

## PÜROVEL Signature Massages

### PÜROVEL Mountain Meadow Massage

This customised relaxation massage uses long, smooth strokes to relax muscles and aid both the lymphatic and circulatory system. Deep breathing with our signature Pürovel aromatherapy blend starts the relaxation process and prepares you for this nourishing skin and body massage.

Duration: 60min/90min

Price: \$175/\$220

### PÜROVEL Alpine Spring Massage

A relaxation style massage with medium pressure, eases tension and stimulates blood flow. Deep breathing along with our signature Pürovel aromatherapy blend clears the mind and balances the body. A perfect massage for active people who need muscle recovery.

Duration: 60min/90min

Price: \$175/\$220

### PÜROVEL Mountain Stone Massage

A massage incorporating smooth, heated stones to create deep internal heat, while a luxurious Pürovel aromatherapy blend of essential oils is massaged deeply into the body for maximum relaxation.

Duration: 60min/90min

Price: \$180/\$230

## Essential Massages

### Wellness Massage - INALA (rest time)

This gentle flowing massage offers the gift of a nurturing touch as traditional Swedish techniques and movements support the release of stress, tension, and fatigue. Customize your treatment with one of our Australian native aromatherapy blends of essential oils.

*Improve circulation | relax mind and body | restores balance*

Duration: 60min/90min

Price: \$170/\$220

### Sensorial Aroma Massage

A customized, relaxing body massage using Sothys essential and fragrant oils, enhance your massage experience by hand selecting one of our Sothys aromatherapy blends of essential oils. This sensorial massage with a delicate aromatic essence offers an "Escape to wellbeing..."

*Stimulate the senses | relax mind and body | nourish your skin*

Duration: 60min/90min

Price: \$170/\$220

### Remedial Massage - JANGGY (muscle tissue)

An exceptional massage created exclusively by our experienced team of Spa therapists that blends the techniques of native Australian aromatherapy and remedial massage. Pressure is applied to your muscles through a variety of trigger point methods to release tension.

*Eases muscle tension and pain accumulated in specific areas.*

Duration: 60min/90min

Price: \$180/\$235

## Deep - Tissue Massage

A massage tailored to your needs using specialized techniques which promote energy balance, increase suppleness, stimulate lymph and blood circulation. Ease muscle stiffness and tension, while also inducing a state of therapeutic relaxation and stress relief. This therapeutic massage uses a dynamic blend of essential oils to suit your individual needs.

*Alternates between deep and firm pressure | encourages blood flow | helps eliminate toxins*

Duration: 60min/90min

Price: \$180/\$235

## Warm Candle Massage

This luxurious massage uses unique organic blends of antioxidant soy bean oil, shea butter, fruit extracts, nourishing Australian jojoba oil, hydrating vitamin E, calming ylang-ylang, precious sandalwood, soothing lavender and vitamin A, B, C & F to create an ultra-rich skin care balm. This balm, taken from a burning candle, liquefies into a warm massage oil with a melting point 2° above body temperature.

*Relax muscles | improve circulation and tissue elasticity | promotes body and mind relaxation | hydrating experience*

Duration: 60min/90min

Price: \$175/\$220

## Massage Enhancements (AS ADD ON ONLY)

### ORANA (welcome) Vitality Foot Treatment

A foot cleansing and exfoliating ritual, combining the use of warm towels and exfoliant infused with native essential oils that conditions and soothes your feet.

Duration: 15min

Price: \$35

### Warm Paraffin Back Treatment

This treatment is the pinnacle of relaxation. Layers of warm paraffin are placed on your back sealing in moisture while allowing heat to penetrate deeply into your body, relaxing the muscles.

Duration: 15min

Price: \$35

### Body Brush

A traditional technique that has been used for centuries to gently exfoliate dead skin cells, bringing blood and oxygen to the skin. This technique helps to speed up the process of eliminating waste via lymph stimulation and assist with the prevention of dry skin and premature ageing.

Duration: 15min

Price: \$35

### Hand OR Feet Paraffin Treatment

A warm lotion is applied while gently massaging your hands and/or feet. Then warm paraffin is applied, utilizing a plastic liner. After the paraffin is removed, your hands and/or feet are left soft and nourished.

Duration: 10min/20min

Price: \$35/BOTH \$60

## Detoxifying & Balancing Mineral Body Mask / Uluru-Wiru (beautiful)

Relax in a full body mud wrap which is highly effective in drawing impurities from deep within pores. The high mineral content helps to regulate healthy cell function while marine collagen assists in improving skin elasticity and plumpness.

Duration: 30min

Price: \$85

## Revitalising & Rejuvenating Body Mask

A blend of natural clays helps to cleanse and tone. The skin is replenished, hydrated, and revitalised with natural oils, butters and extracts from blood orange oil, ylang ylang oil, clove bud oil, soya bean oil, sandalwood oil & ginseng extract.

Duration: 30min

Price: \$85

## Australian Native Botanical Body Mask / Midjuburi (Lilly Pilly)

The blend of organic Australian clays in this mask help to cleanse, tone and detoxify. Your skin is replenished, hydrated, and revitalised with Australian essential oils from Avocado, Macadamia, Australian Sandalwood, Rosalina, Nerolina and liquid fruit extracts from Kiwi, Papaya, Kakadu Plum, Lilly Pilly, & Quandong.

Duration: 30min

Price: \$85

## Personalized Facials

### Sothys' Essential Facial

This introductory facial, suitable for all skin types, is designed to maintain a healthy, clear complexion. A customized selection of Sothys products addresses the current needs of your skin. Thorough cleansing followed by the application of an ampoule and treatment mask refresh the skin while a relaxing facial massage helps alleviate stress and provide a sense of wellbeing.

Duration: 60min

Price: \$170

### Seasonal Facial | Spring / Summer & Autumn / Winter

Our limited – edition Oxygenating Seasonal facial treatment incorporates the purest ingredients from each season's harvest. Repair and detoxify your skin and maintain balance during the different seasons. A delicious cocktail of fruit extracts packed with natural vitamins and minerals provide antioxidant benefits and essential nutrients to restore your skin's natural radiance. Inspired by nature, this treatment contains extracts to boost oxygenation, radiance, hydration and anti-aging protection.

Duration: 60min

Price: \$170

## Le Sense De Ruvel Facial

Combining traditional European skills with a botanical product base of natural plant extracts, this facial provides a gentle and natural way to increase the health and vitality of your skin. This personalised anti-aging treatment is designed to rejuvenate, heal, hydrate, balance and plump dry/stressed skin. We incorporate a cooling plant-based serum tailored to your needs. Then experience a customised LED treatment delivering non-invasive, anti-ageing results that is effective and safe.

Duration: 70min

Price: \$180

## Targeted Facial Treatments

### Soothing Facial for Delicate, Sensitive Skin

Ultra-calming, de-sensitising, and soothing treatment for sensitive and reactive skin. Incorporating healing spa thermal water and specially selected botanicals to provide immediate and lasting relief and strengthen the skin. A double layer cocooning mask in combination with our unique decongesting facial massage with chilled porcelain spoons (cryotherapy) immediately calms and soothes your skin.

Duration: 60min

Price: \$175

### Clarifying Facial for Blemishes & Acne Prone Skin

Our targeted treatment for oily, problematic & blemished skin. This treatment works in 3 phases by exfoliating, deep cleansing and clarifying with anti-bacterial actives. Concentrated formulas featuring tea tree oil, healing essential oils and glycolic and salicylic acids offer multi-benefits to help reduce oil, absorb impurities, exfoliate, soothe and balance the skin. A deep pore cleanse and clarifying cooling mask aid in healing and refreshing your skin and restoring an even, clear complexion.

Duration: 60min

Price: \$175

### Instant Radiance Treatment

Targets sallow or prematurely ageing skin with hyperpigmentation, Sothys GL peel coupled with pure Vitamin C provides a radiant glowing complexion and boosts collagen, adding freshness and a youthful glow to your skin.

Duration: 60min

Price: \$200

### V-Shape (Jawline & Neck) Treatment

Sothys Perfect V-shape treatment, with peptides, offers dermo-lifting and dermo-contouring of the neck and jawline. M3.0 peptides boost collagen synthesis to support a long-lasting dermal structure. It provides an immediate and long-lasting firming and slimming result on the jawline and neck.

*\* A series of 5 treatments delivered every 2 weeks while using the perfect shape neck serum at home, generate the best results: \$635*

Duration: 45min

Price: \$120

## Sothys ® Intensive Eye Treatment

Combining science and nature this intensive spa-only treatment uses a specific cryogenic massage technique and active ingredients to assist in alleviating the visible signs of ageing around the eye area. Fine lines are smoothed by re-hydrating and protecting this delicate area. Dark circles appear lightened and puffiness is reduced. The association of the therapist's hands with the massage porcelains specially designed for Sothys, makes this a unique and targeted treatment for your eye zone.

Duration: 45min

Price: \$120

## V-Shape & Sothys® Intensive Eye Treatment

Toning the face and soothing the eyes, this is a perfect pairing of treatments. Facial features are lifted; eyes are soothed and brightened. Puffiness is reduced while fine lines and wrinkles appear softer.

Duration: 70min

Price: \$200

## Essential Facial & V- Shape Treatment

Specialised skincare treatment combined with the V-shape Treatment. Preserves jawline contours & smoothes the neckline / décolleté.

Duration: 80min

Price: \$250

## Essential Facial & Sothys® Intensive Eye Treatment

Sothys Specialised Skincare Treatment combined with the Eye Treatment.

Duration: 80min

Price: \$250

## Intensive Facial Treatments

### Anti-Aging Pro-Youth Treatment

Combined with a scientific approach, Sothys Anti-Aging Intensive Treatment uses the BP3 tri-complex of saffron, sophora and peptides to restore the skin's youth. Fight against oxidative stress and biological skin aging with this scientifically proven facial treatment that protects the youth capital at all ages by combating the signs of aging. Exfoliating, stimulating massage and a double dermo-filling mask leave the skin feeling fresh, plump, and youthful.

Duration: 80min

Price: \$230

### Hydra-Intensive Hydrating Facial with Hyaluronic Acid

This replenishing and hydrating treatment is our solution to quench thirsty skin and combat dehydration. A combination of hyaluronic acid and patented Boletus extract reactivate the skin's natural hydration levels to reveal a more youthful complexion. Moisturizing serums, ultra-nourishing massage cream and enveloping mask restore the skins natural softness and suppleness.

Duration: 80min  
Price: \$230

## Detox Energie™ Luxurious Intensive Facial Treatment

Breathe new life into your skin with our detoxifying anti-pollution facial treatment. This treatment helps skin defend itself against the harmful effects of environmental stress and pollution which can accelerate skin aging. A trio of highly active ingredients; Organic elderberry, Siberian Ginseng and detoxifying peptides work in synergy to recharge and boost the skins metabolism, giving it the vital energy, it needs to defend itself against environmental stress. A six-phase treatment utilizing a detoxifying massage, a depolluting triple action scrub combined with an oxygenating serum and energizing mask helps to rebalance the skin and achieve a luminous, glowing complexion. A perfect solution for jet lagged skin!

Duration: 80min  
Price: \$230

## Sothys Cosmeceutique Peeling Treatments

### Customised Peel & Ampoule Infusion Treatment

Sothys GL Peel (with glycolic & salicylic acid) refines the texture of the skin, brings instant radiance and reveals a brighter complexion. This advanced skin treatment infuses a professional ampoule with a relaxing massage and mask phase.

*\*Not recommended for sensitive skin types*

Duration: 60min  
Price: \$170

### Cosmeceutique GL Peel

Sothys Professional GL Peel combines glycolic & salicylic acid to refine the texture of the skin, bringing instant radiance, smoothing & revealing a brighter and more even complexion. Exceptional results on sun-damaged and prematurely aging skin, the GL peel may assist in unclogging and smoothing oil-congested skin to refine the texture of open pores and prevent breakouts.

*\*This peel may also be added to most other SOTHYS Treatments to intensify results and maximise benefits. Not recommended for sensitive skin types.*

*\*A series of 5-10 treatments recommended for optimal results, while using prescribed Sothys professional skin care at home.*

Duration: 30min/50min  
Price: \$95/\$155

## Facial Enhancements (AS ADD ON ONLY)

### Sothys GL Peel

A gentle, yet effective dual-action exfoliation using an active combination of glycolic and salicylic acids to help remove dead surface cells to reveal a clearer, more even complexion.

Duration: 10min  
Price: \$35

## Sothys Lifting Eye Treatment

This refreshing and anti-aging treatment addresses specific concerns of the eye area. A vitamin and hyaluronic enriched serum coupled with a relaxing eye massage provides immediate relief to tired eyes. A fresh tensor gel mask and eye smoothing patch diminishes puffiness and provides an instant lifting effect.

Duration: 10min

Price: \$35

## Sothys Vitamin C Radiance Boost

A highly concentrated application of pure Vitamin C to immediately brighten and illuminate complexion.

Duration: 10min

Price: \$35

## Sothys Neck and Décolletage Treatment

Give your neck and décolletage an instant lift with this exclusive treatment. A thorough exfoliation reveals smoother skin and then a tightening peel-off mask is applied for an instant lift. A neck-shaping cream is then massaged into the skin for a lasting lifted and hydrated look.

Duration: 10min

Price: \$35

## LED Spa Treatment

Refresh and revitalise with this non-invasive skin rejuvenation system. Photo-dynamic LED therapy, using light of varying wavelengths, penetrate the skin to improve its overall appearance and texture. LED therapy tends to use three different light sources – green, blue, and red light. Completely painless, this therapy rebalances and heals cells, improves skin tone, and diminishes fine lines.

Duration: 20min

Price: \$65

## Hand OR Feet Paraffin Treatment

A warm lotion is applied while gently massaging your hands and/or feet. Then warm paraffin is applied, utilizing a plastic liner. After the paraffin is removed, your hands and/or feet are left soft and nourished.

Duration: 10min/20min

Price: \$35/Both \$60

## Signature Body Rituals

### Hanakasumi Ritual

*Body exfoliation with Japanese inspired technique | relaxing & aromatic massage with Asian essence*

A unique experience of Japanese inspiration, this enchanting sensorial journey is filled with floral notes of Cherry Blossom and Lotus Flower to relax the body and nourish the skin. Our signature body treatment incorporates a warm exfoliating cream to soften and smooth your skin. A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind, body and soul.

Duration: 80min  
Price: \$230

## Oriental Sensations Ritual

*Body exfoliation with Moroccan terracotta stone | relaxing & aromatic massage with Amber – myrrh modelling oil*

Inspired by the Orient, this aromatic body ritual features hypnotic notes of amber and myrrh. Immerse yourself in this exotic ritual featuring an exclusive body exfoliation with handmade Moroccan pumice stone and enzymatic exfoliation nectar for soft, smooth skin. A relaxing massage with warmed amber oil entices the senses with warm, sweet, and woody notes for an unforgettable sensorial experience. To recreate the Oriental ambiance at home, the Moroccan pumice stone is gifted to each guest post treatment.

Duration: 80min  
Price: \$230

## Sensorial Escape by Sothys

*Personalised body exfoliation | personalised relaxing aroma massage | warm nourishing body wrap*

A personalised sensorial experience tailored to your needs with your choice of fragrant escape. Choose from Frangipani & Plum, Cinnamon & Ginger, Lemon & Petitgrain or Orange & Cedarwood. Sweet-salty exfoliation combining sea salt and sugar customized with a selection of botanical essences for velvety, smooth skin followed by a relaxing massage to nourish and hydrate your skin. Experience the comforting sensation of our warm hydrating/nourishing wrap and let your body and your mind indulge in pure escape with the fragrance you have chosen.

Duration: 110min  
Price: \$280

## Seasonal Body Escape | Spring / Summer & Autumn / Winter

*Body exfoliation | relaxing & aromatic massage | warm nourishing body wrap*

Our Seasonal body treatment incorporates the purest ingredients from each season's harvest. Repair and detoxify your skin and maintain balance during the seasons. A delicious cocktail of fruit extracts packed with natural vitamins and minerals provide antioxidant benefits and essential nutrients to restore your skin's natural radiance. Inspired by nature, this treatment contains extracts for radiance, oxygenation, hydration & anti-oxygenation protection.

Duration: 110min  
Price: \$280

## Exfoliating Body Treatments / Enhancements

### Salt Scrub with Geranium and Lavender

A blend of mineral salts from the Himalayas, France and the Dead Sea enriched with uplifting essential oils of lavender, geranium, rosemary and chamomile.

Duration: 30min/50min  
Price: \$85/\$155

### Salt and Sugar Scrub



A customized exfoliation combining sea salts and natural sugar grains personalized with your choice of fragrant escape.

- Frangipani and Plum / Fruity and sweet
- Lemon and Petitgrain / Invigorating fresh citrus, floral
- Orange and Cedarwood / Citrusy, woody and warm
- Cinnamon and Ginger / Spicy and tonic

Duration: 30min/50min

Price: \$85/\$155

## Delicious Ginger Scrub

An aromatic scrub with exotic spices and essential oils of ginger, nutmeg, orange and cinnamon to awaken the senses.

Duration: 30min/50min

Price: \$85/\$155

## Treatments for Men

### Men's Essential Facial

*Deep cleanse | steam if appropriate | skin exfoliation | ampule | facial massage | personalised mask | neck, shoulder and scalp massage*

Created to answer the needs of a man's skin, this energizing & deep cleansing treatment combines liquid volcanic rock extract to detoxify and hyaluronic acid to replenish skin. De-stress with a scalp, face, neck and shoulder massage to induce immediate relaxation

Duration: 60min

Price: \$170

### Men's Executive Rescue

*Body exfoliation | Remedial massage | Men's Essential Facial*

Specially designed for men, this package includes an energizing and deep cleansing exfoliation, a JANGGY (muscle tissue) Remedial Massage and a Men's Essential Facial.

Duration: 150min

Price: \$400

## Makura (mother) Pregnancy Spa Treatments

### Pregnancy Massage – MANANGA (mother & child)

*Relaxing, soothing | stimulates blood circulation | eases fluid retention and swollen feet*

A calming and soothing massage experience provides relaxation and helps relieve physical discomfort during this beautiful time of change. Improve skin elasticity, increase energy levels and circulation.

*\*Supportive cushions available*

Duration: 60min/90min

Price: \$170/\$225

## Mums Head to Toe Indulgence

*Body exfoliation | body massage | essential express facial | scalp massage*

Gently and safely target the areas prone to stress and tension with a gentle body exfoliation which is followed by a soothing massage, easing aching muscles while relaxing and restoring. Finishing with an essential express facial to suit your skins needs. This indulgent treatment leaves your body relaxed and skin glowing.

Duration: 120min

Price: \$320

## Couples Packages

### NOWRA (you and me) Couples Bliss

*Orana (welcome) vitality foot treatment | wellness massage | essential express facial | cheese/fruit platter | sparkling wine*

Enjoy side-by-side indulgence with a wellness massage using aromatic oils and freestyle techniques combined with a essential express facial to suit your skin care needs. Complete your pampering with a cheese/fruit platter and two glasses of chilled sparkling wine.

Duration: 100min

Price: \$520

### MALBAR (magic stone) Ritual

*Full body exfoliation | back and legs massage with hot stones | essential express facial | scalp massage | cheese/fruit platter | sparkling wine*

Unravel tension, instantly boost your complexion and relax your body and mind with our most renowned treatment. A full body salt and oil exfoliation, back, neck, shoulder and legs massage with hot stones. Included is a focused express facial tailored to your skin's unique needs and is finished off with a stress reducing scalp massage to revive and recharge. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax. Complete your pampering with a cheese/fruit platter and two glasses of chilled sparkling wine.

Duration: 120min

Price: \$650

### THOORUNA (together) Couples Sensorial Relaxing Package

*Full body exfoliation | 90min sensorial aroma relaxing body massage | warm nourishing body wrap | cheese/fruit platter | sparkling wine | sensorial spa gift*

Indulge in a sensorial escape with a customized relaxing body massage using Sothys essential and fragrant oils, personally selected by each guest to enhance the massage experience. This wonderfully soothing and rejuvenating experience is ideal for sharing that special time together in our couple's spa room. Enjoy a cheese /fruit platter and two glasses of chilled sparkling wine. Take your experience home with a complimentary Sothys nourishing body elixir.

Duration: 150min

Price: \$840

## Spa & Sport Packages

### Australian Discovery

*Personalized body exfoliation | personalized relaxing aroma massage | warm nourishing body wrap | Essential Facial by Sothys | lifting eye treatment*

Begin the ritual with a personalized sensorial experience by Sothys tailored to the needs of your wellbeing. A sweet-salty exfoliation combining sea salt and sugar, customized with a selection of botanical essences, a relaxing massage to nourish and hydrate your skin. The comforting sensation of a hydrating/nourishing wrap is applied warm onto your skin. Let your body and your mind indulge in pure escape. Experience an essential facial by Sothys for radiant and glowing skin.

Duration: 180min

Price: \$450

### Sensorial Spa Indulgence

*Orana (welcome) vitality foot treatment | sensorial relaxing aroma massage | essential facial by Sothys*

A luxurious package with all the basic spa treatments, including an essential Sothys facial, sensorial relaxing aroma massage and a welcome vitality foot treatment. The ultimate treat that pampers your body and soul.

Duration: 130min

Price: \$320

### Reviving Hot Stone Escape

*Full body exfoliation | back and leg massage with hot stones | essential express facial | scalp massage*

Unravel tension, instantly boost your complexion, relax your body and mind with our most renowned treatment. A full body salt & oil exfoliation, legs, back, neck and shoulder massage with hot stones, a focused express facial tailored to your skin's unique needs and finished with a stress reducing scalp massage. Our experienced therapist will soften and warm target muscles to ease aches and pains as well as help to relieve muscle tension.

Duration: 120min

Price: \$320

### Purifying Back Ritual

*Back exfoliation | back massage | balancing mask | leg massage*

Refresh and renew with this stress-relieving back treatment. Beginning with a welcome touch ritual, followed by a deep cleansing exfoliation across your back combined within an aromatherapy and balancing mask to purify and refine skin. While the back mask takes effect, tension and fatigue in the back of the legs is released with a targeted massage.

Duration: 60min

Price: \$180

### Soul Retreat

*Orana (welcome) foot treatment | back and neck massage | essential express facial | lifting eye treatment | scalp massage*

Revitalize and recharge your body with this treatment. It begins with a foot cleansing and exfoliating treatment that combines the use of warm towels and an exfoliant infused with essential oils. Relax as your therapist gently soothes fatigue away with a stress relief back and neck massage, relaxing scalp massage and an intensive personalised express facial to revitalise tired skin.

Duration: 70min  
Price: \$195

## YIN-DEE (sun) Day-Dream

*Relaxing body and face massage | scalp massage*

The ultimate in relaxation, this light touch full body massage uses our signature natural massage oil with long flowing techniques to place the body, mind, and spirit into a meditative state. This treatment is intended to improve circulation and tissue elasticity and concludes with a warm oil face, scalp, head massage.

Duration: 70min  
Price: \$180

## INN-NAH (feet) Leg Therapy

A relaxing treatment to provide instant relief for tired, sore legs and aching feet. An invigorating exfoliation promotes circulation and prepares the legs for a menthol wrap/mask to relieve discomfort and restore a sense of lightness and refreshment to heavy legs. The perfect complement to a massage or as a standalone service for post travel leg discomfort, swollen legs due to pregnancy or for guests who work or stand on their feet all day.

Duration: 30min/50min  
Price: \$85/\$160

## The Urban Escape

Choose any of the following treatment options and build your own spa package:

Duration: 30 minutes per treatment

- Two Treatments: 60min | \$170
- Three Treatments: 90min | \$240
- Four Treatments: 120min | \$320
- Five Treatments: 150min | \$400

Back, Neck and Shoulder Massage

Exfoliating Body Treatment of your choice

Warming Body Wrap of your choice

Nourishing Full Body Massage

Hot Stone Massage | *Back, Neck and Shoulder*

Essential Express Facial | *Deep cleanse – exfoliation – personalised mask – scalp massage*

Soothing Hand Treatment | *Hand exfoliation – nourishing mask – hand massage*

Invigorating Foot Treatment | *Orana foot treatment – peppermint mask – foot and lower leg massage*

Hair and Scalp Treatment | *Massage the hair and scalp with nourishing warm oil and mask*