

## Blissful Spa Bath

30min: \$50

+ enjoy the  
Sauna :  
\$20

### Cleopatra Milk Bath

Relax, rehydrate, and nourish your skin in this beautiful blissful bath like Cleopatra

### Muscle Melt Bath

Let your muscles relax and unwind with the amazing power of essential oil blends easing tension, joint pain and stress.

## Locals

### SAVE!

All locals receive 15% off any waxing and 60min treatments or more. Excludes treatments already packaged, on special or other promotional deals.

## Waxing and Tanning

Chin or Upper lip	\$15
Eyebrow shape and tidy	\$20
Full body spray tan	\$45
Underarms	\$20
Full arms	\$30
Half arm	\$15
Full leg	\$50
Half leg	\$30
Bikini	\$20
G String	\$30
Full Chest wax	\$40
Full Back wax	\$40
Male Full leg wax	\$60
Male Half leg wax	\$40
Eyelash Tint	\$20
Brow Tint	\$15

Book any 3 waxing treatments and get 15% off total

## Spa Etiquette

To avoid disappointment please book your treatments in advance.

Please arrive 15mins before your treatment so you have time to get changed and relax, before your treatment. Arriving late will shorten your treatment time.

If you need to cancel please contact us as soon as possible, so we can reschedule your treatment.

All treatments over \$300 dollars will require a 20% deposit fee.

## Gift voucher

For treatments or dollar amounts, we can post or email them out on your behalf. Please contact us for payment details via our web site or by phone.



## PALM COVE RETREAT DAY SPA

Open 7 days from 9am

t. 4059 0254

e. [info@palmcovedayspa.com.au](mailto:info@palmcovedayspa.com.au)

Located at the Mantra Amphora Reception  
Williams Esplanade Palm Cove 4879

Make a booking online at:  
[www.palmcovedayspa.com.au](http://www.palmcovedayspa.com.au)



## Elemis Anti-Ageing

1hr: \$160

### Pro-Collagen Age Defy

Tackle fine lines and wrinkles. Clinically proven\* to reduce wrinkles by 94%, improve skin firmness by 57% with age-defying marine charged Padina Pavonica and Red Coral, and leaves your skin nourished and youthful.

### Pro-Definition Lift and Contour

This facial helps restore the architecture of the face, using the potent nutrients in plant actives to help support the skin's matrix. 90%\* of users stated the sagging skin on their cheek and neck was visibly improved.

### Dynamic Resurfacing

Precision layering of three targeted enzymes stimulates and accelerates the skin's exfoliation process by up to 75%\*. To target the signs of ageing and uneven skin tone. A new start for smoother, younger-looking skin.

### White Brightening

Restores even skin tone, targeting unwanted areas of pigmentation. The encapsulated Vitamin C is a potent brightener, inhibiting future pigmentation - resulting in an even, colour corrected and illuminated complexion.

*\*Independent Clinical Trials*

*All our facials can be performed on men and woman*

## Elemis Skin Solutions

1hr: \$150

### Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

### Anti-Blemish and Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps to restore circulation. A deeply detoxifying treatment for clear, bright skin.

### Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Skin is left supremely soothed, comfortable and calm.

### Men's High Performance

Hard-working facial for ageing, dehydrated skin and tired eyes. Facial massage boosts circulation, whilst scalp and foot massage deeply relax.

## Skin Booster Facial

30min: \$70

1hr: \$120

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time. 1hr Booster Facial includes facial massage and hand & arm massage.

Add to your Skin Booster Facial for only \$20 each:

- Eye Treatment
- Hand or Foot Hydration Treatment
- Hand and Arm Massage
- Frangipani Hair Treatment
- Exotic Foot Exfoliation
- Foot Massage

## Face and Body Packages

### Spa Ritual or Total Time Out for Men

2hrs: \$230

This is the ultimate pampering treatment, choose any one of our beautiful ELEMIS facials & combine it with a massage tailored to your needs. This is 2hrs of pure relaxation with dramatic results! Save \$40

### Indulgence

2hr: \$230

This luxurious body treatment hydrates and softens your entire body. Starting with a beautiful Frangipani Salt Scrub & Vichy shower to exfoliate away rough and dull skin. Then choose your nourishing wrap, with a 30min booster facial & 30min massage tailored to your needs. Ultimate skin hydration and relaxation. Save \$50

### Spa Dreaming

2hrs 45min: \$295

Need time out from all the stresses of day to day? Well this is for you, Exotic Lime & Ginger Salt Glow or Frangipani Salt Scrub, washing all the stress away with our amazing Vichy shower. Then choose any one of our beautiful ELEMIS facials & combine it with a massage tailored to your needs. Pure relaxation & bliss! Save \$45

### Rejuvenation-great for men

2hr 45min \$295

Unwind and recharge with this ultimate body treatment. Exotic Lime & Ginger Salt Glow, washed away with our beautiful Vichy shower. Full body massage tailored to your needs, truly unwind with a deep conditioning scalp treatment, facial massage and a pressure point foot massage with a green tea hydration treatment. Absolute rejuvenation from top to toe!

+ Express manicure & pedicure to any package for **\$70**

## Body Massage

30min: \$70

1hr: \$120

90min: \$150

You will be guided by your senses to choose your own aromatic oil. We then tailor your massage according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation and relaxation.

### Stone Therapy

90min: \$160

Therapeutic heat, slowly released into the muscles for a completely new body experience, luxuriously warmed oils are massaged deeply into the body for maximum relaxation and tension relief.

*\*Pregnancy massage is available in the 2nd and 3rd trimester only- please contact us for our mothers to be spa menu*

*\*Couples treatments are available*

## Body Scrubs and Wraps

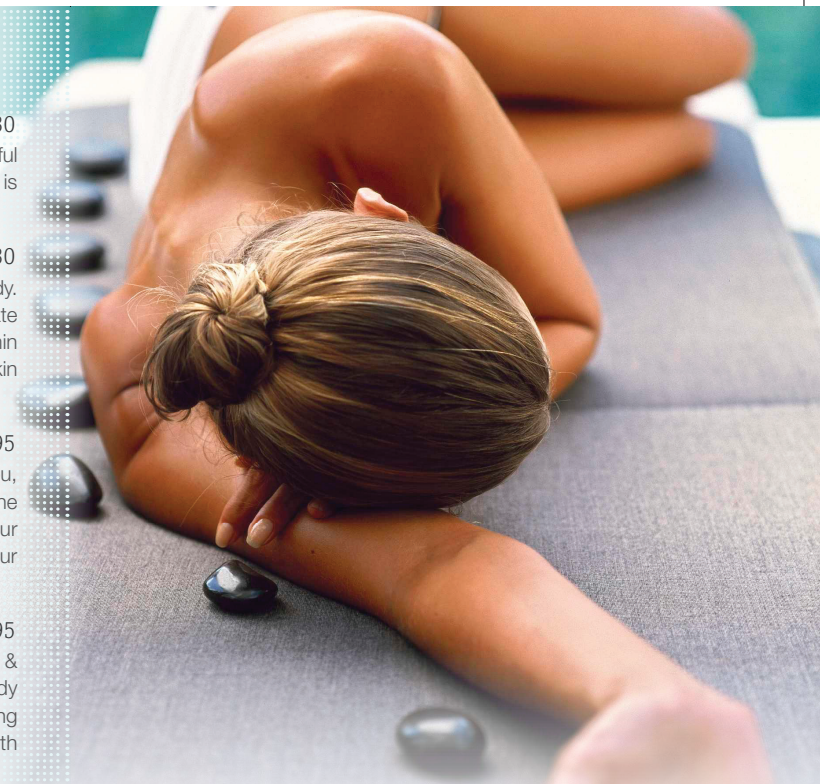
### Salt Scrub-Lime & Ginger or Frangipani

45min: \$70

+ 1hr massage \$160  
**OR**  
30min Booster Facial  
& 30min Massage for  
\$170  
**SAVE OVER \$30**

Fragranced salt will gently slough away dead skin cells, which encourages the regeneration of new cells.

With our amazing Vichy shower, this treatment provides you with ultimate radiance, vitality & all over glow.



### Nourishing Wrap - Sweet Orchid or Frangipani

30min: \$70

+ 45min  
Frangipani Salt  
Scrub \$120  
**SAVE \$20**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### Thousand Flower Wrap

1hr: \$150

+ 1hr massage  
\$230  
**SAVE \$40**

This nutrient-rich wrap uses a deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

## Hands and Feet

1hr: \$90

### Rose Restore Manicure

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness. Includes all your cuticle work and polish. Leaving your hands & nails intensely hydrated for irresistibly smooth, and youthful looking hands.

### Best Foot Forward Pedicure

Take a load off with this foot focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth. Includes cuticle work and polish.