

SPA ETIQUETTE

MAKING AN APPOINTMENT

It is important to make prior reservations so we can accommodate your schedule.

CHOOSING TREATMENTS

Our Spa Consultants will be happy to assist to ensure you choose treatments specifically suited to your special needs. All our treatments are modular & can be combined.

DUAL TREATMENTS

We specialise in dual treatments - for couples, mother & daughter, best friends, honeymooners. We have several specialty rooms available for sharing your enjoyment.

WHEN TO ARRIVE

We recommend that you arrive 15 mins before your appointed time. This will allow introductions, for you to change & relax with a complimentary beverage. Should you wish to take advantage of our spa pool, you may do so pre or post treatment at your leisure with our compliments.

WHAT IF I CANCEL OR CHANGE MY APPOINTMENT

Out of consideration of all our guests, a minimum of 12 working hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No Show" appointments are charged at full price of the treatment booked.

Public Holidays a 10% surcharge applies.

WHAT TO WEAR

Wear casual attire.... A robe, towels, slippers, shower & locker with shampoos & soaps are all provided. Jewellery & valuables should not be brought to the spa. Lockers can be secured.

WHAT TO WEAR DURING TREATMENTS

Maintaining your sense of dignity & wellbeing is of the utmost importance to us. Please enjoy your treatment without clothing. Our fully qualified therapists are trained to drape correctly to respect your comfort and privacy. Disposables available.

WHAT IF I AM LATE FOR MY APPOINTMENT

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness & importantly your pleasure & enjoyment. As a courtesy to all our clients all treatments are completed as scheduled.

WHAT IF I HAVE A SPECIAL HEALTH CONDITION

Please inform your therapist of any health concerns that you may have when completing your treatment card. We do not treat anyone in their first trimester of pregnancy. Our fully qualified therapists will advise on special conditions.

PAYMENT OF SPA SERVICES.

The Spa accepts cash & all major credit cards. Resort guests may charge spa services to their room account.

GIFT CERTIFICATES

Gift Certificates are available for all occasions. Please ask your therapist or enquire at the spa reception. A wonderful way to let someone know how special they are.

Express Gift Certificates are available online at www.exclusivespas.com.au

Location:

Hamilton Avenue
Surfers Paradise, Queensland 4217
Australia

Enquiries & Reservations

Q1 Spa

Tel: 61 7 5539 9293

Fax: 61 7 5538 4733

Q1 Resort

Tel: 61 7 5630 4500

info@q1spa.com

www.exclusivespas.com.au

www.Q1.com.au

Q1 Spa is operated by the multi award winning and internationally recognised owners of Exclusive Spas of Australia Pty Ltd.

No 1. Spa in Australasia, South Pacific.

Top 10 Spas of the World.

Condé Nast Traveller.

'Best 100 Spas of the World'

Harpers & Queen - London

Voted Australia's 'Style Spa'

British Vogue

Best Resort Spa Australia

Holidays for Couples

L'ITYA Spa of the Year

Port Douglas - Gold Coast - Palm Cove



Q1 SPA
GOLD COAST

No 1 Spa Gold Coast

Voted in the Top 10 Best Spas
Australasia South Pacific Condé Nast Traveller

Unrivalled

Exotic, Unique, Indulgent

You are invited to experience what the rest of the world has been praising.

Q1 Spa is operated by the multi award winning and internationally recognised owners of





Q1 SPA SIGNATURE TREATMENT

MALA MAYI BODY TREATMENT

120mins \$285 (with Kodo Body Massage)

90mins \$245 (with Kodo Body Massage)

60mins \$165 (without Kodo Body Massage)

This uniquely Australian spa ritual has been lauded by the international media & acclaimed globally.

Celebrate with this complete full body rejuvenation experience. Cleanse, energise & exfoliate then calm & revitalise the spirit cocooned in warm Mapi mud whilst you submit to a mind melting head massage. Follow all this with our exquisite 'rain therapy' then surrender your body & soul to the rhythms of an optional Kodo body massage.

Q1 SPARTY TIME

Not sure what to decide upon? Look at these fabulous options.

Exhilarate – Rejuvenate

Choose any of the following options

3 treatments for 45mins \$125

4 treatments for 60mins \$165

5 treatments for 75mins \$195

All 6 treatments for 90mins \$225

Express rejuvenating facial
Far Infrared detoxifying Solopad
Mind melting dry scalp massage
Repairing foot scrub & massage
Nourishing hand & arm massage
Relaxing back, neck & shoulder massage

Mingle Magic

Choose one of the 60 min options for just \$170.

Option 1

Aroma Back massage
Head Melt Massage
Herbal Scrub

Option 2

Reviver Facial
Foot/Leg Massage
Exotic Body Buff

Option 3

Body Brush Bliss
Hand/Arm Massage
Aroma Salt Glow

Then complete your beautiful treatment by choosing either the amazing HYDROSTORM or the fabulous SPA JET. Putting the SPARTY into your experience.

FACIALS

Caviar Deluxe 60 mins \$188
Reduce the appearance of dry, dull & dehydrated skin while relaxing unwanted lines, smoothing wrinkles & improving elasticity.

Plantomer Lift Off 60 mins \$188
This cool, gentle, soft lift-off mask treatment soothes, heals & strengthens. Deeply hydrating it leaves the skin firm & glowing.

Aroma Essential 60 mins \$148
Pure essential oils have been carefully chosen & blended to restore a natural healthy pH. Your skin will be left feeling fresh & radiant.

Mikiri 60 mins \$140
For a deep purification treatment – native herbal remedies will eliminate toxins, rejuvenate, hydrate & nourish the skin.

Little Ocean Wave 30 mins \$88 45 mins \$112
A revitalisation facial using native botanics & fruits of the sea. Restore a fresh natural glow & leave skin visibly renewed.

Upgrades & Add ons
Add the following Essentials into any treatment From \$15-\$40
Gingko Biloba, Collagen Cryo, Escutox, Refresher Facial
Propolis Skin Booster, Scalp Treatment

MASSAGE

Swedish
30 mins \$88 45 mins \$110 60 mins \$138 90 mins \$180
With the basic Swedish strokes of effleurage, petrissage, friction tapotment & vibration help relieve stress & enjoy greater well being.

Kodo
30 mins \$90 45 mins \$112 60 mins \$140 90 mins \$185
Using ancient Aboriginal techniques which will tone, re-align energy flow & totally re-harmonise the mind, body & spirit.

Specialised 60 mins \$144 90 mins \$190
A firmer therapeutic massage that uses techniques to relieve tension within muscles, tendons & ligaments. Personalised to your needs.

Pregnancy (post 1st trimester) 60 mins \$144
Our pregnancy oil blend & the comfort of our 'pre natal pillow' will ensure your wellbeing with a gentle nurturing treatment.

Paudi head Masque & Massage 30 mins \$88
Surrender your senses to our ancient Aboriginal head massage techniques. Incorporating warmed Quandong masque – extract of the native peach. Incorporates the neck & shoulders. This is an amazing –mind melting experience.

PACKAGES (Singles or Couples) (Combining our best treatment items)

Coconut Ocean Wave 60 mins \$160
Experience the wondrous Vichy shower 'ocean wave' at the completion of this full body exfoliation, coconut wrap, face & scalp massage. An amazing spa ritual performed using botanics from the tropics & the surrounding sea.

Bana Walba 75 mins \$185
With your chosen essential oil blend, enjoy an invigorating salt exfoliation, mini facial & Vichy shower blitz. Then restore the body's calm through massage & the placement of the cool river stones over the meridian lines.

Gubbera Kodo Stones 60 mins \$160
90mins \$260 (inc. Vichy shower)
The powerful healing properties of these special hot rocks will achieve both physical & emotional balance. This is your Dreamtime.

Decadent Duo 90 mins \$205
By popular demand we offer Q1's favourite combo. Our amazing Swedish massage coupled with a fabulous awakening facial. Relax into the state of Om with a body massage then complete your treat with a therapeutic focus on our beautiful facial – a true decadent duo.

Sea Scrub & Mud 90 mins \$245
Indulge with our salt exfoliation, a detoxifying marine algae wrap, hydrating facial & the mind melting scalp massage. To finalise we restore vitality with the hypnotic rhythm of the pulsing Vichy shower.

Especially for Him (or her) 90 mins \$245
Choose any one of our aroma therapeutic massages utilising sports massage techniques & combining the ultimate 'rain therapy' with a lime & ginger salt exfoliation. Be re-balanced, re-energised & rejuvenated.

Aroma Signature Face & Body Buff 120 mins \$265
The best of both worlds. Experience the benefits of "whole body" dry brush, body massage & aroma facial. A complete treatment for men & women who want it all.

Ocean Dreaming 180 mins \$415
Bask in the luxury of Q1 Spa's finest spa experiences. Celebrate with this three-hour one on one spa journey. From head to toe & outside in. Experience a full body polish, ocean kelp wrap, scalp massage with masque, Vichy shower, Kodo body massage, soothing foot session, facial & nurturing hand treatments. Indulge in the power of renewal, this is your time.