



THE
GOLDEN DOOR SPA
AT

Elysia

Directory of
spa services



To make a booking

Please phone 02 4993 8500
Dial 1 from your villa at Elysia

Welcome to the Golden Door Spa at Elysia

Welcome to The Golden Door Spa at Elysia. We hope you'll enjoy the calm and serene atmosphere we have created for you. During your spa experience, you may wish to wear a swimming costume for the spa and steam facilities. During treatments, you may wear underwear if you prefer or disposable underwear is available upon request. Our professional therapists are trained to drape you appropriately and maintain your privacy at all times.

Our products are exclusively provided by BABOR, incorporating skin care, body and spa care, sun care, and men's range.

Founded in the ancient German province of Aachen over 40 years ago, the BABOR philosophy has emerged from a region world-renowned for its therapeutic natural thermal springs.

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.

BABOR's concept for body and soul is adapted and respected by many internationally renowned hotels and spas.

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.

Aromatic massage (80 or 50 mins) \$180 or \$125

Balance your mind, body and spirit. Select the blend to suit your mood to enhance your massage.

Relaxing - Total relaxation incorporating palmarosa and clove essential fragrances

Balancing - Soothe away tension with the calming essence of lavender

Energising - Rejuvenate and energise with the uplifting essence of grapefruit

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. It relies on deep breathing and your mind for communication to the muscle cells, which assists in releasing tension and stress.

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. The fastest way to release a contracted muscle and the pain producing trigger point is by compressing the exact spot where it is located. This relaxes the trigger point, consequently releasing the whole muscle. During this massage, trigger points are located and then systematically worked on until they are released.

Whether you have specific pain or just wish to relax tightness in your muscles, 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. Heartworks Lomi Lomi promotes lymphatic drainage, the release of toxins and is ideal for everybody.

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 herbal 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. Combining the therapeutic benefits of shiatsu with the warm water, this is a treatment unlike any other. 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.

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.

Herbal volcanic wrap (80 mins) \$205

This warm body treatment will embrace and arouse your senses. Refresh and invigorate your skin with a rosemary herb exfoliation that will energise and increase the circulation in your body. Volcanic fango mud, known for its healing properties and flushing impurities from the skin, is applied over the entire body leaving the skin beautifully soft and supple.

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.

Youth elixir oxygen therapy (50 mins) \$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.

Note, this is a results orientated facial. For a pampering style treatment, please refer to our other facials.

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 anti-aging 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.

High skin refiner facial (80 or 50 mins) \$220 or \$175

This treatment has an immediate lifting effect that you can visibly see. Lines are smoothed and the surface of the skin looks fresh, youthful and refined by the most effective anti-aging skin treatment available.

Active concentrate skin therapy (80 mins) \$250

This luxurious facial targeted to your personal profile and skin repair goals has no equal. Using Babor's signature ampoules with precious active ingredients, your therapist will design a customised mask to revitalise and nourish your skin.

Enhancers \$20 each

- Eye enhancer or ampoule (firming and hydrating)
- 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.

Essential elements (80 mins) \$200

This treatment combines a full body scrub with salts to gently exfoliate the body. Complete your spa ritual with a Swedish massage.

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.

Prices effective 1st November 2009.

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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