



THE  
GOLDEN DOOR SPA  
AT

*Elysia*

Directory of  
spa services

# Welcome to The Golden Door Spa at Elysia

The Golden Door Spa at Elysia is a haven of relaxation and healing located within The Golden Door Health retreat - Elysia. It was created for you to take some time to relax, rebalance and refocus.

Enjoy our spacious relaxation lounge before or after your treatments and take advantage of our complimentary steam room and spa bath. While you relax, enjoy our Golden Door signature herbal tea and refreshments on offer.

There is an extensive range of treatments for you to choose from including face and body treatments, massage, hand and foot care, and specialty services. Our signature treatments will provide an amazing experience with sensational results, or stay a while longer with one of our spa package combinations.

Our products are exclusively provided by BABOR. BABOR's product philosophy is based on a holistic and natural approach. To cater for the various demands and needs of today's clients, BABOR cosmetics offer premium skin and body care products that combine state-of-the-art scientific knowledge and the beneficial effects of natural active ingredients at the highest possible level.

## how to spa

### **make a booking**

To avoid disappointment, we recommend securing your booking at least 7 days prior to your requested time.

We recommend that you book ahead for all treatments. To book an appointment please phone 02 4993 8500 or if you are staying in house please dial extension #2 on your room phone or visit the wellness centre during your stay.

Please let us know in advance if you have any special health or physical considerations that may affect your treatments or activities at the spa. We are open seven days a week, including public holidays (closed Christmas Day). Please call us for times during your stay.

Please note a 15% surcharge applies on public holidays. Minimum age for spa guests is 16.

### **when to arrive**

To enjoy the full experience of your treatments, we suggest you arrive for your treatment 30 minutes prior to the scheduled time. This will also allow you time to relax in the lounge and enjoy our complimentary steam and spa. For men, we recommend you shave at least 3 hours before a facial treatment. All treatments are completed as scheduled, so please be aware that if you arrive late, your service will end on time so that the next guest is not delayed.

### **what to wear**

Please wear comfortable clothing to the spa. We will provide a robe and locker for you plus a range of amenities. Please bring your swim wear if you intend on using the spa baths. During treatments, you may wear underwear if you prefer. Our therapists are trained to drape you and protect your privacy at all times. We also suggest that you do not bring valuables and jewellery.

### **in the spa**

The spa is an area of relaxation and tranquility. We ask that you respect other guests' right to privacy and quiet. Please leave your mobile phone or pager turned off in your locker. The health retreat and day spa are a non-smoking area. We do not recommend the consumption of alcohol before or directly after your treatment.

### **cancellation/postponement**

If you wish to change or cancel your appointment, please contact us with at least 24 hours notice. Reservations may be amended or cancelled up to 24hrs in advance without charge. A 100% cancellation charge applies for no shows and appointments cancelled with less than 24 hours notice. Please note that you will be issued with a cancellation number in the event of a cancellation.

# Body Massage & Healing

## **Swedish massage (50 mins) \$110**

The perfect introduction for those new to massage. This massage stimulates soft tissue and muscles, and is ideal for circulation improvement and stress reduction. Totally relaxing.

## **Holistic aromatherapy massage (80 or 50 mins) \$190 or \$135**

Discover your "Ayurvedic Element" during a customised aromatherapy massage designed to restore inner balance and well-being.

## **Pregnancy massage (80 or 50 mins) \$180 or \$125**

A soothing and comforting massage to nurture and relax the mother-to-be. The body is supported and comforted throughout the massage.

## **Remedial massage (80 or 50 mins) \$180 or \$125**

This highly individualised massage incorporates specialised techniques that are ideal for treating specific musculoskeletal problems and injuries.

## **Deep tissue massage (80 or 50 mins) \$180 or \$125**

A massage that works deep into the muscle to release adhesions and tightness while lengthening each muscle back to its original length.

## **Trigger point therapy (80 or 50 mins) \$180 or \$125**

A trigger point is a hypersensitive spot within the muscle, which, when a muscle becomes contracted or tight, is the focus area of tightness. During this massage, trigger points are located and then systematically worked on until they are released. Each trigger point therapy is customised to suit your individual needs.

## **Hot stone therapy (80 or 50 mins) \$200 or \$150**

Using heated stones, this treatment goes beyond the physical and allows you to enter a deeper sense of relaxation, health and wellbeing. The deep penetrating heat of the stones induces relaxation and stress reduction, assists detoxification of the body and may relieve chronic pain.

## **Lymphatic body massage (80 or 50 mins) \$180 or \$125**

A light slow massage, which stimulates lymphatic flow to eliminate excess toxins from the body and increase energy levels.

## **Lymphatic face massage (25 mins) \$80**

This facial massage is ideal for detox headaches. Enjoy a light, slow massage, which stimulates lymphatic flow to eliminate excess toxins from the body and increase energy levels. The massage treats the décolletage, neck, face and scalp, focusing on the specific release of pain associated with detox headaches, sinus congestion and hay fever symptoms.

**Heartworks lomi lomi massage (80 or 50 mins) \$180 or \$145**

Heartworks Lomi Lomi is a Hawaiian style massage using a combination of ancient and modern techniques. It is a full body massage that uses the hands, rhythm, breathing and energy flow to work on physical, spiritual and emotional aspects of the body.

**Hawaiian lomi lomi treatment of tranquillity (120 mins) \$220**

Enjoy our famous 2 hour Lomi Lomi experience including a sensory journey, full body scrub and aromatic bath followed by a Heartworks Lomi Lomi massage.

**Reflexology (50 mins) \$125**

The foot is considered to reflect your body as a whole. By stimulating pressure points in your feet, rebalancing energy is directed to your internal organs and body structures to promote healing and total body wellbeing and relaxation.

**Watsu (50 mins) \$200**

Watsu is a specialty aquatic bodywork treatment in a private heated pool. The Watsu suite is your sanctuary in which to relax and embrace the wonderful sensations of this unique experience at Elysia. Your therapist will support your body in the water, relaxing your spine in ways that are not possible on land, and create a deep sense of relaxation with gentle gliding and flowing movements. Watsu can assist with acute and chronic pain, postural imbalances and stress related disorders. Please wear swimwear for this treatment and shower beforehand.

**Reiki (80 or 50 mins) \$180 or \$145**

The therapist's hands are placed gently and passively over you to relax and comfort you. Then an ancient healing method is applied to help stimulate the flow of energy within your body to create relaxation and reduce stress.

**Ignite your spirit healing (80 or 50 mins) \$200 or \$145**

A healing journey to release old emotions and belief patterns that can create blockages and limitations in your life. Through this healing you will learn tools and techniques to take home with you to use. Ideal for people who suffer depression, panic attacks, past traumas, addictions, insomnia, comfort eating and those with an over active mind. A great opportunity to ignite your spirit.

**Chakra Awakening & Rebalancing (80 or 50min) \$210 or \$155**

A complete re-alignment of the body's energy flow focusing on the chakras and endocrine system. A holistic approach combining Australian Wild Flower Essences and Pure Aromatherapy Oils. Deeply relaxing this treatment helps to reduce stress and renew energy levels.

## Body Treatments

### **Vichy power exfoliation (50 mins) \$135**

A refreshing 3-step treatment that includes a gentle exfoliation of the body using volcanic fango mud from the Eifel region in Germany, followed by a 7-head Vichy shower experience to balance the mind and body. Finishes with a moisturising body lotion gently applied to the body, leaving the skin feeling silky smooth.

### **Aromatic salt glow (50 mins) \$135**

This luxurious body treatment exfoliates the body with aromatic oils mixed with salts from the depths of the mineral-rich Canadian glacial fields. The salt replenishes lost minerals in the skin and leaves the skin feeling velvety soft. Warm compresses are used to remove the salt before you are wrapped in our vitamin rich body cream, which is allowed to infuse into the skin whilst you receive a relaxing scalp massage.

### **Firming algae body wrap (80 mins) \$175**

This treatment helps to firm, detox, repair and hydrate, utilising a unique blue / green algae. The special ingredients help to boost the skin's moisture and protect against premature ageing. It also repairs stressed, damaged and tired skin. Beginning with a salt peel to soften the skin, an algae body mask is applied and allowed to infuse, revealing firm, soft skin.

### **Cleopatra steam infusion (50 mins) \$165**

This exotic treatment provides the ultimate in relaxation for those who aspire to attain beautiful skin like the ancient queen, Cleopatra. The treatment begins with a body exfoliation to smooth and remineralise the skin. Next, you will be cocooned in a hydrating and revitalising milk extract which is deeply absorbed into the skin while resting in a specialised steam bed. The treatment concludes with an application of nourishing body lotion, great for those with sensitive or dry skin.

### **Balancing mud moor bath (80 mins) \$185**

This detoxifying treatment begins with a Canadian salt scrub for exceptional smoothness to the skin. Enjoy a relaxing bath with the Babor mud moor, including pine needle extract which will relax tired and aching muscles while stimulating and increasing blood circulation. For deep relaxation finish with a balancing hot stone massage.

## Bath soaks

### **Mineral mud moor (30 mins) \$50**

Relaxes muscle tension, detoxifies skin impurities and stimulates metabolism.

### **Cleopatra milk bath (30 mins) \$50**

Calms and moisturises. Perfect for dry and dehydrated skin.

### **Re-mineralising aromatic salt bath (30 mins) \$50**

Aromatic salts replenish lost minerals in the skin.

## Tanning

### **Spa spray tanning (30 mins) \$55**

St. Tropez offers safe, fast and natural results, leaving you with a natural looking, sun tanned appearance. The Aloe Vera base will penetrate the skin deeper than water based products, effectively increasing the life of your tan.

## Face

### **Facial a la carte (50 mins) \$110**

This facial is designed as a customised skin revitalisation. A gentle exfoliation will leave your skin glowing, together with a customised facial massage designed by your therapist. A nourishing mask, facial moisturiser, specialised eye cream and scalp massage finish this popular facial treatment.

### **Men's skin fitness facial (80 or 50 mins) \$180 or \$110**

Feel completely relaxed during this deep cleansing facial treatment, customised for specific skin needs and great for all skin types. Receive an exfoliation, steam therapy and mask to refresh the skin. A massage for the face, shoulders and scalp will relax and stimulate the senses.

### **Pure oxygen therapy facial (80 or 50 mins) \$220 or \$170**

For glowing, healthier and younger looking skin, this combination of pure oxygen therapy and a cocktail of vitamins and minerals restores, tightens and rejuvenates. Ideal for all skin types.

### **Collagen booster facial (80 or 50 mins) \$205 or \$170**

Using pure collagen extracts to saturate the skin with moisture, this facial is a gentle alternative for your antiaging goals. The active biomatrix mask and pure collagen concentrate, stimulates natural collagen production in the skin leaving it more elastic, plumping fine lines and leaving skin visibly smooth with a healthy glow.

### **Organic elements facial (80 or 50 mins) \$205 or \$140**

This customised facial using Babor's organic skincare range, provides individual solutions for a range of skin types and conditions. The products are 100% natural and draw their strength from pure and uncontaminated, active organic ingredients. During your treatment experience, mountain crystals are used to improve skin texture and release energy blockages. This facial will refresh and revitalise the skin, stimulate cell renewal and promote a balanced, healthy and radiantly fresh complexion.

### **Dr. BABOR AHA Skin Renewal Facial (50mins) \$155**

Renew and regenerate your skin with this deep exfoliation. Suitable for all skin types and perfect for lines, enlarged pores, pigmentation and blemished skin. See and feel immediate results for fresher, brighter skin!

### **Dr BABOR Ultimate Face Lifting (80 mins) \$250**

Lift and firm your skin with the ultimate facial experience. Using a special collagen fleece and modelage mask, this facial is deeply hydrating and nourishing.

#### **Enhancers \$20 each**

- Eye enhancer or ampoule (firming and hydrating)
- A5 Hand/feet (cleansing, exfoliation, massage) (only available with 80 minute treatment.)

Please advise of your preferred enhancers at the time of booking to allow for extra time with your treatment.

## Waxing & Tinting

Lash tint	\$30
Brow tint	\$20
Lip or brow wax	\$20
Leg: full \$75, half	\$45
Underarm	\$30
Bikini	\$40
Brazilian	\$65
Back wax	\$50

## Hands & feet

### **Hand spa (50 mins) \$110**

Pamper, hydrate and soothe your hands with Babor's spa mediterranee for hands. A vitalising hand bath, exfoliation, massage and nail treatment featuring active ingredients to reveal beautifully groomed hands. Finish with a nail paint with the colour of your choice.

### **Pedi spa (50 mins) \$110**

Lie back and enjoy our unique pedi spa with Babor's spa mediterranee for feet. Our refreshing foot bath, exfoliation to relieve rough skin, soothing massage and nail treatment with active ingredients, pampers stressed feet. Includes a firming eye treatment for total relaxation and a nail paint with the colour of your choice.

### **With French polish (15 mins) \$15**

### **Parrafin enhancer (30 mins) \$30**

For ultimate results increase the effects of your hand spa or pedi spa by adding a luxurious parrafin wax mask. It will increase circulation and aid the penetration of active ingredients into the skin.

## Mini spa experiences

These 80 minute to 2 hour experiences are designed to give you a taste of some of the specific treatments on offer all within the one spa experience. Enjoyed the express facial within your package? Why not book the full 50 or 80 minute treatment for your next visit to the spa.

### **Skin renewal (80 mins) \$200**

Your journey starts with a full body Aromatic salt exfoliation using salts sourced from the mineral rich Canadian glacial fields. Be cocooned in a vitamin nourished body wrap to reveal soft, velvety skin and complete your journey with a hydrating facial to repair and rejuvenate your complexion.

### **Radiance boost (approx 2 hrs) \$240**

Our radiance boost package is designed to give you a visible boost for all to see long after your spa experience is complete. Start with our signature 50 minute Collagen Skin Boost facial, using pure collagen extracts to plump fine lines and smooth your complexion. Your facial is followed by our express hand and pedi spa treatments designed to give your hands and feet a beauty boost complete with your chosen nail polish colours.

## Spa packages

### **Spa fusion (approx 3 hours) \$300**

For the ultimate spa experience, treat yourself to this full body package. Begin with a Swedish massage to unwind, reduce stress and stimulate circulation. Your skin will then be treated to a customised facial a la carte to address your specific needs whilst you surrender to a blissful face, scalp and shoulder massage. To complete your experience, treat your feet to a luxurious pedi spa, leaving you pampered from head to toe.

### **Pamper package (approx 2 hours) \$260**

Nurture yourself and indulge in this enticing combination. Begin with a Cleopatra steam infusion which hydrates and revitalises the skin. Complete your experience with a luxurious pedi spa, leaving you feeling rejuvenated, recharged and revitalised.

### **Ultimate couples package (approx 2 hrs) \$220 per person**

Escape into a tranquil and spacious double room with your partner or friend. Your dual treatments will commence with a customised aromatherapy style massage balancing your mind, body and spirit. Select an aromatic blend to suit your mood to enhance the benefits of massage. Lie back together and enjoy our unique pedi spa. Your treatment includes a relaxing footbath, exfoliation to relieve rough skin, nail and cuticle treatment, and application of protective foot cream. Includes a firming eye treatment for total relaxation.

### **Wedding packages and special occasions (POA)**

Here at The Golden Door Spa at Elysia, your haven of pure relaxation, we can tailor the perfect group package to suit your needs.

Prices effective 1st March 2011.

All prices are subject to change and include GST. Please note, some treatments are subject to therapist availability.

A 10% surcharge applies on public holidays.

*"Elysia is more  
than a place.  
It's a state of mind."*

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