

# EMPIRE

2011 Spa Menu

## EMPIRE RETREAT

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## SPA RITUALS

### **YALLINGUP** 120min \$215

Let relaxation begin with an exotic rose and mineral salt soak in our Balinese bath. Serenity massage fusion and warmed essential oils will soothe and replenish while facial synergy brings radiance to your skin.

30 min Bath - 60 min Serenity Massage - 30 min Petite Facial.

### **RADIANCE** 150min \$275

Our unique organic green tea and Dead Sea salts releases toxicity and exfoliates. Detoxifying marine mineral wrap with petite facial synergy tones the skin and a gentle rinse in our rainforest shower leaves the body radiant and glowing. Finish with our Hot Stone therapy bringing inner peace and tranquility.

50 min Exfoliation & Wrap - 20 min Petite Facial - 10 min Shower  
- 70 min Hot Stone Massage.

### **MANKIND** 150min \$285

Calm both mind and body with heavenly head and hair treatment massage infused with gentle steam. Enriched oils and gentle exfoliation polishes and nourishes dry and tired skin. Totality and balance is restored with top to toe Revive massage fusion.

20 min Head & Hair treatment - 30 min Exfoliation - 30 min Steam  
- 70 min Revive Massage.



**OPULENCE** 180min \$320

This total Eminence Experience begins with a luxurious full body scrub and mask to smooth the skin, as clarity is restored to the mind with a relaxing head massage. Follow with our water or steam therapy as body is hydrated with lush organics and conclude with Eminence facial synergy. Choose from a Tropical Paradise to smooth skin texture or Detoxifying Boost to improve cellulite areas.

30 min Exfoliation & Wrap – 20 min Head Massage – 30 min Steam or Water Therapy - 40 min Massage hydration – 60 min Facial

**RENEW** 270min \$450

Indulge the senses as spiced Vanilla, Sandalwood and macadamia body polish smooths the skin and increases circulation then immerse yourself in our fragrant Chai Milk bath.

Serenity massage fusion will further enhance the relaxation process while Sodashi facial leaves your skin radiant and glowing. Finish your experience with our signature Empire pedicure while enjoying a light lunch.

30 min Body Polish - 30 min Bath Soak - 60 min Serenity Massage - 60 min Facial - 30 min Lunch Platter - 60 min Pedicure



## SPECIALISED SPA RITUALS

### **MOTHER NATURE** 120min \$215

For the mum to be a specially designed package to pamper you and your 'bump'. A soothing and gentle pregnancy massage is complimented with enriching Jojoba polish for your belly. Buffed and polished feet will leave you feeling nurtured and revitalized.

60 min Pregnancy Massage - 15 min Belly Polish - 45 min Petite Pedicure.

### **BRIDAL BLISS** 120min \$195

Treat yourself and those close to your heart with this delightful pampering package. Enjoy a Mini Pedicure and Mini Manicure and your choice of either a Petite Facial or Back, Neck & Shoulder Massage.

2 hours total duration



## MASSAGE FUSION

**SERENITY** 60min \$125 / 90min \$175

A nurturing and soothing Swedish massage melts away body tension and mental stress. This full body therapy loosens the superficial muscle structure and enhances well being. Pure relaxation. Light, Medium or Firm

**SANCTUARY** 60min \$125 / 90min \$175

Be guided by a caring touch to inner peace and tranquility. Volcanic hot stones placed on your body's meridians and flowing massage allow you to relax and soak up the warmth of nature's gift. Light or Medium

**AWAKEN** 90min \$185

Refresh and awaken your body with this stimulating style of massage. Thai massage techniques and foot therapy energize both mind and body promoting flexibility and circulation. Firm

**REVIVE** 90min \$185

Energize and balance with this Shiatsu, Swedish and Deep Tissue combining massage as they work to realign the energy flow of the body, releasing deep held tension and restoring equilibrium. Firm / Deep Tissue



## BODY THERAPY

### **HERBAL CELLULITE TREATMENT** 90min \$185

This luxurious detoxifying body treatment is infused with minerals and organic paprikas, designed to melt your cellulite areas away! Begin with a nourishing Almond and Mineral body scrub and Hungarian Herbal Body Mud to stimulate the lymphatic system. Heavenly head massage will melt away tension and mental stress while steam therapy cleanses and further detoxifies. The body is then hydrated with cinnamon and paprika.

### **REFINING BODY WRAP** 60min \$125

This lush body therapy promotes collagen formation and firmer skin tone. Jojoba beads nourish while gentle exfoliating pink clay softens, firms and refines delicate areas. Rinse off under our gentle Rainforest shower then nourish dry skin with floral body butter. This is a great treatment for post baby bodies!

Add Petite Facial 90min \$175

### **DEEP RELAX SALT THERAPY** 60min \$125

Bring your body back to balance with the application of warm soothing oils, followed by a mineral salt and plant essence therapy treatment. This Salt Therapy Treatment is perfect after long periods of travel or exercise.



## FACIAL SYNERGY - SODASHI

### **PURE RADIANCE** 60min \$120

We will take your skin on a journey of total renewal. You can deeply relax as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, and a nurturing face mask, rich in herbal extracts to purify and hydrate the skin. This facial experience is tailored to your skin's needs and is enhanced with the Sodashi Facial Massage. The luxurious Sodashi Plant Essence Synergies will leave your skin revitalized and fresh. Suitable for all skin types.

### **NATURE'S FACELIFT** 90min \$175

An intensive boost of all nature's vitamins and minerals, Sodashi's exclusive Warm Infusing Mask will maximize penetration of nature's essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to purify and deeply cleanse, or nourish, leaving your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial, it's Nature's Facelift. Suitable for skin showing signs of aging.

### **THERMAL EYE MASK** Add \$30

Warming thermal eye mask will reduce the appearance of fine lines and wrinkles around eye and forehead area. Thermal clay infuses vitamins and minerals to help build collagen and elastin leaving a more youthful looking eye.



## FACIAL SYNERGY - EMINENCE

### **ORGANIC GLOW** 60min \$120

Fragrant, garden-fresh cleansers, masks and moisturizers brimming with Vitamins make up this a dynamic, anti-ageing facial. This botanical treatment is designed to nurture the most sensitive and irritated skins leaving it calm, hydrated and naturally beautiful.

### **EMINENCE EXPERIENCE** 90min \$175

Using an extensive selection of organic ingredients, this Eminence signature facial assists the skin's oxygen intake thereby stimulating cellular repair and metabolism. It helps to detoxify, rejuvenate and even the complexion. The perfect combination of pampering for visible results.

### **LUSCIOUS LIPS** Add \$25

Eminence citrus vitamin rich lip treatment stimulates collagen production reduces lines around the lip area and delivers instantly plump and kissable lips.

### **BRIGHT EYES** Add \$25

Eminence superb four-step herbal eye firming treatment diminishes fine lines and puffiness clearly showing off your peepers to full advantage.



## EMPIRE WATER THERAPY

**BATH** Couple \$50 / Single \$40 - Add on only

Our Balinese tub overlooking natural bush land allows you to immerse yourself in an experience of pure tranquility. From detoxifying to total relaxation, experience our bathing ritual, either individually or together with a partner.

**STEAM** Couple \$50 / Single \$40 - Add on only

Our Steam Room offers you complete sanctuary, letting your body and mind relax into the creation of our heavenly aroma of steam. You will feel cleansed, revitalized and renewed.



## HAND, FOOT & HAIR TREATMENTS

### **EMPIRE HEAD & HAIR TREATMENT** 60min \$110

Let gentle hands nurture your mind as an aromatic steaming head wrap is compressed over the hair and luxurious and rich Sodashi white clay mask is massaged over the scalp to release pressure and tension. To follow our signature hand and foot massage will leave you in a state of pure relaxation. Invigorating steam further infuses the clay leaving the hair soft and shiny.

### **EMPIRE MANICURE** 60min \$80

This deluxe treatment extends from the fingertips to the elbow restoring youth and radiance to the hands. Organic tropical exfoliants gently smooth as luscious vitamin rich masque and papaya cream leaves skin plump and hydrated. Finish with perfectly manicured and polished nails.

### **EMPIRE PEDICURE** 60min \$90

Achieve ultimate relaxation and pampering as feet are transformed in this luxurious treatment. Foot soak and revitalizing pumice scrub removes dry dull skin as rich masque restores moisture. Massage of refreshing peppermint and grapefruit to the feet and calf melts away tension. Finish with full nail treatment and polish.

### **FOOT SOOTHER** 60min \$110

This powerful treatment begins with tired feet soaked in a warm peppermint bath as dry skin is removed with lavender and peppermint pumice. Soothing scalp and hand massage releases tension melts away mental stress, Empire signature foot and calf massage will rejuvenate and restore by working on the foot flexes to reduce tension, release blockages and promote healing.

