



Relax, revive and renew your mind, body Soul and Skin.

Spa at the Cottages for a easy way to relax and unwind during your stay. Choose from these carefully selected treatments to have in your room, or to indulge at our beautiful spa please [click here](#) to view our full menu of 'in spa' treatments and packages.

### **Relaxation Massage**

A flowing massage, with warmed coconut oil massaged gently into your muscles, helping you to relieve any nervous tension you may have after a particularly stressful week.

At the Cottages 60 min. \$130 | 90 min. \$165

At the Spa 60 min. \$110 | 90 min. \$145



### **Aromatherapy & Wildflower Massage**

Unwind with a body treat in tune with your element and escape to a blissful slumber. We start with your personal wildflower remedy, then nurture and massage with a personal aromatherapy blend matched to your individual needs, it is easy to let go and release all the stress and tension of modern day living.

### **Deep Tissue Massage and Remedial Massage**

Your muscles will melt to the slow strong strokes used to reach the deeper layers of your muscles and fascia. We will massage your body with a remedy of herbs and magnesium to soothe your sore and achy muscles.

### **Kahuna Massage**

You will be deeply relaxed, while we massage you on your physical, emotional and spiritual levels. This Hawaiian full body massage is a rhythmic flow engaging in the movement of energy essential for healing your soul.

At the Cottages 60 min. \$135 | 90 min. \$170

At the Spa 60 min. \$115 | 90 min. \$150



### **Signature Chakra Soul Skin Facial**

An indulgence that exceeds all expectations, nurturing your senses on every level. Includes 90 min facial, hand, foot and scalp massage plus an energy healing chakra balance.

At the Cottages 100 min. \$200

At the Spa 100 min. \$180



### **Eminence Organic Facial**

Using the finest natural, organic and biodynamic ingredients we provide you with the most powerful organic skincare products in the market today. A full skin analysis will ensure you receive the perfect treatment for your skin.

At the Cottages 60 min. \$140 | 90 min. \$180

At the Spa 60 min. \$120 | 90 min. \$160

To book please phone the spa on 5448 3484 Monday to Saturday.  
We are located an easy 3 min drive down the road or a 30 min leisurely walk to  
9 Lake Vista Drive Peregian Beach.