

# LONGVIEW

## DAY SPA

### TREATMENT MENU

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# MASSAGE

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Our massage body serums are an exquisite blend of oils, omega serums, and molten butters that will leave your skin deeply nourished and hydrated.

## Hot Stone

*Ground / Clear / Warm*

<b>45 minutes</b>	<b>\$165</b>
<b>1 Hour</b>	<b>\$185</b>
<b>1 Hour &amp; 30 Minutes</b>	<b>\$245</b>

Dissolve tension and aches away with this intensely comforting massage. Heated smooth basalt stones are used to increase blood flow to your muscles, giving the ultimate state of relaxation.

## Deep Rebalancing

*Deep / Release / Restore*

<b>45 minutes</b>	<b>\$155</b>
<b>1 Hour</b>	<b>\$175</b>
<b>1 Hour &amp; 30 Minutes</b>	<b>\$235</b>

Rebalance your body with this firmer, restoring massage. Aimed at unlocking muscular tension and restoring posture through deeper movements.

## Wellness

*Calm / Soothe / Relax*

<b>45 minutes</b>	<b>\$145</b>
<b>1 Hour</b>	<b>\$165</b>
<b>1 Hour &amp; 30 Minutes</b>	<b>\$225</b>

Smooth hands glide rhythmically, releasing tension, melting away life's stresses and allowing you to drift into a state of pure relaxation.

Please note there is a 10% surcharge on Sundays and 15% surcharge on public holidays.

# WELLNESS RITUALS

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Our Wellness Rituals combine the most beautiful ingredients to exfoliate, nourish and nurture your body and soul. The result is velvety soft, hydrated skin with baby soft tone and texture. Rich oils, molten butters and creamy masks elevate you to a deep sense of peace.

## **Nourish & Nurture**

**1 Hour & 45 Minutes**

**\$295**

*Body Exfoliation / Body Wrap / Warm Orange Creme Hair Treatment & Scalp Massage / Hydration Massage*

A deliciously emollient treatment to deeply hydrate the skin with rich cocoa and honey steeped in vanilla creme mousse. Unwind in total relaxation as your body is polished to perfection and cocooned in a warm organic honey and clay body wrap. As the body wrap infuses, your hair will be treated to the most divine orange creme hair mask finished with a tingling scalp massage. After being unwrapped, warm towels are used to remove the body masque and a divine warm balm massage will deeply hydrate and nourish you.

## **Revitalise & Nourish**

**1 Hour**

**\$195**

*Exfoliation / Skin Hydration*

Enjoy an insanely invigorating treatment to effectively smooth skin and stimulate circulation to gently detoxify the body. A beautifully warm vanilla bean sugar scrub to buff and prepare the skin for an intense hydration massage using molten mutters and omega serums steeped in botanicals and aromaceuticals.

# PREGNANCY

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## **Queenie's Embrace**

**1 Hour & 30 Minutes**

**\$265**

*Neck & Shoulder Massage / Facial / Cooling Leg & Foot Massage / Hand Massage*

Safe and supportive, this bespoke package has been created to centre and relax the mind and body with four hand picked elements. Beginning with a divine neck and shoulder massage you'll then float away with our Petit facial, rebalancing the skin and supporting skin harmony. A luxury scalp massage, followed by hands and feet will leave you feeling supported, rejuvenated, and refreshed. You also get a take-home gift for you and baby.

## **Pregnancy Massage**

**1 Hour**

**\$155**

*Protect / Support / Soothe / Nurture*

Soothing movements encompassed in hydrating botanical prenatal massage serum, designed to help you reduce stress and relax your muscles while improving your blood flow, mood and sleep.

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# SPA FACIALS

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A revolutionary set of performance skin treatments harnessing the power of bio-tech beauty with clinical nutraceuticals and advanced cosmeceutical actives layered in sensory aromatherapy touch points for the ultimate results-driven ritual.

## **Vino Therapy**

**1 Hour & 15 Minutes**

**\$245**

*Double Cleanse / Exfoliation / Face, Neck & Shoulder Massage / Treatment Mask / Contour Mask / Eye Treatment / Serum / Moisturiser / Hand Massage*

The Vino Therapy Spa Facial melts an infusion of antioxidant raw organic cacao and Shiraz wine pressings with skin brightening cosmeceutical actives and aromaceutical touch points to create a delicious professional skin ritual targeting texture, hydration, and tone. A protective and rejuvenating skin treatment to fight the signs of ageing infused in a sensory delight of delicious botanicals of red wine, figs, chocolate, and pomegranate.

## **Spiced Maple**

**1 Hour & 15 Minutes**

**\$235**

*Double Cleanse / Exfoliation / Face, Neck & Shoulder Massage / Treatment Mask / Contour Mask / Eye Treatment / Serum / Moisturiser / Hand Massage*

The Spiced Maple Spa Facial is a soothing first aid skin ritual delivering nutraceutical actives or repairing skin identical PEA with astaxanthin and an intense dose of pure Vitamin E to triage inflammation, ease redness and protect, nurture and repair barrier function while nurturing skin sensitivity. This calming prescription remedies skin stress, irritation, and inflammation - the precursors to skin ageing.

## **Signature Luxury Facial**

**1 Hour**

**\$195**

*Double Cleanse / Exfoliation / Face, Neck & Shoulder Massage / Mask / Eye Treatment / Serum / Moisturiser*

Our Signature Luxury Facial designed for you to unwind under the expert hands of our therapists. Using specially curated products targeted for your skin type, your skin will be cleansed, exfoliated, and treated. Serums, eye cream and moisturiser follow a devine face, neck and shoulder massage leaving you feeling refreshed and nurtured.

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# ORGANIC SPA FACIALS

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Nurture your skin with the power of organic ingredients, artfully blended to restore moisture and balance.

## **Radiate & Renew**

**1 Hour & 30 Minutes**

**\$285**

*Tone / Lift / Illuminate*

This treatment will illuminate and rejuvenate the skin thanks to a potent blend of vitamins and antioxidants. Combined with a Gua Sha stone massage to lift and tone the skin, while increasing blood circulation and detoxification. Resulting in a radiant complexion while calming and balancing your mind and soul.

## **Age Vita-Renewal**

**1 Hour**

**\$195**

*Rejuvenate / Hydrate / Brighten*

Rejuvenate and brighten your skin with our performance Age Vita Renewal Facial, complete with a high concentration of Vitamin C and E, Green Tea, and antioxidant properties. Revitalising and re-energising your skin, while assisting to neutralise the effects of free radicals, leaving the skin glowing and radiant.

## **Renew & Resurface**

**1 Hour**

**\$195**

*Exfoliate / Smooth / Plump*

Improve hydration and skin texture with our specially curated enzyme rich and potent fruit powder blend treatment, delivering a powerful boost to our AHA rejuvenate peel. As the products glide over your skin, the lactic and enzyme formulation will smooth and plump mature skin, improving cell turnover and hydration.

## **Multi-Detox Clay**

**1 Hour**

**\$195**

*Detox / Repair / Balance*

Improve texture, whilst detoxifying the skin, with a blend of Kaolin and Bentonite, meticulously blended together during the treatment, creating an organic blend of ingredients to deliver repair and balance to the skin. Restoring moisture and smoothing away fine lines, this treatment will result in a visibly brighter and firmer complexion.

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# SIGNATURE TREATMENTS

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## **Dolce Far Niente**

**2 Hours & 45 Minutes**

**\$525**

The sweet art of doing nothing.

*Foot soak / Body Exfoliation / Body Wrap / Facial / Massage / Charcuterie & Cheese Platter / Glass of Sparkling Wine / Handcrafted Chocolate Truffles*

The Italian inspired philosophy of surrendering and savouring the sweet art of doing nothing, where every moment is a celebration of life's little pleasures.

Your journey begins with a botanical foot soak to calm and soothe. A divinely warm Sugar Smoothing ritual to exfoliate and rejuvenate your body, and a warm masque infusion of an active creme and mineral rich clay to envelope and cocoon you. Our Triple Berry facial will then indulge all of your senses and leave your skin glowing.

Soothing warm towel removal of the body masque follows, your ritual is then completed with a decadent Creme emulsion full body massage.

## **Sanctuary Escape**

**2 Hours**

**\$345**

Embracing the tranquility.

*Massage / Signature Luxury Facial / Hair Treatment & Scalp Massage*

Unwind and immerse yourself in total relaxation with our sanctuary Escape. Starting with a luxurious full body massage using gorgeous oils and body serums, your muscles will melt under the expert touch of our therapists.

Next our Signature luxury facial tailored to your skin's needs will treat you to the latest bio tech beauty leaving you feeling absolutely radiant and glowing.

Your treatment is completed with a warm orange creme hair treatment and scalp massage that will leave you tingling.

## **Un Po'di Tutto**

**1 Hour & 30 Minutes**

**\$295**

A little of everything.

*Back Exfoliation / Hot Stone Back Massage / Petit Facial / Scalp Massage / Foot Massage*

The epitome of relaxation and perfect for those wanting a little bit of everything. From the gentle exfoliation to the soothing warmth of hot stones, every element is designed to melt away tension and rejuvenate your body.

Surrender to this indulgent experience and emerge feeling utterly refreshed and revitalized from head to toe.

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# SPA ENHANCEMENTS

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To intensify our Spa facials, we invite you to select a maximum of one peel or mask for each of the Enhancement Rituals below.

## **Glycolic Peel**

**\$49**

Cleanse and peel with 15% glycolic acid and 3% salicylic acids boosted with luxurious lime caviar acide to refine texture, skin brilliance and luminosity while targeting pigmentation.

## **Enzymatic Peel**

**\$49**

Pineapple and micro-encapsulated proteolytic enzymes dissolve dead skin cells, unclog pores, and reduce the appearance of blemishes, black heads and uneven texture while brightening skin.

## **Collagen Peptide Mask**

**\$49**

A modelling masque with liposomal collagen, hyaluronic acid, smart peptides, and amino acids to plump and firm.

# STAY A LITTLE LONGER

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Can be added to existing booking only. Please allow 30 minutes.

## **Petit Facial**

**\$65**

A divine double cleanse, exfoliation, and emulsion facial massage followed by eye cream, serum and moisturiser.

## **Pink Champagne Hand & Arm Smoother**

**\$49**

A luxurious skin exfoliating ritual with freeze dried vino extracts and strawberries layered into Australian Cane sugar and infused with molten cocoa butter, vanilla bean, and blackcurrent bud flower. Finished with an indulgent arm massage leaving skin revitalised, fragrant, and silky smooth.

## **Barefoot Botanical Indulgence**

**\$49**

Using the ancient techniques of massage, aromatherapy, and pure botanicals this aromatic foot treatment relieves tension while enhancing relaxation and wellbeing. Feet are treated to a bamboo and pineapple exfoliation followed by a spearmint and ginko foot massage infusion.

## **Orange Creme Hair Masque & Massage**

**\$49**

An aromatic hair ritual blended with jojoba, apricot, hazelnut, blackberry, orange, and cinnamon for healthy and lustrous locks.

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