

spa & body therapies

Sabai Mineral Stone Therapy

| | |
|--------|-----|
| 15 MIN | 30 |
| 30 MIN | 65 |
| 60 MIN | 110 |

Sabai - The Thai expression for wellbeing. Exhale & relax as your therapist administers an advanced stone massage therapy far exceeding traditional stone massage. Sabai's synchronized therapeutic massage with micronized minerals, de-stresses your entire being...mind body & spirit. As you completely unwind, pent up tension, fatigue & pain are gently vanquished, resulting in blissful relaxation.

Body Wraps

| | |
|---------|-----|
| MON-FRI | 110 |
| PEAK | 120 |

Awaken the mind and body with natural ingredients specially recommended for enhancing and detoxing to provide a feeling of well being and comfort. Choose from a Mud/ herbal Cellulite treatment, Seaweed, Green tea or ginger wraps. Includes: dry brush exfoliation, shower and full body moisturisation.

Body Scrubs

| | |
|---------|-----|
| MON-FRI | 95 |
| PEAK | 100 |

Your choice of Ginger or Tasman sea salt scrub to stimulate circulation, exfoliate and nourish the body.

Relaxation Massage

Rejuvenate mind, body and spirit with massage with our specialty in massage at QDS. Our highly trained therapists will customise the massage to suit your needs. Pregnancy massage is available.

| | | |
|--------------|--------------|--------------|
| ALLOW 30 MIN | ALLOW 45 MIN | ALLOW 60 MIN |
| MON-FRI 58 | MON-FRI 75 | MON-FRI 85 |
| PEAK 65 | PEAK 80 | PEAK 90 |

Bamboo Massage

ALLOW 60 MIN

| | |
|---------|-----|
| MON-FRI | 105 |
| PEAK | 110 |

A stimulating massage using natural bamboo canes to sculpt the figure and define the shape. An excellent way to drain and regenerate tissues while dispelling the tensions that have built up and attain a state of absolute relaxation.

Ear Candling

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|--------|----|
| 60 MIN | 88 |
|--------|----|

A gentle and relaxing way to assist in the removal of excess wax and fluid in the ear canal.

Indian Scalp Massage

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|--------|----|
| 20 MIN | 30 |
|--------|----|

Complete your day spa journey with an ancient shoulder, neck and scalp massage which will have you floating out the door relaxed in mind, body and soul.

spa & body packages

Top to Toe Experience

| | |
|-----------------|-----|
| ALLOW 3.5 HOURS | 280 |
|-----------------|-----|

Begin with a one hour relax massage. Indulge in a customized 60 minute facial, with your choice of eye treatment and ampoule included. Finish with a Pedicure.

Top to Toe Express

| | |
|---------------|-----|
| ALLOW 2 HOURS | 160 |
|---------------|-----|

Designed for the client who wants to be pampered but doesn't have enough free time. Treatments include back, neck and scalp massage, 30 minute facial and express pedicure.

The Serenity Experience

| | |
|---------------|-----|
| ALLOW 2 HOURS | 180 |
|---------------|-----|

Includes a one hour relax massage, concentrating on back and neck, and an organic facial to float out the door.

Total Indulgence Package

| | |
|---------------|-----|
| ALLOW 2 HOURS | 190 |
|---------------|-----|

Tasman sea salt scrub followed by a forty five minute relax massage and 15 minutes of Hot Stone therapy.

The Coast Experience

| | |
|-----------------|-------|
| ALLOW 2.5 HOURS | 285pp |
|-----------------|-------|

Enjoy a slice of heaven - you can experience with your friend, partner or family member. Enjoy a customized facial, dry body brushing, full body scrub, a forty five minute relax massage. Complimentary gift pack on arrival.

Awaken Your Senses Package

| | |
|-----------------|-----|
| ALLOW 2.5 HOURS | 280 |
|-----------------|-----|

Begin with a stimulating Sea Salt Scrub to stimulate the senses and renew the skin. You can then choose your choice of Body Wrap (depending on your needs on the day), and then be captivated by the Figure-Sculpting Bamboo Massage.

A unique experience that will carry you off to a world of peace and well-being in far-off lands of ancestral wisdom. Then relax with a herbal tea.

Half Day in Heaven

| | |
|---------------|-----|
| ALLOW 4 HOURS | 335 |
|---------------|-----|

Indulge in an organic facial, delight in a back massage and then finish with a deluxe spa pedicure and manicure. Your choice of de-stress eye treatment and ampoule included in the facial.

*LIGHT LUNCH AND HERBAL TEA IS INCLUDED IN THE PRICE

Ultimate Pamper Package

| | |
|-----------------|-----|
| ALLOW 5.5 HOURS | 550 |
|-----------------|-----|

Indulge in the ultimate spa experience, treatment will begin with full body scrub, dry body brushing and green tea or ginger wrap for total skin detox and hydration followed by a ultimate pamper facial, 1 hour massage, manicure and pedicure and Indian scalp massage to finish.

*LIGHT LUNCH AND HERBAL TEA IS INCLUDED IN THE PRICE
COMPLIMENTARY GIFT PACK ON ARRIVAL



BOOKING AND CANCELLATION POLICY WE OPERATE A BUSY DAY SPA AND APPOINTMENT TIMES ARE PRECIOUS. WHEN BOOKING TREATMENTS, CREDIT CARD PAYMENT OF 30% OF TOTAL TREATMENT COST OR THE GIFT VOUCHER NUMBER IS REQUIRED TO SECURE YOUR BOOKING. SHOULD YOU NEED TO CANCEL YOUR APPOINTMENT, PLEASE GIVE US A COURTESY CALL WITHIN 24 HOURS. IF A BOOKING IS CANCELLED WITH LESS THEN 24HRS NOTICE, THE BOOKING FEE WILL REMAIN THE PROPERTY OF THE Q.D.S.



5258 4233

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facial treatments

Armed with a thorough face mapping™ skin analysis, professional products, your therapist will pinpoint exactly what your skin needs. Based on your consultation, your therapist will then customise the treatment. Whilst your treatment masque is on you may indulge in a relaxing scalp massage.

Eminence Express

ALLOW 40 MIN

| | |
|---------|----|
| MON-FRI | 68 |
| PEAK | 75 |

Take a brief journey back to nature with handpicked ingredients from organically grown fruits and herbs. Start with a double cleanse, light yet invigorating exfoliation, followed by a masque serum and fresh whipped moisturiser to complete the journey, leaving your skin clear, balanced and revitalised.

Organic Men

ALLOW 50 MIN

| | |
|---------|----|
| MON-FRI | 78 |
| PEAK | 88 |

Sure to meet the demands of any mans skin; this treatment is excellent for all skin types including those suffering from over exposure to the sun. Starting with a double cleanse and exfoliation, detoxify and cleanse with a masque then finish with a soothing treatment cream.

Essential Facial/Aromatherapy

Designed to suit your skincare needs. Includes: double cleansing, steam, exfoliation, massage mask and customised serum followed by treatment moisturiser. Choose from the purifying hydrating, soothing or re-juvenating treatments.

ALLOW 30 MIN

| | |
|---------|----|
| MON-FRI | 58 |
| PEAK | 68 |

ALLOW 60 MIN

| | |
|---------|----|
| MON-FRI | 90 |
| PEAK | 98 |

Eminence Experience

ALLOW 60 MIN

| | |
|---------|-----|
| MON-FRI | 95 |
| PEAK | 105 |

Tailored for all skin types, utilises an array of the very luscious fruit, vegetable and herbal skincare. These organic ingredients have an incredibly fresh aroma, with natural pure vitamin infusions and high bioflavonoid content. The selection addresses a variety of skin concerns such as premature aging, sun damage, acne, rosacea and loss of vitality, tone and radiance. This signature facial offers a wide spectrum of exfoliants, masques, serums and moisturisers that you and your skin specialist will select to give you a customised facial.

NEW! EmerginC Signature Radiance Facial

ALLOW 60 MIN

| | |
|---------|-----|
| MON-FRI | 119 |
| PEAK | 129 |

A true red carpet experience, this WOW cosmeceutical facial includes a deep cleanse, a cosmeceutical strength AHA/BHA, vitamins A C E peel, a three-step exfoliation process followed by an indulgent ten minute massage using a creamy, hydrating mask, followed by a second therapeutic finishing mask. This treatment will leave your skin hydrated, radiant and youthful. Warning - this treatment is addictive.

Collagen Facial /High Performance

ALLOW 75 MIN

| | |
|---------|-----|
| MON-FRI | 128 |
| PEAK | 138 |

COLLAGEN: suitable for anybody who wants smoother, brighter, younger looking skin now!
HIGH PERFORMANCE: designed by Pevonia to pinpoint client's skin needs. Treatments to suit roseacea, sensitive, mature, dry and dehydrated skin types. Treatments include: double cleanse, exfoliation, radical mask applied to face and eye contour, finished with a silky day cream.

*INCLUDES LUXURIOUS MASSAGE OF DECOLLETAGE NECK AND FACE WITH AN CUSTOMIZED AMPOULE.



gift certificates
Give the gift of wellness! The ideal gift is just a phone call away. Call us and we can send out a beautiful gift box anywhere in Australia.



* PLEASE REMEMBER OPEN TOED SHOES FOR PEDICURES

supplement treatments

Full Body Airbrush Tan

ALLOW 15 MIN

| | |
|---------|----|
| MON-FRI | 45 |
| PEAK | 55 |

Instant golden brown colour, last 5-7 days.

Eyelash Tint

ALLOW 25 MIN

| | |
|---------|----|
| MON-FRI | 20 |
| PEAK | 22 |

Throw away your mascara wand!

Eyebrow Tint

ALLOW 15 MIN

| | |
|---------|----|
| MON-FRI | 13 |
| PEAK | 14 |

Define your eyes and throw away your eyebrow pencil!

Intensive Eye Treatments

ALLOW 30 MIN

\$40 or add to a facial/body wrap \$28

GINKGO BILOBA

Treats puffiness and dark circles
COLLAGEN

Dramatically plumps out fine lines.

NASBERRY

Fruit enzymes gently exfoliate fine lines.

Group Parties are our speciality

Whatever the occasion, we can cater to your every need. Groups can have treatments in our private suite. Please call our team for more information. Please enquire about our fully catered service.

waxing services

Eyebrow

| | |
|---------|----|
| MON-FRI | 17 |
| PEAK | 19 |

Top Half Leg

| | |
|---------|----|
| MON-FRI | 30 |
| PEAK | 33 |

Lip or Chin

| | |
|---------|----|
| MON-FRI | 14 |
| PEAK | 15 |

Top Half Leg & Bikini

| | |
|---------|----|
| MON-FRI | 45 |
| PEAK | 48 |

Underarm

| | |
|---------|----|
| MON-FRI | 17 |
| PEAK | 19 |

Full Leg

| | |
|---------|----|
| MON-FRI | 42 |
| PEAK | 55 |

Bikini Line

| | |
|---------|----|
| MON-FRI | 20 |
| PEAK | 22 |

Full Leg and Bikini

| | |
|---------|----|
| MON-FRI | 50 |
| PEAK | 55 |

Brazilian

| | |
|---------|----|
| MON-FRI | 49 |
| PEAK | 55 |

Half Arm

| | |
|---------|----|
| MON-FRI | 20 |
| PEAK | 23 |

Half Leg

| | |
|---------|----|
| MON-FRI | 27 |
| PEAK | 29 |

Full Arm

| | |
|---------|----|
| MON-FRI | 29 |
| PEAK | 32 |

Half Leg & Bikini

| | |
|---------|----|
| MON-FRI | 40 |
| PEAK | 43 |

NON-RECYCLED WAX IS USED. SOOTHING INGREDIENTS ARE USED FOR A GENTLE EXPERIENCE.

SOME MENS WAXING SERVICES AVAILABLE ON REQUEST.

pevonia
Botanica



hand & feet treatments

Nature's Feet Spa Pedicure

ALLOW 60 MIN

| | |
|---------|----|
| MON-FRI | 75 |
| PEAK | 80 |

After a soothing soak your feet are exfoliated to remove dry calloused skin and stimulate the circulation. A masque is then infused followed by a massage. Choose from a selection of organic herbal teas to enjoy during your treatment.

* (INCLUDES STANDARD PEDICURE PROCEDURES)

Nature's Hands Spa Manicure

ALLOW 60 MIN

| | |
|---------|----|
| MON-FRI | 50 |
| PEAK | 60 |

Hard working hands will enjoy this nurturing treatment starting with a gentle exfoliation designed to smooth and lighten skin. A rejuvenating and nourishing masque is applied followed by a soothing hand and arm massage to soothe and hydrate the skin. Choose from a selection of organic herbal teas to enjoy while waiting for your perfectly polished nails to dry.

* (INCLUDES STANDARD MANICURE PROCEDURES)

Quick File and Polish

ALLOW 20 MIN

| | |
|---------|----|
| MON-FRI | 25 |
| PEAK | 30 |

French Polish on Hands

ALLOW 20 MIN

| | |
|---------|----|
| MON-FRI | 12 |
| PEAK | 15 |

Hands & Feet

ALLOW 120 MIN

| | |
|---------|-----|
| MON-FRI | 120 |
| PEAK | 130 |

Can't decide which needs help the most? Stop thinking and indulge in Nature's Feet Spa Pedicure and Nature's Hands Spa Manicure both rolled into one delicious treat that assures you will leave walking on air.

