

BODY RITUALS



Temple Relaxation Massage 60 mins | \$115 75 mins | \$142

For those who require a gentle touch our therapists will treat you to a complete body massage from your toes to your temples.

Elemis Deep Tissue Muscle Massage 60 mins | \$130 75 mins | \$159

Submit your body to a vigorous workout of deep rhythmic pressure massage.

Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs:

- **STRESS-A-WAY** soothe and relax with a 'de-stress' blend of Lavender, Chamomile, Melissa, Geranium and Bergamot.
- **SPIRIT REVIVER** uplift, detoxify and renew your zest for life with the 'Cellutox' blend of Lemon, Lime, Peppermint & Grapefruit.
- **MUSCLE MELT** ease away tired, aching muscles with the 'Musclease' blend of warming Rosemary, Juniper, Thyme, Birch & Chamomile. Excellent for rheumatic or sport related pain.
- **CHAKRA BALANCING** bring your body and emotions into total equilibrium with this blend of Ylang Ylang and Geranium, or the exotic essence of Frangipani.

Elemis Aroma Stone Therapy 75 mins | \$165

Harnessing ancient healing powers for a completely new body experience.

Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

Pregnancy Massage 60 mins | \$120

For that special time we have specialised positions for each stage of your pregnancy to help relieve tension in the lower and upper back, while relaxing your mind.

Head, Neck & Shoulder Massage 30 mins | \$75

If time is of the essence or you need instant relief for those trouble spots, this is an ideal option. May be extended to 45 mins to include a Frangipani Scalp Treatment \$95.

Elemis Aroma Spa Ocean Wrap 75 mins | \$160 90mins with Vichy Shower | \$190

Seaweed wrap treatments detoxify and deep cleanse the body inside and out.

Let your thoughts drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

- **MUSCLEASE AROMA SPA OCEAN WRAP** a warming blend of Pine and Rosemary help ease the pains of rheumatism, arthritis and fatigue.
- **CELLUTOX AROMA SPA OCEAN WRAP** a detoxifying blend of Juniper and Lemon decongest and stimulate the body's systems. Improve the dimpled appearance of cellulite and reduce fluid retention.

EXOTIC RITUALS

Exotic Lime and Ginger Salt Glow 45 mins | \$90 60mins with Vichy Shower | \$115

An exotic exfoliation ritual to invigorate and revitalise the body.

Elemis Exotic Lime and Ginger Salt Glow deep cleanses, polishes and softens to perfection, while Exotic Island Flower Body Lotion leaves the skin glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap 60 mins | \$145 75mins with Vichy Shower | \$165

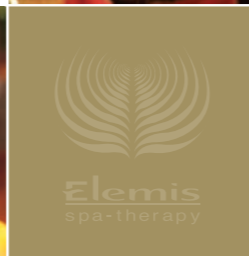
A traditional Balinese ceremony of pure sensuality to tantalize and delight!

This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a facial pressure point massage and de-stress scalp treatment to stimulate the senses.

Exotic Frangipani Body Nourish Wrap 60 mins | \$145 75mins with Vichy Shower | \$165

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness.

Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this wrap, providing the ultimate radiance, vitality and all over body glow. Try this treatment with an indulgent Vichy or Bathing Ceremony.



HANDS AND FEET

Sole Delight Foot Treatment 45 mins | \$75

60 mins Pedicure with Christina Fitzgerald Polish | \$95
A sensory experience for your feet, which promises to leave you walking on, cloud nine!

Warmed aroma-therapeutic oils nourish and condition your feet and nails, leaving a rich and healing action on your skin.

Exotic Hand Ritual 45 mins | \$75

60 mins Manicure with Christina Fitzgerald Polish | \$90
Pure pampering for your hands and nails to restore beauty and suppleness.

Cuticles and nails are nourished with warmed aromatherapy oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness for beautifully smooth, soft hands.

French Polish will be an additional \$20

**Christina Fitzgerald is Australia's Queen of Manicures. Having over 20 years experience in the industry she has created a luxurious range of polishes. With the tricks from the Master herself our therapists will transform your hands and feet to bring out the glamour in you.*

JOURNEYS

Couples Journey 2 hours 30 mins | \$289 per person

Sole Foot Delight, Elemis Deep Tissue Muscle Massage, Lime & Ginger Salt Glow and finish with Exotic Bathing Ceremony.

Detoxifying Journey 3 hours 15 mins | \$398

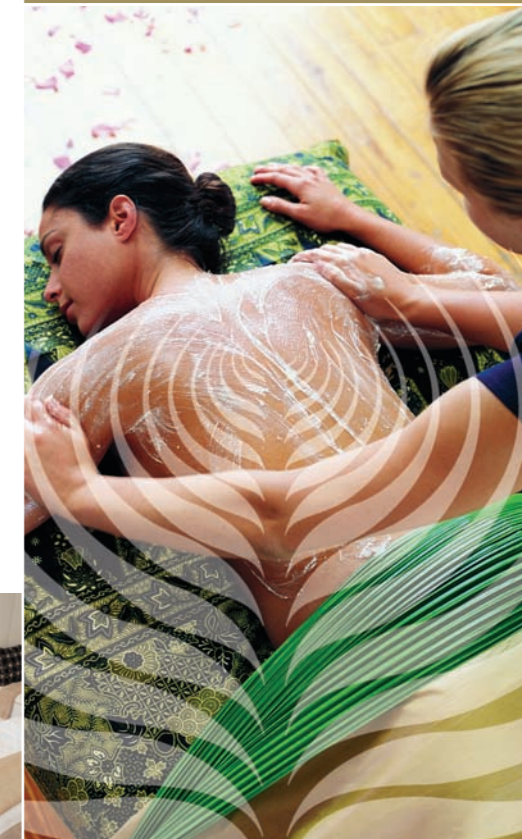
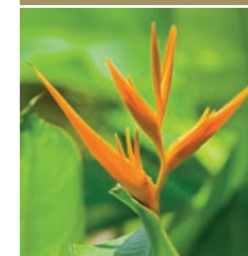
Aroma Spa Ocean Wrap with Vichy Rain Shower, Elemis Deep Tissue Muscle Massage, Elemis S.O.S Purifying Facial.

Indulgent Journey 3 hours 30 mins | \$409

Begin with a Coconut Rub and Milk Ritual Wrap. Wash away your troubles with a Vichy Rain Shower or De-Stress Bathing Ceremony. Continue with a Hot Stone Massage and finish with an Anti-Ageing Facial.

Ultimate Journey 7 hours | \$720

Lime & Ginger Salt Glow, Exotic Frangipani Body Nourish Wrap, Hot Stone Massage. Break for a light outdoor Spa cuisine. A choice of Advanced Performance or Anti-Ageing Facial and finish with Sole Delight for Hands & Feet including Christina Fitzgerald manicure and pedicure.



The Temple Menu

rediscover your senses...rest your mind...breathe freely

Each of our Sea Temple spa-therapies begins with **The Welcome Touch** — a foot cleansing ritual combining the use of warm compresses and infused with essential oils.

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

Your spa-therapy journey ends with a final caressing touch from your therapist to bring your body's awareness back together as one.

FACE RITUALS 8

Elemis Facials provide the perfect skin maintenance, using exceptional skin conditioning plant actives to deeply cleanse the face, whilst renewing radiance and stimulating the skin for long-lasting, proven results.

Each superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

ELEMIS ADVANCED ANTI-AGEING FACIALS

Elemis Visible Brilliance Facial 75 mins | \$165

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this Anti-Ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.

Elemis Pro-Collagen Marine Facial 75 mins | \$165

Providing immediate results in the fight against time.

This exceptional facial helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles and crows feet, using specialised lifting massage techniques and a Japanese silk mask impregnated with Pro-Collagen Booster Serum.

ESCAPE | FROM THE PRESSURES OF DAILY LIFE | MAKE TIME FOR YOU

ELEMIS SKIN SOLUTIONS FACIALS

Elemis Oxygen Skin Calm Facial 75 mins | \$160

This face and eye treatment is pure soothing heaven for sensitive skins.

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalanced delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

Elemis S.O.S. Purifying Facial 75 mins | \$160

This powerful purifying face and eye treatment for oily, problem and congested skins.

A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and to rebalance oil-rich pores, leaving a beautiful matt skin.

ELEMIS SKIN SPECIFIC FACIALS

Elemis Fruit Active Glow 60 mins | \$115

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

Elemis Exotic Moisture Dew 60 mins | \$115

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back that healthy, dewy look to the skin.

Elemis Herbal Lavender Repair 60 mins | \$115

For perfect restoration of skin balance, this facial helps to heal and repair oily and congested skin.

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.



SKIN INTELLIGENCE FOR MEN

Elemis Skin IQ Facial 75 mins | \$160

An intelligent Anti-Ageing facial that adapts to super boost the skin.

Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

Elemis Urban Cleanse Facial 75 mins | \$160

A high performance complexion cleanse for total skincare defence.

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

FACE AND BODY RITUALS

Elemis Absolute Spa Ritual 2 hours 15 mins | \$268

From the soles of the feet to the crown of the head, this is the ultimate skin therapy.

Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. For dramatic results instantly!

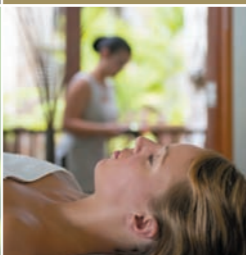
Elemis Total Time Out For Men 2 hours 15 mins | \$268

Achieve the ultimate goal for complete skin, body and lifestyle management.

Select either the Elemis Skin IQ or the Elemis Urban Cleanse power-packed facial and combine it with the dynamic and immediate relief of the Elemis Deep Tissue Muscle Massage. Total Time Out!



Elemis



SEA TEMPLE
RESORT & SPA
PALM COVE

SPA ETIQUETTE



All treatments include five minute consultation to ensure the treatment is best suited to your individual needs. We ask to keep the noise to a minimum, as there are treatments in progress.

GIFT CERTIFICATES | Are available on request please speak to whomever is at the counter.

ARRIVAL TIME | We encourage you to arrive 10 minutes before your scheduled treatment time to relax and complete your consultation form.

LATE ARRIVALS | Arriving late will limit the time for your treatment so we strongly encourage early arrival. As a courtesy to all our clients, treatments begin and end as scheduled.

WHAT TO WEAR | Casual attire is best. Robes and slippers can be provided for you on request. Jewellery and valuables should not be brought to the Spa. Lockers can be secured.

SPECIAL HEALTH CONSIDERATIONS | Please advise at time of booking of any major health concerns, as some treatments may not be suitable for you.

CANCELLATION POLICY | To avoid a full fee charge, we require 6 hours advance notice to cancel or reschedule an individual service and 48 hours for multiple services. Failure to show up will result in full fee charge.

REFUND POLICY | All treatments once paid, are non-refundable, non-transferable and non-exchangeable.

PREGNANCY FRIENDLY | In the interest of you and your baby we do not perform any body treatments in the first trimester.

**We reserve the right to refuse treatment to guests who arrive intoxicated or under the influence of illegal substances.*

**Our therapists are trained professionals and any inappropriate behaviour will end your treatment immediately.*

SEA TEMPLE
RESORT & SPA

PALM COVE

Escape from the pressures of daily life and make time for you.
For bookings and enquiries,
call the Sea Temple Spa & Boutique on 40599600.

SEA TEMPLE RESORT & SPA PALM COVE
TRITON STREET, PALM COVE