

All treatments begin with an ancient foot ritual & an Aboriginal 'smudging ceremony'.

We complete your spa journey with complimentary Lemon Myrtle & Wild Rosella Bud Tea served in the Serenity Room.

SPA ETIQUETTE

MAKING AN APPOINTMENT

It is important to make prior reservations so we can accommodate your schedule.

CHOOSING TREATMENTS

Our Spa Consultants will be happy to assist to ensure you choose treatments specifically suited to your special needs. All our treatments are modular & can be combined.

DUAL TREATMENTS

We specialise in dual treatments - for couples, mother & daughter, best friends, honeymooners. We have several specialty rooms available for sharing your enjoyment.

WHEN TO ARRIVE

We recommend that you arrive 5 mins before your appointed time. This will allow time for introductions, for you to change & relax with a complimentary beverage.

WHAT IF I CANCEL OR CHANGE MY APPOINTMENT

Out of consideration of all our guests, a minimum of 12 working hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No Show" appointments are charged at full price of the treatment booked.

WHAT TO WEAR

Wear casual attire.... A robe, towels, slippers, shower & locker with shampoos & soaps are all provided. Jewellery & valuables should not be brought to the spa. Lockers can be secured.

WHAT TO WEAR DURING TREATMENTS

Maintaining your sense of dignity & wellbeing is of the utmost importance to us. Please enjoy your treatment without clothing. Our fully qualified therapists are trained to drape correctly to respect your comfort and privacy. Disposables available.

WHAT IF I AM LATE FOR MY APPOINTMENT

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness & importantly your pleasure & enjoyment. As a courtesy to all our clients all treatments are completed as scheduled.

WHAT IF I HAVE A SPECIAL HEALTH CONDITION

Please inform your therapist of any health concerns that you may have when completing your treatment card. **We do not treat anyone in their first trimester of pregnancy. Our fully qualified therapists will advise on special conditions.**

PAYMENT OF SPA SERVICES

The Spa accepts cash & all major credit cards. Resort guests may charge spa services to their room account.

GIFT CERTIFICATES

Gift Certificates are available for all occasions. Please ask your therapist or enquire at the spa reception. A wonderful way to let someone know how special they are.

Express Gift Certificates are available online at www.exclusivespas.com.au

SPA PEPPERS BEACH CLUB PALM COVE

Location:

Peppers Beach Club & Spa
123 Williams Esplanade
Palm Cove, Queensland 4879
Australia

Enquiries & Reservations

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www.exclusivespas.com.au

The Peppers Spa is operated by the multi award winning and internationally recognised owners of Exclusive Spas of Australia Pty Ltd.

No 1. Spa in Australasia, South Pacific.
Top 10 Spas of the World.

Condé Nast Traveller.

'Best 100 Spas of the World'
Harpers & Queen - London

Voted Australia's 'Style Spa'
British Vogue

Best Resort Spa Australia
Holidays for Couples

LI'TYA Spa of the Year

You are invited to experience what the rest of the world has been praising..

SPA
PEPPERS BEACH CLUB
PALM COVE

Q1
G1 SPA
GOLD COAST

SPA
PEPPERS BEACH CLUB
PORT DOUGLAS

Peppers Beach Club Spa is operated by the multi award winning and internationally recognised owners of Exclusive Spas Group Australia.

Winners of the coveted Condé Nast Traveller Spas Awards UK
No 1 Spa Australasia, South Pacific Region.
Voted in the Top Ten Best Spas of the World.
Recognised by Harpers & Queen London
Top 100 Spas of the World.

British Vogue
Style Spas of the World.

Holidays for Couples
Best Resort Spa Australia.

Voted LI'TYA Spa of the Year.

Port Douglas - Gold Coast - Palm Cove

spa journeys

SIGNATURE TREATMENT

DAINTREE RAINFOREST RITUAL

90 mins \$250 120 mins \$298

Experience the powerful energy of the Daintree Naturals locally sourced, hand crafted & poured clays & oils in this amazing spa ritual.

Let us take you on a million year old journey when you experience the purifying 'smudge pot' Daintree Ochres, Black ash clays, smoked Paperbark oil, Kakadu or Wattle seed salts.

This ancient ritual will rejuvenate the spirit, mind & body with a cleansing body buff, a warmed clay wrap, head & hair masque with hot towels then slowly unwind to the rainforest waterfall under the warm Vichy shower. Complete your ritual to the beat of the Daintree drums with your aromatic massage.

Mala Mayi 90 mins \$252 120 mins \$298

This uniquely Australian spa ritual from LI'TYA has been lauded by the international media & acclaimed globally.

Celebrate with this complete full body rejuvenation experience.

Cleanse, energise & exfoliate then calm & revitalise the spirit cocooned in warm Mapi mud whilst you submit to a mind melting Quandong head massage. Follow all this with our exquisite 'rain therapy' then surrender your body & soul to the rhythms of wonderful Kodo body massage.

The Dreaming 180 mins \$425

Bask in the luxury of one of LI'TYA's finest rituals. Celebrate with this three-hour one on one spa journey. Connect to your inner self. The Dreaming combines deeply therapeutic modalities with a healing approach. The journey includes the soothing Jina Foot session, full body buff & polish, mud wrap, exquisite Paudi scalp massage with masque, rain therapy shower, Kodo body massage, Mirri facial, & nurturing hand treatments. Indulge in the power of renewal, this is your Dreamtime. Served with tropical juice & a spa gift.

Gubbera Kodo Stones 60 mins \$165

90 mins \$265 (includes River Spirit)

These primordial stones from the deserts of Northern Australia offer powerful healing properties. The magical hot rocks will achieve both physical & emotional balance when skilfully integrated into the rhythmic Kodo massage inspired by Aboriginal techniques. Experience this special LI'TYA magic.

Daintree Salts, Stones & Clay 90 min \$245

A complete body rejuvenation ritual using hot & chilled stone tools. Surrender yourself to a body, head, hands, feet & face restoration & revitalisation. Include a head to toe Wattle seed salt exfoliation, Black Ash clay detox body cocoon with a face & head massage.... Then wash away the outside world under a tropical rain shower spritz. Balance energy levels with feelings of joy & serenity.

spa packages

exfoliations, bodywraps & vichy shower rituals

River Spirit 30 mins \$115

Immerse yourself in the magic sensation of a river waterfall. First we energise with a full body exfoliation of smoked Blue Gum oils & Pepper Berry salts. Invigorating techniques stimulate the body & restore vitality to the spirit. Then experience our waterfall under the Vichy. This ancient therapy will leave you at one with the world

Coconut Ocean Wave 60 mins \$168

Experience the wondrous Vichy shower 'ocean wave' at the completion of this full body exfoliation, cream coconut wrap, fabulous face & scalp massage. An amazing spa ritual performed using botanics from our tropical climes & the surrounding seas.

Rainforest River Stones 60 mins \$170

This ancient ritual offers a unique total body bliss experience. Using Forest mint essential oil blend, enjoy an invigorating Pepper berry salt exfoliation & Vichy shower blitz. Includes a head masque & facial massage. We then restore the body's calm & balance with the placement of chilled river stones over the meridian lines.

Black Ash Middle Earth 60 mins \$168

Indulge in our aromatic Quandong salt exfoliation & detoxifying Black Ash Clay body wrap. Then surrender to a fabulous mini face & shoulder massage. To complete your Middle Earth journey we will restore vitality under the rhythm of the Vichy shower jets.

Especially for Him (or her) 90 mins \$248

Choose any one of our aroma therapeutic massages utilising sports massage techniques & combining the ultimate 'rain therapy' with a lime & ginger salt exfoliation. Be re-balanced, re-energised & rejuvenated.

face, hands, head & feet rituals

Mirri Facial 30 mins \$95 45 mins \$115

A beautiful introduction to LI'TYA, especially tailor made to refresh, revitalise & regenerate. The perfect accompaniment to all of the body treatments.

Mikiri 60 mins \$142

For a deep purification treatment – LI'TYA'S native herbal remedies will eliminate toxins, rejuvenate, hydrate & nourish the skin.

Time for Him 45 mins \$115

"same again Sam" – an introduction to Facials with the emphasis on a deeper & more firm application of facial massage techniques.

Paudi Head Masque & Massage 30 mins \$95

Surrender your senses to LI'TYA's ancient Aboriginal head massage techniques. Incorporating warmed Quandong masque – extract of the native peach. Incorporates the neck & shoulders. This is an amazing – mind melting experience.

Miji Jina Foot Treatment 45 mins \$115

A very nurturing experience – from Biblical times: "cleansing of the strangers feet" Soothe & soak away tensions with LI'TYA's euphoric, grounding experience using the gentle art of pressure point & reflex foot massage – rejuvenating to the whole body.

Paloma Hand Treatment 45 min \$115

A beautiful deeply therapeutic & caring treatment from LI'TYA designed to soothe, strengthen & uplift the spirit. Repairs, strengthens, restores & stimulates: nails, hands, skin & joints.

massages

Swedish 45 mins \$112 60 mins \$140 90 mins \$190

With the basic Swedish strokes of effleurage, petrissage, friction tapotment & vibration help relieve stress & enjoy greater well being.

Kodo 45 mins \$115 60 mins \$144 90 mins \$195

LI'TYA's signature massage. Using ancient Aboriginal techniques which will tone, re-align energy flow & totally re-harmonise the mind, body & spirit.

Specialised 60 mins \$145 90 mins \$205

A firmer therapeutic massage that uses techniques to relieve tension within muscles, tendons & ligaments. Personalised to your needs.

Pregnancy (post 1st trimester) 60 mins \$145

Our specially formulated LI'TYA pregnancy oil blend of Macadamia & Camellia oils & the comfort of our 'pre natal pillow' will ensure your wellbeing with a beautiful gentle nurturing treatment.

secrets of spa baths

Create your very own special 'spa journey' with the addition of one of our wonderful therapeutic spa baths.

30 mins \$70

* Bush Lime & Ginger spa bath

Sea salts have been blended with ground ginger & dried bush limes to create an amazing uplifting, de-stress soak whilst at the same time acting as a cleanser & detoxifier.

* Aniseed Myrtle & Native Forest Mint spa bath

Crushed Aniseed Myrtle leaves, sea salts & native forest essential oils will ground, nurture & protect the soul while stimulating circulation, ease tired muscles & re mineralise. An aromatic 'pop'.

* Add one to your 1 hour treatment for \$55. Save \$15

Special Add On

Add a 30 minute Swedish massage to any 1 hour or more treatment for only

\$55