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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.

Content

Facial Therapy by Sodashi	4
Facial Chemistry by Cosmedix	6
Massage Therapy	10
Body Therapy by Sodashi	12
Eléme Accomplices	14
Hello Handsome	16
Couples Therapy	18
Group Therapy	20
Eléme Voyages	22
Extremity Therapy	26

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.

Mistress of Radiance

60 mins - \$145

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 - \$215

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 Samadara

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.

Samadara 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.

Facial Chemistry by Cosmedix

Formulas featuring high concentrations of active ingredients from Cosmedix, which are 100% free of harsh and irritating ingredients, are created to pair with our specialised treatments.

Whether you struggle with hyperpigmentation, dark under eye circles, acne, redness, sensitive skin, fine lines and wrinkles or dehydration—we have you covered.

The Supremacy Four

60 mins - \$155

Specially designed to suit your skin. Including a double cleanse powerful exfoliation, facial massage, mask and hydration. All perfected with a hit of SPF providing exceptional UV protection. Choose your facial or have one of our therapists decide the perfect blend for your skin type.

- Glowing Influencer**
 Breathe new life into dull and hyperpigmented skin. A blend of argan, olive and moringa oils deliver key nutrients and antioxidants to keep the skin clean, clear and radiant. Finish with a bamboo brightening mask to revive healthy skin and increase radiance and clarity. Your skin will be shining bright like a diamond.
- Mastery of the Rescue +**
 Sensitive skin will be repaired and rebalanced. Antioxidant-rich green tea and soothing aloe vera and chamomile will have your skin feeling relaxed in no time. An intensely soothing balm with shea butter and argan oil powerfully calms and reduces redness and sensitivity.
- Detox the Great**
 Perfectly designed for oily/combo skin. Deep cleaning and purifying with lactic and salicylic acid to exfoliate and sweep away impurities. The activated charcoal mask will have you feeling fresh and detoxed in no time.
- Ruler of Restore**
 Dry and dehydrated skin will be renewed and replenished with an ultimate hit of hydration. Herbal amaranth encourages the balance of hydration and helps prevent moisture loss. A refreshing yet powerful cranberry enzyme exfoliates and softens the skin before a moisture-rich mask with mango seed butter and papaya fruit extract restores the skin with vital moisture, vitamins and essential fatty acids. Concluding in plump, smooth, healthier, hydrated skin.

Enhance your facial with an Eye Peptide gel mask to instantly hydrate, plump and relieve tired eyes. \$25

Pro Medi Peel Collection

30 mins - \$95 / 45 mins - \$115

After something a little more intensive or a little less time-consuming? The Pro Medi Peel Collection is the perfect lunchtime snack. Designed to stimulate healthy change in the skin and create a beautiful, renewed complexion with minimal downtime.

Manage the visible signs of aging to reveal smoother, younger-looking skin. A double cleanse preps your skin before your therapist personally selects the perfect corrective peel. Whilst we hit you with SPF on the way out, don't forget to slip-slop-slap.

** Sweeten the deal by booking a series of six 30 minute treatments for \$450 (full payment must be made at the time of initial booking)*

Triple-n-Treat

90 mins - \$225

This ultimate facial is a triple treat of delectable delights. Commencing with a welcoming back exfoliation and massage to smooth and soothe. Your therapist will then pick-n-mix your facial treats to suit your skin's feel and mood on the day.

Whether your skin has been through a long-haul flight or had a little too much sun exposure, it will be cleansed, exfoliated, massaged, masked and soothed to exactly what it needs. The final hit of SPF will have you rocking 'n' rolling ready to face the world again.

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 - \$150 / 90 mins - \$205

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 - \$150

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 - \$150 / 90 mins - \$205

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.

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.

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 - \$215

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 organic green tea and Himalayan salt 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 - \$215

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 - \$145

Combining organic green tea and 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 - \$145

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.

Hello Handsome

For the physically strong masculine man you are and with a tailored modern methodology to men's skincare and groom.

Forget the fluff and the florally scented aromas, we've created a range of treatments with just the strapping gentleman you are in mind.

The Baby Face Assassin

60 mins - \$145

Designed to specifically treat men's skin concerns, starting with a purifying Himalayan salt scrub to buff you back into good shape. Next comes a deep cleansing facial that balances the skin's natural oils and assists in preventing ingrown hairs. Soothing mists with woody aromas de-sensitise the skin before ending with a relaxing facial massage to tone and firm facial muscles, leaving you feeling smooth as a baby's...

Macho-Mani

45 mins - \$95

Every man needs a tune-up. Your scheduled maintenance runs like this, nails and cuticles are tidied and groomed, an energising exfoliation will remove rough and dry skin before a massage will have you re-fuelled and back on the road, there's nothing feminine about that.

Powerhouse-Pedi

45 mins - \$95

Beginning with a revitalising foot soak and invigorating salt polish to balance your body's energy before your feet are buffed back into shape and fit to take over the world. Nail and cuticle grooming get your feet ready before a foot and leg massage stimulates circulation, reduces swelling and soothes tired achy feet. No polish to finish here, well unless you really want to.

The Great Herculean

Body scrub - massage - facial therapy

150 mins - \$325

God of strength and heroes, this treatment will have you ready to conquer the world. The adventure starts with an all over invigorating scrub to remove your outer shell and allow the natural superhero within to shine. A massage to release tension and muscular aches and pains before a facial specifically designed to your skin will have you gain mastery over your mind, body and soul.

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.

One on One

90 mins - \$210 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 accompaniment of your choice.

Couples Retreat

*Foot treatment - massage - facial therapy
150 mins - \$325 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.

Twice as Nice

60 mins - \$145 per person

A delicious 60-minute massage designed to relieve the body of tension and restore energy flow. You'll both leave feeling like you've just taken a mini break from life.

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.

Support Therapy

60 mins - \$145 per person

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

Focus Therapy

Foot treatment - massage - facial therapy

90 mins - \$210 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.

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

*Massage - back scrub - facial therapy
foot massage
90 mins - \$215*

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 - \$280*

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 - \$285*

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 - \$280*

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 \$630*

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.

Extremity Therapy

Eléme Manicure

60 mins - \$125

An anti-aging hand and nail treatment that begins with a warming compress to regenerate new cell growth using lavender and rosewood. Jojoba beads follow with an exfoliation of the hands and arms before your nails are shaped, cuticles tidied and a lavish massage with anti-aging rosehip and geranium has you wanting more. The show concludes with your choice of nail polish, dazzling darling!

Eléme Pedicure

60 mins - \$125

Reinvigorate your feet and legs beginning with a foot soak and an exfoliation boosting and stimulating circulation, grounding your body's natural energy flow. Your feet and nails are buffed back into shape ahead of a soothing foot and leg massage with peppermint and arnica to reduce swelling and relieve tired achy feet. Before the final curtain falls, your choice of nail colour will have your feet ready for dancing the night away.

** Shellac removal \$30 (add 15 minutes)*

Waxing and Tinting

We offer waxing and tinting services. Please inquire with our reception team for services available.

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 from 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.

Eléme Day Spa is open daily.

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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