

AQUA  
DAY SPA





# Welcome to a world of serene beauty

A mind and body in exquisite balance.  
A soul rejuvenated, it is time to feel good.  
Welcome to the AQUA Day Spa.

The AQUA Day Spa at Sofitel Noosa Pacific Resort is a unique haven. A tranquil oasis in which to relax, unwind, be pampered and indulged by our highly professional and nurturing staff.

With a philosophy based on "Sanitas Per Aquas" or "Healing through Water" AQUA Day Spa offers a comprehensive selection of treatments, therapies and products to soothe body, mind and soul.

Embracing the purity, harmony and vitality of water, our treatments reflect these key elements to restore balance and harmony. When enjoyed regularly, these holistic treatments assist in creating a balanced and energised lifestyle.



## spa packages

### ultimate indulgence

4 hours 15 minutes

Your indulgence commences with a Mediterranean moment - sweet and savoury body scrub. A sublime nourishing wrap follows leaving the skin soft and silky, the perfect preparation for a totally decadent hour of massage. Next, a luxurious La Prairie facial, bathing your skin in the most exclusive products and leaving the complexion luminous and radiant. To complete your indulgence enjoy either a deluxe manicure or pedicure including a hot paraffin dip - wonderful for softening your hands or feet.

### rejuvenating escape

3 hours

Designed to relieve stress and revitalise your body and soul. This treatment begins with a deep re-mineralising and exfoliating body wrap, utilising marine mud and sea salt extracted from the Dead Sea, leaving your skin soft and smooth. Then enjoy a luxurious aromatherapy massage with reflex activity, followed by one of Thalgo's facial treatments designed to re-energise and revitalise your skin.

### pure essentials

2 hours 30 minutes

Experience a very special 30 minute body massage to relax and inspire. Blissful relaxation is followed by one of our intensive Thalgo facials designed to leave your skin glowing with a sense of euphoric well being. A Deluxe Pedicure including an exfoliation, massage, paraffin treatment and your choice of polish ensures the perfect finish.

### the pregnancy pamper

2 hours 30 minutes

For the Mum to be, let us nurture your skin with a relaxing facial created for your special requirements that will leave your skin feeling fresh and hydrated. Our trained therapists will perform a 45 minute pregnancy massage followed by a pedicure that will improve your circulation, give you a radiant glow and leave you floating on a cloud.

### revitaliser

2 hours

Enjoy a one hour full body massage to relieve tense, stressed muscles followed by a Thalgo facial created to your skin's specific requirements, including a heavenly scalp massage leaving you with a sensation of complete tranquillity.

### jetlag

1 hour

Kick the jetlag off and step in to holiday mode. Begin with a 30 minute neck and back massage, followed by a soothing 30 minute scalp and foot massage to relieve fluid retention. Soak away the tension with a session in the aqua therapy and steam room. Now you're ready!

# body treatments

## thalgo aromaceane spa ritual

90 minutes

Reflexology begins this treatment, the body is then cocooned in marine mud from the Dead Sea, followed by an invigorating sea salt exfoliation. Renowned for its relaxing and healing qualities, the mud is then showered from the body leaving your skin revived. To finish enjoy an indulgent aromatherapy massage combining essential oils.

## thalgo micronized marine algae body wrap

90 minutes

The ultimate combination of marine vitamins and minerals makes this treatment a powerful immune system booster. Your skin is deeply polished then cocooned in a comforting algae poultice. Finishing with an overall massage, this treatment promotes detoxification, assists in the reduction of fatty deposits (cellulite) and leaves you with an overall feeling of well-being.

## thalgo indocéane spa ritual

90 minutes

A four step journey across the oceans blending Mediterranean, Egyptian, Indian and Chinese influences. Commencing with a precious milk foot bath and stimulating fragrant brown sugar scrub. Thalgo's Qi balm is applied to key body areas to release tension, before a warm body massage with luxurious traditional Indian oils – the return to essential vitality. The skin is then gently caressed with a sublime body wrap that unifies the journey for a truly holistic effect, melting away nervous tension from both body and mind.

## thalgo body exfoliation

45 minutes

Superficial skin is exfoliated with one of the Thalgo body exfoliants. Choose from the marine Descomask for an ocean experience, Indoceane Sweet and Savoury Scrub for a Mediterranean feel or Exotic Island Scrub for a Polynesian Escape. Dermal circulation is increased leaving the skin refreshed with a baby-soft feel. An overall application of the complimenting body balm leaves the skin supple and refreshed. The perfect preparation to a massage.

# massage therapies

## the aqua day spa signature treatment

90 minutes

Experience this unique treatment that will take you to paradise. Your journey commences with a full body scrub, leaving your skin soft and refreshed. A Polynesian full body massage follows using aromatic oils. This treatment leaves your body and mind enriched, relaxed and stress free. Perfect holiday pampering.

## combined

60 or 90 minutes

Drawing on two or more techniques, this popular therapy can be tailored to suit your individual requirements. All of our massage therapists are qualified to perform the techniques of Swedish, Sports and Remedial, Deep Tissue and Reflexology.

## aromatherapy

75 minutes

A slow rhythmic massage using a blend of essential oils specifically tailored to your needs. This treatment begins with a herbal foot spa and a 15 minute consultation to ensure a complete restoration of body and mind.

## pregnancy

60 minutes

Absolute comfort and nurturing during this precious time in your life. While paying close attention to your needs and the needs of your baby, you will receive a specially tailored massage with oils to alleviate the aches and discomfort associated with pregnancy. (Only available after first trimester.)

## bowen therapy

30 minutes

A non-invasive connective tissue technique that empowers the body's own healing response. Used for a variety of musculo-skeletal injuries, it is a specific series of powerful muscle movements designed to re-align the body, both physically and mentally.

## hot stone

60 minutes

A complete purifying, remineralising and relaxing treatment in which sculpting techniques are carried out with hot and cold stones. A true invitation to deep sleep and is recommended for extremely stressed clients. This sculpting massage creates a sensation of tranquillity and evokes a floating sensation.

# beauty rituals

## la prairie art of beauty facials

### pure gold radiance treatment 90 minutes

La Prairie's gold standard for anti-ageing. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly lifts, firms, brightens and energises. Gentle heat and the selected masks enhance the penetration of pure gold making the skin look smoother and feel radiant and vibrantly alive.

### caviar lift treatment 90 minutes

Pure luxury that instantly firms skin, giving it a more perfect tone and texture. La Prairie's iconic Skin Caviar Crystalline Concentre is luxuriously massaged to transform even the dullest complexions into radiant, luminous skin.

## cellular anti-aging treatment

60 or 90 minutes

Actively delays the effects of premature aging, retexturizes and helps to renew surface skin. This effective treatment smoothes the appearance of fine dry lines and wrinkles with La Prairie's breakthrough Anti-Aging Intervention technology, while pores seem to be reduced. Your face will glow brighter, younger and healthier

## cellular hydrating facial

60 or 90 minutes

The most dramatic results for stressed, fatigued skin. This intensive facial renews, recharges and rebuilds the skin with La Prairie's latest cell energizer Cellular Power Infusion, to hydrate, smooth lines, revive luminosity and restore firmness. Skin looks younger and bursts with moisture and vital energy.

## thalgo facial treatments

### hydra-moisture source

60 or 90 minutes

Thalgo's most recommended treatment to relieve the uncomfortable tight-feeling skin associated with dehydration. A true hero this fresh and enveloping mask encourages active ingredients to infuse. Bathed in this optimum hydrating environment the skin becomes softer, smoother and more supple.

## specialised thalgo facials

60 or 90 minutes

The definitive skin solution! Thalgo's latest in age control treatments incorporates a selection of award winning advance high performance facials, delivering intensive lifting effects and is cellular boosting with anti-aging results. Our skin care experts will tailor the most suited specialist treatment to your skin, with each having its own signature touch from a hand and foot to a heavenly scalp massage.

## exceptional ultime

90 minutes

Designed exclusively for mature skin and age related conditions such as loss of density, firmness, radiance and dark spots. A real signature of excellence, the Ultimate Time Solution Ritual is more than a treatment – it's a "5-Step Ritual" based on precious marine ingredients and a unique manual 'facelift' technique. Your skin is visibly restructured, rejuvenated and plumped, your face is brighter, emerging wrinkles are erased, deep wrinkles significantly reduced, facial contours redefined and facial volume repositioned.

## mens ocean facial

60 minutes

A facial treatment designed exclusively for men. Based upon relaxing massage movements and the application of a warm ocean treatment mask, this treatment will bring back the glow to tired, dull and lifeless skin and renew vital radiance. For maximum comfort and results, please shave prior to your treatment.

## aqua day spa hand and feet treatments

### deluxe manicure or deluxe pedicure

60 minutes

An intensive hand or foot treatment involving exfoliation, shaping, buffing and cuticle work. The hands or feet are then immersed into warm paraffin wax which infuses moisture and softens the skin. This decadent pampering is completed with your choice of polish.

## essential nails

60 minutes

Gorgeous nails are a must and when time is at a premium you can still indulge in one of life's little pleasures. Our express treatments will revive and refresh your hands and feet leaving you looking and feeling beautiful.

## manicure or pedicure

45 minutes

Re-energise your hands or feet. This treatment includes a file and buff of the nails, relaxing massage and your choice of polish.





# spa information

## aqua therapy area

This unique aqua therapy area offers a world of aqueous well-being! A walk-through area provides a range of hydro or resistance pressure treatments, whilst individual submerged lounges allow trigger point therapy via a series of gentle warm water “multi-jets.” A high powered invigorating massage is offered in the larger spa.

## treatment and couples’ rooms

Eight treatment rooms offer the latest in skin and body care. Enjoy your experience with a special someone in the AQUA Day Spa’s couples’ room. The room is ideal for mothers and daughters, friends sharing a memorable day or couples seeking a romantic retreat. Let our spa team tailor a package for you and your desires.

## steam room

Our hydrating Steam Room provides hot and humid steam. Excellent to open pores and flush out toxins. Recommended as a preparation to most treatments. Access to the Steam Room is complimentary when having other treatments at the spa.

## our relaxation area

Before or after your treatments relax and enjoy our fresh fruit platter, filtered water or our signature ginger tea. For those wanting something a little more celebratory order some champagne or sparkling wine from our wine list.

## bridal and corporate packages

Share time together with colleagues with our tailored corporate packages designed to motivate and energise or nurture yourself before the big day with our luxurious bridal packages guaranteed to leave you feeling calm, centred and radiant.

## change rooms

Personal locker facilities, showers and grooming essentials are provided.

## spa products

A comprehensive range of Thalgo and La Prairie products are available from reception along with recommended products to assist in your health and well-being. Our fully qualified therapists will assist in tailoring a program specifically designed for your skin’s needs.

## rates & payment

We accept cash, cheque and major credit cards. Resort guests may charge spa services to their room.

## spa etiquette

The spa is an area of relaxation and tranquillity. We ask that you respect other guests' right to privacy and quiet. Please leave your communication devices turned off and keep voice levels to a minimum. The spa is a non-smoking area. The excessive consumption of alcohol before, during or directly after your treatment is contraindicated.

**When should I make an appointment?** It is important to make prior reservations so we can accommodate your needs. We recommend at least 24 hours notice of appointments.

**Choosing treatments?** Our dedicated AQUA Day Spa staff will assist you in selecting the treatments best suited to your needs. Please inform us of any health conditions that may affect your AQUA Day Spa experience.

**When should I arrive?** For you to enjoy the full value of your pampering, please arrive 15 minutes prior to the start of your treatment to change into a robe and slippers, relax with a ginger tea and fill in your consultation form.

**What if I am late?** Please plan your "time out" carefully. All treatments conclude at the scheduled time so as not to delay the next client.

**What if I need to change or cancel my appointment?** Please call by 6pm the evening before your treatment to change or cancel, otherwise a cancellation fee of 50% will apply. No show appointments are charged at 100%.

**What should I wear?** Our primary concern is maintaining your sense of dignity and well-being. Our fully qualified therapists are trained to drape correctly in order to respect your comfort and privacy. Robes, slippers and disposable underwear are provided. Please bring your swimwear if you would like to use the Steam Room and Aqua Therapy Centre.

**Thank you for considering others and our policies.**

## gift certificates

The perfect gift. Whatever the occasion our personalised gift vouchers make ideal presents for loved ones. Spoil someone special with a pampering spa treatment. Gift vouchers can be mailed directly to yourself or the recipient.



Opening hours 10am to 6pm, 7 days.

**For AQUA Day Spa bookings,  
please call (07) 5449 4777**

Sofitel Noosa Pacific Resort  
Hastings Street, Noosa Heads QLD 4567

**THALGO**  
LA BEAUTE MARINE

**la prairie**  
BY IZHELANO



## spa packages

Ultimate Indulgence	4 hours	\$465
Rejuvenating Escape	3 hours	\$355
Pure Essentials	2½ hours	\$325
Pregnancy Pamper	2½ hours	\$295
Revitaliser	2 hours	\$265
Jetlag	1 hour	\$140

## body treatments

Thalgo Indocéane Ritual	90 mins	\$210
Thalgo Aromaceane Ritual	90 mins	\$200
Thalgo Micro Algae Wrap	90 mins	\$200
Thalgo Body Exfoliation	45 mins	\$ 85

## massage therapies

AQUA Day Spa Signature Treatment	90 mins	\$210
Combined	90 mins	\$190
Aromatherapy	75 mins	\$160
Hot Stone	60 mins	\$150
Combined	60 mins	\$140
Pregnancy	60 mins	\$140
Bowen Therapy	30 mins	\$ 80

## la prairie facial treatments

La Prairie Pure Gold Radiance	90 mins	\$255
La Prairie Caviar Lift Treatment	90 mins	\$220
Cellular Anti-Aging Treatment	90 mins	\$215
Cellular Hydrating Facial	90 mins	\$215
Cellular Anti-Aging Treatment	60 mins	\$185
Cellular Hydrating Facial	60 mins	\$185



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All prices are inclusive of GST and are subject to change without notice. Please give 24 hours notice for cancellations or charges may apply. Please note all AQUA Day Spa guests must be at least 16 years of age.

## thalgo facial treatments

Specialised Thalgo	90 mins	\$200
Hydra-Moisture Source	90 mins	\$200
Exceptional Ultime	90 mins	\$210
Specialised Thalgo	60 mins	\$160
Hydra-Moisture Source	60 mins	\$160
Men's Ocean	60 mins	\$160
Classical	45 mins	\$135

## facial add ons

Eye Lash Tint	15 mins	\$ 35
Eye Brow Shape	15 mins	\$ 35
Brow Tint	15 mins	\$ 25
Lip or Chin Wax	15 mins	\$ 25

## hands and feet

Essential Nails	60 mins	\$135
Deluxe Pedicure	60 mins	\$105
Deluxe Manicure	60 mins	\$ 99
Pedicure	45 mins	\$ 85
Manicure	45 mins	\$ 79

## waxing

Full Leg	45 mins	\$ 75
Half Leg	30 mins	\$ 55
G-string	30 mins	\$ 55
Bikini	30 mins	\$ 44
Underarm	15 mins	\$ 34

## aqua therapy

Aqua Therapy day pass		\$ 40
In conjunction with any treatment day pass		\$ 25