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REEF HOUSE SPA

PALM COVE

"SPA CAPITAL OF AUSTRALIA"

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"SPA CAPITAL OF AUSTRALIA"

World Recognized

Elegant, Personal, Ambient

Reef House Spa is a true spa experience in surroundings so unique they are world heritage listed.

Experience Australia's most award winning spa. Hidden within in the tropical gardens of the Internationally recognised Sebel Reef House & Spa, Palm Cove.

Fusing ancient therapies from the Dreamtime using the uniquely Australian LI'TYA Spa Care range which is exclusive to Reef House Spa in Palm Cove.

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



Reef House 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.



REEF HOUSE SPA

PALM COVE

"SPA CAPITAL OF AUSTRALIA"

A spa for men & women -
Uniquely Australian Spa Rituals
OF THE EARTH



Signature Treatment

'Reef House Spa'

Mala Mayi Body Treatment

(Clan Food – Arnhem Land)

Mala Mayi 120 mins \$280 (with Kodo Body Massage)

Mala Mayi 90 mins \$240 (with Kodo Body Massage)

Mala Mapi 60 mins \$155 (without Kodo Body)

This uniquely Australian spa ritual 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 Paudi scalp massage. Follow all this with our exquisite 'rain therapy' then surrender your body & soul to the rhythms of an optional body Kodo massage.

Experience the ultimate spa treatment – Voted No.1

Gubbera Kodo Stones

60 mins \$160 90 mins \$255

(Indigenous Australian Hot Stone Therapy) (includes Yanko)

The primordial stones from Northern Australia are called 'Gubbera Stones' – the indigenous Dreamtime word for 'crystal stone used for magical purposes.' These ancient hand tooled magical stones are skilfully integrated into the rhythmic Kodo body massage inspired by traditional Aboriginal techniques which tone & realign energy flow, enhancing mind & body. The powerful healing properties of these special rocks will achieve both physical & emotional balance. This is your Dreamtime.

The Dreaming

180 mins \$410

(The unseen vibration of creation)

Surrender yourself to the ultimate experience said to evoke the potent forces of the earth upon the giver & receiver. A vibration designed to reconnect the mind, body & soul. The Dreaming combines deeply therapeutic treatments with a healing approach. The journey includes Jina Foot, Rain Therapy, Mala Mapi, Body Massage, Paudi Hair Masque, Mirri Facial & Polama Hand Treatments. You will experience the power of renewal from head to toe whilst embracing ancient Aboriginal techniques. Celebrate your energy – emotions & soul refreshed. (Served with our tantalising Yulu tea sorbet, with fruit & nut plate.)

Gapu Yuru

90 mins \$240

(Water Cloud)

A complete body rejuvenation ritual using hot & chilled stone tools. Surrender yourself to body, head, hands, feet & face restoration & revitalisation. With head to toe exfoliation, facial masque, body cocoon, head massage...then wash the outside world away under the tropical rain shower. Balance energy levels with feelings of joy & serenity.

exfoliations, bodywraps & vichy shower rituals

Yanko 30 mins \$105

(Song of Running Water)

Immerse yourself in the magic sensation of falling waters, with an energising full body exfoliation & pulsating Vichy shower. Using invigorating techniques to stimulate the body & restore vitality & energy to the spirit. This ancient therapy will leave you feeling re-balanced, re-energised & at one with the world.

Coconut Cream Ocean Wave 60 mins \$155

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

Bana Walba 60 mins \$158

(River Stones)

This ancient ritual offers a unique total body bliss experience. An encompassing treatment with your chosen LI'TYA essential oil blend is followed by an invigorating desert salt exfoliation & Vichy shower blitz. We then restore the body's calm & balance by the placement of cool river stones over the meridian lines.

Especially for Him (or Her) 90 mins \$240

A great introduction to the spa –for the men of the world – choose any one of our wonderful aroma therapeutic massages utilising sports massage techniques & combining the ultimate 'rain therapy' with a lime & ginger salt exfoliation. Be transported to another time & place before returning – re-balanced, re-energised & rejuvenated.

Pepper Berry Brush, Brush 90 mins \$232

The ultimate body brush exfoliation follows a mud spa wallow in pepper berry peat mud. With your skin humming you will be cleansed, exfoliated, wrapped & showered. Rejoice with this indulgent top to toe sensory journey.

face, hands, head & feet rituals

Mirri Facial 30 mins \$88 45 mins \$108

('Face' – Western New South Wales)

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

Mikiri Facial 60 mins \$136

('Deep' – North South Australia)

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

Time for Him 45 mins \$108

'Same again Sam' – an introductory Mirri facial treatment with emphasis on a deeper & more firm facial massage.

Paloma Hand Treatment 45 mins \$108

('Little Hands – Little Fingers')

A beautiful, deeply therapeutic & caring treatment designed to soothe, strengthen & uplift the spirit. Repairs & strengthens nails, restores & stimulates the skin.

Lowanna Treatment 120 mins \$252

('Beautiful' – Northern Territory)

'An extremities rush'. Caring for all the zone therapy areas – the hands, feet, face & head – recharges the body & enhances overall equilibrium.

Paudi Head Masque & Massage 30 mins \$88

Float away to another dimension when you surrender your senses to ancient Aboriginal head massage techniques. Incorporating a warmed Quandong mask – extracts of the aromatic Native Peach which will condition, reactivate & nourish the scalp & hair follicles. We incorporate the neck & shoulders to complete this beautiful spa experience.

Miji Jina Foot Treatment 45 mins \$108

('Little Footprint' – North Western Queensland)

Soothe & soak away tensions with this wonderfully euphoric, grounding experience using the art of gentle pressure point foot massage – rejuvenating to the whole body.

body massages

Kodo Body Massage

30 mins \$88 45 mins \$108 60 mins \$136 90 mins \$178
('Melody' – Torres Strait)

This is a wonderful rhythmic full body massage, using ancient Aboriginal techniques which will tone, re-align energy flow & totally re-harmonise the mind, body & spirit.

Aromatherapy Massage

30 mins \$88 45 mins \$108 60 mins \$136 90 mins \$178

The true holistic aromatherapy massage as developed by Micheline Arcier using her techniques & sequence with recommended essential oils to re-balance the body, re-harmonise the spirit.

Swedish Massage

30 mins \$88 45 mins \$108 60 mins \$136 90 mins \$178

The stimulation of the soft tissue with the basic Swedish strokes of effleurage, petrissage, friction, tapotment & vibration will relieve stress & impart greater feelings of wellbeing.

Prenatal Massage (post 1st trimester) 60 mins \$142

Using our specially formulated LI'TYA Pregnancy blend of Macadamia & Camellia oils & the comfort of our 'pre natal pillow' our fully qualified therapists will ensure your wellbeing with a beautiful gentle, nurturing treatment.

Specialised Massage 60 mins \$142

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

secrets of spa baths

Create your very own special 'spa journey' with the addition of one of our wonderful therapeutic spa baths. Your choice includes a sensational Yulu Sorbet.

30 mins \$70 or \$110 for two

***Lemon Myrtle & Bush Lime Bath**

River salts sourced from ancient desert riverbeds have been blended with ground Lemon Myrtle Leaf & Bush Lime creating an amazing uplifting, de-stress soak while at the same time acting as an active detoxifying, cleansing, exfoliation treatment perfect for the relief of over worked muscles, cellulite & fluid retention.

***Wild Rosella Bud & Pink Desert Salt Soak**

Drift into the 'pink' with crushed Wild Rosella flower buds & the pink salt crystals found in Australia's heart. This delicate combination has been used throughout history to heal & protect; said to ground the spirit & re-mineralise the body. A beautiful cleansing & nurturing soak.

*Add one to your treatment for \$85 for two (save \$25)

All Exclusive Spas 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. Should you wish to take advantage of our resort pool, you may do so pre or post treatment at your leisure with our compliments.

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. Public Holidays a 10% surcharge applies.

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.