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# Introducing Eléme Day Spa

Eléme Day Spa has been designed for the ever-evolving, ever-changing, magnificent you.

Embracing both nature and science from Australia and beyond, Eléme Day Spa's stellar menu is designed to flex, so our therapists can personalise each treatment to best suit you... your body, your skin, your mood on the day of your visit.

So, whether you're in need of super-circulation-stimulation, mammoth detoxification, skin firming, smoothing, tightening, lifting, fixing or the ultimate muscle-melting rubdown, we've got you covered.

Say goodbye to the world of fussy and fluffy and think fresh and fabulous and walk out your best, dazzling self.

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# Facial Therapy by Sodashi

The purest, unadulterated, natural ingredients from Australia's own Sodashi products are used to customise our seductive facial treatments.

Seeking to nurture and salute each individual's unique beauty, nourishing your skin's needs on a profound level.

Kissed by nature, nurtured by us.

## Mistress of Radiance

60 mins - \$165

Draw back the curtain to unveil glowing skin.

A facial tailored to your skin's specific needs, your skin will feel calm, balanced and hydrated.

Using Sodashi's finest plant essences, this indulgent facial includes a massage and mask to significantly enhance the radiance of your complexion.

## The Goddess of Infusion

90 mins - \$235

Super-charged with trace minerals, the volcanic clay used in Sodashi's warming thermal mask maximises the penetration of essential vitamins and minerals into the deeper layers of the skin.

These potent ingredients are used throughout this customised facial treatment to deeply cleanse, nourish, hydrate and tone the skin, restoring elasticity and radiance.

Thanks to her unique beauty, deep with the earth, this is more than just a facial - it's nature's facelift.

## Age-Defying Samalara

60 mins - \$185 / 90 mins - \$255

Turn back the hands of time and upgrade your 60 or 90-minute facial with Sodashi's most powerful anti-aging product range.

Samalara has been designed to transform and reawaken your skin, restoring luminosity, smoothing fine lines and wrinkles and delivering an abundance of anti-oxidants to defend the skin against future damage.

Restorative, hydrating and deeply nourishing.

## The Viking's Odyssey

60 mins - \$165

For the glorious, spirited men among us. Bask in the more masculine gifts nature has to offer, commencing with a purifying back exfoliation with Himalayan salt bringing your skin into good shape. Then relish the repose of a deep cleansing facial that balances the skin's natural oils and helps to prevent ingrown hairs.

Soothing mists with woody aromas de-sensitise the skin before ending with a relaxing facial massage to tone and firm, leaving you ready to conquer the wild.

# Massage Therapy

Encouraging a deep feeling of calm and relaxation, massage assists in releasing muscular aches and pains, relieving stress and tension from the mind, body and soul.

Your massage journey is customised with our Eléme signature aromatherapy oils. Whether you want to relax, detoxify, relieve tension, or to simply be enlivened.

## Autograph of Eléme

*60 mins - \$165 / 90 mins - \$215*

Using essential oil blends specially designed for Eléme Day Spa, this relaxation massage is in the ink of what we do best. Basking in the glory of this soul-soothing massage, designed to relieve the body of tension and restore energy flow, you will leave feeling like you've just taken a mini break from life.

## Mumma and Co.

*60 mins - \$165*

A peacefully relaxing and nurturing massage designed for mums-to-be, who've just passed their first trimester. This safe and extraordinarily delightful massage can help to reduce oedema and blood pressure relieving strain on the ankles, knees and back while increasing the blood and lymph flow. Lowering stress on the mind, body and soul, the end result - a relaxed mumma and a happy bubba!

## Muscle Meltdown

*60 mins - \$165 / 90 mins - \$215*

Combining therapeutic benefits of warming essential oils and deep tissue massage techniques, your therapist will focus on the deeper layers of muscle tissue to help release muscle tension, relieving aches and pains. The aftermath ending in the ultimate muscle meltdown.

## Bejewelled by the Sea

*90 mins - \$225*

Channel your inner sea nymph while our therapist intuitively kneads warm lava seashells into tense muscles. Especially great for those trickier spots such as shoulder blades to detangle and soothe.

Designed to induce fresh blood-flow through the body, boosting lymphatic circulation and encouraging the elimination of toxins, working to calm swelling and inflammation and release persistent aches and pains.

Float away feeling more like your buoyant self.

# Body Therapy by Sodashi

Designed to cleanse, detox, invigorate and revitalise, these all-over body treatments will reveal healthy, radiant skin that lies beneath.

Using the power of Sodashi's botanical extracts it will be hard deciding what to have. So... I'll have one of everything, please!

## You, Me and the Sea Body Boost

90 mins - \$220

A rich combination of sea plants, algae, marine minerals and plant essences deeply relax and detoxify on all levels. Beginning with an exhilarating exfoliation using Himalayan salt and essential oils to stimulate the circulatory and lymphatic systems and re-mineralise the body. Up next comes an application of Sodashi's marine mineral body mask to deeply cleanse and detoxify. The treatment is enhanced with a full body application of body lotion to enliven and re-energise.

## Voluptuous Body Boost

90 mins - \$220

A soothing and gentle jojoba body polish to exfoliate your body's framework starts this ultra-nourishing, ultra-hydrating body treatment. Next, a pink clay mask, rich in herbal extracts, cocoons your body to firm, tone and condition the skin while your therapist escorts your mind to a deeply relaxing scalp massage. An application of body lotion with jasmine and rose seals the deal to this perfectly refining body boost. A true pleasure of all the senses.

*\* Safe for pregnancy.*

## Superhero Salt Glow

60 mins - \$160

Combining revitalising essential oils with Himalayan salt to deeply cleanse and exfoliate the body, this treatment helps to repair the bodies everyday wear and tear. Rich in anti-oxidants with vitamins C and E this perfectly blended treatment will have your skin feeling silky smooth whilst boosting and stimulating the body's circulation. A finishing touch of a hydrating lotion will give the ultimate afterglow revealing the superhero within!

## Pin-Up Body Polish

60 mins - \$160

A gentle and aromatic, skin-softening body exfoliation using jojoba beads to remove dead skin cells while deeply hydrating and moisturising. An application of body lotion with jasmine and rose is the perfect accompaniment to uplift, comfort and balance the mind and spirit. Your skin will be camera ready for the cover of your own magazine.

*\*Safe for pregnancy.*

# Eléme Accomplices

Add one or more of these accomplices to any spa treatment or combine together to create your ultimate partner in crime legendary moment in history.

## The Heist Scalp and Hair Treatment

*30 mins - \$85 or add-on \$75*

A deep conditioning mud mask with jojoba and rosewood is massaged all over the scalp to stimulate circulation and encourage the growth of healthy new hair. This treatment is perfect at nourishing hair follicles and protecting from damage caused by the sun and sea. A steamy aromatic head wrap holds your hair at ransom to deeply penetrate the mask into the hair and scalp while you are treated to a deeply relaxing neck and shoulder massage.

## The Chaser

*30 mins - \$85 or add-on \$75*

Your feet and lower legs will be released from tiredness, aches and pains with this invigorating foot treatment. The treatment begins with a soothing foot bath incorporating Himalayan salts, high in trace elements and minerals, to effectively reduce stress. A massage with the oils of arnica, lavender and peppermint will stimulate circulation while cooling and soothing your tired, aching feet.

## Facial Entrapment

*30 mins - \$85 or add-on \$75*

Combine with a body treatment for the perfect execution. This express facial treatment uses only natural sources from the earth and sea to boost your complexion. Starting with a facial cleanse, Sodashi's unique exfoliating compresses and a firming leave-on gel mask. Your treatment is completed with a hydrating moisturiser especially suited to your skin's needs.

## The Massage Sting

*30 mins - \$85 or add-on \$75*

Your muscle tension has a target on its back. This operation is designed to focus on your favourite massage sweet spot or an area that seems to carry more tension. Choose one or two areas that your therapist can set their skills on, relieving muscular aches and pains and leave you feeling more relaxed.

# Couples Therapy

Designed to bring you closer together because couples who spa together, stay together.

The healthiest relationship activity where bickering and nagging don't exist and a complimentary glass of bubbly will be served in our relaxation lounge post treatment.

## Together We Spa

*90 mins - \$220 per person*

Side by side, one on one, this 90-minute therapy session will have you feeling your best self. Designed to relax and bring your body back into balance, we commence with a 60 minute massage combined with a 30-minute accomplice of your choice.

## Couples Retreat

*Foot treatment - massage - facial therapy*

*150 mins - \$340 per person*

The perfect recovery couples experience. This treatment will have you both back into alignment with foot therapy, massage therapy and facial therapy. Your stars are now re-aligned and ready to start building again. We may need to see you back for some more couples therapy.

# Group Therapy

When you want to bring those closest to you together because you don't want to go it alone. These therapy sessions are perfectly designed for a minimum of three guests - advance bookings recommended.

Guests enjoying group treatments will be offered a complimentary glass of bubbly in our relaxation lounge post treatment.

## Comfort Therapy

*60 mins - \$160 per person*

Choose either a 60-minute Mistress of Radiance Facial or 60 minute Autograph of Eléme massage therapy to support and get you back into your smooth groove.

## Focus Therapy

*Foot treatment - massage - facial therapy*

*90 mins - \$220 per person*

The focus of this session is to soothe you from head to toe. Starting with a foot soak and scrub followed by a soothing massage and facial to leave you feeling refreshed, revived and able to jump start back into your day.

# A Zen Affair

Full of positive vibes, these treatments are perfectly curated to empower, clear and calm the body, mind and spirit. Cultivate a profound new level of wholeness, purity and radiance.

## Rollin' in Love Facial

*60 mins - \$165/ 90 mins - \$235*

A customised facial designed in consultation with your therapist, which restores cellular radiance using a potent blend of botanical actives, precious oils and healing White Jade crystals. Lift, firm and protect your skin from signs of ageing with ancient marma techniques that work to clear old energy and 'flush' the new, resulting in glowing skin and a reconnection to joy. This experience will help to clear any physical and emotional blockages, leaving you open to receiving greater health, creativity and happiness.

Linger in the love longer with our 90-minute option including a back massage to ease tension and soothe the soul.

## Curative Crystalus

*90 mins - \$225*

A meditative massage to balance the mind, body and spirit with the use of ancient Australian healing stones and crystals. One of the most energetically grounding stones, Tiger Iron - layers of warmed Tigers Eye, Jasper and Hematite - is massaged over the body to increase vitality, focus and mental clarity whilst working deeply in the muscles to relieve physical tension.

# Eléme Voyages

Discover the ancient wonders of Eléme with breathtaking treatments and harmonious journeys. Travel into thoughtfully curated combinations that deliver inner bliss and a therapeutic punch.

Book a tour of choice or allow us to tailor-make a safari even National Geographic would be jealous of.

## Touchdown Jet-Lag Remedy

90 mins - \$225

This jet-lag-re-set leaves those strange feelings of right place/wrong time in the dust. First, we start with an invigorating back exfoliation with Himalayan salts and sweet orange to stimulate circulation, relieving stress and fatigue after a long-haul flight. Finished with a refreshing facial and application of Sodashi's jet-lag tonics to re-balance and reset your body clock.

## Sun and Sea Skin Rescue

Body wrap – scalp and hair treatment – massage

120 mins - \$300

Designed to rebuild every part of you, this package will take your skin and hair on a voyage of hydration and repair. Your journey commences with an all over body exfoliation using jojoba beads to gently exfoliate your skin before an application of a body mask deeply nourishes and conditions the skin. Whilst you're swaddled in natural linen, a hair and scalp treatment lets you take in the sights of pure bliss. Your quest concludes with a relaxing body massage to soothe the mind, body and soul.

## Simply Scrumptious

*Foot treatment - massage - facial therapy  
hair and scalp treatment*

*120 mins - \$300*

Who says you can't have it all! A combination of all our favourites - a foot soak and scrub to start followed by a massage targeting muscle tension. Next up, a perfectly executed express facial and a hair and scalp treatment to finish. Yes please!

## Refresh

*Back massage - full body exfoliation  
hydration - facial*

*120 mins - \$300*

Sometimes you just need to start again. This adventure begins with a 30-minute upper body massage to release built up tension, followed by a complete full body exfoliation and re-hydration, a 30-minute facial to finish and you're done!

## The Ultimate Safari

*Foot treatment - body exfoliation and wrap  
scalp and hair treatment - lunch -  
massage facial therapy*

*Allow 300 mins \$655*

An expedition of epic proportions in search of inner peace and tranquillity. A foot bath ritual starts off this journey that will take you beyond your wildest dreams. An exhilarating exfoliation with Himalayan salts to stimulate circulation followed by Sodashi's marine mineral body mask to deeply cleanse, detox and re-mineralise the body. Your skin will be hydrated with bergamot and lime to enliven in preparation for a stopover in the relaxation lounge for a light lunch. Once back on board, a massage will ease muscular aches and pains before a facial will enhance the radiance of your complexion.

# Your Journey into Eléme Day Spa

## Arrival at Eléme Day Spa

To give you and your therapist time to plan your stellar experience, please arrive 15 minutes before your scheduled treatment time. If you arrive late, we may need to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

## Medical conditions

When making your reservation, please advise us of any medical or health conditions, allergies or injuries that might affect your spa experience.

## Pregnancy

Our team will help you select the most suitable treatments for you to enjoy during your pregnancy. Even though we don't massage in the first trimester, we have treatments suitable for mums-to-be as well as nursing mums.

## Minimum age

You'll need to be at least 16 years of age to use the spa services.

## Spa formalities

To make things more chillaxing and comfortable for everyone, mobile phones are off the menu, please place all devices on silent.

## Cancellations

A 50% charge will apply for any treatments cancelled or rescheduled with less than 24 hours' notice. The same applies for no-shows and gift certificate bookings.

## Gift certificates

Gift certificates are available for purchase online for all treatments, packages and products. Certificates are valid for 36-months form date of purchase.

## Group bookings

We welcome group bookings and will be delighted to help you curate the perfect Eléme experience for you and your group.

We recommend you book in advance to ensure your preferred time and service(s) are available.

To book a treatment or to find out more about the services we offer, contact us on

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