



Essential Elements  
*day spa*



# Welcome

Walk into a world of complete sensory heaven where time is left at the door and a new journey begins.

Each of our unique spa therapies begins with the **Welcome Touch**, a warm aromatic compress on your feet in a cleansing ritual to remove the urban environment, focus your senses and centre your thoughts.

Your journey continues through the **Ten Cultural Touches of Elemis** a new sequence of massage movements influenced and inspired by an exotic blend of cultures and techniques

**Hawaiian Lomi Lomi \* Chinese Tui Na \* Thai \* Balinese \* Reiki \* Indian Ayurvedic \* Middle Eastern \* Swedish \* Reflexology \* Japanese Shiatsu**

Each treatment respects the bodies complex physiology and formulations are scientifically designed by Elemis using marine and plant extracts which are developed for maximum therapeutic results.

*rediscover your senses, rest your mind and breathe freely as  
you step into our world of touch and exquisite aromas*

Before your treatment melt into our luxurious therapy pool, open your pores and purify your skin in the steam room. After your treatment indulge in a tranquil moment in our Relaxation Room.

Allow 60 minutes prior to your treatment to pamper yourself and enjoy our full Day Spa experience. Please bring swimwear for the therapy pool and steam room.

## PAMPER DAY PACKAGES - ONLY \$35

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Upgrade your **Spa Treatment** to a **Pamper Day Package** for only an additional \$35 per person.

Indulge in a tranquil moment alone or gather your friends to share in a day of pampering and relaxation.

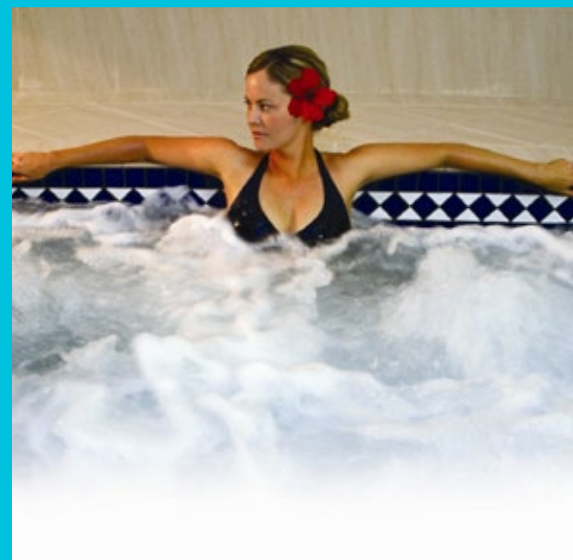
Upon arrival at the Essential Elements Day Spa you will be provided with a robe and slippers to wear and escorted to the **Relaxation room**, where you can enjoy the peaceful surrounds of the Spa or soak up some sun on the daybeds by the pool.

Your delicious **fruit & cheese platter** and **glass of bubbly** will then arrive to tantalise your taste buds.

We then recommend a visit to the **steam room**, which will cleanse your skin, boost your immune system and help remove toxins from your body. Then immerse yourself in the **therapy pool**, raising your body temperature helping to increase your bodies circulation and reduce joint and muscle tension.

Take time to allow your mind and body to unwind and relax before you are invited by one of our professional and intuitive therapists to experience your **choice of spa treatment** in the privacy of one of our spa rooms.

You are then treated to a scrumptious light **lunch** while you enjoy your new found tranquil state of mind.



# Body Therapy

A photograph of a person lying on their back, receiving a hot stone massage. Five dark, smooth stones are placed along the spine. The person is covered with a patterned orange and brown blanket. The background is dark and out of focus.

## M A S S A G E

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### Freestyle Deep Tissue Massage

60min - **\$120** / 30min - **\$80**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The massage works deep into the tension, encouraging optimum circulation.

### Deeper Than Deep Hot Stone Massage

75min

**\$160**

Balinese stones bathed in the Frangipani Monoi body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### Peaceful Pregnancy Massage

75 min

**\$160**

Performed on a pregnancy pillow that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

### Poultice-Powered Muscle Release

60 min

**\$145**

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz Poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

## HANDS AND FEET

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*Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Restore beauty to your hands and nails with warm Aromatherapy Diffs. Hands are left nourished, soft and smooth.*

### Sole Delight Foot Treatment

30 min

\$60

Warmed Aromatherapy Oils nourish and condition your feet and nails, whilst the decadence of Milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin. A sensory experience for your feet, which promises to leave you walking on cloud nine.

### Exotic Hand Ritual

30 min

\$60

Simply beautiful. Pure pampering for your hands and nails to restore beauty and suppleness. Warmed Aromatherapy Oils nourish and condition whilst the sublime sensation of Skin Nourishing Milk Bath lavishes its richness and healing action on your skin.

### Other Treatments

Remedial or Swedish Massage

60min

\$120

Scalp Massage

30min

\$60







# Face Therapy

## SKIN SOLUTION FACIALS

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*These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.*

### Sensitive Skin Soother

75min

**\$150**

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

### Anti-Blemish Mattify and Calm

75min

**\$150**

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

## ANTI-AGEING FACIALS

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**Pro-Collagen Age Defy** 75min **\$150**

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Pro-Definition Lift and Contour** 75min **\$150**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

**Dynamic Resurfacing Precision Peel** 75min **\$150**

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

**White Brightening Pigment Perfector** 75min **\$150**

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.





## DETOX AND CELLULITE

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### Targeted Toning Tightener

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. Clinically proven to reduce cellulite after just one treatment. Choose your area of concern for 30 minutes or combine all three areas for 90 minutes.

Abdomen	30 min	<b>\$60</b>
Arms	30 min	<b>\$60</b>
Hips & Thighs	30 min	<b>\$80</b>

*Achieve skin that looks and feels intensely  
toned and refreshed*



## SCRUBS AND WRAPS

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### Lime and Ginger Salt Scrub

45 min

\$95

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Includes mini facial.

### Body Nectar Nourishing Wrap

60 min

\$115

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Frangipani 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. An emotionally grounding experience for skin that has never felt silkier. Includes mini facial.

### Thousand Flower Detox Wrap

60 min

\$115

This nutrient-rich detox wrap uses the 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. Includes mini facial





DEFINED BY NATURE, LEAD BY SCIENCE

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Elemis is the innovative British spa and skincare brand which treats over 6.5 million people each year through its network of exclusive salons, spas and retail partners.

Elemis is committed to using the earth's natural resources: Boosted by Science and cutting edge Technology for maximum benefit. Deriving ingredients from organic extracts, absolutes, first extraction essential oils, natural emulsifiers, medicinal herbs and clinically proven collagen-boosting seaweed extracts, we engage actively in transferring the purest form of living energy to your skin and body.

Clients who wish to change or cancel an appointment, please provide notice, and note that late appointments may not be honoured. A no show, or cancellation of booking, with less than 24 hours' notice will incur a fee of 50% of your booking. There is a 10% surcharge for all treatments on public holidays.

# Packages

## TREATMENT COMBINATIONS

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### Tahitian Bloom

1hr 30min

**\$190**

Exotic Lime & Ginger Salt Glow  
Body Nectar Nourishing Wrap

### Spa Ritual

2hrs

**\$250**

Elemis Facial  
Freestyle Deep Tissue Massage

### Deep Relax

2hrs

**\$275**

Elemis Facial  
Poultice-Powered Muscle Release


### Targeted Detox

2hrs

**\$225**

Thousand Flower Detox Wrap  
Freestyle Deep Tissue Massage





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FOR BOOKINGS:

**In-house guests please see reception**

**Non-resort guests phone**

Angourie Resort on (02) 66468600

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**Gift vouchers available**