



PERTH

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.



## YOUR WELL BEING IS OUR PRIORITY

A mandatory online Health Questionnaire must be filled prior to the commencement of your spa experience.

At Crown Spa, we pride ourselves on providing the highest level of care and safety for our guests. We are only able to perform treatments on expectant mothers during the second and third trimester of a pregnancy to ensure the safety of both mother and baby. If you are undergoing intensive medical treatment or have a serious health condition, we kindly request that you let us know before booking and provide a written authorisation from your doctor. This helps us ensure your comfort and safety and allows our therapists to tailor your experience with care and consideration.

## SPA ETIQUETTE

We highly recommend guests to book in advance to secure your preferred reservation time and date. All appointments must 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.

Crown Spa is not liable for any lost property. You are requested to use the locker provided to hold your valuables and belongings and remove them when departing 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 salon service bookings.

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



## 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 eliminates toxins.

The therapeutic rain shower will stimulate the senses and finally our vitality pool is the perfect refuge for tired bodies.

The Aqua Retreat truly offers exceptional wet facilities to complement your Crown Spa treatment.

The Aqua Retreat is complimentary to guests with treatments of an hour or longer.







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.

From  
\$520 - 2 hours 30  
minutes

### 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.

2 hours with Savasana \$520

2 hours 30 minutes with Shirodhara \$550

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

### 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.

From  
\$520 - 2 hours

### SOUND JOURNEY

Allow yourself to surrender to a deep state of relaxation through sounds and vibration with a Sound Journey at Crown Spa. Thereapeutic singing bowls are placed on and around your body and are activated with healing sounds and vibrations. Experience profound release of stress and emotions as the vibrations spread in concentric waves throughout your body, like ripples in water. The sounds and vibrations assist to calm, tune and align, creating space to rest and restore.

From  
\$250 - 1 hour

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

## MUSCLE DESTRESS PODI 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 full body tension relieving Blissful Marma Massage with a therapeutic aromatic oil blend. This signature combination of therapeutic massage techniques at various levels of pressure enables a deeper state of relaxation and repair.

From  
\$520 - 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  
\$430 - 1 hour







SPA TREATMENTS



## PACKAGES

### RESTORE

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 your being.

From  
\$660 - 3 hours

### REJUVENATE

A bespoke package that commences with dry skin body brushing to exfoliate and stimulate the lymphatic system. This is followed by a deeply relaxing hot stone massage, best known for its tension releasing benefits through heat. Complete the full body experience with KNESKO's unique GEMCLINICAL® gemstone infused collagen mask collection. This hydrating reiki charged skincare aims to connect and balance as you receive a white jade roller face massage. A specially crafted face and body experience that will leave you with a profound sense of rejuvenation in body, mind and spirit.

From  
\$550 - 2 hours

### REVIVE

A package that includes our most popular Blissful Marma Massage using the Revive blend rich with uplifting ingredients of Himalayan Cedarwood and Limbu. Your massage is seamlessly combined with the Vegan Collagen facial that provides deep hydration, with its transformative power of vegan collagen reviving your skin's youthful elasticity and plumpness. Unlock a radiant, age defying complexion by harnessing the latest in biotechnology with vitamin-rich actives such as Kakadu Plum and Ashwagandha.

From  
\$520 - 2 hours

### PURIFY

Experience a purifying body treatment with a full body exfoliation 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  
\$520 - 2 hours

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

## SUBTLE ENERGIES FACIALS

### ADVANCED BIOTECH FACIAL

A multifaceted facial with a layering technique that incorporates four cutting edge formulations that will provide you with deep hydration, enhanced collagen and cell renewal, and promote an overall radiance leaving your skin extra plump and with a youthful glow. This elevated Subtle Energies facial draws upon the latest in biotech natural \*actives. Including a Pomegranate Enzyme Mask, a Vegan Collagen serum paired with fermented actives and Vitamin C rich extracts, Multimolecular hyaluronic acid which is a next generation broad spectrum solution that locks in moisture through multiple target layers of the skin, an Ultra Low Hyaluronic Acid that targets deeper still and increases the permeability and assists infusion of other actives.

From 550 - 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.

### 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.

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

From  
\$550 - 1 hour 30 minutes

From  
\$350 - 1 hour  
\$400 - 1 hour 30 minutes

From  
\$290 - 1 hour





## SUBTLE ENERGIES FACIAL ENHANCEMENTS

### ULTRA LOW MOLECULAR HYALURONIC ACID VIAL

An enhancement exclusive to our Subtle Energies facials to provide turbo boost hydration and permeability of other ingredients, improving skin elasticity, and promoting skin regeneration and collagen synthesis.

Additional  
\$50

### MULTI MOLECULAR WEIGHT HYALURONIC ACID SERUM

A new generation of Hyaluronic Acid that has been bio fermented allowing a broad range of molecular weight and targeted skin absorption. Combined with pomegranate extract and kakadu plum known to increase elasticity, this serum, helps improve skin tone and moisture levels in the skin whilst promoting the absorption of other actives.

\$50

### VEGAN COLLAGEN SERUM

Smooth, plump and replenish your skin instantly by using cutting edge biotech to mimic human collagen via natural animal-free methods. Combined with potent plant extracts such as kakadu plum, ashwagandha and bacillus ferment known to restore and strengthen skin integrity.

\$60

### POMEGRANATE ENZYME MASK

An advanced exfoliating mask, using a phyto-active complex of activated pomegranate enzymes and natural AHA's known to gently exfoliate the top layer of skin, removing impurities and revealing brighter fresher skin.

\$50



## /SKIN REGIMEN/Lx

### THE LONGEVITY FACIAL BY /SKIN REGIMEN/Lx

The Longevity facial by /Skin Regimen/Lx, offers long-term skin health and longevity through advanced, results-driven formulations. Using our 3-step regimen of Detox, Power and Treat, this facial maximises the benefits of our Longevity Complex™ formula, clinically proven to enhance hydration, skin firmness, elasticity, smoothness, and luminosity.

Your therapist will personalise your treatment with a specific proposal united by high concentrations of natural and high-tech active ingredients, deep tissue revitalization through intensive massage techniques, and modern tools that support reoxygenation and muscle repositioning.

You can enhance your facial with a Longevity Shot which further boosts the brightening and plumping effect.

From  
\$400 - 1 hour 30 minutes

From  
\$50





## COMFORT ZONE

### HYDRAMEMORY FACIAL

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. With its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from regenerative agriculture, this facial will deliver instant hydration and radiance for a healthy dewy look.

Our Prickly Pear bio active ingredient is brought to you, using SKIN-ADAPTIVE™ HYDRATION is an innovative strategy that uses the synergy of biomimetic textures – highly concentrated with ingredients of natural origin and designed to support the skin's functionality – with bioactive ingredients that influence its ability to adapt to the external environment.

From  
\$290 - 1 hour



### BODY STRATEGIST

A smoothing, renewing and regenerating treatment for restored tone, elasticity and hydration. The body treatment commences with a peel, followed by a nutritional mask. An invigorating and tightening massage using body strategist tone shot ampoules, oil and cream completes the experience.

The Body Strategist renews, reshapes, and tones with highly concentrated skin care formulas. Polyhydroxy Acids and Natural Jojoba spheres stimulate skin renewal. High concentrations of Caffeine and Microalgae eliminate fat accumulation and facilitate reshaping and remodelling, while Organic Tamanu Oil fosters a firmer, younger-looking body skin tone.

From  
\$350 - 1 hour 30 minutes



## 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  
\$380 - 1 hour 30 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  
\$380 - 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, 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.

### RELAXATION

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

From  
\$275 - 1 hour  
\$350 - 1 hour 30 minutes

### THERAPEUTIC

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching.

From  
\$275 - 1 hour  
\$350 - 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.

From  
\$275 - 1 hour  
\$350 - 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  
\$350 - 1 hour 30 minutes

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

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

## PREGNANCY

Our range of pregnancy treatments are the perfect way to pamper a mother to be! Crown Spa is only able to perform treatments on expectant mothers during the second and third trimesters of a pregnancy to ensure the safety of both mother and baby. Please note that for guests in their 3rd trimester, a medical certificate from your doctor approving treatment is required. For further questions please call reception on (08) 9362 8533.

### PREGNANCY MASSAGE

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

From  
\$300 - 1 hour

### GLOWING MUM-TO-BE

For complete pampering unwind with our 60 minute pregnancy massage along with a Subtle Energies Advanced Antioxidant facial to ensure you leave feeling refreshed and glowing.

From  
\$450 - 1 hour 30 minutes

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

## ESSENTIAL MANICURE

Soothe and moisturise your arms and hands with an Essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a blissful hand massage and nail polish application.

Shellac Removal 30 minutes \$50

From  
\$180 - 1 hour

## ESSENTIAL PEDICURE

Soothe and moisturise your legs and feet with an Essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a blissful foot massage and nail polish application.

Shellac Removal 30 minutes \$50

From  
\$195 - 1 hour 15 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  
\$185 - 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  
\$185 - 30 minutes

HEAD, NECK AND SHOULDER MASSAGE

This deeply relaxing treatment uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding. A combination of pressure point massage and stretches with traditional massage techniques will leave you with clarity and focus, whilst rejuvenating the scalp and releasing tension in the neck and shoulders.

From  
\$175 - 30 minutes

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

RELAXING FOOT MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment. 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

ENHANCEMENT FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. A signature facial Marma massage leaves your skin rejuvenated.

From  
\$185 - 30 minutes

PRIVATE SPA TIME

Enhance your treatment experience by upgrading for a private spa time in the luxury of our Indulgence Suite. This includes a spa bath and private steam shower.

From  
\$150 - 30 minutes

KNESKO MASK COLLECTIONS

Enhance select massages with KNESKO's GEMCLINICAL® gemstone infused collagen mask collection. Aimed to elevate your experience, hydrate and restore your skin with a face mask whilst receiving your massage.

From  
\$45

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



FOR HIM

DEEP TISSUE MASSAGE

A firm massage that works on deeper muscles of the body to loosen high tension and stressed areas.

From  
\$275 - 1 hour  
\$350 - 1 hour 30 minutes

A DAY FOR HIM

For the active man to the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well being journey.

From  
\$520 - 2 hours

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

ESSENTIAL 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  
\$180 - 45 minutes

ESSENTIAL PEDICURE

Soothe and moisturise your legs and feet with an essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a relaxing foot massage.

From  
\$195 - 1 hour

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



BEAUTY

WAXING AND TINT

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 \$50

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

NAILS

ESSENTIAL MANICURE

Soothe and moisturise your arms and hands with an Essential  
manicure. All hand treatments include nail shaping and cuticle  
conditioning complete with a blissful hand massage and nail  
polish application.

From  
\$180 - 1 hour

Shellac Removal 30 minutes \$50

ESSENTIAL PEDICURE

Soothe and moisturise your legs and feet with an Essential  
pedicure. All foot treatments include nail shaping and cuticle  
conditioning complete with a blissful foot massage and nail  
polish application.

From  
\$195 - 1 hour 15 minutes

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





CROWN SPA PERTH  
GROUND LEVEL CROWN TOWERS PERTH  
GREAT EASTERN HIGHWAY PERTH WA 6100  
TELEPHONE +61 8 9362 8533 [CROWNSPA@CROWNPERTH.COM.AU](mailto:CROWNSPA@CROWNPERTH.COM.AU)  
[CROWNSPAPERTH.COM.AU](http://CROWNSPAPERTH.COM.AU)