



ELYSIAN RESORT SPA



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'JALA' - ELEMENT OF WATER

AYURVEDA MEANS 'THE SCIENCE OF LIFE'
(AYUR = LIFE, VEDA = SCIENCE OR KNOWLEDGE)
AND IS THE OLDEST MEDICAL SYSTEM IN THE
WORLD, ORIGINATING IN INDIA OVER 5000 YEARS
AGO. IT IS BASED ON THE BELIEF THAT HEALTH
AND WELLNESS DEPEND ON A BALANCE BETWEEN
THE MIND, BODY AND SPIRIT.

WELCOME TO OUR AYURVEDA-INSPIRED SPA
WHERE OUR TREATMENTS AIM TO HELP YOU
ACHIEVE BALANCE.



| BODY ESSENCE |

CRYSTAL HEALING

A full-body, medium-pressure, relaxation massage with the application of crystals upon the body within specific energy centres. This treatment will leave you feeling renewed both physically and energetically. 5 different crystal types, different healing properties.

60 minutes \$130 | 90 minutes \$190

SACRED STONE

Hot stone massage, using the warmth of the stone to heat the muscles to aid in tension release and also to achieve a deeper sense of relaxation. This nurturing and rhythmic body massage is designed to tone and realign energy flow, enhancing balance and wellness.

60 minutes \$140 | 90 minutes \$200

DRIFT AWAY

Drawing from the unique and luxurious collection of body blends, we are able to customise a deeply therapeutic and relaxing massage experience. Reduce tension, restore well-being and bring tired, aching muscles back to life with the healing power of touch. Our therapists incorporate a variety of massage techniques customised to your areas of tension. Be centred and completely relax, soothed by your choice of essential oil blend. During your consultation, a choice of aromatic oils is prescribed to address your personal needs – to rejuvenate, harmonise, detoxify, ease aching muscles or refresh.

60 minutes \$130 | 90 minutes \$190

During your consultation a choice of aromatic oil blends by Subtle Energies will be prescribed to address your personal needs aiming to rejuvenate, harmonise, detoxify, ease aching muscles or refresh.

MELT AWAY

Full back, neck, shoulder, upper arm and scalp massage that focuses on common areas where tension is stored. This massage will help you to unwind and fully relax while your stress melts away.

60 minutes \$130 | 90 minutes \$190

REMEDIAL

Targeted massage treatment using a variety of therapeutic techniques to assist with specific problem areas. Includes a more thorough assessment and home care advice.

60 minutes \$130

| BODY ESSENCE |

RESTORATIVE REFLEXOLOGY

Thai inspired reflexology massage for feet and lower legs. Consists of medium to firm pressure point massage to feet to stimulate the nervous system, treating the whole body and reviving tired feet and legs. General massage and stretching to also included. Combine with the Revitalising Foot Treatment for a complete feet and legs pamper session.

30 minutes \$70 | 60 minutes \$135

| FACIAL ESSENCE |

REJUVENATE *Our high performance anti-ageing facial*

Reveal a smoother, more radiant, and more youthful you with a unique blend of botanical, wild-crafted and antioxidant-rich ingredients. An anti-ageing skincare range that provide anti-wrinkle, plumping, multi-protection, and intensely nourishing effects that promote skin renewal and an unstoppable healthy glow. Utilising the bio-active formulas of Acerola Cherry, Kakadu plum and White Tea, this potent treatment supports the skin with a luxurious age defying serum targeting visible signs of aging. Luxurious hand treatment with the healing properties of the ocean for intensely hydrated, smooth and soft hands is included. Precious Sea Hand Saviour is like a velvet glove, encasing your hands in a deeply nourishing cocktail of sea plants, exotic fruits and herbs that synergistically combine together with the ability to restore even the driest of skin.

60 minutes \$140 | 90 minutes \$200 includes scalp massage

ILLUMINATE *Radiance-boosting facial treatment leaving the skin toned and visibly luminous.*

A synergy of organic, "edible" ingredients like Snowflower Seed, Desert Lime, Strawberry Fruit and Gold Leaf dramatically reduce pigmentation and gives your complexion high-definition clarity and an all-over healthy glow. We will use a comprehensive range of brightening skincare products designed to illuminate your beauty, using potent

| FACIAL ESSENCE |

therapeutic and regenerating vitamins and antioxidant-rich botanicals for a youthful and radiant complexion. It includes a luxurious hand treatment with the healing properties of the ocean for intensely hydrated, smooth and soft hands. Precious Sea Hand Saviour is like a velvet glove, encasing your hands in a deeply nourishing cocktail of sea plants, exotic fruits and herbs that combine to restore even the driest of skin.

60 minutes \$140 | 90 minutes \$200 includes scalp massage

SOOTHE *Anti-inflammatory, restoring & hydrating facial treatment.*

An ultra-soothing facial treatment comprising an exclusive blend of botanical extracts and oils with potent calming and nourishing properties. The synergistic combinations of Chamomile, Cucumber and Gotu Kola provide harmonising and skin-rejuvenating actions whilst Calendula and Echinacea are anti-microbial, assisting in the unclogging of pores. Cranberry and White Tea which are rich in anti-oxidants are use to enhance skin repair.

This treatment also includes a luxurious hand treatment with the healing properties of the ocean for intensely hydrated, smooth and soft hands. Precious Sea Hand Saviour is like a velvet glove, encasing your hands in a deeply nourishing cocktail of sea plants, exotic fruits and herbs that combine to restore even the driest of skin.

60 minutes \$140 | 90 minutes \$200 includes scalp massage



BODY RITUAL

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HYDRATE *Salt crystal & oil exfoliation | hydrating body wrap & scalp massage | body hydration*

Soothe, nourish and restore body and soul with this deeply hydrating treatment. Himalayan Body Scrub, combined with the dream oils of kewda & frankincense, transports you almost instantaneously into ripples of peace and harmony, whilst cooling the skin. This calming body therapy includes a body wrap of aloe vera-based pure plant hydration mask which will reduce redness and the antioxidant activity will help fight free radical damage, whilst you enjoy a relaxing scalp massage. Then float away into a dreamworld with the sensual application of oils of White Champa, Patchouli and Coriander Seed in an all-over body hydration that softens and soothes the skin.

75 minutes \$170

BALANCE *Salt crystal & oil exfoliation | white mineral clay body wrap & scalp massage | body hydration*

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch

shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a relaxing scalp massage, using potent anti-ageing ingredients of mogra and indian rose to release tension and stress and restore balance. Lastly float away into a dreamworld with the sensual application of oils of White Champa, Patchouli and Coriander Seed in an all-over body hydration that softens and soothes the skin.

75 minutes \$170

DETOXIFY *Finely milled nut shells & oil exfoliation | green mineral clay body wrap & scalp massage | body hydration*

An invigorating and detoxifying body exfoliation using the Rassayana collection. This contains a zesty combination of cinnamon bark and walnut shells, blended with the uplifting aromatics of tulasi, limbu lime and wild turmeric. In Ayurveda, Rasayana is the Sanskrit term for rejuvenation, to be able to promote longevity and reduce the signs of ageing. The green tea and spirulina clay wrap is revitalising and detoxifying as well as moisturising to the skin. Finally the body lotion will leave you with a radiant and youthful glow. The aromas of limbu, wild turmeric, tulasi and kewda will uplift and tonify, providing a feeling of comfort and refreshment.

75 minutes \$170



HANDS & FEET

ELYSIAN JOURNEYS

REJUVENATING HAND SEA SPA

A soothing and replenishing treatment for tired hands and lower arms.

Beginning with a skin softening salt scrub exfoliation to renew and regenerate, your hands are then cocooned in a warm nourishing mask. All of life's stress is massaged away by a marma point hand massage using deep pressure techniques to release energy blocks, improve circulation and increase energy, leaving your skin feeling soft, supple and replenished.

To complete, a nail shaping and cuticle tidy will ensure your hands look as good as they feel and if you wish, an application of your choice of colour.

60 minutes \$110

REVITALISING PEDI SPA

A rejuvenating and relaxing treat for your feet.

This nourishing treatment for your hard-working feet begins with an aromatic botanical foot soak, before a stimulating ancient sea salt exfoliation. Your feet are enveloped in a warm and nourishing mask before a marma point foot massage using deep pressure techniques to release energy blocks, improve circulation and increase energy. To complete, a nail shaping and cuticle tidy will ensure your hands look as good as they feel and if you wish, an application of your choice of colour.

75 minutes \$135

Indulge in ultimate luxury on your very own Jala Journey. A consultation with your therapist will allow us to determine your skin type – your individual mind and body constitution. Specific treatments will then be chosen to help bring you back to balance.

Our signature spa journeys will reconnect the body, mind and soul and provide a total sensory journey from head to toe. Escape with these deeply therapeutic treatments, float away, while leaving your skin glowing and feeling gently nourished.

You can choose from three signature journeys:

ISLAND BLISS

Consultation | Facial Essence | Body Essence | Refreshments | Body Ritual | Lifestyle advice
5 hours \$525

OCEAN RHYTHM

Consultation | Facial Essence | Body Essence | Lifestyle advice
3 hours \$350

ISLAND DREAMING

Consultation | Facial Essence | Body Ritual | Lifestyle advice
3 hours \$350



Enhancements

Enhancements can be added to any massage, body treatment or facial and will be incorporated into the session for additional benefits and enhanced relaxation. Allow an additional 30 minutes per treatment.

HAIR MASK 15 min \$20

FLOAT AWAY MINI FACIAL \$70

A relaxing facial treatment in which the skin is cleansed and gently exfoliated, massaged and moisturised using our nourishing Edible Beauty skincare range.

BACK SALT CRYSTAL OIL EXFOLIATION AND HYDRATION \$70

A gentle but invigorating skin buff to smooth and polish the back followed by hot compresses to soften the skin, after which a soothing and cooling mask is applied followed by a deeply hydrating body lotion.

REVITALISING FOOT TREATMENT \$65

A detoxifying treatment to revive tired, dry feet. Included will be a detoxifying foot soak, scrub and skin buff, hot compresses, hydrating mask and moisturiser.

MINI MELT AWAY MASSAGE \$65

All the benefits of the full Melt Away Massage in a shorter time frame which makes a perfect addition to your facial.

FORGET STRESS SCALP MASSAGE 20 min \$55

PERSONAL YOGA SESSION

In a personal yoga session, the most original form of yoga instruction, the focus is on your personal needs. The practice is individually tailored and is therefore ideal for people who are new to yoga, would like to expand their current practice, might have injuries or concerns or would rather not attend a group class.

During the consultation your instructor will clarify goals, current state of health and available times for a Yoga practice. Your instructor will then create a series of exercises, which will be carried out in the first yoga lesson under their guidance. This is a wonderful way to get a first feel for the exercises and their correct execution.

90 minute \$120

Enhancements

SPA ETIQUETTE We recommend that you arrive at least 10 minutes prior to your appointment to allow time to relax. All treatments will be followed by a simple tea ceremony to allow time for reflection and an opportunity to reconnect with the present, with limited distractions. For your comfort we suggest that you shower before all treatments & dress in what makes you feel most comfortable. Please advise if you have any health concerns or if you may be pregnant.

A Jala treatment is a personal journey, created and modified to your specific needs. Choose a journey from our spa menu, or allow our therapists to tailor a treatment which reflects your mood or desire. Your treatment time will be reserved especially for you. However, we understand that plans change; please provide a minimum 4 hours' notice if you wish to reschedule or cancel your treatment. Without notice, the full charge of your treatment will apply.

About the Products

EDIBLE BEAUTY *The Edible Beauty Australia philosophy is based on illuminating your natural beauty using pure, wildcrafted and botanical ingredients that are literally good enough to eat. Developed by naturopath and nutritionist Anna Mitsios, Edible Beauty Australia offers luxurious "edible" skincare products, "beauty" teas and wellness supplements containing therapeutic botanicals and wildcrafted Australian ingredients designed to have you glowing both inside and out. Anna is passionate about using nutrition through food and herbs to achieve radiance, vitality and bountiful youth.*



SUBTLE ENERGIE *Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing. Founded in 1993 by Farida Irani as a clinic of natural therapies, this background underpins the cutting-edge clinical research and development of the Subtle Energies brand. Subtle Energies' Spa Concept provides treatment programs that combine the optimum methods and knowledge found in these respected ancient sciences, with holistic modern techniques. All products are made in Australia following European standards of natural skincare, to create safe, ethical and effective products. The range has been certified by Cruelty Free International and does not contain parabens, mineral oils, silicones or artificial fragrances. Winner at AsiaSpa Awards 2014, 2015, 2016 and 2017.*





ELYSIAN
LONG ISLAND GREAT BARRIER REEF