

AMAROO SPA



Massage

Amaroo Retreat & Spa
1200 Alison Street, Mount Helena, 6082
reservations@amaroo retreat.com.au
6244 4800

MASSAGE OPTIONS BELOW AVAILABLE FROM OCTOBER 7TH ONWARDS.

Hot Stone

An ancient style of massage using heated volcanic rock to alleviate stress. The use of hot stones creates a lithotherapy effect releasing earthly energy. Our trained spa therapists integrate these stones in to your individually tailored massage. Varying pressure and pattern to relieve tired and aching muscles.

90 minutes \$220

Aromatherapy

The Amaroo Aromatherapy treatment is a journey of the senses. Combining traditional aromatherapy and the uniqueness of Australian Bush Essences. Your tailored massage oil is specifically blended to optimise your aromatherapy journey. Your treatment commences with our signature foot soak, followed by dry body brushing which will prepare your skin for your aromatic massage.

90 minutes \$190

Amaroo Signature Massage

Swedish Inspired

Both relaxing and soothing, the Swedish massage techniques deeply relaxes and relieves muscle tension. Using slow, flowing, rhythmic movements to soothe the body of every day tensions, will leave you with a sense of calm and well-being. Perfect for someone wanting relaxation and tension relief.

60 minutes \$140

90 minutes \$180

Muscle Relaxer

A deep rhythmic massage focused on releasing muscle tension. Perfect for muscular aches and pains to alleviate tightness and problem areas. This muscle relaxaing treatment allows for deeper relaxation and dedicated time to focus on specific areas.

60 minutes \$170

90 minutes \$210

Holistic Head & Scalp Massage

Carefully selected oils are used to nourish the scalp and hair combined with a unique scalp, shoulder and neck massage. The head and scalp treatment creates a total well-being experience. The entire scalp is stimulated, relieving tension throughout the upper body.

30 minutes \$80

45 minutes \$95

Drift back to earth with a complimentary warming herbal tea, or luscious glass of bubbly served in one of our luxurious lounge areas after your massage treatment.

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Facials

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Amaroo Facial Treatments

ALL FACIAL TREATMENTS BELOW ARE AVAILABLE FROM OCTOBER 7TH ONWARDS. PLEASE CONTACT OUR RECEPTION FOR OPTIONS PRIOR TO THIS.

Allow 1hour \$150

We invite you to experience our result-driven in-spa PAYOT facial treatments, for visible skin health & rejuvenation. Each treatment is adapted to the needs and concerns of your skin.

Payot skin care is uniquely formulated with nourishing medical grade natural and organic plants extracts, sustainably sourced worldwide, created by Dr Nadia Payot. She had a holistic vision of beauty, a philosophy that has continued for over 100 years later worldwide.

The textures, scents and holistic ancestral practices used with mythical massage movements are designed to pleasure the senses and envelop the mind in serenity for an unforgettable sensorial experience.

Your highly trained Payot skincare specialist will compose a customised facial treatment ritual to leave your skin luminous, glowing and feeling its best.

The ideal in-spa treatment plan, and at-home skincare regime will be prescribed for you to achieve your skin goals!

Purchase a treatment plan of 4 facial treatments and receive your 5th for FREE!

Freshness

Hydrating treatment with aloe vera and hyaluronic acid. After a delicate skin exfoliation, an ultra-moisturing bio cellulose mask infused with hyaluronic acid and aloe vera is applied, followed by a massage using cryospheres.

Skin is plump, youthful and radiant, feeling soft and supple once again.

Finesse

Smoothing treatment with chaste tree extract and AHAs. A peel with a high concentration of AHAs that smooths fine lines and wrinkles and refines the skin texture. This is followed by the application of a comforting and smoothing cream mask, then a massage inspired by traditional Chinese medicine known to activate blood circulation and boost collagen production.

Skin is smoother, as though regenerated, and visibly more beautiful. Wrinkles fade.

Firmness

Lifting treatment infused with rose extract and lipopeptides. Inspired by Kobido, this is above all a deep rejuvenating massage that tones and firms the muscles that support the face and neck. It is enhanced with a lifting mask and resculpting massage using a pink quartz Gua Sha, which balances energy flows by activating acupuncture points on the face.

The skin is plump and firmed. The face appears resculpted and the contours redefined.

Facial Treatments Continued

Softness

Soothing treatment with jasmine extract, delicate petals and pre- and probiotics
A custom exfoliation followed by a soothing anti-skin stress mask with softening and calming flower petals. Then, a facial massage using cool cryospheres.

Stress & tension melt away. Irritation & redness are visibly reduced, comfort and infinite softness are restored to the skin.

Radiance

Illuminating vitamin-enriched treatment with goji berries, acai pomegranate and Vitamin C
A custom exfoliation followed by an ultra-fresh, vitamin-enriched energising peel-off mask.
Then, a massage with the Face Moving roller to boost skin radiance, even for tired skin.

Immediate healthy glow effect The face is illuminated, the signs of fatigue truly fade away, the features are rested, the complexion is luminous.

Please note, this facial is not pregnancy safe.

Masculinity

Perfecting treatment for men with 8 super-ingredients. After an intense exfoliation, a specific mask is applied using multi-masking techniques, followed by a massage with the Face Moving Roller.

The skin is freed of impurities. It is perfectly clear, its freshness and radiance restored.

Super shots

Specially formulated elixirs for asphixiated, tired and stressed skin. These amazing super shots can be used on all skins types and each serve a different purpose.

- Kale: rich in anti-radical manganese and vitamin A, it helps eliminate toxins from the skin.
- Pomegranate: rich in vitamin C and minerals, offers an antioxidant & energizing action.
- Ginger: Offers soothing properties

Add a super shot to your facial for \$20

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Spa Etiquette

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BOOKING

- All bookings are able to be made by phone or email. To secure your booking, the first & surname of all guests is required, along with a contact number and email address.
- Your booking is not confirmed until either a 50% non-refundable deposit, or payment in full has been made. This can be made over the phone via EFTPOS, by bank transfer or gift voucher payment. If paying by bank transfer, a copy of the transfer receipt is due to secure your booking. If paying by gift voucher, the gift voucher number is required.
- Booking ahead to avoid disappointment is highly advised.

CANCELLATION

- 24 hours notice or more is required to significantly change or amend your booking. If less than 24 hours notice is given the deposit will be forfeited. If more than 24 hours notice is provided, any payments made will be placed into credit for a maximum period of 12 months. If 12-months has passed and you fail to re-book, any money paid will automatically be forfeited.
- Failure to attend your booking for any reason will see 100% of all payments made forfeited.

ARRIVAL

- Please arrive 15-minutes early to your booked appointment time to fill in your consultation form. Any late arrivals will result in a time deduction from your treatment with no reimbursement of payment.

SPA ATTIRE

- It is recommended to wear loose fitting clothing to and from your treatment. If you are an in-house guest, we suggest wearing your complimentary robes to and from your treatment.
- Disposable underwear will be provided, however you are welcome to wear your own underwear or swimwear if you prefer too.

GENERAL

- Our therapists are highly trained and experienced in their field of expertise. They will always try to exceed your expectations, however if you feel uncomfortable at any point during your visit please let them know immediately.
- Please ensure your mobile phone is switched off or on silent mode.
- If you have any medical conditions that may impact your treatment please inform reception upon making your booking. Our therapists can accommodate most conditions, however there are some conditions which will require medical clearance prior to your visit.