



SYDNEY

CROWN SPA  
TREATMENT MENU



## **YOUR TIME. YOUR JOURNEY.**

Crown Spa provides a tranquil oasis for those seeking a holistic spa experience for a renewed sense of mind, body and spirit.

Our intent is to provide personalised moments of self-care that foster an enhanced state of wellbeing. We do so with expertly trained therapists, curated treatments and our industry leading partners, La Prairie and Subtle Energies.

Your time is precious and the journey is your own at Crown Spa.



## AQUA RETREAT

Water in all its uses, gives us the ability to rehydrate, refresh and soothe the body, which forms the basis of our Aqua Retreat facilities.

The steam room provides heat to warm the body and eliminate toxins. The therapeutic swiss shower will stimulate the senses and our vitality spa is the perfect refuge for tired bodies.

The Aqua Retreat truly offers exceptional wet facilities to complement your Crown Spa treatment or simply, as a rejuvenating experience of its own.

The Aqua Retreat is complimentary to guests with treatments of 1 hour or longer; or alternatively guests can purchase an access pass.

### AQUA RETREAT ACCESS

Aqua Retreat access includes use of the vitality spa, steam room, sauna and swiss shower.

From  
\$105

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





WELLNESS EXPERIENCES

## JOURNEYS

### EMPOWERING ME, A WOMAN'S JOURNEY

A journey to celebrate your inner and outer beauty. Begin with a gentle meditation, followed by a massage using active oils of empowerment and renewal, with a fusion of therapeutic techniques to increase your vital energy. A results-driven facial, tailored to bring harmony to your skin, using potent anti-ageing ingredients such as mogra, that also addresses emotional and hormonal balance.

Continue your treatment at home and purchase the Rejuvenate and Restore prescription kit for an additional \$150.

### DETOX AND ADRENAL BOOST JOURNEY

A comprehensive purification process using highly potent active ingredients such as tulasi, wild turmeric and Indian lime that work as detox agents stimulating the cells and lymphatics. The journey commences with a guided meditation. An invigorating full body exfoliation is followed by a detoxifying wrap and concludes with Subtle Energies signature massage, that is a fusion of modalities that is deeply relaxing but energising.

Continue your treatment at home and purchase the Detox and Adrenal prescription kit for an additional \$190.

### THE RECOVERING TRAVELLER

A journey that assists in balancing the body by releasing any fluid retention and strengthens the immune system after a long flight. It begins with a guided meditation, followed by signature massage using a fusion of modalities, including marma work, lymphatic drainage and a kasa bowl technique that draws out excess heat. Customising to individual needs, this experience can awaken or assist to bring about a restful slumber.

Continue your treatment at home and purchase the Recovering Traveller Jet Lag prescription kit for an additional \$95.

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

From  
\$420 - 2 hours 30 minutes

From  
\$430 - 2 hours 15 minutes

From  
\$320 - 2 hours

### SLEEP SUPPORT THERAPY

Subtle Energies Sleep Support Therapy is a signature program based on clinical research and ancient practises, to assist sleep concerns and insomnia. A guided meditation begins the program while a full body Blissful Marma massage, releases tension and realigns the body's rhythm. This is followed by a facial marma massage and the Nasya (nasal oil application), an ancient yogic technique for many concerns including sleep. Yogic pranayamas, that will positively impact the vital energy within completes the journey. With Shirodhara – A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system.

Continue your treatment at home and purchase the Sleep Support prescription kit for an additional \$180.

### SPA WAVE-TOUCHLESS THERAPY

Power napping – sleep therapy that reduces stress, improves concentration, balances mood and boosts creativity. State of art quantum harmonic sound therapy table combines music, gentle sound waves, vibration, matched to the body's energy chakras.

### MUSCLE DESTRESS PODIKHIZHI PROGRAM

This signature journey starts with an aromatic foot soak followed by Podikhizhi (Podi), a remarkable therapy performed with dried herb powders wrapped in muslin bolus bags, dipped in warm oil and applied over the entire body. Focusing on areas of pain and inflammation, this therapy is effective for water retention, sports injuries, muscular and nerve pain, soft tissue inflammation and joint problems. The treatment concludes with a hydrating lotion application leaving your skin soft and body renewed.

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

From  
\$360 - 1 hour 45 minutes  
(Savasana)  
  
\$480 - 2 hours 15 minutes  
(Shirodhara)

From  
\$150 - 30 minutes  
\$750 - Series of six

From  
\$500 - 2 hours



## SHIRODHARA

A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system. It assists with treating stress, skin conditions and insomnia, while also enhancing emotional balance, helping to get in touch with your higher being. The experience starts with a facial marma massage, with Subtle Energies' enriching facial blend, enhancing the benefits of the traditional experience and giving your complexion a fresh and youthful glow.

From  
\$405 - 1 hour

## QUARTZ HOT SAND THERAPY

We are proud to announce the addition of Psammotherapy to our treatment menu, the first of its kind in Australia. Psammotherapy (or hot sand therapy) dates back thousands of years to an ancient Greek practice and today involves treatments performed on a mineral Quartz bed using a base of warm, golden alpha-quartz sand. Find true serenity in the twinkling surrounds of your private sanctuary and experience profound relaxation, offering proven therapeutic benefits for anyone suffering with rheumatic and muscular conditions.

From  
\$330 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





SPA TREATMENTS



## PACKAGES

### CELEBRATION

This indulgent package includes a one hour Relaxation massage and La Prairie Skin Caviar Essential facial. Renowned for its results by leaving skin deeply hydrated, nourished and glowing. The Celebration package will leave you feeling renewed and content.

From  
\$560 - 2 hours

### RESTORATION

Your restoration process begins with an invigorating body exfoliation, using rich and ionising Himalayan crystal salts before being transported to a state of deep relaxation with our signature marma massage. Our customised age-defying facial completes this profound experience, restoring cellular radiance and vitality on every level of being.

From  
\$665 - 3 hours

### PURIFY

Experience a purifying body treatment with a full body wrap and signature 90 minutes Blissful marma massage using the Rasayana range. Finely milled nut shells, blended with the uplifting aromatics of tulasi, limbu and wild turmeric buffs away dead skin cells, detoxifying and reducing signs of cellulite. Prepare for a profound relaxation with long, gentle, flowing movements whilst marma therapy and chakra balancing aligns vital energy centres.

From  
\$560 - 2 hours 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





## LA PRAIRIE FACIALS

### CAVIAR ESSENTIAL FACIAL

Discover the lifting and firming benefits of Caviar with this 60 minute facial treatment. Nutrient-rich Caviar is infused with La Prairie's Exclusive Cellular Complex to help improve firmness and elasticity; designed for all skin types, this treatment will leave skin feeling hydrated, plump and firm.

From  
\$380 - 1 hour

### CAVIAR INDULGENCE IMMERSION

Indulge yourself in a moment of pure luxury with this 90 minute Caviar facial treatment, designed to lift and firm skin with La Prairie's signature intensive lifting massage to enhance the appearance of elasticity and tone. This luxurious facial is for all skin types and provides moisture-rich hydration and nutrients, leaving skin feeling instantly firmed, soft and smooth.

From  
\$455 - 1 hour 30 minutes

### WHITE CAVIAR ILLUMINATING FACIAL

Experience the added benefit of Golden Caviar with this 60 minute facial treatment designed to promote a bright, even skin tone and plump and firm skin. Enhanced with La Prairie's Exclusive Cellular Complex, skin is left illuminated, as if lit-from-within.

From  
\$390 - 1 hour

### WHITE CAVIAR ILLUMINATING IMMERSION

Immerse yourself in the luminosity of White Caviar with this luxurious 90 minute facial treatment featuring Golden Caviar Extract with the added benefit of a cooling eye massage to reduce puffiness and improve circulation. Skin is left firm, smooth and illuminated.

From  
\$485 - 1 hour 30 minutes

### PURE GOLD RADIANCE FACIAL

Discover the revitalising benefits of Pure Gold with this express facial treatment designed to enhance the appearance of radiance in the skin instantly and over time. Skin is left glowing, replenished and revitalised, this treatment is ideal for dry, dehydrated or sensitive skin.

From  
\$430 - 1 hour

### PURE GOLD RADIANCE IMMERSION

Immerse yourself in the opulence of Pure Gold with this 90 minute facial treatment, designed to revitalise the skin while promoting the feeling of increased volume from intense hydration. A gentle heat is used to infuse the benefits. Skin is left enriched, revitalised and replenished.

From  
\$515 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

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### PLATINUM HAUTE REJUVENATION FACIAL

The ultimate rejuvenating treatment using our precious high performance Platinum Collection for an enhanced youthful glow. This ultra-luxe facial treatment works to reduce the appearance of signs of ageing and provides a noticeable line-smoothing effect, while helping to support the underlying structure of the skin.

From  
\$500 - 1 hour

### PLATINUM HAUTE REJUVENATION IMMERSION

Time is suspended when you experience Platinum Rare Haute-Rejuvenation. The most decadent 90 minute facial treatment designed to rejuvenate skin by boosting collagen production and strengthening skin's barrier. Commencing with a luxurious back massage treatment you are then transported to a dream like state as we pamper you with a relaxing foot and leg massage to totally transform you from head to toe. Precious Platinum works to increase the appearance of firmness and elasticity and your skin is left feeling volumised and renewed.

From  
\$715 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





## SUBTLE ENERGIES FACIALS

### HOLISTIC AGE-DEFYING FACIAL

This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance to total well-being. Mogra, Queen of Jasmines' offers a wonderment of healing elements and works synergistically to boost collagen production and increase cell renewal. Combined with the restorative powers of 24K gold leaf this sensory experience will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow inside and out.

From  
\$260 - 1 hour  
\$320 - 1 hour 30 minutes

### ADVANCED ANTI-OXIDANT FACIAL

Designed for skin exposed to urban toxicity and free radical damage. Be it sun exposed, dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

From  
\$260 - 1 hour  
\$320 - 1 hour 30 minutes

### VEGAN COLLAGEN FACIAL

Experience the transformative power of vegan collagen. Meticulously designed to mimic human collagen, this treatment provides deep hydration, acting as a natural filler solution to restore youthful elasticity and plumpness. Unlock a radiant, age defying complexion by harnessing the latest in biotechnology with vitamin rich actives such as Kakadu Plum, Ashwagandha and Bacillus Ferment known to restore and strengthen skin integrity.

From  
\$340 - 1 hour  
\$400 - 1 hour 30 minutes

### POMEGRANATE ENZYME FACIAL

Enjoy brighter, fresher skin through the transformational power of polyphenols including activated pomegranate enzymes and natural AHAs which effectively resurface and smooth the skin. The active aromatics and botanicals nourish and maintain moisture levels, while gentle exfoliation reveals a smoother and brighter complexion. Indulge in this remarkable facial to experience rejuvenated and radiant skin.

From  
\$290 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

## SUBTLE ENERGIES BODY TREATMENTS

### RASAYANA DETOX BODY WRAP

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as your body is smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with skin glowing and body and mind re-energised.

From  
\$280 - 1 hour 15 minutes

### PEARL INFUSED REMINERALISING BODY MASK

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of mogra and Indian rose to release tension and stress and restore balance.

From  
\$340 - 1 hour 30 minutes

### HIMALAYAN ENERGISING BODY POLISH

This invigorating ritual begins with a deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant and stress will be soothed away with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub. The treatment includes hot compressing and ends with a personalised full body hydration.

From  
\$240 - 1 hour

A surcharge applies to spa treatments on Friday to Sunday and public holidays.





## MASSAGES

### BLISSFUL MARMA MASSAGE

Experience effective and immediate relaxation, relieving all stress related tension. Long, gentle, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balancing aligns vital energy centres. The 90 minute includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

Couples massage in dedicated room, prices are per person.

From  
\$250 - 1 hour  
\$340 - 1 hour 30 minutes

### PREGNANCY MASSAGE

Ease tired feet, legs and back with a revitalising and soothing massage for mothers to be. This treatment is specifically designed to meet the needs of pregnant women, relieving muscle aches and joint pains and improving circulation and mobility.

Crown Spa is only able to perform selected treatments during the 2nd trimester of a pregnancy to ensure the safety of both mother and baby.

From  
\$260 - 1 hour  
\$335 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

### HOT STONE MASSAGE

Enjoy deep relaxation as the soothing massage of hot stones works to de-stress muscles, allowing tightness and tension to melt away.

From  
\$340 - 1 hour 30 minutes

### RELAXATION

Let us take you on the journey to ultimate relaxation. Our spa therapists use light to medium pressure utilising rhythmic flowing movements.

Couples massage in dedicated room, prices are per person.

From  
\$240 - 1 hour  
\$315 - 1 hour 30 minutes

\$260 - 1 hour  
\$335 - 1 hour 30 minutes

### DEEP TISSUE

A deep rhythmic massage focused on releasing areas of muscle tension and mobilising fatigued muscles. Perfect for muscular aches and pains, recovery post work out and to alleviate tightness and problem areas.

Couples massage in dedicated room, prices are per person.

From  
\$260 - 1 hour  
\$340 - 1 hour 30 minutes

\$280 - 1 hour  
\$360 - 1 hour 30 minutes

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

ENHANCEMENTS

RASAYANA DETOX BODY BUFF

A rejuvenating exfoliation using cinnamon bark and walnut shells, blended with the uplifting aromatics of tulasi, limbu and wild turmeric. This scrub buffs away dead skin cells, detoxifying and reducing signs of cellulite.

From  
\$175 - 30 minutes

HIMALAYAN ENERGISING BODY POLISH

Eliminate dull skin with this deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub.

From  
\$175 - 30 minutes

HOLISTIC CUSTOMISABLE FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this results driven facial delivers a unique customised treatment experience. With a wide range of Subtle Energies advanced therapies at their fingertips, your therapist will personally tailor your experience for optimum results.

From  
\$175 - 30 minutes

KNESKO SKINCARE

Eye	\$35
Face Mask	\$65
Neck & Decolletage	\$90

A surcharge applies to spa treatments on Friday to Sunday and public holidays.

HEAD, NECK AND SHOULDER MASSAGE

This relaxing treatment uses a blend of therapeutic ingredients to induce a sense of grounding. A combination of pressure point massage and stretches with traditional massage techniques will rejuvenate the scalp and release tension in the neck and shoulders.

From  
\$175 - 30 minutes

FOOT MASSAGE

A stimulating massage of the feet involving stretches and pressure points massage will invigorate and renew the entire body. It balances and calms the mind, assuring a peaceful night's sleep. Hot compresses complete this treatment.

From  
\$175 - 30 minutes

PRIVATE SPA TIME

Enhance your spa treatment with private spa time in the luxury of our Indulgence Suites. This includes a spa bath and private steam shower.

From  
\$170

SUBTLE ENERGIES

MMW Hyaluronic Acid	\$40
ULM Hyaluronic Acid	\$50
Vegan Collagen Serum	\$60
Pomegranate Enzyme Mask	\$40

A surcharge applies to spa treatments on Friday to Sunday and public holidays.



## SPA ETIQUETTE

We highly recommend guests to book in advance to secure your preferred reservation time and date. All appointments can be guaranteed with a valid credit card. A 24 hour cancellation policy applies or the full service fee will be charged.

We recommend that you arrive 60 minutes prior to your treatment so you can enjoy your spa journey starting in the Aqua Retreat. Late appointments will result in a shorter treatment time.

Aqua Retreat facilities are not available to hair and salon service bookings.

Crown Spa promotes an environment of tranquility and relaxation. In respect of the environment and the experience of others, you are asked to refrain from using your mobile phone within Crown Spa.

Robes and slippers have been provided for your convenience. Professional draping is performed throughout the duration of your spa treatment.

The Aqua Retreat areas are designated male and female areas. No children under the age of 16 are permitted. These areas are a shared space with other guests and staff; we ask that you wear swim wear or robes and towels provided when moving around these areas.

Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.







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