



THE ALAMANDA SPA
BY LANCEMORE

SPA MENU



SPA PACKAGES

UTOPIA

150 minutes \$295 per person

For her: 30 minute honey sesame body polish, 60 minute body massage and 60 minute facial.

For him: 30 minute honey sesame body polish, 90 minute body massage and 30 minute face massage.

GLOW

90 minutes \$200

Choose any of our delicious body polishes to kick off your 60 minute body massage.

EQUILIBRIUM

60 minutes \$150

This treatments intensity varies to your preference. 30 minute back massage and 30 minute face massage.

TOP TO TOE

180 minutes \$355

Give your body a well deserved tune up all over with this ultimate treatment that combines all of The Spa's signature therapies.

30 minute honey sesame body polish, 30 minute avocado smoothie body wrap, 60 minute body massage and 60 minute facial.

SPA AND LUNCH PACKAGE

120 minutes+ \$160 per person

Choose from any of our decadent 60 minute facial treatments or allow one of our experienced spa professionals to recommend one for you.

Conclude your Alamanda experience with a beachfront lunch at award winning Numu restaurant.

SPIRIT

60 minutes \$160

An essential body pampering treat. 30 minute body polish and 30 minute body wrap.

FOOTPRINT

60 minutes \$140

Bring the spring back to your step with this indulgent foot treatment to pamper your neglected soles.

10 minute foot polish, 30 minute foot and leg massage, 20 minute paraffin foot treatment or foot mask.

FEET RETREAT

30 minutes \$85

Give your tired feet the holiday they deserve with a 10 minute foot scrub and a 20 minute leg and foot massage.



SPA PACKAGES

POWER BACK

60 minutes \$150

Relieve back tension with a 30 minute back massage followed by a warm paraffin treatment to reduce muscular aches.

CHAMPAGNE CHOC INDULGENCE

120 minutes \$280

Honeymooning? Romantic weekend away?
Or just want to spoil someone you love?

This is the treatment for you.

Mimosa champagne sugar scrub,
Chocolate truffle body wrap followed
by a Vino-choc facial treatment.

Connoisseurs of champagne and chocolate
will love this rich and nurturing ritual.
Be enveloped in an antioxidant icing of
nutritious active ingredients to remove
cellular build up, increase circulation and
ensure an unforgettable experience for
the whole body. DELICIOUS!

SPA HIGH TEA

120 minutes \$150 per person (minimum 2 people)

Girl's day out? Bachelorette party?
Enjoy exclusive use of our "Harmony" spa
pavilion. Includes 30 minute Feet Retreat
and award winning Nunu restaurant's
signature High Tea, served to you whilst
relaxing and taking in the ocean view.

SPA PAVILLIONS

Take advantage of breath-taking views of
Palm Cove. The Alamanda spa pavilions
offer exclusive sanctuaries with private
plunge pools and unique ambience.

PALM COVE ESCAPE

Allow 5 hrs \$550

The ultimate DAY spa experience.
This package incorporates only the best
from our exotic day spa and award
winning Nunu restaurant.

Embark on your journey back to
optimum health with a 90 minute massage,
personalised body polish and wrap followed
by a healthy lunch and refreshment.

Recommence your journey with a refreshing
facial treatment and our Alamanda
hair and scalp treatment.

Enjoy full use of our resort facilities
on the day.

SUNSET SPA COUPLE RETREAT

60 minutes \$99 per couple

Watch the sun set over the ocean from
our amazing elevated balcony with private
plunge pool while enjoying a selection
of cheeses, quince, grapes and nuts
served with chilled herbal tea.



MASSAGE

ALAMANDA SPA SIGNATURE

60 minutes \$140 or 90 minutes \$190

Relieve muscle tension and increase circulation with this medium to strong massage. This Balinese style massage is a well known favourite and will leave you feeling revived and relaxed.

HOT STONE

90 minutes \$190

Using heated stones, this treatment allows you to enter a deeper state of relaxation, health and wellbeing. The penetrating heat from the stones relaxes muscles with minimum effort. Some of the benefits include relief of chronic pain, relaxation, stress reduction, detoxification and relief of neck and back pain.

REEF WAVE

60 minutes \$140 or 90 minutes \$180

Using long flowing strokes the therapist restores balance and harmony to the body with traditional Hawaiian techniques.

This is a strong massage.

BACK MASSAGE

30 minutes \$85

A results-driven massage, using medium to strong pressure to relieve tension, aches and pains.

DREAMS

60 minutes \$140 or 90 minutes \$180

This massage is designed to help soothe tense and tired muscles, using calming massage techniques along with a personalised aromatherapy blend.

ALAMANDA HAIR AND SCALP TREATMENT

30 minutes \$85

Your hair and scalp will be massaged and rejuvenated with our nutrient rich hair mask. Designed to relieve head tension, reduce stress and clear the mind.

RHYTHMIC

60 minutes \$140

This is a massage suitable during pregnancy. A nurturing massage using light strokes and linen pouch dipped in warm Vitamin E enriched oil.

FACE MASSAGE

30 minutes \$85

Designed to stimulate blood circulation, keeping the skin plump and restoring a healthy complexion. Our skilled therapists use a combination of acupressure and effleurage techniques to stimulate lymphatic drainage.



FACIALS

ALAMANDA EXPERIENCE

90 minutes \$185

Using an extensive range of organic ingredients, this custom tailored facial assists in the skin's oxygen intake, stimulating cellular repair and metabolism. It helps to detoxify, rejuvenate and even the complexion.

PRECIOUS ORGANICS

60 minutes \$140

This facial soothes sensitive skin reducing irritation and promoting healing for a more balanced complexion.

VITALITY

60 minutes \$140

This age-defying facial plumps and rejuvenates to minimise the appearance of fine lines and wrinkles.

PURITY

60 minutes \$140

A targeted facial treatment to quickly heal and prevent blemishes, purify, calm and revitalise problematic skin.

BEACH CHEEKS

30 minutes \$90

This juicy express facial will soften and hydrate for a youthful glow.

ADD-ONS

Bright Eyes \$30

We use active organic ingredients to gently exfoliate fine lines and crows feet, followed by a deeply hydrating mask to increase elasticity. The latest in eye brightening technology!

Citrus Plumping Lip Treatment \$10

Gentle fruit enzymes refine the lip area, followed by an extra rich mask. A perfect accompaniment to any facial.

Facial Enhancers \$10

Calm Skin Arnica Booster
Firm Skin Acai Booster
Bright Skin Liquorice Root Booster
Clear Skin Willow Bark Booster

Organic Beauty \$10

A light application of tinted moisturiser, mineral illuminator and lip gloss to help protect against the sun and elements.

BEAUTY

Allow our qualified waxing specialists to take care of your beauty needs.

Waxing and Tinting

Full Leg \$55

½ Leg \$40

Standard Bikini \$20

G-Bikini \$30

Brazilian \$50

Full Arm \$45

½ Arm \$30

Under Arm \$20

Eyebrow \$20

Lip/Chin \$15

Eyelash Tint \$25

Eyebrow Tint \$15



BODY POLISHES & WRAPS

BODY POLISHES

Enjoy a skin brightening experience using only the finest natural ingredients to reveal your natural glow and rejuvenate your body. Our selection of body polishes work deeper to eliminate toxins to combat cellulite, improve circulation, tone and revive the skin.

BARLEY ORANGE

For all skin types

The exfoliating properties of barley combines with mild acids from orange zest to release impurities brighten complexion and increase moisture level.

VANILLA BEAN

Walnut infused French clay and papaya cream nourishes while polishing skin to a radiant glow.

HONEY SESAME

For dry/normal skin

Smell as sweet as honey after this treatment and skin emerges smoother after the gentle exfoliation.

COCONUT OIL SUGAR SCRUB

Buff your skin to perfection with raw sugar cane granules and infuse potent virgin coconut oil to give deep hydration and nutrition.

MIMOSA CHAMPAGNE SUGAR SCRUB

Champagne, grapes and raw sugar cane granules combine with amazing healing properties of oranges to help refine your skin with this rich body scrub.

WATERLILY SUGAR SCRUB

Australian essential oils and mineral salts restore balance and leave the skin soft and hydrated.

BODY WRAPS

Our natural nutrient rich body wraps are designed to feed the skin and restore harmony to the mind, body and soul.

AVOCADO SMOOTHIE

Oozing with vitamins, minerals and natural oils, indulge in this creamy mask which replenishes essential moisture and nutrients to the skin, leaving it plump and soft.

HUNGARIAN HERBAL MUD

Sore, fatigued muscles? This thermal mud body treatment will deeply cleanse, detoxify and balance. Paprika, sage and cinnamon stimulate and purify leaving a rosy glow.

ORANGE COCONUT

This delightful combination of orange and coconut brightens your skin tone and leaves your skin moisturised and silky soft.

CHOCOLATE TRUFFLE

Wrap yourself in the most amazing chocolate truffle this side of a chocolate fondue. Rich in antioxidants, your skin will love this truly decadent body wrap.

ALOE SOOTHE

Hydrate and repair sun damaged skin with moisture rich aloe Vera and cucumber.

PURIFYING MARINE BODY WRAP

A stimulating blend of essential oils steeped in pure marine extracts and active botanicals purify and decongest to balance and revitalise the skin.



SPA ETIQUETTE

The spa is a retreat for your body, mind and spirit. For consideration of others, we request that visitors keep the noise to a minimum. Children under 15 years old are not allowed in the spa. We ask that you respect other guest's privacy by speaking softly. Cellular phones and electronic devices are discouraged.

When should I arrive?

Please arrive at least 15 minutes before your scheduled time to allow you to change and relax in our lounge.

What should I wear?

Please arrive at the spa wearing comfortable, light clothing or a bathrobe. Disposable underwear is available.

What if I am late for my appointment?

Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure.

Your treatment will end on time so that the next guest is not delayed.

Note: full charge remains applicable.

Should I reserve my treatments?

Yes, either by phone or visit the spa to book a reservation at your earliest convenience so we may do our best to accommodate your schedule. We recommend at least 2 weeks in advance for a weekend appointment.

What if I need to cancel?

We request 24 hours' notice to change or cancel any spa booking or you will incur a 50% cancellation fee. 100% if you do not arrive at all. Note: credit card details are requested at time of booking.

Refund Policy

Treatment and packages are non-refundable, non-transferable and non-exchangeable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

Special Consideration

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first 3 months of pregnancy.

If you have high blood pressure, heat conditions, allergies or other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform your therapist of any medical conditions.

Valuables

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Payment

We accept cash and all major credit cards.

All prices are net, quoted in Australian dollars inclusive of GST (Goods and Services Tax). Kindly be informed that there is a surcharge of 1.5% for payments made by a Visa/Master credit card and 2.5% for payments by Amex/JCB/Diners credit cards.

For payments by cash or debit cards, no surcharge will be incurred. Prices are subject to change without prior notice.

Disclaimer

The spa treatments, services and or facilities received or utilised at Alamanda Spa Palm Cove by Lancemore are intended for general purposes only and are not intended to be suitable for professional medical treatment for any condition, medical or otherwise, that guests may have.

Guests will fully indemnify and hold harmless Alamanda Spa Palm Cove by Lancemore, it's holding suppliers, from and against all liabilities, claims, expenses, damages and connection with the spa treatments, services and or facilities.

Opening Hours
The spa pavilion and rooms open from 9am to 7pm



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