



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
\$95

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





SPA TREATMENTS

MASSAGE

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.

BLISSFUL MARMA MASSAGE

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, 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 treatment 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
\$240 - 1 hour
\$315 - 1 hour 30 minutes

From
\$230 - 1 hour
\$300 - 1 hour 30 minutes

\$250 - 1 hour
\$320 - 1 hour 30 minutes

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
\$320 - 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
\$220 - 1 hour
\$295 - 1 hour 30 minutes

\$240 - 1 hour
\$315 - 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
\$240 - 1 hour
\$320 - 1 hour 30 minutes

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

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
\$540 - 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
\$580 - 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, firm, flowing movements whilst marma therapy and chakra balancing aligns vital energy centres.

From
\$495 - 2 hours 30 minutes

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



LA PRAIRIE FACIALS

SKIN CAVIAR ESSENTIAL FACIAL

This luxurious express Skin Caviar Essential facial is infused with Caviar to provide rich hydration, essential nutrients and nourishment to give your skin increased firmness, tone and texture.

From
\$370 - 1 hour

CAVIAR LIFT FACIAL

The Skin Caviar Lift facial is infused with the benefits of Skin Caviar for total indulgence. This facial improves the appearance of elasticity and tone to transform even the duller complexions into radiant, luminous skin.

From
\$440 - 1 hour 30 minutes

WHITE CAVIAR ILLUMINATING FACIAL

The White Caviar Illuminating facial is infused with the added benefit of Golden Caviar Extract, to promote an even skin tone by firming, illuminating and hydrating the skin.

From
\$470 - 1 hour 30 minutes

PURE GOLD RADIANCE FACIAL

The Pure Gold Radiance facial is developed to restore firmness, revitalise and perfect the skin. This facial will leave the skin visibly smoother and radiant.

From
\$500 - 1 hour 30 minutes

PLATINUM RARE FACIAL

The Platinum Rare facial utilises Platinum Rare Cellular Life Lotion to focus on detoxification and includes the most powerful rejuvenating product, Platinum Rare Cellular Night Elixir, to leave the skin feeling new-born. Through the science of Haute-Rejuvenation, continuous renewal occurs across the layers of the skin in a virtuous loop, appearing to reverse visible signs of ageing.

From
\$700 - 1 hour 30 minutes

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

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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

\$240 - 1 hour

\$295 - 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

\$240 - 1 hour

\$295 - 1 hour 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. This holistic facial indulgence releases muscle tension and anxiety with a signature aromatic facial marma massage. Restore cellular radiance, leaving the skin visibly smoother and luminous.

From

\$240 - 1 hour

\$295 - 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
\$155 - 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
\$155 - 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
\$155 - 30 minutes

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
\$155 - 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
\$155 - 30 minutes

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

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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
\$260 - 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
\$330 - 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
\$220 - 1 hour

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 (\$550).

From
\$400 - 2 hours 30 minutes

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 (\$610).

From
\$420 - 2 hours 15 minutes

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 a 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 (\$405).

From
\$310 - 2 hours

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

SLEEP SUPPORT THERAPY

Subtle Energies Sleep Support Therapy is a tailored signature program based on clinical research and ancient practices, to assist sleep concerns and insomnia. The treatment begins with guided meditation and yogic pranayamas, that will positively impact the vital energy within. The full body Blissful marma massage, are designed to release tension and bring the body's rhythm back into balance together with the facial Marma massage and potent active ingredients, stimulating the pineal gland. The Nasya (nasal oil application) which has been used for centuries for many concerns including sleep follows this process. An ideal holistic sleep support resulting in emotional and hormonal balance, connecting you to your body of bliss.

Continue your treatment at home and purchase the Sleep Support prescription kit (\$570).

From
\$350 - 1 hour 45 minutes
(Savasana)

\$470 - 2 hours 15 minutes
(Shirodhara)

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.

From
\$140 - 30 minutes
\$700 - Series of six

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. This program concludes with a tension-relieving Blissful Marma massage.

From
\$490 - 2 hours

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

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
\$395 - 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
\$300 - 1 hour 30 minutes

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





BEAUTY

NAILS, WAXING AND TINTING

SIGNATURE MANICURE BY CHRISTINA FITZGERALD

Enjoy a rejuvenating hand mask treatment while we file, shape and high-shine buff your fingertips. Choose from our signature menu of 'quick fix' treatments, including intensive cuticle repair, exfoliation, colour, nail strengthening, gel damage repair, hand massage and more. Enjoy as much or as little as you want - the choice is yours!

From
\$90 - 1 hour
(Natural)
\$100 - 1 hour
(Gel)

SIGNATURE PEDICURE BY CHRISTINA FITZGERALD

Intensive foot and heel therapy to renew and nourish. Combining our unique foot mask treatment with cuticle repair, filing, shaping, and high-shine buffing, then add your choice of treatments from our signature pedicure 'quick fix' menu. Enjoy as much or as little as you want - the choice is yours!

From
\$120 - 1 hour 15 minutes
(Natural)
\$120 - 1 hour 15 minutes
(Gel)

OPULENCE+ MANICURE BY CHRISTINA FITZGERALD

Indulge with our full suite of exclusive hand and nail treatments. Including our unique hand mask and intensive nourishing cuticle therapy, combined with our extensive range of radical products, containing high precision formulations of natural extracts to fight everyday stressors at a cellular level.

From
\$110 - 1 hour
(Natural)
\$120 - 1 hour
(Gel)

OPULENCE+ PEDICURE BY CHRISTINA FITZGERALD

Re-charge with the complete package of intensive foot and heel therapy. A deeply nourishing set of treatments, combined with our extensive Radical skincare range, to buff, smooth, massage, renew and invigorate. Includes our rejuvenating foot mask and intensive heel repair, leaving your feet velvety smooth.

From
\$140 - 1 hour 15 minutes
(Natural)
\$150 - 1 hour 15 minutes
(Gel)

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

MEN'S MANICURE

Soothe and moisturise your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

From
\$90 - 1 hour

MEN'S PEDICURE

Soothe and moisturise your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

WAXING

Full Leg Wax | Half Leg Wax | Arms Wax | Underarm Wax | Bikini Wax | Brazilian Wax | Chest Wax | Back Wax | Eyebrow Wax | Lip/Chin Wax | Ear/Nose Wax | Full Face Wax

POA

TINTING

Eyelash | Eyebrow | Eyelash and Eyebrow

From
\$25

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.

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.

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

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





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