

stephanies®

TREATMENT MENU

**Discover our spa rituals and treatments and dream up your ultimate Stephanies® experience.**

**Each ritual is lovingly curated by spa founder, Stephanie Shepherd. Combining *bespoke sensory mediums with intuitive, soul-centered touch*, Stephanies® creates the ultimate immersive experience, nourishing mind, body, and soul.**

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## Spa Philosophy

At Stephanies® our commitment to unsurpassed guest experiences and bespoke spa therapies has earned us global recognition for excellence and service.

Passionate about spa life, our philosophy is simple:

***“Embrace new technologies, respect ancient rituals, step away from the ordinary and create breathtaking spa journeys combining authentic and thoughtfully curated skincare”***

We provide beautiful destinations for our guests, so that each visit to a Stephanies® spa creates connection with heart and delivers a spa experience that restores mindfulness and wellbeing.



## Spa Rituals

Signature Spa Rituals at Stephanies® Ocean Spa include Stephanies® Signature Tea, seasonal fruit sorbet and locally crafted chocolate, served in the tranquillity lounge following your spa journey.

### *Spa Fusion*

**2 HOURS \$305**

**Rose Petal Foot Immersion • 60 Minute Wellness Massage & Back Exfoliation • Head Massage & Classical Facial**

A deeply relaxing journey where your feet are introduced to a rose petal foot immersion before emerging with a renewed sense of wellbeing.

### *Spa Collection*

**3 HOURS \$415**

**Rose Petal Foot Immersion • 60 Minute Heated Stone Massage • 60 Minute High Performance Facial • Essential Pedicure • Scalp Elixir**

Indulge in brighter, more radiant skin and a calmer, more grounded sense of wellbeing in this indulgent spa ritual.

### *Spa Indulgence*

**5 HOURS \$620**

**Rose Petal Foot Immersion • Skin Brushing • Aromatic Body Exfoliation • 60 Minute Wellness Massage • Classical Facial • Essential Manicure & Pedicure**

**(Available with a Spa lunch and Sparkling wine at Stephanies® Spa Retreat for an additional \$30)**

Embark on a truly transformative journey of mindfulness and wellbeing. Enliven your senses and reconnect both mind and body. Tired muscles are soothed, and a sense of physical and emotional wellbeing are bestowed as your therapist intuitively performs a full body wellness massage.

Botanical actives deliver bespoke results in a Classical Facial, hydrating and revitalising your skin. A divine experience to share unaccompanied or with a spa partner and an irresistible excuse to indulge in total luxury.

**DISCOVER MORE**

## Signature Spa Therapies

Revitalise both body and mind. Synonymous for fusing bespoke rituals and time honoured traditions, retreat with our Signature spa therapies that embody the essence of Stephanies® Awaken the senses.

### *Signature Skin Treatment*

**100 MINS \$220**

**Rose Petal Foot Immersion and Exfoliation • Heated Stone Back Massage • Classical Facial**

Rebalance as the ancient healing benefits of warm basalt stones melt away tension from the back and neck, before botanical actives deliver bespoke results in a Classical Facial, hydrating and revitalising your skin.

### *Hot Stone Crystal Massage*

**100 MINS \$210**

**Rose Petal Foot Immersion and Exfoliation • Skin Brushing • Crystal Chakra Balancing • Heated Stone Massage • Scalp Elixir**

An invigorating body brushing to buff away dry skin and energise the body is carried out, before time honoured massage techniques and warm volcanic Basalt stones invite calm and melt away tension. Have your tension eased with a restorative scalp treatment before balancing Chakra crystals, intuitively selected by you, are then placed on the body to restore energy and balance to mind, body and soul.

### *Sacred Queen Journey*

**90 MINS \$195**

**Rose Petal Foot Immersion and Exfoliation • Back Therapy & Herbal Poultices • Foot Reflexology • Indian Head, Neck & Facial Massage**

Ayurvedic inspired traditions and modern spa customs fuse together to create this ancient ritual. Ease tension and relieve tired muscles with the warm gentle pressure of herbal poultices as they are rolled and kneaded across the back in a signature back therapy ritual.

Conclude your spa journey with a Ayurvedic head, neck and facial massage and awaken from this multi sensorial journey with balance to the physical, mental, and spiritual self.

### *Divine Princess Ritual*

**60 MINS \$155**

**Rose Petal Foot Immersion and Exfoliation • Foot Reflexology • Indian Scalp, Neck & Facial Massage**

Energise both mind and body and allow tensions to fade with this divine spa ritual. Balance is restored to mind and body through an ancient Indian scalp, neck, and facial ritual to release pressure points and encourage a sense of wellbeing.

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# Sacred Elements by Stephanies®

Deliver positive energy in our sensorial journeys, curated to fortify emotional well-being and enrich the skin.

Soul stirring aromatic blends and nature's most powerful botanicals deliver you to a place of calm, free from distraction.

## Sacred Elements Skin Ritual by Stephanies®

100 MINS \$255

**Rose Petal Foot Immersion and Exfoliation • Welcome Ritual & Mindful Wellbeing Inhalation • Double Cleanse & Exfoliation • Facial Steam • Traditional Gua Sha & Signature Facial Massage • Botanical Active Serum & Mask • Scalp Elixir • Warm Hand Mask • Heated Stone Foot & Lower Leg Massage**

Deliver positive energy in our sensorial journeys, curated to fortify emotional well-being and enrich the skin.

Soul stirring aromatic blends and nature's most powerful botanicals deliver you to a place of calm, free from distraction.

## Sacred Diamond by Stephanies®

2.5 HOURS \$395

**Botanical Foot Immersion • Body Exfoliation • Diamond Body Mask • Beauty Globe Facial Massage • Scalp Elixir • 60 Minute Wellness Massage**

Exclusive to Stephanies®, this ritual is a celebration of love and feminine energy. Layers of artisanal traditions and skin nurturing infusions make this a truly luxurious spa experience.

A skin smoothing ritual layered with vanilla and jasmine redefines tone and texture, before a luxurious wrap of liquid diamonds, steeped in an opulent blend of omega rich serums, exquisitely nourishes, and cocoons the body. An innovative combination of botanical rich actives, nourishing scalp elixir and beauty globe facial massage invite you to rest, before a deeply relaxing massage invokes a sense of fulfillment from a uniquely nurturing experience.



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# Sacred Elements Body Cocoon by Stephanies®

100 MINS \$220

**Botanical Foot Immersion • Aromatic Body Exfoliation • Body Cocoon • Luxe Cream Body Hydration**

Your feet are introduced to the warmth of a botanical foot immersion before a deeply exfoliating full body skin treatment redefines tone and hydration with resurfacing botanical actives. The body is enveloped with the luxurious textures of your selected prescriptive cocoon before gently being swaddled for warmth and enhanced skin infusion.

Awaken with a beautiful application of our Luxe Body Cream, a heavenly moisture locking skin ritual cream with a garland of perfumed petals, leaving your body feeling deeply hydrated and restored.

## Personalise Your Experience

Choose from a selection of beautifully formulated body cocoons, each one lovingly curated to address your area of wellness.

### REFINE & NOURISH

#### Botanical Body Cocoon

White French Clay, Cocoa Butter, Sweet Almond Oil, Rosehip Seed Oil, Essential Oils of Rose Geranium, Ylang Ylang and Neroli Flower.

### DETOXIFY & STIMULATE

#### Australian Native Body Cocoon

White French Clay, Macadamia Nut, Vitamin E, Essential Oils of Blue Gum Eucalyptus, Lemon Myrtle, Nerolina and Australian Blue Cypress.

### HYDRATION & SOOTHING

#### Aloe Body Cocoon\* Pregnancy safe

Aloe Vera, Green Tea, Hyaluronic Acid, Vitamin B5, Vitamin E, Essential Oils of French Lavender and Ylang Ylang.

### REJUVENATING & REMINERALISING

#### Ocean Body Cocoon

White French Clay, Sea Kelp, Spirulina, Jojoba, Oil, Essential Oils of French Cypress, Lemon and Lavender.

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## Bespoke Facial Therapies

Your skin can be healthy, balanced, and beautiful at any age. At Stephanies® our facial therapy treatments offer a profoundly relaxing and sensorial experience with remarkable results. Each facial therapy treatment begins with a personal consultation and an in-depth analysis of your unique skin type, to ensure that your facial experience, skin goals and skin recommendations are tailored to your precise needs.

### *Express Facial*

**40 MINS \$120**

**Double Cleanse • Exfoliation • Steam • Extractions (optional) • Customised Mask • Scalp Massage**

Pushed for time? This quick skin refresher will leave your skin looking clean, hydrated, and luminous.

### *Classical Facial*

**60 MINS \$165**

**Double Cleanse • Exfoliation • Steam • Extractions (optional) • Facial Massage • Customised Mask • Scalp Massage • Hand or Foot Massage**

A facial treatment designed to instantly brighten and nourish the complexion, providing protection from environmental damage and the visible signs of aging.

### *High Performance Facial*

**60 MINS \$185 • 90 MINS \$210**

**Welcome Ritual • Double Cleanse • Exfoliation • Steam • Extractions (optional) • Facial Massage • Specialised Serum & Mask • Scalp Massage • Hand or Foot Massage**

This high performing treatment firms, repairs and nourishes the skin to address your specific skin goals and support the visible signs of ageing. Botanical actives deliver results helping to replenish natural nutrients, restore cellular activity, and improve overall skins health. Skin is immediately rejuvenated and luminous. Please note: 90 mins High Performance includes an extended face, back and décolletage massage and a hand and foot massage.

### *Skin Consultation*

Needing advice? Our Stephanies® team will provide you with one-on-one personalised skin coaching so you can learn more about your unique skin profile. Consultations are 20 minutes and cost \$50, which is redeemable against retail products on the day of your appointment.

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## Wellness Massage & Body Therapy

Retreat to wellness with Stephanies® and resist the demands of our modern life; restore peace and harmony to both mind and body. We invite you to rest.

### *Wellness Massage Therapy*

**60 MINS \$150 • 90 MINS \$195**

**Warm Foot Bath • Sensory Journey • Customised Massage**

Our nurturing and customised body massages are designed to ease tension and calm the nervous system, whilst restoring energy flow. Using Stephanies® signature massage oil blends, this treatment will restore vitality and wellbeing to mind and body.

### *Aromatic Revival Ritual*

**90 MINS \$215**

**Botanical Foot Immersion • Aromatic Body Exfoliation • 60 Minute Wellness Massage**

A ritual body experience to purify, energise and revive body and mind. A deeply exfoliating full body skin treatment redefines tone, texture and hydration with resurfacing botanical actives. Followed by a bespoke wellness massage incorporating warmed aromatic oils, this luxurious treatment will leave your skin completely nourished and restored.

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# Mother & Baby

These safe, nourishing, and pampering spa rituals by Stephanies® have been carefully crafted, with consultation, to improve relaxation, support sleep and create a sense of wellbeing as your little miracle is blossoming.

## *Babymoon Massage*

**60 MINS \$150**

**After first trimester only • Botanical Foot Immersion & Exfoliation • Baby Moon Massage & Scalp Massage**

Lie in comfort as our specialised pregnancy pillow topper provides contour and support to our mothers to be. Soothing, nurturing and designed with the needs of our expectant mothers, the babymoon massage will reduce fatigue, assist in balancing hormones, reduce swelling in the hands and feet, and release tension in the lower back, neck and shoulders.

## *Beautiful Mum by Stephanies®*

**2 HOURS \$300**

**After first trimester only • Botanical Foot Immersion • Gentle Body Exfoliation • Pregnancy Body Mask & Babymoon Massage**

The body is gently exfoliated to improve the skin's elasticity and optimise the absorption of the pregnancy safe body mask that follows. An instant moisture surge is delivered in a quenching skin drink, with a hydrating dose of Hyaluronic Acid, Vitamin B5 and Vitamin E drenched in Organic Aloe Vera. A herbal infusion of Sandalwood, Chamomile and French Lavender deeply soothe, repair, and nourish the skin before bringing mother and baby together in deep relaxation with a babymoon massage.

This is truly the ultimate body ritual for both mother and baby.

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# Hands & Feet Therapies

At Stephanies® we offer bespoke manicures and pedicures, which are available for exclusive parties, private soirées with friends, a girls' day out or bridal gatherings, for up to five people. We have created, with you in mind, superbly appointed treatment lounges for the ultimate in relaxation and luxury.

## Luxury Spa Pedicure

90 MINS \$160

Rose Petal Foot Immersion • Signature Head Massage • Foot & Leg Exfoliation • Heated Stones • Warming Paraffin Hydration • Professional Polish

Designed to entice the senses; your feet are introduced to the warmth of the rose petal foot immersion before the feet and lower legs are invigorated with an aromatic exfoliation ritual. Our pedicure, with essential grooming and gentle buffing, restores nails to their natural beauty, revealing health and shine. The pedicure includes a warming paraffin treatment that effectively eliminates tension and dryness, before our bespoke heated stone massage of the feet and soothing scalp massage invite the mind the rest. Specially designed to nourish and energise, this treatment is completed with an application of your preferred polish.

## Luxury Spa Manicure

60 MINS \$120

Rose Petal Hand Immersion & Exfoliation • Bespoke Hand Massage • Warming Paraffin Hydration • Professional Polish

A wonderfully therapeutic hand ritual beginning with a hand and arm immersion and botanical exfoliation to reveal fresh supple skin. Created with you in mind, tension drifts away as our aromatic massage balm leaves your hands feeling lovingly hydrated. Let your journey continue with the heat therapy of our paraffin treatment, to lock in moisture, relax the muscles and reduce inflammation before your nails are infused with anti-ageing ingredients formulated to treat and hydrate. Hands become smooth, radiant, and professionally groomed with a polish of your choice.

## Sole Healing

30 MINS \$90

Botanical Foot Immersion & Exfoliation • Stimulating Acupressure Massage

An energising foot massage, incorporating acupressure and reflexology points, deliver a truly holistic experience.

|                    |         |       |
|--------------------|---------|-------|
| ESSENTIAL PEDICURE | 60 MINS | \$115 |
| ESSENTIAL MANICURE | 50 MINS | \$95  |
| SHELLAC REMOVAL    | 20 MINS | \$35  |

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## Medi Spa Facials

Exceptional results are realised with a course of three to six treatments.

### *Synergie Corrective Peels*

**30 MINS \$140** <sup>(B)</sup>

The Synergie Professional Peel treatments are designed to reduce the appearance of irregularities on the skin's surface and reveal a smoother, revitalised texture by regenerating and resurfacing the skin. These treatments remove the top layers of the skin, help to stimulate collagen remodelling, reduce tonal discolouration, improve skin texture and hydration, reduce congestion, and improve the overall appearance of the skin.

**Special Notes:** There may be some homecare preparation required before your peel course. Your skin therapist will recommend the best treatment plan and home care regime to compliment your skin goals.

### *LED Light Therapy*

**30 MINS \$140** <sup>(B)</sup>

**Double Cleanse • Exfoliation • LED Light Therapy • Finishing Cream**

Reduce and eliminate fine lines and maintain your skin's youthful appearance. LED light therapy is both calming and healing, promoting collagen production and encouraging cell renewal. This perfect express treatment is perfect for hydrating and regenerating the skin.

### *Microdermabrasion*

**40 MINS \$140** <sup>(B)</sup>

**Double Cleanse • Microdermabrasion • Nourishing Mask • Finishing Cream & SPF**

A non-invasive treatment which stimulates the healthy flow of cellular turnover, refreshing the skins surface to maintain a strong and clear complexion encouraging the skin to perform its function as an effective barrier against the environment elements.

### *Oxygen Infusion Facial*

**60 MINS \$170**

**Double Cleanse • Exfoliation • Relaxing Scalp Massage • Oxygen Therapy • Finishing Cream**

Nature's most powerful healing element, Oxygen has been used on various skin conditions by the medical industry for many years. Medical grade Oxygen vitamin-enriched serum is infused into the skin. These ingredients visibly firm and plump the skin after just one treatment.

### *Medi Spa Facial*

**60 MINS \$190**

**Deep Cleansing • Technology Device • Enzyme Peel • Specific Massage • Synergie Skin Mask**

Synergie Professional Medi Spa Facial is a clinical-strength facial treatment to rejuvenate, strengthen and treat skin. Whether your skin needs a hydration boost, sun-damage control, or pigment correction, we will be able to customise a treatment to suit your individual needs.

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## Medi Spa Fusions

Get the most out of your treatment and accelerate your results even faster with a multi-tech approach on your next visit to Stephanies®. Our synergistic approach to technology and bespoke treatment combinations are by far the best way to maximize your results.

At Stephanies® we have curated a Medi Spa Fusions menu specific to desired treatment outcomes, skin type, age, goals and lifestyle. Our skin therapists are well versed and can support you on your skin journey.

|   |                   |
|---|-------------------|
| POWER MICRODERMABRASION WITH LED LIGHT THERAPY            | 50 MINS \$165 (X) |
| EXPRESS MEDI FACIAL WITH LED LIGHT THERAPY                | 50 MINS \$165 (X) |
| MICRODERMABRASION WITH OXYGEN INFUSION                    | 50 MINS \$170 (X) |
| MICRODERMABRASION & INTENSIVE MASK WITH LED THERAPY       | 90 MINS \$240     |
| CORRECTIVE FACIAL & SERUM INFUSION WITH LED LIGHT THERAPY | 90 MINS \$250     |

## MediSKIN Memberships

Stephanies® MediSKIN memberships are unique to you and ensure a personalised approach to improve overall skin health and skin resilience. We have curated a selection of memberships to suit your skin goals.

### MediSKIN Boost by Stephanies®

|                    |       |
|--------------------|-------|
| Boost Series 3 (B) | \$380 |
| Boost Series 6 (B) | \$715 |

### MediSKIN Xelerate by Stephanies®

|                       |       |
|-----------------------|-------|
| Xelerate Series 3 (X) | \$445 |
| Xelerate Series 6 (X) | \$840 |

#### All Stephanies® MediSKIN memberships include:

- FREE Skin Consultation with both Series 3 and 6 Memberships (B) (X)
- BONUS Synergie Skin Anti-Age Skincare Kit valued at \$135 on all Series 6 Memberships (B) (X)
- RECEIVE 10% off all Skincare brands when purchasing a Series 6 Membership (B) (X)

Refer to website for MediSKIN Membership terms and conditions.

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## Social Spa

Stephanies® Social Spa is a fun way to connect with your tribe and create a social celebration with friends, family, or colleagues. Put social back into spa with our carefully curated spa experiences or create your very own bespoke ritual from our beautifully crafted spa menu, capturing the unique offerings available to you across our collection of luxury destinations.

### *The Spa Tribe*

**70 MINS \$190 PER PERSON** (MINIMUM OF 4 PEOPLE OR MORE)

Back Massage • Hydration Facial • Scalp Elixir • Spa Gift to Organiser • Glass of Sparkling Wine & locally crafted Chocolate

### *The Social Space*

**90 MINS \$230 PER PERSON** (MINIMUM OF 4 PEOPLE OR MORE)

Wellness Massage • Hydration Facial • Scalp Elixir • Spa Gift to Organiser • Glass of Sparkling Wine & locally crafted Chocolate

## Family Friendly Treatments

Delight your little one with a specially curated, age-appropriate spa ritual by Stephanies® Whether as a surprise or dare to be paparazzi ready, our team will dazzle you with a little pampering.

Must be between the ages of 4 to 16 years and accompanied by an adult.

### *Little Luxe*

**40 MINS \$120 PER PERSON**

Bath Fizz Foot Immersion • Petite Pedi & Polish • Little Luxe Facial • Lip Gloss • Pink Lemonade • Chocolate Freckle • Fun included

### *Little Retreaters*

**60 MINS \$155 PER PERSON**

Bath Fizz Foot Immersion • Petite Pedicure & Polish • Foot Massage • Little Retreaters Facial • Scalp Massage • Lip Gloss • Pink Lemonade • Chocolate Freckle • Fun included

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# Beauty Therapies

## *Brow Bar Couture \$80*

**Brow Sculpt - Eyelash Tint - Brow Tint - Hydrating Eye Treatment**

We specialise in creating beautiful eyebrows to bring out your natural beauty and individual features. We take the time to assess your face shape, check the balance of brows and advise on shape and colour. Our eyebrow specialists can also teach you the tricks of the trade to maintaining your beautiful eyebrows between sculpting.

## *Essential Waxing & Tinting*

Available in all Stephanies® Luxury Spa destinations.

### **FEMALE GROOMING**

|                   |      |
|-------------------|------|
| Eyelash Tint      | \$35 |
| Eyebrow Tint      | \$25 |
| Eyebrow Tidy      | \$30 |
| Eyebrow Sculpting | \$50 |
| Lip Wax           | \$20 |
| Chin Wax          | \$20 |
| Stomach Wax       | \$15 |
| Underarm Wax      | \$30 |
| Bikini Wax        | \$35 |
| G-String Wax      | \$45 |
| Full Brazilian    | \$80 |
| Half Leg Wax      | \$50 |
| Full Leg Wax      | \$75 |
| Arm and Hand Wax  | \$45 |

### **MALE GROOMING**

|                           |      |
|---------------------------|------|
| Brow Tidy                 | \$30 |
| Nose Wax                  | \$20 |
| Neck & Shoulder Wax       | \$45 |
| Arm & Hand Wax            | \$50 |
| Chest & Stomach Wax       | \$70 |
| Full Back & Shoulders Wax | \$75 |
| Full Leg & Speedo         | \$95 |

**Combine any two Essential Waxing and Tinting services or more and receive 10% OFF.**



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# Crystal Spa Memberships

Invest in yourself with a Stephanies® Crystal Membership.

The key to beautiful skin and optimal health and wellbeing is consistency. Stephanies® Crystal Memberships allow you to indulge in regular skin treatments, spa rituals and essential beauty to target your concerns, enhance your skin goals, and enjoy a better self, all year-round. Investing in a Stephanies® Crystal Membership places you at the centre of your very own, fully customised self-care and curated beauty program. Unleash your natural beauty and get lasting confidence; nurture the soul and emerge with beautiful, glowing skin and a stronger, healthier you!

## STEPHANIES® CRYSTAL MEMBERSHIPS BENEFITS

FREE Stephanies® Spa Gift Card

INSTANT Access to Stephanies® Loyalty Program and Tier Rewards

FREE welcome gift upon joining Priority bookings & delivery on online orders

No membership joining fee, the entire Membership you pay is redeemable on treatments

Exclusive member offers & access to VIP events

Use your membership at any of our destinations

Amethyst Spa Membership only - 10% discounts in our spa boutique on Skincare

Refer to our website for membership terms and conditions.

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“The key to beautiful skin and optimal health and wellbeing is consistency.”

Stephanie Shepherd

*Rose Quartz*  
SPA MEMBERSHIP

**PACKAGE PRICE \$1000**

TOTAL VALUE \$1135

ENJOY \$1000 of spa treatments

FREE 1 x \$75 Stephanies® Spa Gift Card

FREE welcome gift upon joining

INSTANT Access to NURTURE Level in Stephanies® Loyalty Program and Tier Rewards

*Aquamarine*  
SPA MEMBERSHIP

**PACKAGE PRICE \$2000**

TOTAL VALUE \$2335

ENJOY \$2000 of spa treatments

FREE 3 x \$75 Stephanies® Spa Gift Card

FREE welcome gift upon joining

INSTANT Access to INSPIRE Level in Stephanies® Loyalty Program and Tier Rewards

*Amethyst*  
SPA MEMBERSHIP

**PACKAGE PRICE \$3000**

TOTAL VALUE \$3560

ENJOY \$3000 of spa treatments

FREE 3 x \$150 Stephanies® Spa Gift Card

FREE welcome gift upon joining

INSTANT Access to INSPIRE Level in Stephanies® Loyalty Program and Tier Rewards

# Curated Spa Collections

SET IN A SPACE OF ICONIC BEAUTY

**In 1994 it began as a modest two-room beauty salon in Camp Hill and has evolved into a portfolio of highly regarded luxury spas across South East Queensland known as Stephanies® Luxury Spas. Stephanie had a vision and desire to *combine beauty therapies with peaceful spaces of harmony and balance*. She dreamt of creating more than a small beauty salon.**

**Stephanie wanted to design and build *bespoke day spas where people could cocoon themselves from the outside world*. Even if her spa guests were only visiting for a short time, she wanted them to feel like they had entered another world when they stepped through the spa doors.**

**Click to *discover our spa destinations below*.**

[SURFERS PARADISE](#)

[CLEVELAND](#)

[BULIMBA](#)

[BRISBANE CENTRAL](#)

[CLEAR MOUNTAIN](#)

[NOOSA](#)

# Exclusive to Stephanies® Wellness Spa

Q1 Resort & Spa Surfers Paradise • 9 Hamilton Avenue, Surfers Paradise

A prestigious address inspired by the spirit and lifestyle of Australia. Stephanies® Wellness Spa is set amongst pristine tropical landscapes and pool terraces, offering an eco-elegant space where guests can rejuvenate in style.

Breathing tranquillity and relaxation, our Wellness Spa is alive with an abundance of lush garden greenery, airy light filled spaces, and natural finishes. The contemporary design of our retreat offers eight wellness treatment suites including single and dual Vichy suites, and a Hydrostorm shower suite; all offering a grounding spa experience.

## Reservations

07 5551 0910

info@stephanieswellnessspa.com.au

@stephaniesluxuryspas

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## *Hydro Wellness Therapies*

**VICHY SHOWER HYDRO SUITE RITUALS, DUAL AND SINGLE SUITES AVAILABLE**

Drift away with these luxurious Vichy Shower hydrotherapy rituals which will provide you with an invigorating and relaxing water cleansing and combined spa experience. Our Vichy tables are hand made from 100% Acacia Cedar from the Northern Australian rainforests.

### *Hydro Wellness Ritual*

**90 MIN \$225**

**Skin Brushing • Vichy Shower Water Massage • 60 Minute Wellness Massage**

Surrender to the warmth of the Vichy rain shower experience. Simulating the feel of floating on water, this relaxing treatment can improve circulation, hydrate the body, reduce stress, and improve the vitality and elasticity of the skin. Your treatment ritual continues with a 60 minute Wellness Massage to invite rest, dissolve tension, and relax sore and tired muscles.

### *Spirit of Waialele*

**90 MINS \$255**

**Skin Brushing • Aromatic Body Exfoliation • Vichy Shower Water Massage and Hot Stones • Scalp Elixir • Petite Facial**

Hawaiian for “waterfall”, Waialele, is one of the spas signature rain therapy treatments.

The 90 minute journey of Waialele is pure bliss. Invigorating streams of water therapeutically cascade over weary muscles as your therapist performs relaxing water and hot stone massage to the back, neck and shoulders. The signature Spirit of Waialele treatment also includes an aromatic body exfoliation, a refreshing petite facial treatment and a nourishing scalp elixir to connect mind, body, and spirit.

### *Spa Awakening Ritual*

**2 HOURS \$305**

**Intention Ceremony • Lemon Myrtle Foot Immersion • Aromatic Body Exfoliation • Hydrostorm • 60 Minute Massage**

Inspired by Australian Native Botanicals, enjoy a signature aromatic body exfoliation made from organically sourced sugar from far North Queensland and healing cold pressed botanicals. Enjoy a cleansing Hydrostorm experience where micro water mists and Swiss shower jets wash away the sugar smoother, exposing beautiful soft skin. Melt tension away with our essential Wellness massage which combines soothing rhythmic strokes with Stephanies® signature blend.

# Exclusive to Stephanies® Vintage Spa

200 Middle Street, Cleveland

Tucked away in Cleveland's coastal community, this historical landmark pairs European elegance with a Hamptons restoration. Reimagined in 2007, these timeless Queensland cottages were built in 1852 and span over three spacious levels, overlooking an immaculate French provincial courtyard. The show-stopping interiors delight the senses with French chandeliers, stone fountain, cosy fireplaces, and verandah relaxation spaces.

With eight individual treatment suites, an infrared sauna, and a luxury Manicure and Pedicure lounge, Stephanies® Vintage Spa is the perfect destination for both wellness retreats and quick essential beauty needs.

## Reservations

07 3488 0300

info@stephaniesvintagespa.com.au

@stephaniesluxuryspas

## Infrared Sunlighten Sauna

**FROM 40 MINS \$40 PER PERSON**

Your health and holistic wellbeing are vital. Wellness is no longer a luxury - it is being infused into every aspect of our daily life as we seek new solutions to support our wellness goals. Our Infrared sauna is an effective tool for natural healing as the infrared light has the ability to penetrate our bodies at a cellular level and produce a range of health benefits.

### Infrared saunas may assist in:

Improving your overall health, healing and wellbeing

Relaxation

Anti-ageing

Weight loss

Recovery

Muscle healing

Improved circulation

Reducing chronic pain

Detoxification

**Add a new dimension to traditional wellness and optimise your health and wellbeing with our value session packs.**

**INTRO 3 PACK                      \$100**

**5 SESSION PACK                      \$160**

**10 SESSION PACK                      \$320**

## Stephanies® Signature Spa Shop

Stephanies® Signature Spa Shop combines old-world charm with a touch of modern decadence and European style. Spend some time with us and feel inspired...

Combining lifestyle and wellness to create a beautifully unique shopping experience, with a bespoke collection of homeware and gifts that inspire. Our carefully selected sensory spa collections, curated beauty and home fragrance provide the ultimate gift for happiness and home.

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# Exclusive to Stephanies® Urban Spa

77 Oxford Street, Bulimba

Originally founded by the award-winning Stephanies® Luxury Spa team and set amidst the leafy village atmosphere of Bulimba. Stephanies® Urban Spa is synonymous with breathtaking spa experiences and authentic skincare. The original Stephanies® spa has been offering guests exceptional beauty services, wellbeing retreats, and essential spa therapies for over two decades.

Inspired by Hamptons wellbeing retreats, our Urban Spa accommodates quick visits and full day getaways with all services encouraging relaxation, restoration, and peace of mind. With twelve individual therapy suites, including a couple's suite and luxury Manicure and Pedicure lounge, accommodates groups of up to five. The dedicated Medi Spa offers advanced, minimally invasive cosmetic procedures with no downtime ensuring that our Medical and Wellbeing specialists can further support your self-care journey.

## Reservations

07 3899 5333

info@stephanies.com.au

@stephaniesluxuryspas

## Medical Rejuvenation

Our experienced visiting doctor provides cosmetic and medical anti- ageing procedures. A combination of Anti-Wrinkle injections and Dermal Fillers can promote a refreshed rejuvenated appearance without compromising your natural facial expressions. Book a free consultation today and discuss your personal concerns and aesthetic goals.

### ANTI-WRINKLE MUSCLE RELAXANTS

Suitable for crows feet, brow lift, frown lines and horizontal lines.

|             |       |
|-------------|-------|
| Small area  | \$150 |
| One area    | \$280 |
| Two areas   | \$540 |
| Three areas | \$800 |

### DERMAL FILLERS

Suitable for lips, mouth, tear trough, nasolabial lines, temples, wrinkles and scarring.

|     |        |
|-----|--------|
| 1ml | \$700  |
| 2ml | \$1300 |
| 3ml | \$2000 |

### JAWLINE SLIMMING \$700

Reduce submental fat under your chin using a non-surgical neck lift alternative. Double Chin Fat Reduction injections are a prescription cosmetic medical treatment that can improve the appearance and profile of the chin, jawline and/or neck area.

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# Exclusive to Stephanies® Spa Retreat

Sofitel Brisbane Central • Level 3, 249 Turbot Street, Brisbane

Luxurious interior spaces, French sophistication and the finest of spa experiences breathe warmth and relaxation into each Stephanies® spa journey. Fusing bespoke rituals, our exquisite Opa Rasul Steam Temple and seven superbly appointed suites, with a dedicated room for two, make for a truly elegant and immersive spa journey.

## Reservations

07 3221 8800

info@stephaniessparetreat.com.au

@stephaniesluxuryspas

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# Hydro Wellness Therapies

## *Opal Rasul Steam Temple*

**Guided Exfoliation & Mud Mask Therapy • Detoxifying Steam • Rain Shower • Hydration**

An ancient wellness journey which melds the power of exfoliation, purifying mineral rich mud masks and steam to create an immensely popular spa experience for friends to enjoy together.

Surrender yourself to an immersive spa journey to reconnect both body and mind. Your therapist will expertly guide you through invigorating exfoliation techniques, to buff away dry skin and energise the body, before enveloping your body in our mineral rich face and body masks.

**PERFECT FOR UP TO THREE PEOPLE • 60 MINS OPAL RASUL STEAM TEMPLE EXPERIENCE**

**1 PERSON \$160**

**2 PEOPLE \$140 PER PERSON**

**3 PEOPLE \$120 PER PERSON**

## *Sensory Immersion Ritual*

**2 HOURS \$285**

**Guided Exfoliation & Mud Mask Therapy • Opal Rasul Steam Temple • Rose Petal Foot Immersion  
60mins Wellness Massage**

Experience individually or with a partner. Surrender yourself to an immersive spa journey to reconnect both body and mind. Your therapist will expertly guide you through invigorating exfoliation techniques, to buff away dry skin and energise the body, before you envelop your body in our mineral rich face and body masks.

Step inside the private Opal Rasul Temple and let the detoxifying warmth of the steam purify the body, whilst you enjoy the ambient lighting that guides you on a peaceful and meditative journey.

Awaken with the cooling mist and rain shower ritual before being joined by your spa therapist who will elevate your spa experience with a nurturing full body massage.

## *Immersion Bath Therapy*

Our Immersion Bath Therapy suite is only available to book in combination with any 60 minute treatment or more.

Prior to your treatment commencing, please select from our bespoke bath therapy menu and immerse yourself in one of our hand blended Stephanies® Botanical Body Soaks to create the ultimate sensorial bathing ritual.

**BATH SUITE 30 MINS \$70 INDIVIDUAL ONLY**



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## Exclusive to Stephanies® Mountain Spa

Mercure Clear Mountain Lodge • 564 Clear Mountain Road, Clear Mountain

Enter through the elemental lodge gates and the solitude and serenity await. Unparalleled views of the Australian landscape allow you to connect with self in nature for a truly immersive spa journey.

With six dedicated treatment suites, a private Hydrotherapy Bath and couple's suite, a triple treatment space, and the Grand Bordeaux suite with private lounge and stone bath, our Mountain Spa experience is a cosy nook that nurtures both body and mind.

### Reservations

07 3298 6622

info@stephaniesmountainspa.com.au

@stephaniesluxuryspas

## Hydro Wellness Therapies

### Steam Therapy Lounge

The perfect prelude to any of Stephanies® Spa Rituals.

This private, self-administered steam lounge experience has been architecturally designed to take you on a hedonistic escape. During your steam lounge session, exfoliate and purify the skin with a rejuvenating botanical body polish; to be enjoyed with the Hydro Swiss shower - uniquely designed with multiple massaging jets to invigorate and revive. Follow with a self-application of nourishing rich clays specifically for the face and body to support purification and detoxification. Retreat in the comfort and privacy of the steam lounge enjoy the cleansing breath of steam.

|                 |                |                        |
|-----------------|----------------|------------------------|
| <b>1 PERSON</b> | <b>60 MINS</b> | <b>\$95</b>            |
| <b>2 PEOPLE</b> | <b>60 MINS</b> | <b>\$85 PER PERSON</b> |

### Botanical Wellness Ritual

**2 HOURS \$200**

**Guided Exfoliation & Mud Mask Therapy • Hydro Swiss Shower • Steam Lounge • 60 Minute Wellness Massage**

Experience this self-administered treatment, as you exfoliate and purify the skin with a rejuvenating botanical body polish, then wash away stress and tension in our massaging Hydro Swiss shower. Your skin texture will be redefined and hydrated. A nourishing blend of rich clays masks are then applied to the body and to the face, before retreating in the comfort and privacy of the steam lounge. Further enhance your wellness journey with deeply relaxing 60 minute full body Wellness Massage.

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# Bath Therapies

## *Immersion Bath Therapy*

Our Immersion Bath Therapy suite is only available to book in combination with any 60 minute treatment or more.

Prior to your treatment commencing, please select from our bespoke bath therapy menu and immerse yourself in one of our hand blended Stephanies® Botanical Body Soaks to create the ultimate sensorial bathing ritual.

## *Bordeaux Suite*

**30 MINS \$70 PER PERSON**

The Bordeaux bath experience is a classical stone bath designed and inspired by traditional French bathing.

## *Hydrotherapy Spa Suite*

**30 MINS \$70 PER PERSON**

Designed for the romantic spa experience, the hydrotherapy suite offers you and your partner a luxurious private couples retreat. Immerse yourself in a warm, soothing, air injected hydro massage bath; designed to capture the breathtaking views of Clear Mountain's natural surrounds.

**Unparalleled views of the Australian landscape allow you to connect with self in nature for a truly immersive spa journey.**



## Exclusive to Stephanies® Ocean Spa

Peppers Noosa Resort & Villas • Little Hastings Street, Noosa

From the open high ceilings to the warmth of the natural wood finishes and lush botanicals throughout, you'll enjoy that tranquil, "hygge" feeling. The contemporary design of our retreat offers eleven wellness treatment rooms, including two couple suites and a signature triple suite, both encompassing stunning views into the Noosa Biosphere Reserve.

Synonymous for fusing bespoke rituals and water therapy, our Mineral flotation pool and private suite for three, Vichy shower and bathing rituals make for a truly immersive spa journey.

### Reservations

07 5473 5353

info@stephaniesoceanspa.com.au

@stephaniesluxuryspas

## Hydro Wellness Therapies

### *Hydro Wellness Ritual*

**90 MINS \$225**

**Skin Brushing • Vichy Shower Water Massage • 60 Minute Wellness Massage**

Surrender to the warmth of the Vichy rain shower experience. Simulating the feel of floating on water, this relaxing treatment can improve circulation, hydrate the body, reduce stress, and improve the vitality and elasticity of the skin.

### *Mind and Body Ritual*

**2 HOURS \$245**

**Mineral Flotation Pool • Rose Petal Foot Immersion • 90 Minute Wellness Massage • Head Massage**

Surrender to the therapeutic benefits of Mineral Flotation and Massage, designed to nurture, soothe, and enhance your physical, emotional and spiritual wellbeing.

### *Spirit of Waialele*

**90 MINS \$255**

**Skin Brushing • Aromatic Body Exfoliation • Vichy Shower Water Massage including Hot Stones • Scalp Elixir • Petite Facial**

Hawaiian for "waterfall", Waialele, is the spas signature rain therapy treatment. Hosted in the breathtaking and earthly Vichy suite. Invigorating streams of water therapeutically cascade over weary muscles as your therapist performs relaxing water and hot stone massage to the back, neck and shoulders. The signature Spirit of Waialele treatment also includes an aromatic body exfoliation, a refreshing petite facial treatment and a nourishing scalp elixir to connect mind, body and spirit.

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## Bath and Mineral Floatation Therapies

Our Immersion Bath Therapy suite is only available to book in combination with any 60 minute treatment or more. Prior to your treatment commencing, please select from our bespoke bath therapy menu and immerse yourself in one of our hand blended Stephanies® Botanical Body Soaks to create the ultimate sensorial bathing ritual.

### *Noosa Biosphere Bath Suite*

**30 MINS \$70 INDIVIDUAL ONLY**

Located in one of our twin suites, this natural timber bath experience is a breathtaking design, looking out into Noosa National Park.

### *Geisha Bath Suite*

**30 MINS \$70 INDIVIDUAL ONLY • \$100 COUPLE**

Designed for the romantic spa experience, the Geisha Spa Suite offers you a luxuriously appointed private couples retreat. Immerse yourself in the warm, soothing, air injected, hydro massage bath; designed to capture the essence of Noosa's natural surrounds.

### *Mineral Floatation Colour Therapy*

**30 MINS**

Float your troubles away by experiencing the ultimate in pure relaxation in our warm mineral floatation therapy suite. With your body free of gravity, you will be immersed in the soothing ambience of changing colours and will float effortlessly in nurturing temperatures of 35 degrees. Mineral floatation combined with healing colour therapy will instil a deep meditative state that will relieve stress, body aches and pains.

**\$70 INDIVIDUAL ONLY**

**\$100 FOR TWO PEOPLE**

**\$130 FOR THREE PEOPLE**

Floatation Therapy is the perfect wellness remedy for today's busy and stressful lifestyles. Our mineral floatation colour therapy suite has been custom designed to capture the natural green abundance of the Noosa Biosphere Reserve.

**TREATMENT AND MINERAL FLOATATION THERAPY SPA SUITE EXCLUSIVE TO STEPHANIES® OCEAN SPA.**

This weightless floatation spa therapy experience can be shared with a group of friends or individually. The suite offers a unique spa experience for those seeking to incorporate indulgent spa fun with health and wellbeing benefits. Let our spa and wellness team guide you on the perfect Stephanies® spa experience today.

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From the open high ceilings, to the warmth of the natural wood finishes and lush botanicals throughout, you'll enjoy that tranquil, "hygge" feeling.

## Stephanies® Loyalty Program

| REWARDS & BENEFITS                                  | WELCOME<br>\$0-\$499 | NURTURE<br>\$500-\$1999 | INSPIRE<br>\$2000+ |
|---|----------------------|-------------------------|--------------------|
| \$10 Reward when you spend \$150-\$349 in one day   | ✓                    | ✓                       | ✓                  |
| \$25 Reward when you spend \$350 or more in one day | ✓                    | ✓                       | ✓                  |
| \$10 Reward for your First Online Purchase          | ✓                    | ✓                       | ✓                  |
| Receive Invitations to Exclusive Events             | ✓                    | ✓                       | ✓                  |
| FREE Delivery for Online Orders                     | ✗                    | ✓                       | ✓                  |
| Reward Expiry (in Days)                             | 30 days              | 60 days                 | 90 days            |
| Birthday Reward                                     | \$10                 | \$25                    | \$50               |
| Tier Entry  | ✗                    | \$25                    | \$50               |
| Tier Anniversary                                    | ✗                    | \$25                    | \$50               |
| Surprise & Delight Gifts and Spa Experiences        | ✗                    | ✓                       | ✓                  |

## Stephanies® Gift Cards & Instant Gift Cards

Create unforgettable memories with a Stephanies® Spa Gift Card. Stephanies® Spa Gift Cards are redeemable at any of our spa destinations. All Stephanies® Gift Cards have a 3 year expiry from date of purchase. Stephanies® Spa Gift cards purchased for promotional offers are valid to the expiry date, as advertised in the terms and conditions of offer, after this time it reverts to a dollar value which is valid for 3 years.

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# How to Spa

## STEPHANIES® BOOKING POLICY

Cancellations, rescheduling or changing your spa bookings are free of charge if made 24 hours in advance. A credit card number is required at the time of booking to secure your spa appointment. If you fail to show for your appointment without 24 hours notice to Stephanies®, the total treatment cost will be charged to your credit card.

## SPA PARTIES & GROUP BOOKINGS

Stephanies® Social Spa is a fun way to connect with your tribe and create a social celebration with friends, family or colleagues. Put social back into spa with our carefully curated spa experiences or create your very own bespoke ritual from our beautifully crafted spa menu, capturing the unique offerings available to you across our collection of luxury destinations.

For group bookings of five (5) or more guests, we require a 50% deposit made via credit card or EFT or a gift voucher number to the equivalent value. Deposits are required at least 7 days prior to the booking date.

For group bookings of five (5) or more, we request 7 days notice for cancellations. Less than 7 days notice: 100% deposit or 100% of gift voucher value will be charged. The spa will charge the full cancellation amount for late cancellations or no shows on the day of your appointment

## HEALTH & WELLNESS

The wellbeing of our guests and staff is our priority. Please take the time to read our Health & Wellness statement and Stephanies® COVID-19 protocols, that we have implemented across our spa destinations. You can find these at [www.stephanies.com.au](http://www.stephanies.com.au)

## SPA ARRIVAL

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your spa treatment time. This will allow time for you to complete your Health and Wellbeing form, change and relax prior to your spa treatment. For social distancing please keep 1.5 metres between other spa guests.

## WHAT HAPPENS IF I'M LATE?

Arriving late will limit the length of your spa treatment and unfortunately lessen your time spent with us. Treatments will always conclude as scheduled to therefore not delay and inconvenience our next spa guests.

## SPA PARKING

Parking is available at all Stephanies® spa locations, however is subject to availability; special parking conditions may apply, see below.

**Stephanies® Wellness Spa Q1 Resort & Spa** has a visitor car park, located underneath the Q1 resort. The visitor car park is complimentary and open daily. Visitors must park their car in a Q1 Resort signed park and register their car with Q1 reception to collect a parking pass if parking for more than two (2) hours.

**Stephanies® Vintage Spa** Parking is complimentary for all Stephanies® guests in our spa car park beside the gift shop or off street parking.

**Stephanies® Urban Spa** Parking is complimentary for all Stephanies® guests, parking is behind the spa from the Love Street entry or off street parking is available, please allow time to park on busy Oxford Street.

**Stephanies® Spa Retreat** Parking is complimentary within Sofitel Brisbane Central with all appointments of three (3) hours in duration or more. Under three (3) hours a subsidised parking fee of \$10 will be incurred. The Spa is located on the Pool Terrace Level 3, within the hotel.

**Stephanies® Mountain Spa** Parking is complimentary for all Stephanies® guests within the designated Mercure Clear Mountain parking areas.

**Stephanies® Ocean Spa** Parking is complimentary within Pepper Resort and Villas. The Spa is located in the Sunrise Building, Level 2. Daytime entry is via 33a Viewland Drive between 7am - 7pm. Night time entry is between 7pm - 7am, via Hastings Street and 5 Morwong Drive. If you are in Hasting Street, there is a buggy that will take up to the Spa.

## MEDICAL CONDITIONS

Please inform spa reservations of any health concerns that you may have when making your booking and when completing your Health and Wellbeing form. This allows us to design a suitable treatment plan for your specific needs. Some spa therapies may be contraindicated due to certain medical conditions or medications you may be taking. You may also be asked to seek prior approval from your health care practitioner before your appointment if you are undergoing medical treatment.

## PREGNANCY

Second trimester in your pregnancy is the safest time to enjoy pregnancy specific massages and body therapies. There may be some water therapies that you will not be able to experience throughout your pregnancy. However, you can relax and enjoy some bespoke Facial Therapies along with Hand and Foot Therapies at any time during your pregnancy. Please inform our spa reservations at time of booking regarding your pregnancy. We are happy to recommend our Mother and Baby Therapies or a suitable alternative.

## MEDICAL REJUVENATION

Medical rejuvenation services are available at Stephanies® Urban Spa. We have a highly skilled Medical Practitioner that can expertly perform anti-wrinkle injections and skin rejuvenation treatments. We offer an integrative approach to achieve natural looking results and optimum skin health.

## SPA VALUABLES

Treatments are conducted free of jewellery, please leave any valuable items in your hotel room or at home. Lockers are provided in the change rooms.

## GENDER PREFERENCE

We have both male and female professional therapists, so if you have a preference, please let us know when you make your reservation.

## SPA ATTIRE AND PREPARATION

If having Foot Therapies, please remember to bring open toed shoes to keep your polish fresh and neat. For our male guests, it is recommended you shave prior to any Bespoke Facial Therapies. Our spa footwear is not for you to keep upon completion of your treatment.

## AGE LIMITATION

Stephanies® welcomes guests aged 4 to 16 years to enjoy our Family Friendly packages. Parents and guardians are required to join these treatments to share in the spa experience.

## SPA ENVIRONMENT

We strive to provide you a relaxing and tranquil environment, so we respectfully request that you switch off mobile phones. Your co-operation in providing a quiet environment is greatly appreciated. Remember this experience is yours. Please let us know if you would like to adjust massage pressure, music volume, lighting levels or temperature at any time during your treatment.

## TERMS & CONDITIONS

Stephanies® Luxury Spas reserves the right to amend any prices and treatments at any time.

## PUBLIC HOLIDAY SURCHARGE

Public holidays are subject to a 18% surcharge.

# Stephanies® Destinations

## Stephanies® Ocean Spa

Peppers Noosa Resort & Villas  
07 5473 5353  
info@stephaniesoceanspa.com.au  
Little Hastings Street  
Noosa Heads QLD 4567  
@stephaniesluxuryspas

## Stephanies® Urban Spa

07 3899 5333  
info@stephanies.com.au  
77 Oxford Street  
Bulimba QLD 4171  
@stephaniesluxuryspas

## Stephanies® Spa Retreat

Sofitel Brisbane Central  
07 3221 8800  
info@stephaniessparetreat.com.au  
Level 3, 249 Turbot Street  
Brisbane QLD 4001  
@stephaniesluxuryspas

## Stephanies® Mountain Spa

Mercure Clear Mountain Lodge  
07 3298 6622  
info@stephaniesmountainspa.com.au  
564 Clear Mountain Road  
Clear Mountain QLD 4500  
@stephaniesluxuryspas

## Stephanies® Vintage Spa

07 3488 0300  
info@stephaniesvintagespa.com.au  
200 Middle Street  
Cleveland QLD 4163  
@stephaniesluxuryspas

## Stephanies® Wellness Spa

Q1 Resort & Spa Surfers Paradise  
07 5551 0910  
info@stephanieswellnessspa.com.au  
9 Hamilton Avenue  
Surfers Paradise, QLD 4217  
@stephaniesluxuryspas

## Stephanies® Head Office

07 3171 2288 or 1300 DAY SPA  
reservations@stephanies.com.au  
5/58 Metroplex Avenue  
Murarrie QLD 4172  
www.stephanies.com.au  
@stephaniesluxuryspas

