



*Halcyon Spa*

## HALCYON SPA



Set against the luminous Pacific Ocean on the northern coast of New South Wales, Halcyon Spa offers a luxurious sanctuary with stunning treatment rooms, a tranquil relaxation area, full amenity change facilities and a unique dome-shaped steam room. Our boutique space, located on the ground floor, has been carefully curated with a selection of fashion, wellbeing and skincare items to charm the heart.

At Halcyon Spa, we focus on your inner and outer well-being with a holistic approach to uniting mind, body and spirit. We offer personalised spa journeys using products from iconic Australian skincare brand Sodashi.

From soul-soothing treatment rituals to O Cosmedics active-peel facial therapy, along with traditional beautifying services, Halcyon Spa offers guests relaxation and renewal in a tranquil seaside environment.

## SODASHI FACIAL THERAPY



*Harnessing the power of nature with Sodashi products, our customised facial treatments will move your skin toward balance to reveal its natural beauty.*

### MANKIND FACIAL

60 minutes — \$165

Designed to treat specific skin concerns of men, this treatment begins with a relaxing Sodashi Himalayan salt therapy back massage to ease stress and reduce tension in the mind and body. A deep cleansing and exfoliating facial balances the skin's natural oils and assists in preventing ingrown hairs, while Sodashi's soothing mists with woody aromas de-sensitise the skin. The treatment closes with a relaxing facial massage to tone and firm facial muscles, leaving the face looking fresh and revitalised.

### THERMAL INFUSING FACIAL

90 minutes — \$235

An intensive boost of nature's most potent vitamins and minerals. This indulgent treatment is tailored to individual skin needs, to purify and deeply cleanse or nourish, leaving skin hydrated and toned. Sodashi's special warming infusing mask with volcanic clay, maximises penetration of essential ingredients into the deep layers of the skin, restoring forgotten elasticity and radiance. This is more than a facial – it's nature's face-lift.

### HALCYON SIGNATURE RADIANCE FACIAL

60 minutes — \$165

Unveil glowing skin with a facial tailored to your specific skin type. Your skin will feel calm, hydrated and radiant as a result of layering Sodashi's finest plant essences designed to soothe and replenish. Including an indulgent facial massage and mask, the results are impressive as your complexion regains a natural radiance.

### SAMADARA ULTIMATE AGE-DEFYING FACIAL

105 minutes — \$300

Beyond a facial, the Samadara™ Ultimate Age-Defying Facial will leave your skin glowing. Using a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions, the skin will be reawakened and reach its own natural healing potential. Transform your skin with this intensely hydrating and nourishing treatment that increases firmness and elasticity, diminishes the appearance of fine lines and restores a youthful glow. Madagascan rose quartz crystals are used to enable the powerful Samadara™ Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

## O COSMEDICS FACIAL THERAPY



*Australian made and engineered, providing skin health, transformation and ultimate radiance.*

Combining the very best of nature and medical science, O Cosmedics offers the latest cutting edge cos-medical high performance technology available.

From gentle enzyme peels for the most sensitive skin, to powerful infusing peels, O Cosmedics works on the skin's conditions like pigmentation, ageing, thickened skin, hormonal, stress breakouts and acne.

Offering solutions to repair, rejuvenate and stimulate cellular activity and using only superior formulations blended harmoniously with nature, O Cosmedics chiral technology targets the skin's DNA & supports the transportation of active ingredients into the deeper layers of the skin.

### PRO DERMAL CORRECTIVE TREATMENT

45 minutes \$130 — 60 minutes \$165

Every treatment is personalised to match your skin type and individual requirements. Your customised facial commences with an antioxidant-rich cleanse followed by a 3 in 1 fruit peel mask to prepare your skin for a corrective peel to boost cellular performance and restore normal skin function. An alginate mask will soothe and cool, to leave you feeling refreshed and hydrated. Our 60-minute facial option also includes a facial massage for the perfect balance of correction and relaxation.



## MASSAGE THERAPY

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*Massage encourages your body and mind to deeply relax while also assisting in the release of muscular tension. Complete with our Halcyon Spa custom aromatherapy oils, your massage journey is customised to relax, detoxify, relieve tension, or to simply comfort.*

### HALCYON RELAX MASSAGE

60 minutes — \$160 / 90 minutes — \$220

Based on traditional relaxation massage techniques this gentle full body massage is designed to relieve the body of built up tension, soothe the nervous system and restore energy flow. Using an essential oil blend of your choice, this treatment promises to rejuvenate and rebalance.

### TENSION RELEASE MASSAGE

60 minutes — \$170 / 90 minutes — \$225

Combining the therapeutic benefits of essential oils with firm, soothing massage techniques, your therapist will focus on releasing built up tension. This massage is a cure-all.

### PREGNANCY MASSAGE

60 minutes — \$170

A gentle nurturing, safe and immensely enjoyable massage designed for new mums and mums-to-be. As well as being an exquisite treat, this therapeutic massage helps reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, and increase blood and lymph flow.

### ESSENTIAL HEALING MESSAGE

60 minutes — \$170 / 90 minutes — \$225

A massage as individual as you are. Our holistic massage practitioners tailor your massage to what you most need in the moment. Our team has a variety of massage modalities, and we'll pair you with someone magical to create your perfect therapeutic experience.

### LAVA SHELL MESSAGE

60 minute \$180 / 90 minute \$235

This massage experience features self-heating natural tiger clam shells - sustainably collected from the SouthPacific and lava gels containing minerals, algae and dead sea kelp. The lava shells expel heat that increases through the massage to open pores and detoxifying skin while soothing muscles, easing tension, and reducing aches and pains.







## BODY THERAPY



*Revitalise your body with these all-over body treatments designed to reveal healthy, radiant skin. Allow the restorative and reviving botanical extracts of the Sodashi range to cleanse, smooth and reinvigorate your skin with time-honoured, therapeutic techniques.*

### PURIFYING BODY BOOST

90 minutes — \$225

This truly purifying treatment begins with an invigorating body exfoliation using Sodashi Body Balance Salt Therapy Exfoliant to soften the skin and stimulate circulation. Sodashi's natural purifying and detoxifying mask is then applied to the whole body, to relieve sluggishness and congestion, and help remove unwanted toxins. The purification process is enhanced by a full body application of an enlivening body moisturiser.

### NOURISHING BODY BOOST

90 minutes — \$225

Start with a Jojoba Bead Body Polish to exfoliate and cleanse the whole body. Then a nurturing full body mask made from pink clay, rich in herbal extracts, cocoons your body to nourish, firm and tone the skin while your therapist delivers a relaxing scalp massage. Finishing off with an application of body cream with jasmine and rose to seal in nourishment. This decadent treatment is safe and effective during pregnancy.

### BODY BALANCE SALT GLOW

60 minutes — \$165

Bring the body back into balance with the application of warm soothing oils, followed by an invigorating exfoliation, using Himalayan salt and plant essence therapy. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following periods of travel or strenuous exercise. A perfect addition to any full body massage.

### SMOOTHING JOJOBA POLISH

60 minutes — \$165

This gentle skin-softening body exfoliation treatment uses jojoba beads to remove dead skin cells while oxygenating the skin. A full body application of aromatic body cream will leave your skin nourished and refreshed, while uplifting, comforting and balancing the mind and spirit. Effective, but still gentle enough for sensitive skin and during pregnancy.

## ADDITIONAL INDULGENCES



*Add one or more of these indulgences to any spa treatment or combine them to create your ultimate rejuvenating experience.*

### SCALP & HAIR TREATMENT

*30 minutes — \$110 / add-on — \$100*

A moisture-rich scalp mask with jojoba oil and rosewood is massaged over the scalp, releasing pressure and nourishing the hair follicles to protect the hair and scalp from damage caused by the sun and sea. The application of a steamy aromatic head wrap allows the mask to penetrate the hair and scalp while you're treated to a deeply relaxing neck and shoulder massage.

### REFRESH FACIAL

*30 minutes — \$110 / add-on — \$100*

Using only natural ingredients sourced from the earth and sea, including extracts and essential oils of the purest and highest grade, this express treatment will boost your complexion with a facial cleanse, unique exfoliating compresses, aromatic hydrating mist and a firming leave-on gel mask. Your treatment will be completed with a hydrating moisturiser especially suited to your skin's needs. To create complete indulgence, combine this Sodashi facial with a body treatment.

### ENLIVENING FOOT TREATMENT

*30 minutes — \$110 / add-on — \$100*

Inspire your feet and lower legs with a sensory overload. Your treatment commences with an invigorating foot bath and sea salt polish. A massage with essential oils of arnica, lavender and peppermint will stimulate circulation to cool and sooth tired, aching feet, leaving you in a blissful state of relaxation.

### SOOTHING HAND TREATMENT

*30 minutes — \$110 / add-on — \$100*

This nurturing anti-aging treatment starts with warm aromatic compresses, followed by a jojoba bead exfoliation. A luscious massage using a blend of healing essences including lavender, geranium and lemon completes this nourishing and soothing experience for your hard-working hands.

### PRECISION MESSAGE

*30 minutes — \$110 / add-on — \$100*

If you have a particular area that seems to carry more of the tension load, or even a favourite massage sweet spot, then you will love this targeted massage. Choose one or two areas that you would like treated and that's where your therapist will focus all their care and attention.

## SPA RITUALS FOR TWO



*These rituals have been designed for two and take place in our decadent couple's suite. You're both destined to emerge feeling deeply relaxed, comforted and connected.*

### OCEAN DELUXE

*90 minutes — \$245 per person*

Our 90-minute ritual for two, provides shared relaxation time. Combining skilful touch and a choice of restorative aromatherapy oil blends, we'll commence with a 60-minute massage of your choice, followed by any 30-minute additional indulge of your choice. Designed to relax and bring your bodies back into balance.

### SUITE DREAMS

*150 minutes — \$360 per person*

This dreamy package designed for two, will take you on a mind melting journey, which includes a 60-minute full body massage followed by our Signature Radiance Facial. To finish, you'll each choose either a Scalp and Hair Treatment, Soothing Hand Treatment or Enlivening Foot Treatment – the choice is yours. Two and a half hours of total bliss!

## HALCYON JOURNEYS



*Ritualistic nurturing delivered by masterful therapists, these harmonious spa journeys comprise thoughtfully curated treatment combinations to deliver a balance of inner bliss and ultimate therapeutic benefits. Select a favourite journey or allow us to customise your very own.*

### LESSE EXPRESS FACIAL & THERMAL RASUL BACK TREATMENT

60 minutes — \$190

Indulge in a combined facial and back treatment featuring organic skin brand Lesse and the heating benefits of rasul powder.

- Rasual mud application to back
- Soothing 25 minute Lesse express facial
- Relaxing 20 minute back massage

### SURRENDER

90 minutes — \$245

Surrender your body to total relaxation.

- Back Massage
- Signature Halcyon Radiance Facial

### BODY RESCUE

150 minutes — \$365

Designed for extra hydration and deep relaxation.

- Nourishing Body Boost
- 60-minute Halcyon Relax Massage
- Scalp and Hair Treatment

### HALCYON ESCAPE

Allow 3.5 hours — \$345

Treat yourself to a 90 minute face or body spa treatment followed by an exclusive 2 course lunch at Paper Daisy. This package is the perfect 3.5 hours of relaxation and indulgence.

- Two-course lunch at Paper Daisy
- Combination of massage and facial, 90 minutes in total (Halcyon Massage of your choice and 30 minute Refresh Facial or Halcyon Signature Facial and Precision Massage 30 Minutes)
- Halcyon Spa steam room access

### VITALITY

180 minutes — \$440

Emerge feeling refreshed and invigorated with this series of restorative skin therapies.

- Body Balance Salt Glow
- Back Massage
- Thermal Infusing Facial

### HALCYON DAY OF YOUTH

Allow 5 hours — \$535

Achieve head to toe bliss with this day-long spa retreat. This 5 hour package includes a 2 course lunch at Paper Daisy, massage, body exfoliation, facial and steam room access.

- Two-course lunch at Paper Daisy
- 60 minute Halcyon Massage of your choice (relax or tension release)
- Body exfoliation of your choice
- Halcyon Signature Radiance Facial
- Halcyon Spa steam room access



## A DATE WITH HALCYON

### ENQUIRIES AND RESERVATIONS

Halcyon Spa is open daily. To book a treatment or find out more about the services we offer, call us on 02 6676 1444 extension no.2 or visit our website [www.halcyonhouse.com.au](http://www.halcyonhouse.com.au)

To ensure your preferred time and service are available, we recommend you book in advance.

### SPA ARRIVAL

Please arrive 15 minutes before your scheduled treatment time. This gives you and your therapist time to plan the perfect experience. If you arrive late, we may need to reduce your treatment time.

### CANCELLATIONS

A 100% charge will apply for any treatments cancelled with less than 24-hours notice. The same applies for no-shows and gift certificate bookings.

### STEAM ROOM

Use of the shared steam room is complimentary for Halcyon Spa guests enjoying treatments of one hour or longer. We recommend an arrival time of at least 45 minutes prior to your treatment time. Swimwear is required to be worn at all times.

### GIFT CERTIFICATES

Gift certificates are available for all treatments, packages and products. Gift certificates can be posted via express mail, emailed or collected from Halcyon Spa. Gift certificates are valid for 3 years from purchase.

### CELEBRATIONS

The perfect place to celebrate. We welcome group bookings and will be delighted to help you curate the perfect Halcyon 'Hang'.

### MINIMUM AGE

All guests must be at least 16 years of age to use the spa facilities and services.

### MEDICAL CONDITIONS

When making your reservation, please advise us of any medical or health conditions, allergies or injuries that may affect your spa experience.

### PREGNANCY

We have treatments suitable for mums-to-be and nursing mums. Our team will help you select the most suitable treatments for you to enjoy.

### SPA ETIQUETTE

To make things more comfortable and relaxing for everyone, Halcyon Spa is a mobile phone and smoke-free environment.

### SPA BOUTIQUE

Our Spa boutique has an array of spa and lifestyle products. We have sourced gifts from around the globe that are of premium quality and skin friendly.

### VISITING FOR THE DAY

If you're visiting for the day, why not stay longer and experience our award-winning restaurant, Paper Daisy. Please ask about Spa and Lunch packages.

**SURCHARGES:** Please note a 10% surcharge applies on weekends and 15% on Public Holidays.