



MELBOURNE

CROWN SPA  
TREATMENT MENU



## **YOUR TIME. YOUR JOURNEY.**

Crown Spa provides a tranquil oasis for those seeking a holistic spa experience for a renewed sense of mind, body and spirit.

Our intent is to provide personalised moments of self-care that foster an enhanced state of wellbeing. We do so with expertly trained therapists, curated treatments and our industry leading partners, La Prairie and Subtle Energies.

Your time is precious and the journey is your own at Crown Spa.



## AQUA RETREAT

Water in all its uses, gives us the ability to rehydrate, refresh and soothe the body, which forms the basis of our Aqua Retreat facilities.

The steam room provides heat to warm the body and eliminate toxins. The therapeutic swiss shower will stimulate the senses and our vitality spa is the perfect refuge for tired bodies.

The Aqua Retreat truly offers exceptional wet facilities to complement your Crown Spa treatment or simply, as a rejuvenating experience of its own.

The Aqua Retreat and indoor pool is complimentary to guests with treatments of an hour or longer; or alternatively guests can purchase an access pass.

### AQUA RETREAT ACCESS

Use of the Aqua Retreat including vitality spa, steam room and Swiss shower. Please note the Aqua Retreat Pass is only available to guests of Crown Towers.

From  
\$85

### AQUA RETREAT AND POOL ACCESS

Unwind and spend the day poolside and in our leisurely Aqua Retreat facilities.

From  
\$140

A surcharge applies to spa treatments on Friday to Sunday and public holidays.







SPA TREATMENTS

## PACKAGES

### CROWN SPA ULTIMATE

Enjoy on your own or with a friend; your ultimate spa escape hosted in our Deluxe Suite leaves nothing to chance ensuring you feel pampered from head to toe. Including a La Prairie Pure Gold Radiance Immersion Facial, a Relaxation massage, spa cuisine, manicure and pedicure. This heavenly combination ensures total body relaxation, with a polished finish.

From  
\$935 - 5 hours 15 minutes

### REJUVENATION

This spa experience in our Deluxe Suite optimises relaxation with your own private spa and steam bath. Your luxurious Rasayana Detox body wrap, including exfoliation and lotion application is followed by our Caviar Indulgence Immersion Facial designed to instantly give a youthful radiant tone. Finish with a wash and blow wave to complete your rejuvenation.

From  
\$795 - 4 hours

### CELLULAR RESTORATION

Rebalance, revitalise, renew. Drawing on potent active ingredients, enhance cell regeneration and repair, with this indulgent treatment experience. Your restoration process begins with a purifying body exfoliation and a phytonutrient rich wrap, which tightly tones the skin, before being transported to a state of deep relaxation with our signature marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality on every level of being.

From  
\$685 - 3 hours 15 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### INDULGENCE

For pure indulgence, we have combined a Hot Stone massage that will melt away tension, a Subtle Energies Advanced Anti-Oxidant facial to refresh fatigued skin and an Essential pedicure to soothe and moisturise tired legs and feet.

From  
\$630 - 3 hours 30 minutes

### CELEBRATION

This indulgent package includes a one hour Relaxation massage and La Prairie Caviar Essential Facial. Renowned for its results by leaving skin deeply hydrated, nourished and glowing. The Celebration package will leave you feeling renewed and content.

From  
\$495 - 2 hours

### TRANSFORMATION

Feel renewed after this decadent spa experience. The Cinnamon and Walnut Body Buff will eliminate toxins and dead skin cells from the body, while the Subtle Energies Holistic Age-Defying facial will restore cellular radiance to the skin. End your day with a wash and blow wave to complete your transformation.

From  
\$490 - 2 hours 45 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

## LA PRAIRIE FACIALS

### CAVIAR ESSENTIAL FACIAL

Discover the lifting and firming benefits of Caviar with this 60 minute facial treatment. Nutrient-rich Caviar is infused with La Prairie's Exclusive Cellular Complex to help improve firmness and elasticity; designed for all skin types, this treatment will leave skin feeling hydrated, plump and firm.

From  
\$350 - 1 hour

### CAVIAR INDULGENCE IMMERSION

Indulge yourself in a moment of pure luxury with this 90 minute Caviar facial treatment, designed to lift and firm skin with La Prairie's signature intensive lifting massage to enhance the appearance of elasticity and tone. This luxurious facial is for all skin types and provides moisture-rich hydration and nutrients, leaving skin feeling instantly firmed, soft and smooth. To extend the benefits of your treatment beyond your appointment, you will receive a La Prairie trio of samples to continue your ritual at home.

From  
\$420 - 1 hour 30 minutes

### WHITE CAVIAR ILLUMINATING FACIAL

Experience the added benefit of Golden Caviar with this 60 minute facial treatment designed to promote a bright, even skin tone and plump and firm skin. Enhanced with La Prairie's Exclusive Cellular Complex, skin is left illuminated, as if lit-from-within.

From  
\$380 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### WHITE CAVIAR ILLUMINATING IMMERSION

Immerse yourself in the luminosity of White Caviar with this luxurious 90 minute facial treatment featuring Golden Caviar Extract with the added benefit of a cooling eye massage to reduce puffiness and improve circulation. Skin is left firm, smooth and illuminated. To extend the benefits of your treatment beyond your appointment, you will receive a La Prairie trio of samples to continue your ritual at home.

From  
\$450 - 1 hour 30 minutes

### PURE GOLD RADIANCE FACIAL

Discover the revitalising benefits of Pure Gold with this express facial treatment designed to enhance the appearance of radiance in the skin instantly and over time. Skin is left glowing, replenished and revitalised, this treatment is ideal for dry, dehydrated or sensitive skin.

From  
\$420 - 1 hour

### PURE GOLD RADIANCE IMMERSION

Immerse yourself in the opulence of Pure Gold with this 90 minute facial treatment, designed to revitalise the skin while promoting the feeling of increased volume from intense hydration. A gentle heat is used to infuse the benefits. Skin is left enriched, revitalised and replenished. To extend the benefits of your treatment beyond your appointment, you will receive a La Prairie trio of samples to continue your ritual at home.

From  
\$500 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### PLATINUM HAUTE REJUVENATION FACIAL

The ultimate rejuvenating treatment using our precious high performance Platinum Collection for an enhanced youthful glow. This ultra-luxe facial treatment works to reduce the appearance of signs of ageing and provides a noticeable line-smoothing effect, while helping to support the underlying structure of the skin.

From  
\$480 - 1 hour

### PLATINUM HAUTE REJUVENATION IMMERSION

Time is suspended when you experience Platinum Rare Haute-Rejuvenation. The most decadent 90 minute facial treatment designed to rejuvenate skin by boosting collagen production and strengthening skin's barrier. Commencing with a luxurious back massage treatment you are then transported to a dream like state as we pamper you with a relaxing foot and leg massage to totally transform you from head to toe. Precious Platinum works to increase the appearance of firmness and elasticity and your skin is left feeling volumised and renewed.

To extend the benefits of your treatment beyond your appointment, you will receive a La Prairie trio of samples to continue your ritual at home.

From  
\$700 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





## SUBTLE ENERGIES FACIALS

### ADVANCED ANTIOXIDANT FACIAL

Designed for skin exposed to urban toxicity and free radical damage. Be it sun exposed, dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The Marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

From  
\$240 - 1 hour  
\$295 - 1 hour 30 minutes

### HOLISTIC AGE-DEFYING FACIAL

This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance to total well-being. Mogra, Queen of Jasmines' offers a wonderment of healing elements and works synergistically to boost collagen production and increase cell renewal. Combined with the restorative powers of 24K gold leaf this sensory experience will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow inside and out.

From  
\$240 - 1 hour  
\$295 - 1 hour 30 minutes

### HOLISTIC CUSTOMISABLE FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this results-driven facial delivers a unique customised treatment experience. With a wide range of Subtle Energies advanced therapies at their fingertips, your therapist will personally tailor your experience for optimum results. This holistic facial indulgence releases muscle tension and anxiety with a signature aromatic facial marma massage. Restore cellular radiance, leaving the skin visibly smoother and luminous.

From  
\$240 - 1 hour  
\$295 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



## SUBTLE ENERGIES BODY TREATMENTS

### PEARL INFUSED REMINERALISING BODY MASK

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial Marma massage, using potent anti-ageing actives of mogra and Indian rose to release tension and stress and restore balance.

From  
\$320 - 1 hour 30 minutes

### RASAYANA DETOX BODY WRAP

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as your body is smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with skin glowing and body and mind re-energised.

From  
\$280 - 1 hour 15 minutes

### CINNAMON AND WALNUT BODY BUFF

A rejuvenating exfoliation using cinnamon bark and walnut shells, blended with the uplifting aromatics of tulasi, limbu and wild turmeric. This scrub buffs away dead skin cells, detoxifying and reducing signs of cellulite.

From  
\$220 - 1 hour

### HIMALAYAN ENERGISING BODY POLISH

This invigorating ritual begins with a deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant and stress will be soothed away with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub. The treatment includes hot compressing and ends with a personalised full body hydration.

From  
\$220 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

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## MASSAGES

### BLISSFUL MARMA MASSAGE

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balancing aligns vital energy centres.

The 90 minute includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

From  
\$240 - 1 hour  
\$300 - 1 hour 30 minutes

### RELAXATION

Let us take you on the journey to ultimate relaxation. Our spa therapists use light to medium pressure utilising gentle lymphatic techniques and rhythmic flowing movements.

From  
\$200 - 1 hour  
\$260 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### THERAPEUTIC

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching.

From  
\$210 - 1 hour  
\$280 - 1 hour 30 minutes

### DEEP TISSUE

A deep rhythmic massage focused on releasing areas of muscle tension and mobilising fatigued muscles. Perfect for muscular aches and pains, recovery post work out and to alleviate tightness and problem areas.

From  
\$220 - 1 hour  
\$290 - 1 hour 30 minutes

### HOT STONE MASSAGE

Enjoy deep relaxation as the soothing massage of hot stones works to de-stress muscles, allowing tightness and tension to melt away.

From  
\$300 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

## PREGNANCY

Our range of pregnancy treatments are the perfect way to pamper a mother to be! Crown Spa is only able to perform treatments on expectant mothers during the second and third trimesters of a pregnancy to ensure the safety of both mother and baby. Please note that for guests in their 3rd trimester, a medical certificate from your doctor approving treatment is required.

### PREGNANCY MASSAGE

Ease tired feet, legs and back with a revitalising and strengthening massage for mothers to be. This treatment is specifically designed to meet the needs of pregnant women and their changing bodies, relieving muscle aches and joint pains and improving circulation and mobility.

From  
\$220 - 1 hour

### SOOTHE AND ENRICH ANTIOXIDANT FACIAL

This intense enriching facial delivers an exceptional nutrient rich elixir that revitalises tired skin. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Emerge from this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

From  
\$240 - 1 hour

### LEG MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment, recommended for improving circulation and reducing swelling. A signature massage using a bronze kasa bowl technique will draw out excess heat and stimulate marma points of the feet and legs using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment.

From  
\$145 - 30 minutes

Available as an upgrade to pregnancy treatments of over 1 hour.

### GLOWING MUM-TO-BE

For complete pampering unwind with our 60 minute pregnancy massage along with a Subtle Energies Advanced Anti-Oxidant facial to ensure you leave feeling refreshed and glowing.

From  
\$325 - 1 hour 30 minutes

### COMPLETE PREGNANCY PACKAGE

Retain the memories of your Spa experience and continue the benefits of your pregnancy massage at home with three specially formulated body oils for use during pregnancy and on baby. Includes a gift of three Subtle Energies body oils.

From  
\$295 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



## ENHANCEMENTS

### HIMALAYAN SALT EXFOLIATION

Eliminate dull skin with this deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub.

From  
\$145 - 30 minutes

### HEAD, NECK AND SHOULDER MASSAGE

This deeply relaxing treatment uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding. A combination of pressure point massage and stretches with traditional massage techniques will leave you with clarity and focus, whilst rejuvenating the scalp and releasing tension in the neck and shoulders.

From  
\$145 - 30 minutes

### RELAXING FOOT MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment. A stimulating massage of the feet involving stretches and pressure points massage will invigorate and renew the entire body. It balances and calms the mind, assuring a peaceful night's sleep. Hot compresses complete this treatment.

From  
\$145 - 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### HOLISTIC CUSTOMISABLE FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this results driven facial delivers a unique customised treatment experience. With a wide range of Subtle Energies advanced therapies at their fingertips, your therapist will personally tailor your experience for optimum results.

From  
\$145 - 30 minutes

### PRIVATE SPA TIME – DELUXE SUITE

Enhance your treatment experience by upgrading for a private spa time in the luxury of our Deluxe Suites. This includes a spa bath and private steam shower.

From  
\$95 - 30 minutes

### PRIVATE SPA TIME – INDULGENCE SUITE

Enhance your treatment experience by upgrading for a private spa time in the luxury of our Indulgence Suites. This includes a spa bath and private steam shower.

From  
\$150 - 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

## FOR HIM

### A DAY FOR HIM

For the active man to the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well being journey.

From  
\$545 - 2 hours 30 minutes

### A PACKAGE FOR HIM

Commence your journey in our Aqua Retreat before moving into one of our luxurious treatment rooms. Your firm but relaxing Therapeutic massage which will ease stress, improve circulation and release toxins from the body is followed by an essential manicure, complete with a relaxing hand massage. Finish with a haircut to complete your experience with one of our renowned stylists.

From  
\$360 - 2 hours 15 minutes

### CAVIAR ESSENTIAL FACIAL

Discover the lifting and firming benefits of Caviar with this 60 minute facial treatment. Nutrient-rich Caviar is infused with La Prairie's Exclusive Cellular Complex to help improve firmness and elasticity; designed for all skin types, this treatment will leave skin feeling hydrated, plump and firm.

From  
\$350 - 1 hour

### THERAPEUTIC MASSAGE

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching. This massage will revitalise even the weariest muscles, release toxins and alleviate stress and muscle tension tailored to your areas of concern.

From  
\$210 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### HOLISTIC CUSTOMISABLE FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this results-driven facial delivers a unique customised treatment experience. With a wide range of Subtle Energies advanced therapies at their fingertips, your therapist will personally tailor your experience for optimum results. This holistic facial indulgence releases muscle tension and anxiety with a signature aromatic facial marma massage. Restore cellular radiance, leaving the skin visibly smoother and luminous.

From  
\$240 - 1 hour

### MANICURE

Soothe and moisturise your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

From  
\$130 - 45 minutes

### PEDICURE

Soothe and moisturise your legs and feet with an essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a relaxing foot massage.

From  
\$140 - 1 hour

### GROOMING SERVICES

Hair Cut | Beard Trim | Waxing | Colour Services

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



WELLNESS EXPERIENCES



## JOURNEYS

### EMPOWERING ME, A WOMAN'S JOURNEY

A journey to celebrate your inner and outer beauty. Begin with a gentle meditation, followed by a massage using active oils of empowerment and renewal, with a fusion of therapeutic techniques to increase your vital energy. A results-driven facial, tailored to bring harmony to your skin, using potent anti-ageing ingredients such as mogra, that also addresses emotional and hormonal balance.

Continue your treatment at home and purchase the Rejuvenate and Restore prescription kit (\$570).

From  
\$420 - 2 hours 30 minutes

### SLEEP SUPPORT THERAPY

This is a signature program based on clinical research and ancient practises, to assist sleep concerns and insomnia. A guided meditation begins the program while a full body Blissful Marma massage, releases tension and realigns the body's rhythm. This is followed by a facial marma massage and the Nasya (nasal oil application), an ancient yogic technique for many concerns including sleep. Yogic pranayamas, that will positively impact the vital energy within completes the journey.

With Shirodhara – A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system.

2 hours with Savasana \$370 | \$530 with prescription kit

2 hours 30 minutes with Shirodhara \$480 | \$640 with prescription kit

From  
\$370 - 2 hours

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### DETOX AND ADRENAL BOOST JOURNEY

A comprehensive purification process using highly potent active ingredients such as tulasi, wild turmeric and Indian lime that work as detox agents stimulating the cells and lymphatics. The journey commences with a guided meditation. An invigorating full body exfoliation is followed by a detoxifying wrap and concludes with Subtle Energies signature massage, that is a fusion of modalities that is deeply relaxing but energising.

Continue your treatment at home and purchase the Detox and Adrenal prescription kit (\$610).

From  
\$420 - 2 hours 15 minutes

### THE RECOVERING TRAVELLER

A journey that assists in balancing the body by releasing any fluid retention and strengthens the immune system after a long flight. It begins with a guided meditation, followed by signature massage using a fusion of modalities, including marma work, lymphatic drainage and a kasa bowl technique that draws out excess heat. Customising to individual needs, this experience can awaken or assist to bring about a restful slumber.

Continue your treatment at home and purchase the Detox and Adrenal prescription kit (\$445).

From  
\$350 - 2 hours

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

## WELLNESS

### SHIRODHARA

A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system. It assists with treating stress, skin conditions and insomnia, while also enhancing emotional balance, helping to get in touch with your higher being. The experience starts with a facial marma massage, with Subtle Energies' enriching facial blend, enhancing the benefits of the traditional experience and giving your complexion a fresh and youthful glow.

From  
\$410 - 1 hour

### MUSCLE DESTRESS PODI PROGRAM

This signature journey starts with an aromatic foot soak followed by Podikhezhi (Podi), a remarkable therapy performed with dried herb powders wrapped in muslin bolus bags, dipped in warm oil and applied over the entire body. Focusing on areas of pain and inflammation, this therapy is effective for water retention, sports injuries, muscular and nerve pain, soft tissue inflammation and joint problems. The treatment concludes with a full body tension-relieving Blissful Marma Massage with a therapeutic aromatic oil blend. This signature combination of therapeutic massage techniques at various levels of pressure enables a deeper state of relaxation and repair.

From  
\$490 - 2 hours

### MEDITATION

Reduce stress and improve focus through this guided meditation, a perfect time-out from our busy lives.

From  
\$85 - 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





BEAUTY



## HAIR

### HAIR

Ladies Cut Including Blow Wave	From \$100
Ladies Restyle Cut Including Blow Wave	From \$130
Fringe Trim	From \$25
Children's Cut (12 Years and Under – Excludes Wash and Blow Wave)	From \$40

### HAIRSTYLING

Blow Wave	From \$75
Classic Hair Up (Wash Not Included)	From \$100
Creative Styling (Wash Not Included)	From \$150
Permanent Wave	From \$115
Tonging (Dry Styling with Irons)	From \$50

### COLOUR

Foils	From \$105
Semi Colour	From \$70
Tint (Full Head)	From \$130
Tint (Re-growth)	From \$115
Toner Application	From \$40
Balayage/Ombre	From \$280
Hair Contouring	From 280
INOA Hair Colour	Add \$10
Ritual Booster Treatments	From \$40
Intensive Treatment (With Heat)	From \$60
Olaplex Treatment	From \$85
Smartbond Treatment	From \$35

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

## NAILS

### ESSENTIAL MANICURE

Soothe and moisturise your arms and hands with an Essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a blissful hand massage and nail polish application.	From \$140 - 1 hour
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### ESSENTIAL MANICURE – GEL POLISH

Soothe and moisturise your arms and hands with an Essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a blissful hand massage and nail polish application.	From \$150 - 1 hour 15 minutes
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### ESSENTIAL PEDICURE

Soothe and moisturise your legs and feet with an Essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a blissful foot massage and nail polish application.	From \$160 - 1 hour
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### ESSENTIAL PEDICURE – GEL POLISH

Soothe and moisturise your legs and feet with an Essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a blissful foot massage and nail polish application.	From \$170 - 1 hour 15 minutes
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### SHELLAC REMOVAL

### FRENCH APPLICATION

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

MAKEUP, WAXING AND TINTING

MAKEUP

Full Application	From \$100
Temporary Eyelash Application	From \$45
Bridal Parties Hair and Makeup	POA

SPRAY TAN

Naked Tan is the global pioneer of the two hour tan and is made from all natural ingredients. The Naked Tan spray tanning formulation wash 'n' wear in two hours is enriched with aloe vera for moisture, contains organic DHA, no parabens, no alcohol and is odour-free and interacts with the skin naturally. The divine aroma of coconut and vanilla bean with a hint of bliss is inspiring.	From \$75
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A surcharge applies to spa treatments on Friday to Sunday and public holidays.

WAXING

Full Leg Wax   Half Leg Wax   Arms Wax   Underarm Wax   Bikini Wax   Brazilian Wax   Chest Wax   Back Wax   Eyebrow Wax   Lip/Chin Wax   Ear/Nose Wax   Full Face Wax	POA
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THREADING

Eyebrow Threading   Upper Lip and Chin Threading   Full Face	From \$25
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TINTING

Eyelash   Eyebrow   Eyelash and Eyebrow	From \$25
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A surcharge applies to spa treatments on Friday to Sunday and public holidays.



MOVEMENT



## TRAINING AND FITNESS

### PERSONAL TRAINING

Personal Training 30 minutes	From \$65
Personal Training 45 minutes	From \$75
Personal Training 1 hour	From \$85

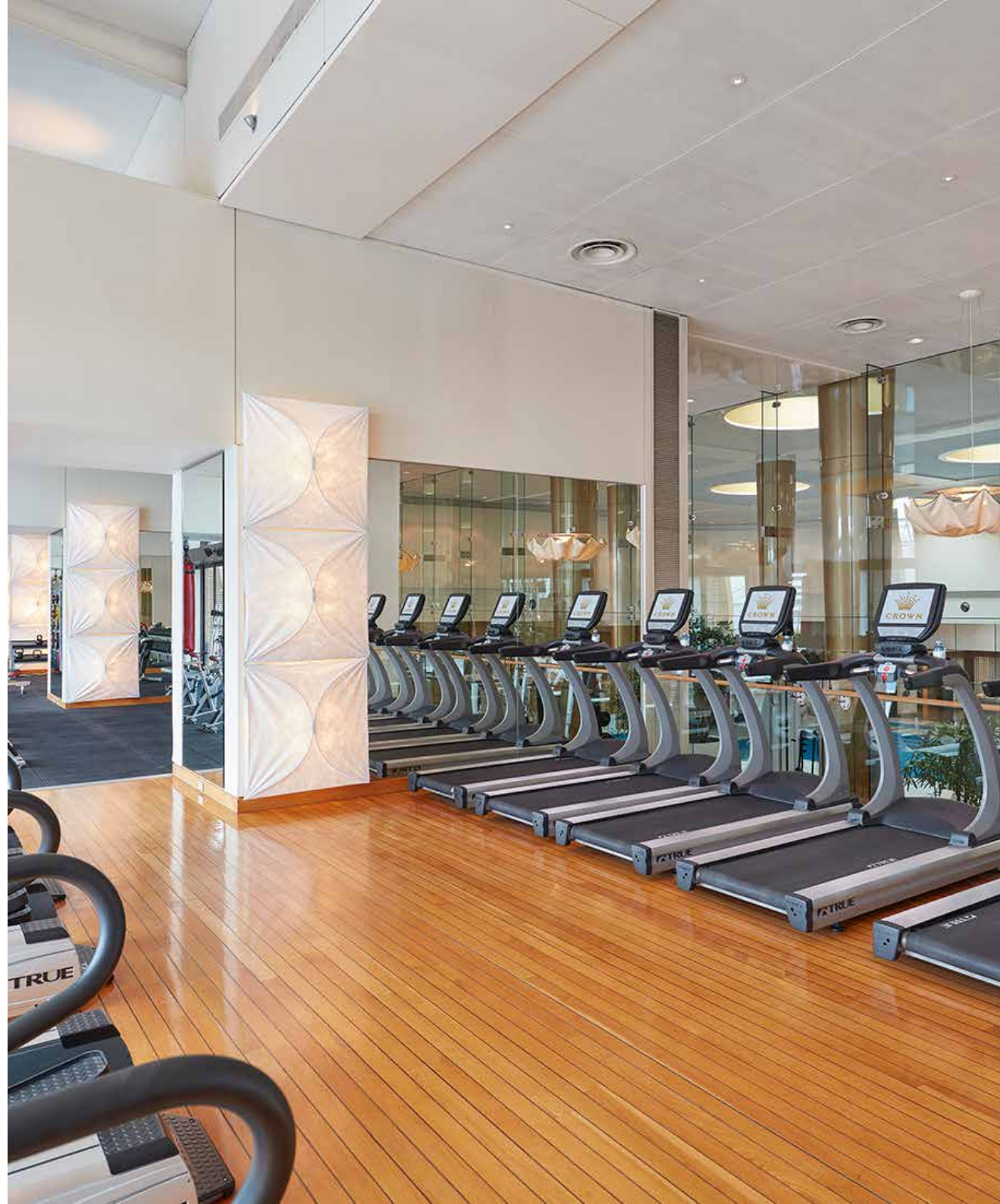
### FITNESS CLASSES

Boxercise 30 minutes	From \$65
Spin Class 45 minutes	From \$65

### WELLNESS CLASSES

Pilates 45 minutes	From \$75
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A surcharge applies to spa treatments on Friday to Sunday and public holidays.





## SPA ETIQUETTE

We welcome guests to book in advance to secure your preferred reservation time and date. All appointments must be guaranteed with a valid credit card. A minimum of 3 hours notice is required for cancellation of a single booking or 24 hours notice for bookings of four or more in order to avoid being charged in full.

We recommend that you arrive 45 minutes prior to your treatment so you can commence your spa journey starting in our Aqua Retreat facility. Late appointments will result in a shorter treatment time.

Crown Spa promotes an environment of tranquillity and relaxation, therefore use of mobile phones is prohibited in the spa.

Robes and slippers have been provided for your convenience. Professional draping is performed throughout the duration of your spa treatment.

The Aqua Retreat areas are designated male and female areas. No children under the age of 16 are permitted. These areas are a shared space with other guests and staff; we ask that you use robes and towels provided when moving around these areas.

Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.







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