

AMAROO SPA

Spa Treatment Menu

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



AMAROO SPA

Massage

Hot Stone Massage

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 into your individually tailored massage. Varying pressure and pattern is applied to relieve tired and aching muscles.

90 minutes \$360

Aromatherapy Massage

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.

60 minutes \$195

90 minutes \$255

Amaroo Signature Massage

Swedish Inspired

Both relaxing and soothing, the Swedish massage technique uses soft-medium pressure to deeply relax and relieve muscle tension. Slow, flowing, rhythmic movements to soothe the body of everyday tensions will leave you with a sense of calm and well-being. Perfect for someone wanting relaxation and tension relief.

60 minutes \$195

90 minutes \$320

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 \$115

Please note we do not offer deep tissue massage. Upgrade your massage to a firmer pressure for an additional \$40 per person.

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

AMAROO SPA

Deluxe Facials



Amaroo Facial Treatments

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

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

Please allow 1 hour for your Deluxe Facial experience.

The Freshness

Ultra hydrating and refreshing 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 soothing massage using cooled cryospheres.

60 minutes \$195

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

The Finesse

Smoothing treatment with chaste tree extract and AHAs incorporating a peel that smoothes 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.

60 minutes \$205

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

The Softness

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

60 minutes \$205

Stress & tension melt away. Irritation & redness are visibly reduced. Comfort and softness is restored to the skin.

The Radiance

Illuminating vitamin-enriched treatment with goji berries, açaí, pomegranate and Vitamin C. A custom exfoliation followed by an ultra-fresh, vitamin-enriched, energising peel-off mask. Then, a facial massage to boost skin radiance, especially for tired & dull-looking skin.

60 minutes \$195

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

Please note, this facial is not pregnancy safe.

The Le Natural

Specially designed for urban skin exposed to pollution and daily stress, Natural deeply oxygenates and purifies the skin from within. This facial ritual begins with double cleanse and gentle exfoliation using rice powder, followed by a detoxifying massage with green clay and purifying botanical extracts.

60 minutes \$185

The skin is re-oxygenated, with a smooth texture and its natural radiance is restored.

The 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.

60 minutes \$195

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

The Amaroo Signature Facial

Indulge in our exclusive Signature Facial featuring the luxurious skincare house, Payot. This deeply hydrating treatment restores radiance, nourishes the skin and includes a soothing facial massage. This treatment will leave your skin luminous, refreshed and revitalised.

60 minutes \$195

A luxurious fusion of deep hydration and pure relaxation, the skin is left radiant and revitalised

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



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Body Treatments

Stress Reliever

This indulgent package begins with a 60-minute tension-releasing full body massage of light to medium pressure, followed by a luxurious 30-minute express facial.

90 minutes \$320

The Amaroo Experience - Massage & Facial

Immerse yourself in complete serenity with The Amaroo Experience – our signature spa journey combining the healing power of massage with the glow-boosting benefits of a hydrating facial. Designed to calm the mind, soothe the body, and revitalise the skin, this indulgent experience captures the essence of Amaroo: peace, renewal, and natural beauty.

2 hours \$399

Body Rejuvenation

Begin with a sugar scrub to gently polish your skin and remove debris. Step into an aromatic shower, then enter a world of pure relaxation with a 60-minute head to toe, body massage. Your treatment is completed with an express facial.

2 hours \$420

2 hours 45 minutes Body rejuvenation with radiance facial (custom) \$495

Detox

*available Monday - Thursday. Not available Friday - Sunday.

Begin your treatment with a gentle body brush to buff away dirt and debris on the skin's surface. A sugar scrub is then applied to prepare your skin for a deeply penetrating clay wrap, designed to free the body of toxins. While the wrap works its magic, your therapist will perform a targeted head & scalp massage. Step into an aromatic shower to rinse the clay off, then experience a lavish full body massage. Finish with a luxurious facial to make this package the ultimate in full-body pampering.

3 hours \$615

Pamper & Prosecco - Massage, Mini Facial & Scones

Relax, unwind and catch up with your bestie in an indulgent spa day at Amaroo. Enjoy a 60 minute full body relaxation massage followed by a mini facial featuring a hydrating Payot sheet mask. After your treatments, relax with a glass of bubbly and fresh scones served with jam and cream. The perfect treat for a girls' day out, birthday surprise or just because you deserve it..

90 minutes - \$320 (Only one guest)

90 Minutes - \$640 (for two guests)

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Prenatal Treatments

Mum-to-Be

At Amaroo, we cherish the journey to motherhood and believe every Mum-to-Be deserves a babymoon filled with serenity, comfort and care. Our thoughtfully curated pregnancy treatments are tailored to provide a deeply nurturing and indulgent experience during this very special time.

Please note, we do not perform any treatments on women within their first trimester.

Prenatal Facial

Enhance your prenatal glow with a targeted pregnancy-safe facial to cleanse, hydrate and moisturise your skin.

60 minutes \$220

Express prenatal facial 45 minutes \$145

Prenatal Massage

Our pregnancy massage will relax and rejuvenate you during this special time. Our staff will tailor this experience to alleviate tension in common problem areas such as the neck, shoulders, feet and legs to promote circulation and relaxation.

60 minutes \$215

90 minutes \$265

Prenatal Refresher

Enjoy a 60-minute massage to alleviate your tired and sore muscles. Then sit back and relax while an express facial cleanses, moisturises and tones your skin.

90 minutes \$315

Mother-to-Be Sanctuary

A nurturing 2-hour escape designed exclusively for expectant mothers. This gentle ritual combines a pre-natal massage to ease tension and support circulation with a calming facial to hydrate and refresh the skin, followed by a revitalising foot scrub and massage.

2 hours \$425

Drift back to earth with a complimentary warming herbal tea or juice in our luxurious lounge area after your treatment.

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Add On Treatments

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Enhance your spa treatment even further with one of our luxurious add on services and truly elevate your experience.

Sole Revival

A decadent foot treatment featuring a smoothing grapefruit sugar scrub exfoliation, tension-melting massage, and a rich hydrating mask to leave your feet silky-soft and beautifully renewed.

30 minutes \$100

Mini Facial

The perfect addition to your treatment, this mini facial is designed to hydrate and revive your skin - leaving you fresh faced and radiant in just 30 minutes.

30 minutes \$160

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 \$115

45-Minute Facial

Short on time but still want a deeply satisfying experience? Our 45-minute facial is the perfect in-between. Your treatment begins with a tailored cleanse and exfoliation, preparing your skin for a luxurious mask designed specifically for your skin's needs. While your mask works its magic, enjoy a calming head and scalp massage to melt away lingering stress. You'll leave feeling refreshed, restored, and glowing inside and out.

45 minutes \$199

Express massages

45 minutes \$195

30 minutes \$120

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Spa Etiquette



Bookings

- All bookings can 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 via our booking system Fresha, 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

- 48 hours' notice or more is required to significantly change or amend your booking. If less than 48 hours' notice is given, the deposit will be forfeited. If more than 48 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.

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.