



## spa treatment menu

Take a deep breath and reconnect to your body, mind and spirit with our unique menu of spa rituals and high performance treatments at Spa at Adelphi...a quiet haven in the heart of Melbourne.

Enjoy a post flight pick me up, relax by our infamous rooftop pool deck, unwind in our bespoke Rasul steam room or indulge in a signature Spa ritual. The choices are endless and luxurious at the Spa at Adelphi.

Utilizing two of the Worlds Top Spa products, Eminence Organic Skincare and Australia's own LI'TYA, our complete range of Spa and Wellness Treatments caters to every need and desire.

### Massage & Body

#### **THERAPEUTIC MASSAGE** Swedish/Deep Tissue/Remedial/Relaxation

90 minutes	\$180
60 minutes	\$130
45 minutes	\$99

#### **SPECIALTY MASSAGE** Ayurvedic/Traditional Thai/Hot Stone/Aromatherapy/Reflexology/Pregnancy

90 minutes	\$190
60 minutes	\$140
45 minutes	\$109

#### **LI'TYA SIGNATURE KODO MASSAGE**

90 minutes	\$195
60 minutes	\$145
45 minutes	\$115

Including a beautiful sensory experience to centre your mind for the following treatment, this rhythmic body massage works to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiralling movements inspired by Australian Aboriginal healing techniques, combined with native aromatic oils, is prescribed to address your individual needs - rejuvenate, harmonise or detoxify.

#### **DETOX BODY WRAP**

75 minutes	\$175
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Choose from delectable chocolate truffle, luscious mango, blueberries, pumpkin and more. Your wrap includes a dry body brush to remove impurities for soft smooth skin, a rejuvenating Indian Head Massage and soothing acupressure foot massage. Completed with the nourishing application of Honeydew Body Lotion

#### **CLARIFYING BACK TREATMENT**

45 minutes	\$99
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Treat this hard to reach area with a gentle citrus detoxifying buff, a purifying pink grapefruit clay mask and a refreshing massage with light citrus peppermint gel.

#### **NATURES HAND / FEET TREAT**

60 minutes	\$110
75 minutes	\$130 (includes nail necessities – clip, file, buff & polish)

Includes a soothing soak, a revitalising sugar scrub to removes dry skin build-up and an organic mask and cuticle treatment to deeply hydrate and soften hard worked skin. A scrumptious relaxation trigger point massage with rich body soufflé leaves your feet or hands smooth and silky.

#### **EXPRESS MANICURE OR PEDICURE**

30 minutes	\$65
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#### **Gift Vouchers Available**

To order simply call us with the treatment or dollar value, and we will post the beautifully presented voucher straight to the recipient



## For the Face

### **EMINENCE EXPRESS** *(quick pick me up facial)*

**45 minutes**                      **\$99**

The perfect solution if you're short on time, or as an addition to another treatment. All the organic essentials to leave your skin fresh, clear and smooth and your senses invigorated.

### **EMINENCE EXPERIENCE** *(signature facial, the full experience)*

**75 minutes**                      **\$150**

Using an extensive selection of organic ingredients, this Eminence custom tailored 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 and visible results for blemished, mature, or sun damaged skin. Try it! You'll be amazed at the experience, and the results.

### **COCO LUSCIOUS** *(anti aging tropical rejuvenator)*

**75 minutes**                      **\$150**

Nurture and transform your skin with the healing nature of coconut milk to gently ease away the signs of aging. Pineapple enzymes and poppy seeds work to refine skin tone, remove impurities and improve blemished areas in a double exfoliation. Rich mango moisturiser and virgin coconut oils in luxurious masks return deep lasting hydration and a sexy tropical glow. A deeply relaxing facial to melt away stress and take you to a tropical paradise of smooth balanced skin.

### **L'TYA YIRRI "my face"** *(rebalances your energy and skin)*

**75 minutes**                      **\$165**

**45 minutes**                      **\$105**

See dynamic results with intensive, high performance products formulated with Australian Native plants and Ancient Aboriginal techniques. This high-performance treatment uses targeted pressure point therapy and specialised massage techniques to rebalance energy and ensure the optimum skin care results. The treatment ensures total surrender and relaxation with a scalp, neck and shoulder massage and a hand or foot massage.

### **MEN'S ORGANIC PERFORMANCE** *(release tension and revitalise)*

**60 minutes**                      **\$130**

**45 minutes (express)**                      **\$99**

A finely crushed granular scrub gently exfoliates, detoxifies and cleanses, while a mask with extracts of stone crop cactus rehydrates as it is massaged into the skin and jaw to release tension. A creamy moisturiser made from fresh organic ingredients finishes this treatment for a long lasting look of health and vitality.

## Spa Experiences (packages of 1 – 2 hours)

### **ARRIVE ALIVE "jet-lag rejuvenator"**

Start with a soothing private steam session in our Turkish Rasul to detoxify your system and cleanse your pores. An exfoliating dry body brush is followed by full body massage and customised Eminence facial.

**105 minutes**                      **\$245**

### **MEN'S RETREAT "the ultimate male indulgence"**

An exfoliating sugar scrub prepares the skin for a firm and relaxing back, neck and shoulder massage. Then a tailored organic Eminence facial is performed while your tired feet are treated to an invigorating scrub and massage with hot and cold towels to stimulate circulation.

**90 minutes**                      **\$215**

### **ESCAPE FOR TWO "the perfect pampering getaway"**

A private Rasul Steam Room session for two, with self application of a detoxifying Coconut Sugar Scrub and hydrating hair and scalp treatment is followed by a 30 minute Relaxation massage. Then come back to reality with a soothing welcome of herbal tea and fresh fruit or champagne and chocolates, on the poolside deck.

**60 minutes**                      **\$260**

### **L'TYA MIRRI KODO "signature facial and massage"**

This nourishing journey combines the Mirri facial and the Kodo massage. One of our most popular journeys the facial integrates native ingredients with a pressure point facial massage to relieve tension. The rhythmical body massage has been inspired by Aboriginal techniques to tone & re-align energy flow, enhancing mind & body balance & wellness leaving the body's energies dancing with joy & lightness.

**90 minutes**                      **\$205**



## Spa Rituals (packages of 2 – 6 hours)

### TOP TO TOE “face and body care”

Begin this journey in our Turkish Rasul with a full body exfoliation straight from Mother Nature’s kitchen, to renew and purify whilst a gentle steam opens the pores for a deep cleanse. We then cocoon you in your personally selected warm body mud and ease the body and soul of any stress and tension with a mind melting scalp massage. Then allow the monsoon shower to wash away the stresses of the outside world before we apply a hydrating Mimosa body lotion, followed by an Eminence organic signature facial. 120 minutes \$295

### WRAP ME UP “body and soul care”

A full body exfoliating scrub is followed by the application of a warm nourishing body mud and soothing scalp massage as you relax in our Turkish Rasul. The body is refreshed and cleansed with a luxurious Vichy Shower Massage which is followed up with a grounding full body Aroma-Massage and application of nourishing Honeydew Body Lotion. 120 minutes \$285

### L’ITYA DREAMING “face and body journey”

Surrender yourself to the ultimate renewal of this experience, through the power of nourishing native Australian plant extracts, cleansing earth ochre’s and purifying desert salts. The skin of the face and body is cleansed, invigorated, restored and nourished. Tired muscles are eased and energised, and all the bodily systems are rebalanced and rejuvenated.

**Key Elements:** Full body Exfoliation, Body Mud Wrap in the Turkish Rasul, Hair and Scalp Treatment, Signature Facial, Kodo Body Massage. 180 minutes \$395

### ADELPHI SIGNATURE PACKAGE (full day experience)

“the ultimate organic indulgence”

Start with a refreshing herbal tea (or) champagne, while you soak away your stress in a floral foot bath. Then a body scrub and wrap of your choice (Mimosa Champagne, Chocolate Truffles or Blueberries) is applied as you relax in our Turkish Rasul (Steam Room). A full body massage follows, along with a high performance Eminence facial. Then enjoy a specially prepared organic meal with fresh fruit smoothie followed by a Natures feet spa pedicure plus a spa manicure. Allow 6 hours \$635

## Treatment Enhancers (to accompany any chosen facial, massage, hand or foot treatment)

### BRIGHT EYES TREATMENT \$50

Experience active organic ingredients such as gotu kola, eye bright, iron rich wild plum and Vitamin K, in this purely organic eye treatment. Gentle fruit enzymes exfoliate fine lines and crows feet to give youthful smoothness, while an eye mask packed with raspberries deeply hydrates and increases elasticity. Choose from a Cucumber gel for puffy, stressed eyes, or a Wild Plum Cream to target dark circles and signs of fatigue.

### REJUVENATING EYE LIFT \$30

Eyelash and Eyebrow Tint (includes shape and organic herbal eye contour cream)

### SCALP AND HAIR TREATMENT \$50

Let the mind melting Li’tya Paudi head and scalp massage take away the stresses of the day whilst your hair and scalp are nourished and revitalized with the nutrient rich Quandong Hair mask.

### DRY BODY BRUSH \$25

The perfect accompaniment to your massage, a dry body brush improves circulation, helps eliminate toxins, removes dry skin and congestion, and feels great!

### STEAM RETREAT

30 minutes \$45

15 minutes \$25

Our Turkish Rasul is available for use on your own or with a friend. An ideal beginning for your spa journey, or simply a great way to unwind after a long day.

### CHAMPAGNE AND CHOCOLATES \$25

Or ORGANIC FRUIT SMOOTHIE \$15

Enjoy something sweet after your spa treatment. Can be enjoyed outdoors on the poolside deck or in our Relaxation Lounge.



## Wellbeing

### One on One Yoga Tuition

45 minutes \$95

(or small groups up to 4 people)

Sessions can be performed in the exercise studio, on the pool decking, or in the privacy of your own hotel room.

### Personal Training Session

60 minutes \$95

Sessions can be performed in the exercise studio, by the pool, or in one of Melbourne's famous inner city gardens.

### Ear Candling

40 minutes \$70

An ancient cleansing and healing method to remove accumulated wax, relieve sinus congestion and clear the mind. Includes a lymphatic drainage facial massage.

## Health Club (non hotel guests)

Unlimited access to pool, deck, and exercise studio. Limited availability to maintain exclusivity, please book ahead.

**All day pass** \$35

Includes a 15 minute complementary Rasul Steam Session.

**Monthly Access pass** \$355

Includes \$100 worth of Spa @ Adelphi dollars, redeemable on any treatment or product of your choice

**Yearly Access pass** \$1,495

Includes \$500 worth of Spa @ Adelphi dollars, redeemable on any treatment or product of your choice

## Spa Information & Etiquette

### Preparing for your Spa Experience

Please arrive 20 minutes prior to your appointment. This will allow time to change and complete a consultation form so your experience can be fully customised to your needs and expectations.

### Reservations

Appointments are essential. Advanced reservations to secure your preferred date and time is recommended. All appointments can be guaranteed with a valid credit card number, gift voucher or room reservation. Male and female therapists are available. Our in room guests will be met by their therapist at their room and escorted to the spa.

### Cancellation Policy

Spa appointments are reserved especially for you. We appreciate that plans change, so we kindly ask that you give us 24 hours notice should you need to change or cancel your appointment. Cancellations less than 24 hours or non-arrivals may incur up to 100% of the booking charge.

### Spa Etiquette

Our spa is a tranquil environment. Please respect the quiet and privacy of other spa guests by speaking softly and turning off mobile phones. Adelphi is non-smoking and consumption of alcohol is not suitable prior to any spa experience.

### Spa Attire

For your comfort, a robe and slippers will be provided for all treatments over an hour. A locker is provided for your personal belongings.

Our therapists are trained to ensure your sense of comfort and privacy is maintained throughout your treatment. All body treatments and Rasul private bookings may be enjoyed without clothing and you will be discreetly draped at all times. Disposable underwear is available upon request