
essenza

resort spa

menu

relax

revive

rejuvenate





*instinctively known
frequently forgotten
our true nature
our essence*

Immerse yourself in the tranquility of **essenza** resort spa found nestled on the edge of the beautiful waters of Lake Mulwala.

essenza resort spa embraces a holistic spa philosophy offering all guests a private sanctuary through a marriage of ancient traditions and modern rituals.

Our dedication to wellness stretches across all philosophies in our pursuit to offer that special treatment or experience that re-connects each individual with their true essence - thus once again restoring balance of mind, body and spirit.

face

facial rituals (uspa) 90 mins \$140.00

So much more than a facial - this truly beautiful treatment encompasses rituals performed on both the face and body. Beginning with a foot scrub ritual and back massage, attention is then directed to the primary focus of this treatment - the face. Deep cleansing, lymphatic stimulation, intense clay refining and rich rejuvenation not only restores hydration and radiance but additionally offers complete balance of body, mind and spirit.

- hydramax** hydration (dehydrated / dry skin)
- regenerative** sun damaged & anti-ageing
- purifying** deep cleansing & purifying (oily/problem skin)
- de-sensitising** soothing & calming (sensitive / reactive skin)
- refining** pigmentation & scarring

clarity facial (uspa) 45 mins \$70.00

Beginning and ending with a traditional rejuvenation ritual, the clarity facial's focus is to offer the time conscious individual deep cleansing, exfoliation, massage and hydration - restoring balance, beauty and wellbeing.

eye contour wrap (uspa) as facial add on \$30.00

Pressure point massage, serums and rejuvenating eye masks are but a few of the techniques offered in this beautiful eye treatment - diminishing puffiness and tension and restoring balance and hydration

body

organic coco cream wrap 60 mins \$140.00

Therapeutic dry brushing prepares the skin for a luxurious blend of warm organic coco cream and coconut oil infused with vanilla and bergamot. Relax in a warm wrap of natural cloth, an uplifting face and scalp massage with sacred tamanu anointing oil. After a jasmine foot massage, the blend is further smoothed into the body to reveal highly nourished and protected skin.

hot oil elixir infusion 60 mins \$140.00

A holistic ritual for both body and mind. Begin the journey with a sensory experience of aromatic elixirs followed by a therapeutic dry body brushing. The warm customised oil blend is rhythmically smoothed into the skin and wrapped in natural cloth for warmth. A meditative massage for the face and scalp allows for deep relaxation - tissue is repaired and nurtured.

rejuvenating mud wrap 60 mins \$140.00

This exquisite mud infusion combines the goodness of clay from the earth with nuts and essential oils. Starting with a stimulating dry body brushing, your body is then smoothed in this unique fine mud blend and gently cocooned in natural cloth while a meditative face massage restores balance inside and out. Followed by the pure tangerine and rose body hydration for ultimate softness.

aloe & linen wrap 60 mins \$140.00

Discover the healing powers of aloe vera. Starting with a stimulating dry body brushing, the body is then embalmed in calming aloe infused with green tea, which is rich in antioxidants and wrapped for warmth in soft linen. Relax with balinese body palming and restorative facial massage. Perfect for over exposure to the sun - skin is nourished and soothed.

body wrap rituals all include foot bath ritual

bamboo body polish 45 mins \$70.00

Renew your body with our exotic lavender and ginseng bamboo grounds. This invigorating exfoliant will be polished over your body to remove impurities and reveal soft smooth skin. Complete this with tangerine & rose body moisturisation. Includes mini facial.

organic coffee body scrub ritual 45 mins \$70.00

Full body exfoliation utilising the detoxifying properties of caffeine and sea kelp, infused into fine ground pumice with uplifting grapefruit, followed with tangerine and rose body moisturisation. Includes mini facial.

massage

aromatic candle massage

60min

\$125.00

This unique massage is performed with our aromatic candle. The candle is lit and after 10 min a pool of warm oil consisting of shae butter, jojoba oil, soy wax & essentials oils is ready to be massaged into the body providing the ultimate relaxation experience.

balinese massage

60min

\$115.00

traditional balinese massage - essenza signature massage

Inspired by centuries of old traditions for healing, balinese massage provides a complete sensory journey by combining techniques of body palming, kneading, stretching and pressure point massage to immerse the body in relaxation and a sense of wellbeing. Exotic aromas and nourishing oils leave you feeling calm and renewed.

hot stone massage

75min

\$130.00

Using heated stones and a combination of massage techniques this treatment can aid in the release of tension deep in the muscle core. The alternation of hot stones provides a therapeutic and healing state of deep relaxation. Hot stone massage additionally assists detoxification of the body and re-alignment of energy flow, restoring a heightened state of physical and emotional balance.

relaxation massage

30min

\$65.00

60min

\$110.00

A slow full body massage. Promoting the diffusion of tension, re-alignment of energy flow and re-balancing of the body, mind and spirit.

therapeutic massage

30min

\$65.00

(subject to availability)

60min

\$110.00

A deep corrective massage treatment that is designed to increase the flow of blood and lymph to the cells of tight muscles. This treatment will re-establish postural balance, promote flexibility, relieve stress and muscular soreness and re-establish energy flow and balance.

massage

pregnancy massage **60min** **\$110.00**

A truly relaxing massage aimed at enveloping and nurturing the one that envelopes and nurtures another. A must have experience additionally assisting in alleviating back pressure and reducing the swelling and stress on weight bearing joints.

**indian head &
shoulder massage** **30min** **\$65.00**

This relaxing but stimulating massage ritual is aimed at increasing the blood and lymphatic circulation to the head, neck and shoulders. It clears the mind, uplifts the senses and recharges the physical body.

china rose hair mask **30min** **\$65.00**

Get glossy healthy hair with this intensely hydrating and restorative china rose hair mask, designed to strengthen your hair and make it more damage resistant. The mask is applied to the scalp and hair with a firm massage to induce relaxation and stimulate circulation. A steamy head wrap helps the restorative ingredients to penetrate the hair. While your mask infuses you will receive a deeply relaxing neck and shoulder massage with our tangerine and rose dry oil. Benefits are intensified by leaving the hair mask in the hair.

ear candling **45min** **\$55.00**

Ear candling is an ancient holistic treatment that has been practised for centuries. It is deeply relaxing and offers many therapeutic benefits to those suffering headaches, sinus, tinnitus, itchy ears and stress. To increase the benefits and complete this treatment a sinus pressure point massage will be performed.

add on **\$45.00**

coffee body scrub or bamboo polish can be added to all massage treatments.

water

communal hot pool ritual \$20.00

as treatment add on \$10.00

For centuries the healing and restorative properties of water have been known, not just for physical rejuvenation but additionally for the relaxation and re-connection of the body and mind. Singularly indulge as a time effective body/mind recharge or as a perfect addition to any treatment.

loyalty card available

detox box 30 min \$20.00

as treatment add on \$10.00

The detox box uses safe and naturally occurring Far Infrared Rays to safely and effectively detoxify the body. The holistic effects of the detox box are far reaching for both body and mind. The physical benefits include strengthening of the immune system, fatigue reduction, metabolic acceleration, increased blood flow and assistance in weight loss. Additionally the detox box stimulates endorphins creating stress reduction and an overall positive feeling of wellbeing.

loyalty card available

sauna 30min \$15.00

Experience the healing properties of heat and steam through the metabolic effects of the sauna room. The sauna experience results in a heightened sense of wellbeing through invigoration of the skin, letting go of emotional build up and enhancing the circulatory system.

spa bath ritual 30min \$50.00
as treatment add on
1 or 2 people

Allow your body to unwind and your mind to completely let go as you “take to the waters” in your private spa room. Enjoy on your own or with a partner, as a luxurious addition to any treatment.

hands & feet

spa manicure ritual 60min \$85.00

A beautifully luxurious hand ritual. After a nurturing hand soak and gentle exfoliation, your nails and cuticles will be attended to. Your new beautifully cleansed hands and forearms will then be cocooned in a warm mud mask further enriching, soothing and hydrating these most important assets. Finally your beautification is complete with a massage and polish application of your choice.

express manicure 30min \$55.00

A basic hand treatment including filing, cuticle work, buffing, moisturising and application of polish.

spa pedicure ritual 60min \$95.00

Recline and float away as your spa pedicure ritual unfolds. Enjoy the sensation of your feet being totally enveloped by bubbling warm water. Following your soak experience, your nails and cuticles will be attended to with filing, cuticle tidy and buffing. Next your feet and legs will be exfoliated and cocooned in a nourishing mud wrap, finishing with a luxurious massage including pressure points, further enhancing your state of bliss and balance. A polish application of your choice completes the ritual.

express pedicure 30min \$65.00

A basic foot treatment including filing, cuticle work, buffing, moisturising and application of polish.

thermal remedy 30min \$65.00

Heaven for tired legs and feet, grooming of the feet and nails while focusing on stimulating the circulation with thermal red pepper oil to help relieve tension and stress in the calves and feet. Polish application additional \$15.

french polish application additional \$15.00

shellac \$45.00

Lasts up to 14 days with a mirror finish that is chip and scratch resistant. Includes nail tidy and application.

add on

manicure or pedicure \$20.00

shellac removal \$15.00

cosmetic treatments

teeth whitening

\$149.00

Anti wrinkle & dermal filler procedures available

tinting

brow tint

\$15.00

lash tint

\$20.00

lash & brow tint

\$30.00

waxing

brow shape

\$15.00

lip

\$15.00

chin

\$15.00

lip & brow / lip & chin

\$25.00

underarm

\$18.00

arms

\$30.00

1/2 leg

\$25.00

1/2 leg & bikini

\$45.00

full leg

\$45.00

full leg & bikini

\$55.00

bikini

\$20.00

extended bikini

\$30.00

brazilian

\$55.00

follow up brazilian

\$40.00

neck & shoulder

\$20.00

chest / back

\$30.00

tanning

tuscan tan \$45.00

caramel sugar body scrub add on \$45.00

The safer, more time effective alternative to achieve that gorgeous golden glow. This spray on body tan provides an instant, natural and even colour that lasts up to ten days. Please note a full body exfoliation is essential prior to your tan to achieve optimal results.

make up

glo minerals - an advanced formulation, natural high pigment minerals and powerful antioxidants.

finishing touch \$20.00

Your finishing touch after spa treatments - powder, lipstick and mascara.

casual day make up \$45.00

Special day out, lunch with friends, fresh and flawless natural day finish.

debutante / formal make up \$55.00

Fresh, glowing and youthful evening make up application - crucial for those all important teen events.

bridal / evening / special occasion \$65.00

For that special event. Glamour enhancing make-up applied to further enhance your natural beauty.

make-up trial \$45.00

spa packages

Indulge in one of our luxurious spa packages, or allow one of our experienced reception staff to help you tailor make a package suited to your requirements.

romance allow 2.5 hrs \$175.00

Relax and recharge with this top to toe aromatic journey.

aromatic candle massage
clarity facial

for him allow 2.5hrs \$155.00pp

Help relax tight, sore muscles, soothe the mind and allow an escape from the stresses and strains of life.

30 min massage
coffee body scrub
thermal remedy

the tempter allow 2 hrs \$180.00pp

When time is of the essence the tempter offers your body and mind a quick "pick me up", and a taste of things to come.

indian head & shoulder massage
clarity facial
express pedicure

rebalance allow 3 hrs \$240.00pp

Rebalance the senses and mind at **essenza** with this tailored package which will take you on a sensory journey into relaxation.

detox box
hair infusion mask
coffee body scrub
60 min massage
clarity facial

spa packages

essence of essenza allow 2.5 hrs \$255.00pp

Whether romance is on the agenda or perhaps a friend to remember the experience with, essence of essenza package offers the classic experience of **essenza** to unwind, share a moment and re-connect.

30 min massage
clarity facial & eye contour wrap
express manicure
express pedicure

girl's day in allow 3.5 hrs \$315.00pp

Do lunch with the girls at **essenza** with these tantalising treatments from our menu. Relax, rejuvenate and indulge.

60 min traditional balinese massage
uspa facial ritual
spa pedicure ritual

spa dreaming allow 4 hrs \$340.00pp

Leave your troubles behind, be transported to a far away place and dream of things to come.

bamboo & ginseng body polish
hair infusion mask
organic coco cream wrap
spa pedicure ritual

spa time allow 3-4 hrs

Can't decide? Choose to reserve 3 or 4 hours of 'spa time'. On your arrival your spa therapist will tailor your treatments especially for you, accommodating your whim or wish of the moment.

prices vary depending on chosen treatments. A minimum charge of \$300 will apply.

*lunch & sparkling wine is available by prior arrangement with all packages and group bookings

spa retreats

all our spa packages can be combined with our accommodation retreats.

retreats include:

2 nights accommodation
sparkling wine and chocolates on arrival
breakfast for 2 @ Digger's Alfresco daily
newspaper daily
use of essenza hot pool
spa gift

2 nights standard room	\$270.00
2 nights deluxe suite	\$310.00
2 nights premium suite	\$330.00
2 nights executive suite	\$410.00

*one night packages available subject to availability

spa etiquette

In keeping with the spa philosophy we respectfully request that all mobile phones be switched off during your visit to **essenza** resort spa. Please be aware the spa is a smoke free licenced 18+ facility. We advise that the over consumption of alcohol prior to treatment is not advisable.

We recommend arrival time be a minimum of 15 minutes prior to your chosen treatment/s. This allows for you to check in, relax and take full advantage of your reserved time in the spa. **Please understand that late arrivals may result in the reduction of your treatment time.**

spa attire

At **essenza** resort spa your every need is attended to therefore upon entering our facilities you will be escorted to our private change area where you will be offered a robe and footwear. Underwear, or alternatively disposable underwear provided by the spa is expected to be worn in all treatments. It is imperative that swimwear be worn at all times in hot pool, sauna and detox box.

spa cancellation policy

We kindly request that 24 hours notice be offered in the event of cancellation or treatment re-scheduling. This allows the opportunity for others to avail themselves of our services. In the event of less than 24 hours notice being given a 80% cancellation fee will apply.

spa health considerations & treatment selection

Some treatments may not be suitable given certain circumstances or medical conditions. If you are pregnant, have a heart condition or high blood pressure we recommend you seek medical advice prior to your visit. Additionally our experienced reception team will be happy to discuss any special requirements you may have and advise you on which treatments may be most suitable for you. We are also available to advise you on the benefits of a series of treatments, spa packages or retreats to suit your individual needs.

spa products

At **essenza** we pride ourselves on quality and integrity, and in keeping with our spa philosophy we offer only the best in natural, Australian, result driven products both for treatments and home care.

spa gift vouchers

Gift vouchers are readily available on request and can be tailor made for a particular treatment or stated amount. Our gift vouchers are beautifully presented and make an ideal gift for any occasion. Gift vouchers can be purchased at our front reception or for your added convenience we can take your details and credit card payments over the phone.

spa group bookings

Maybe romance is your focus, perhaps a pre-wedding gathering or that unique corporate function you wish to cater. **essenza** offers guests the unique opportunity to indulge in many treatments in the company of colleagues, friends or loved ones. Please enquire at front reception as to our dual treatment rooms or group function availability.

spa cuisine

To complete your spa experience healthy light meals and beverages are available with your spa packages.

reconnect within, coexist beyond. . .

At **essenza** resort spa our holistic approach to wellbeing embraces healing modalities to help re-connect you with your true essence. Whether it be a physical re-connection, an emotional re-balance or a spiritual awakening our aim is to offer an environment in which these alternatives may be explored.

Our experienced staff are available to advise you on a package or treatments available and additionally which of these would best be suitable for your individual needs.



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