



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.

## 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.





SPA TREATMENTS

## MASSAGES

### 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  
\$220 - 1 hour  
\$295 - 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  
\$280 - 1 hour  
\$320 - 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  
\$240 - 1 hour  
\$310 - 1 hour 30 minutes

### 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.

From  
\$230 - 1 hour  
\$300 - 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  
\$310 - 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.

## 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  
\$475 - 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  
\$600 - 3 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  
\$475 - 2 hours

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



## LA PRAIRIE FACIALS

### CAVIAR LIFT FACIAL

Experience pure luxury with a treatment that instantly firms the skin and perfects its tone and texture. Your skin will feel reborn when La Prairie Skin Caviar Liquid Lift is applied to the face and eye area using warm globes, followed by a relaxing massage. This decadent treatment will transform even the duller complexions into radiant, luminous skin.

From  
\$420 - 1 hour 30 minutes

### PURE GOLD RADIANCE FACIAL

The golden drops of La Prairie's Pure Gold Radiance Concentrate visibly lifts, firms, and brightens the skin. Gentle heat and specially selected masks help to enhance the penetration of precious Pure Gold serum, smoothing the skin, leaving it vibrant and radiant.

From  
\$420 - 1 hour 30 minutes

### WHITE CAVIAR ILLUMINATING FACIAL

This luminous La Prairie treatment drenches the skin with moisture while fulfilling a promise to brighten and firm with exquisite caviar properties. Finishing with a pampering massage, the skin's translucency is restored and you're left with a glowing complexion.

From  
\$380 - 1 hour 30 minutes

### SKIN CAVIAR ESSENTIAL FACIAL

This result driven treatment infuses pure luxury with the decadence of caviar using La Prairie's iconic Skin Caviar collection. Experience the legendary lifting and firming of caviar, including La Prairie's signature eye and face massage to create deeply hydrated, nourished and glowing skin.

From  
\$350 - 1 hour

### 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 aging.

From  
\$700 - 1 hour 30 minutes

### PLATINUM RARE ESSENTIAL FACIAL

The Platinum Essential Facial merges high performance pampering with Platinum's unique age defying technology. This treatment takes the classic facial and turns it into a sumptuous top-to-toe experience using La Prairie's Platinum Rare collection. Indulge in the ultimate in luxury and rejuvenation and discover firm, youthful and radiant skin with the pure incandescence of Platinum.

From  
\$480 - 1 hour

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.

## SUBTLE ENERGIES FACIALS

### ADVANCED ANTIOXIDANT FACIAL

Designed for 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  
\$250 - 1 hour  
\$300 - 1 hour 30 minutes

### HOLISTIC AGE-DEFYING FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this customised facial delivers a unique anti-ageing treatment experience. The signature facial Marma massage reduces stress and anxiety whilst restoring cellular radiance and leaving the skin visibly smoother.

From  
\$250 - 1 hour  
\$300 - 1 hour 30 minutes

### HOLISTIC CUSTOMISABLE 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. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

From  
\$250 - 1 hour  
\$300 - 1 hour 30 minutes

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



## ENHANCEMENTS

### RASAYANA DETOX BODY BUFF

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

From  
\$175 - 30 minutes

### HIMALAYAN ENERGISING BODY POLISH

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

From  
\$175 - 30 minutes

### 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

### 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.

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  
\$175 - 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  
\$120 - 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.

## SUBTLE ENERGIES BODY TREATMENTS

### RASAYANA DETOX BODY WRAP

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

From  
\$280 - 1 hour 15 minutes

### PEARL INFUSED REMINERALISING BODY MASK

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

From  
\$310 - 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.



## FOR HIM

### SKIN CAVIAR ESSENTIAL FACIAL

This luxurious express La Prairie 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  
\$350 - 1 hour

### 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  
\$250 - 1 hour  
\$300 - 1 hour 30 minutes

### DEEP TISSUE MASSAGE

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

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

### GROOMING SERVICES

Hair Cut | Beard Trim | Waxing | Colour Services

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

### 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  
\$475 - 2 hours

### 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  
\$160 - 45 minutes

### 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  
\$175 - 1 hour

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

## PREGNANCY

### 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  
\$230 - 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  
\$400 - 1 hour

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

### 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  
\$250 - 1 hour

### 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  
\$350 - 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 (\$570).

From  
\$410 - 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  
\$430 - 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 (\$505).

From  
\$410 - 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 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 your vital energy completes the journey.

Continue your treatment at home and purchase the Sleep Support prescription kit (\$550).

From  
\$410 - 2 hours

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

From  
\$490 - 2 hours

### SHIRODHARA

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  
\$410 - 1 hour

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



BEAUTY

## HAIR, WAXING AND TINT

### HAIR

Ladies Cut Including Blow Wave	From \$100
Mens Cut	From \$130
Fringe Trim	From \$25
Children's Cut (12 Years and Under – Excludes Wash and Blow Wave)	From \$40

### HAIRSTYLING

Blow Wave	From \$75
Classic Hair Up (Wash Not Included)	From \$100
Creative Styling (Wash Not Included)	From \$150
Hair Piece and Extension Services	From \$115 From \$50

### COLOUR

Highlights	From \$105
Semi Colour	From \$70
Tint (Re-growth)	From \$130
Toner Application	From \$115
Concentrate/Booster Treatments	From \$40
Smartbond Treatment	From \$280

### 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.

## MAKEUP AND 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 \$160 - 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 \$175 - 1 hour 15 minutes
---	-----------------------------------

Shellac Removal 30 minutes \$50

### MAKEUP

Full Application	From \$100
Temporary Eyelash Application	From \$45
Bridal Parties Hair and Makeup	POA

### SPRAY TAN

Naked Tan is the global pioneer of the two hour tan and is made from all natural ingredients. The Naked Tan spray tanning formulation wash 'n' wear in two hours is enriched with aloe vera for moisture, contains organic DHA, no parabens, no alcohol and is odour-free and interacts with the skin naturally. The divine aroma of coconut and vanilla bean with a hint of bliss is inspiring.	From 30 minutes
--	--------------------

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.





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)