

All Exclusive Spas treatments begin with an ancient foot ritual & an Aboriginal 'smudging ceremony'.

We complete your spa journey with complimentary Lemon Myrtle & Wild Rosella Bud Tea served in the Serenity room.

The Aboriginal treatment names come from the Yolnu people of Arnhem Land & Tjapukai of North Queensland.

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 5 minutes before your appointed time. This will allow time for introductions, for you to change & relax with a complimentary beverage. Should you wish to take advantage of our resort 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

Exclusive Spas

PEPPERS BEACH CLUB
PORT DOUGLAS

Captivating
Tranquil, Intimate, Spiritual

... a spa for Men & Women

Exclusive Spas offer world recognised treatments at Australia's No 1 tropical holiday destination... where the reef meets the rainforest – PORT DOUGLAS.

Peppers Beach Club Spa is operated by the multi award winning and internationally recognised owners of



REEF HOUSE SPA
PALM COVE

Winners of the coveted Condé Nast Traveller Spas Awards UK
No 1 Spa Australasia, South Pacific Region.
Voted in the Top Ten Best Spas of the World.

Recognised by Harpers & Queen London
Top 100 Spas of the World.

British Vogue
Style Spas of the World.

Holidays for Couples
Best Resort Spa Australia.

Voted LI'TYA Spa of the Year.

Location:

Peppers Beach Club Resort
Davidson Street
Port Douglas, Queensland 4877
Australia

Enquiries & Reservations

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Peppers Beach Club 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.
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'Best 100 Spas of the World'
Harpers & Queen - London

Voted Australia's 'Style Spa'
British Vogue

Best Resort Spa Australia
Holidays for Couples

LI'TYA Spa of the Year

Port Douglas - Gold Coast - Palm Cove

Signature Treatment

'Peppers Beach Club' Sapphire Sea Wrap

90 min \$245 120 min \$285

Embrace the Ancient Thalasso Therapies with this amazing rejuvenation experience. First energise & nourish with a full body aromatic oil & crushed Mother of pearl exfoliation. Then calm & nurture the spirit, wrapped up & cocooned in warmed Ocean Kelp body muds whilst you submit to age old Aboriginal touch therapy techniques with the perfect head massage. Refresh with our exquisite 'rain therapy' under the Vichy shower then surrender your body & soul to the rhythms of the Su Su Wave Melody massage.

hot rocks, cool stones

Dreamtime Kodo Stones 60 min \$165 90 min \$260
(*Indigenous Australian Hot Stone Therapy*) (includes Vichy)
The primordial stones from Northern Australia are called 'Dreaming stones'. These hand tooled ancient magical stones are skillfully integrated into the rhythmic Kodo body massage inspired by traditional Australian Aboriginal techniques which tone & realign energy flow, enhancing mind & body rejuvenation & wellness. The powerful healing properties of these special rocks will achieve both physical & emotional balance. This is your Dreamtime.

Rainforest River Stone Ritual 60 min \$165
(*Bana Walba – river stones*)
River stone energy – from the ancient rainforests of the north. This spiritual treatment offers a unique total body bliss experience including an invigorating desert salt exfoliation and Vichy shower blitz, a beautiful mini facial & head massage with masque. We then restore the body's calm & balance by the placement of cool river stones over the body's meridian lines & chakra points.

spa rituals

Ocean Dreaming 180 min \$415
(*Wayara Mabuwa – coast dreams*)
Bask in the luxury of LI'TYA'S finest spa therapies. Celebrate with this three-hour one on one spa journey. An amazing head to toe experience. Shed your physical being of impurities, restore clarity, balance and awaken the creative spirit within. This deeply therapeutic ritual includes a full body polish, Ocean Kelp wrap, scalp massage with masque, Vichy shower, Su Su Wave Melody body massage, soothing foot session, facial, and nurturing hand treatments – all embracing traditional Aboriginal healing techniques. Surrender yourself to the ultimate renewal & potency of this experience through the power of marine extracts & native plant botanics, pure native essential oils, Sea Kelp & ancient sea salts. Celebrate the power of renewal – this is your Dreaming. Your body will hum, your soul will sing.

Especially for Him 90 min \$242
(*Galkunmirri Wurrwiliny – have a rest for him*)
Welcome to 'spa' – for the men of the world ... begin with an exotic wild lime & ginger salt exfoliation followed by the ultimate Vichy shower experience. Complete this spa ritual with your therapeutic aroma massage especially designed with men in mind utilising sports & remedial techniques. Be transported to another place & time before returning – rebalanced, re-energised & realigned.

"water, water everywhere"

buffs, scrubs, wraps, rubs and vichy

Exclusive Spas are famous for their hydro therapies & offer several of their globally recognised treatments for your indulgence. Voted No 1 internationally.

Body Buffs & Wraps 60 min \$165
(*Dje'la Lanyin – salt polish*)
A buff, scrub & wrap with the amazing Vichy Shower experience in our 'outdoor' wet rooms... or the renewal of the whole body. Using techniques to stimulate & rejuvenate. You choose from the following native earth botanics, marine or tropical spa care to cleanse & purify – we then wash away the outside world under the pulsating Vichy shower.

Of the Earth: Pink Desert salts & Pepperberry Peat Mud
Of the Sea: Native Mint Sea Salts & Pearl & Kelp Mud
Of the Tropics: Lemon Myrtle Salt & Nutrifying Mango & Ginger Mud

Ocean Spirit 30 min \$108
(*Djari Riyala – rainbow spring water*)
Immerse yourself in the magic sensation of rushing waters, with an energizing full body exfoliation & Vichy Shower. We use invigorating techniques to stimulate the body, restore vitality & energy to the spirit. This ancient treatment will leave you feeling at one with the world. A great addition to other treatments.

Coconut Cream Ocean Wave 60 min \$165
(*Gatarru Buku Lup – coconut cleansing ceremony*)
Experience the wondrous Vichy shower 'ocean wave' upon our amazing unique wet table at the completion of this full body exfoliation, coconut wrap & scalp massage. A beautiful spa ritual performed using botanics from the tropics & the surrounding sea.

Sea Scrub & Mud 90 min \$245
(*Gulawu Wapangi – pearl mud*)
Indulge in the wonders of this special full body exfoliation using crushed Mother of Pearl & combining a detoxifying Marine Algae mud wrap, a beautiful hydrating facial, and a mind melting scalp massage using our super conditioning Quandong hair masque of native peach. You will complete your experience in the tropical surrounds of our outdoor Vichy. Restores balance, radiance and vitality.

face, hands, head & feet rituals

Little Ocean Wave 45 min \$110
(*Miji Lanyin Buku – small clean face*)
A beautiful gentle skin revitalization facial using native botanics & fruits of the sea such as – Marine Algae, soothing Ocean kelp, crushed Mother of Pearl, Lilly Pilly & Wild Rosella. This personalized treatment will restore a fresh natural glow, leaving the skin visibly renewed.

Deep Ocean Wave 60 min \$138
(*Lanyin Buku – clean face*)
For a deeply cleansing & refining treatment. Native herbal remedies & Marine Algae's combine to eliminate toxins, renew, restore & nourish the skin. This tailor made facial combines a nurturing hand massage & a euphoric scalp treatment using the native peach – Quandong as a warmed masque.

Time for Men 45 min \$110
(*Dududu Warpalla – happy sing song young man*)
"Same again Sam" – a great introductory facial treatment tailored & designed especially for men, with emphasis on a deeper & more firm pressure point facial massage. Using the likes of Lillypilly cleanser, Wattleseed polish, and our amazing Macadamia hydrating cream & Wild Rosella toner – your skin will shine.

Marine Hand Sea Spa 45 min \$110
(*Budurra hand – milky way*)
A beautiful, nurturing treatment formulated to soothe the soul – strengthen & uplift the spirit. This deeply therapeutic hand spa repairs, restores & stimulates both skin & nails. Begin with a Jina Paloma hand soak. Invigorate then nourish with crushed Pearl Body Polish & a Tasmanian Kelp hydrating mask & complete with a gentle pressure point massage.

Beach Head Masque & Massage 30 min \$88
(*Mutiji Marra – calm hair*)
Float away to another dimension when you surrender your senses to ancient Aboriginal head massage techniques. Incorporating a warmed Quandong mask – extracts of the aromatic herbal native peach – which will condition, reactivate & nourish the scalp & hair follicles. We incorporate a neck and shoulders massage to complete this euphoric experience.

Footprints in the Sand 45 min \$110
(*Djamawurr Luku – little foot*)
Soothe & soak away tensions with this wonderful relaxing & grounding experience. A beautiful treatment for your lower legs & feet. Combining an exfoliation with ancient sea salts, an aromatic mask using the potent native Pepperberry and a Thalassotherapy foot treatment. With the use of the gentle art of reflexology – a pressure point foot massage – your whole body will feel rejuvenated.

dreamy body massages

Su Su Wave Melody 60 min \$140 90 min \$185
This amazing rhythmic body massage is inspired by traditional Australian Aboriginal techniques which will tone and realign energy flow enhancing mind & body balance. A choice of native aromatic oils will individualise the treatment & leave your energies 'laughing with joy'.

Sea Air Aroma Massage 60 min \$138 90 min \$180
The Micheline Archier sequence. The true holistic aromatherapy massage as developed by Micheline Archier using her original techniques & sequence. Your choice of recommended essential oils will ensure your treatment is tailored to rebalance the body & reharmonise the spirit on a personal level.

Swedish Massage 60 min \$138 90 min \$180
The stimulation of the soft tissue with the basic traditional Swedish strokes of effleurage, petrissage, friction, tapotment and vibration will relieve stress & impart greater feelings of well being.

Specialised Massage 60 min \$144
A firmer therapeutic massage that uses remedial techniques to relieve tension within the musculoskeletal regions of muscles, tendons & ligaments.

Pre Natal Massage – post 1st trimester 60 min \$144
(*Bubba Bubba – small one*)
Using our specially formulated LI'TYA Pregnancy blend of Macadamia & Camellia oils & the comfort of our 'pre natal pillow' our fully qualified therapists will ensure your well being with a beautiful gentle, nurturing treatment.