

Captivating

Tranquil, Intimate, Spiritual



SPA & LUNCH PACKAGE

You're invited to unwind in the serene surrounds of the PEPPERS BEACH CLUB and take advantage of this relaxing package. Enjoy a great Lunch overlooking the sea at Palm Cove plus an exquisite 45 minute facial or massage at this award winning Peppers Spa.

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| DAY PACKAGE | | |
| \$ 128 | | |

SPA ETIQUETTE

MAKING AN APPOINTMENT
It is important to make prior reservations so we can accommodate your request.

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.

WHEN TO ARRIVE
We recommend that you arrive 10 minutes before your appointed time. This will allow time to complete formalities.

WHAT IF I CANCEL OR CHANGE MY APPOINTMENT
Out of consideration of all our guests, a minimum of 24 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.

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. 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.
All bookings require credit card details or a 50% deposit.

ENQUIRIES & RESERVATIONS Exclusive Spas

Peppers Beach Club & Spa Palm Cove
Tel: +61 7 4059 9206 or 0413 136 364

info@exclusivespas.com.au
www.exclusivespas.com.au



SPA

PEPPERS BEACH CLUB

PALM COVE

Enchanting

Plantation meets Beach

... A spa for Men & Women

Peppers Spa is owned & operated by the multi award winning and internationally recognised owners of the Exclusive Spas Group Australia

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.

SPECIAL TOUCHES from the Spa Fairies

All spa treatments begin with an ancient foot spa ritual & an Indigenous inspired 'smudging ceremony' using bush botanics of Paperbark, Eucalyptus & Myrtle leaves infused with lemon scented essential oils.

We complete your spa experience with our complimentary Lemon Myrtle, Wild Rosella Bud, Lime & Davidson Plum Tea served with a duo of Marshmallows.

Invitation to Our Seasonal Specials

You're invited to experience our fabulous 'seasonal specials' designed using products that reflect the season at the time.

Whether it's the **SPRING BLOSSOMS**
LAZY HAZY CRAZY DAYS OF SUMMER
AUTUMNAL COLOURS or the
WINTER SPA LA LA

- This 60 min SPATACULAR includes
- Full body salt or sugar scrub & buff
 - Relaxing back, Neck & shoulder massage
 - Mind Melting Scalp Massage
 - Invigorating Vichy Shower



ONLY \$165 usually \$215. Save \$50
Optional add on:

Add a 30 min facial refresher for just \$62 usually \$105 Save a further \$43
Get your seasonal hit NOW...

GIFT CERTIFICATES

We have gift certificates for all occasions. A wonderful way to let someone know how special they are. You can purchase 'online' at www.exclusivespas.com.au For a \$ amount & send instantly to yourself or your recipient's email or buy a traditional certificate through the same website or info@exclusivespas.com.au +61 7 4059 9206 or 0413 136 364

SPA FAVOURITES Special 'lead in prices'

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|------------------------|--------------------------|
| Swedish Massage | 60mins \$145 *Dual \$140 |
| | 90mins \$190 *Dual \$183 |

The origin of all massages. Using a variety of strokes to meet your needs.

Coconut Ocean Wave 60mins \$180
Experience the wondrous Vichy shower 'ocean wave' at the completion of this full body exfoliation, cream coconut wrap, fabulous face & scalp massage. An amazing spa ritual performed using botanics from our tropical climes & the surrounding seas.

Especially for Him (or her) 90mins \$262 *Dual \$250
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.

| | |
|---------------|--------------------------|
| Utopia | 60mins \$162 *Dual \$154 |
| | 90mins \$225 *Dual \$212 |

By popular demand we offer our favourite treatment combination. Relax into a state of OM with a beautiful relaxation massage followed by a fabulous facial. Revitalises the body & soul. Restores a natural glow leaving your face & skin visibly renewed.

*Dual treatment prices cannot be used in conjunction with any other discounts or offers

MASSAGE

Swedish 45mins \$128 60mins \$145 90mins \$190
Using a variety of Swedish strokes including effleurage, friction & tapotment creating a state of well-being.

Kodo 45mins \$129 60mins \$156 90mins \$200
LI'TYA's signature massage. Using ancient Aboriginal techniques which will tone, re-align energy flow & totally re-harmonise the mind, body & spirit.

Specialised 60mins \$164 90mins \$210
A firmer therapeutic massage that uses techniques to relieve tension within muscles, tendons & ligaments. Personalised to your needs.

Pregnancy (post 1st trimester) 60mins \$162
Our specially formulated LI'TYA pregnancy oil blend of Macadamia & Camellia & the comfort of our 'pre-natal pillow' will ensure your wellbeing with a beautiful gentle nurturing treatment.

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| Gubbera Kodo Hot Stones | 60mins \$186 90mins* \$270 |
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*Includes River Spirit

These primordial hand tooled Dreamtime stones from the Never Never offer powerful healing properties. The magical hot rocks will achieve both physical & emotional balance when skilfully integrated into the rhythmic LI'TYA Kodo massage inspired by Aboriginal techniques. Experience this special magic.

FACE, HEAD, HANDS & FEET

Mirri Facial 30mins \$105 45mins \$128
A beautiful introduction to LI'TYA, especially tailor made to refresh, revitalise & regenerate. The perfect accompaniment to all of the body treatments.

Mikiri 60mins \$159
For a deep purification treatment – LI'TYA'S native herbal remedies will eliminate toxins, rejuvenate, hydrate & nourish the skin.

Time for Him 45mins \$128
"Same again Sam" – introducing facials for the boys. Tailored especially for men with an emphasis on a deeper & more firm pressure point application of facial massage techniques.

Paudi Head Masque & Massage 30mins \$108
Surrender your senses to LI'TYA'S ancient Aboriginal head massage with a warmed Quandong masque. Incorporates the neck & shoulders. This is an amazing – mind melting experience.

Miji Jina Foot Treatment 45mins \$128
A very nurturing experience – from Biblical times: "cleansing of the strangers feet" Soothe & soak away tensions with LI'TYA's euphoric, grounding experience using the gentle art of pressure point & reflex foot massage – rejuvenating to the whole body.

Paloma Hand Treatment 45mins \$128
A beautiful deeply therapeutic & caring treatment from LI'TYA designed to soothe, strengthen & uplift the spirit. Repairs, strengthens, restores & stimulates: nails, hands, skin & joints.

"TIME TO SPARTY"



SCRUBS, BUFFS, MUD & VICHY

Each treatment includes Daintree Body Butter to hydrate

River Spirit 30mins \$124
Immerse yourself in the magic sensation of a river waterfall. First we energise with a full body exfoliation of smoked Blue Gum oils & Pepper Berry salts. Invigorating techniques stimulate the body & restore vitality to the spirit. Then experience our waterfall under the Vichy. This ancient therapy will leave you at one with the world.

Rainforest River Stones 60mins \$178
This ancient ritual offers an invigorating native Forest mint & Pepper berry body buff & Vichy shower blitz. Includes a head masque & facial massage. We then restore the body's calm & balance with the placement of chilled river stones over the meridian lines.

Black Ash Middle Earth 60mins \$178
Indulge in our aromatic Quandong salt exfoliation & detoxifying Black Ash Clay body wrap. Then surrender to a fabulous mini face & shoulder massage. To complete your Middle Earth journey we will restore vitality under the rhythm of the Vichy shower jets.

Luxe 4 in One 90mins \$275
We have taken 4 of our most favourite treatments & wrapped them into a fabulous medley. We start with an invigorating top to toe sea salt exfoliation & buff then you'll relax under the calming Vichy Shower. Follow this with a muscle melting massage before completing this luxury with one of our signature LI'TYA facials. Needs to be experienced.

FOR YOUNG ADULTS

Suitable for young adults 12 – 17 these options have been specifically designed to suit the needs of our young spa guests. To be accompanied by a participating parent or adult guardian.

Combine any two of the following 30mins options for your fabulous 60mins spa experience 60mins \$139

- Small Footprints – Revitalise those 'foot soldiers'
- Head/Shoulders – Surrender your senses
- Happy Face – Cleanse & Refresh
- Back Massage – Slow, rhythmic & realigning

TREATMENT ADDITIONS

Add on Specials:
Choose your 15mins of fame with any one of our fabulous additions – to enhance your spa experience – Refresher Facial, Mini Footprints, Mind Melting Scalp Massage or a Neck & Shoulders Rejuvenation \$35
Add a 30min River Spirit to any 60min or more for only \$75
Add a 30min Swedish massage to any 60min or more for only \$55

Upgrade with:
Kunzea Muscle Balm \$10
Pure Essential Aromatherapy Oils \$10
Daintree Quandong & Macadamia Hair Mask \$8

SPA JOURNEYS

Signature Treatment
DAINTREE RAINFOREST RITUAL
90mins \$268 120min \$314

Experience the powerful energy of the Daintree Naturals locally sourced, hand crafted clays & oils in this amazing spa ritual.

Let us take you on a million year old journey where you will experience the purifying 'smoke bowl' Daintree Ochres, Black ash or yellow clays, smoked Paperbark oil, Kakadu or Wattle seed salts.

This ancient ritual will rejuvenate the spirit, mind & body with a cleansing body buff, a warmed clay wrap, head & hair masque with hot towels ... then we slowly return you to planet earth under the warm rainforest waterfall. Complete your ritual to the beat of the Daintree drums with your aromatic massage.

Mala Mayi 90 mins \$272 120 mins \$314

This uniquely Australian spa ritual from LI'TYA 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 Quandong head massage. Follow all this with our exquisite 'rain therapy' then surrender your body & soul to the rhythms of wonderful Kodo body massage.

The Dreaming 180mins \$449

Bask in the luxury of one of LI'TYA'S finest rituals. Connect to your inner self. The Dreaming combines deeply therapeutic modalities with a healing approach. The journey includes the soothing foot session, full body buff & polish, ocean kelp wrap, exquisite scalp massage with masque, Vichy shower, Kodo massage, Mirri facial, & nurturing hand treatments. Indulge in the power of renewal, this is your Dreamtime. Your body will hum & your soul will sing. Served with chilled tea.

