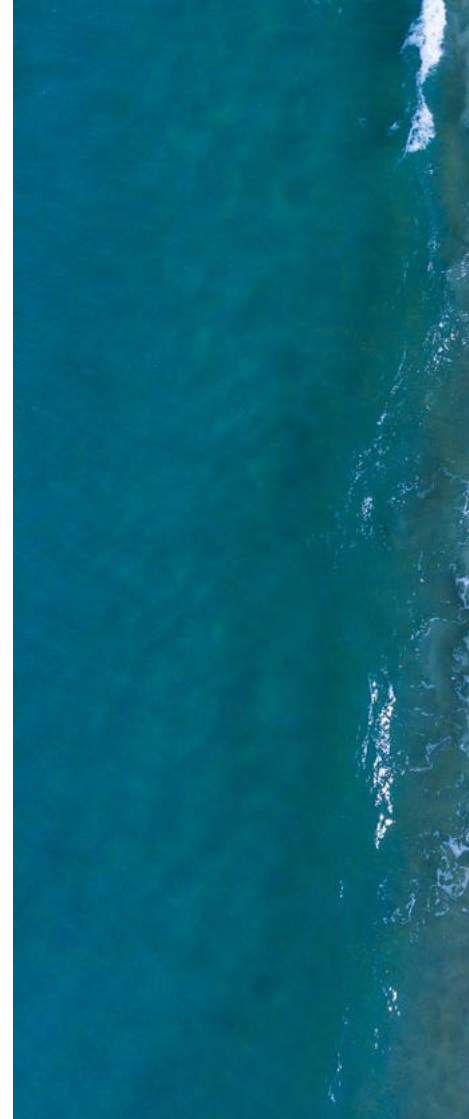
the purpose of our lives is to be happy

A healthy body and a peaceful mind are 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.

POLYNESIAN MASSAGE | 60/75 mins

\$210 / \$250

This style of treatment (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.





SEA HOLISTIC MASSAGE | *90 mins*

\$300

Relaxation & Radiance

An ultra-relaxing treatment. The gentle warmth and aromatic scent of sea lavender and sea salts releases steam that is absorbed by the skin and inhaled....

With light strokes, pressure and stretching, this original body massage using Thai-inspired sea boluses eliminates tension knots and restores balance to the body. Full body exfoliation using sea salt crystals and a radiance boosting facial treatment brings back natural luminosity and softness. The ultimate in letting go...



MARINE VITALITY PACKAGE | 240mins

\$685

3 day package for a complete detoxification, relaxation and rejuvenation...

DAY ONE: DE-STRESS | 90 mins

Body Ritual – Full body exfoliation with marine sea crystals, shower rinse, followed by a detoxifying seaweed clay wrap to gently start the detoxification with scalp massage... then a warm Vichy shower... ends with a delicious effleurage body massage.

DAY TWO: BALANCE | 75 mins

OLIGOMER PURIFYING BODY RITUAL – Revitalising full body detoxifying massage with a combination of warm stones alternating with manual massage using gentle drainage movements... helps prevent aches and pains... improves circulation and metabolism.

DAY THREE: CALM | 75 mins

SEA BREEZE MARINE FACIAL REJUVENATION – Unwind and relax with the marine immersion phase, then a targeted serum is combined with a creamy balm skin freshness mask to detoxify, revive tired skin and restore radiance. The skin is intensely hydrated and signs of fatigue are erased... complexion is more even and regains its freshness.

Relax afterwards in our lounge or poolside, with refreshments available. Not available during pregnancy.

SPA SAVVY

Spa Opening Hours

The spa is open from **10am to 6pm**. Appointments outside of these times may 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 will 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 48 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, and no discount can be applied

Payment

We accept eftpos and all major credit cards (surcharge applies). 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 12 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

Compliment 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.

2023/24



the reef house spa

99 Williams Esplanade, Palm Cove QLD 4879

P +61 (0)7 4080 2600 | E reefhousespa@reefhouse.com.au | www.reefhouse.com.au

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