

The logo for 'spa Q' is centered within a large white circle. The word 'spa' is written in a lowercase, blue, sans-serif font. To its right is a large, blue, stylized letter 'Q' with a small horizontal bar at the bottom right, resembling a drop or a specific brand mark.

spa Q

TREATMENT SELECTION

Facial Therapy by Uspa

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Your face is the autobiography of your life and it is as unique as you are, that's why we customise every facial especially for you. We use Uspa, premium skin care products made from natural plant extracts, many of which are grown in the Australian sunshine. Uspa's carefully blended plant serums, mud therapies, and essential oils are of the purest and highest grade that when used together, allow the nutrients to work deeper into the skin's layers.

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SNOW PRINCESS FACIAL

(90 mins / \$195)

A treatment that's as individual as you are. This bespoke treatment is so sublime, created by a highly-skilled therapist who selects specific products to produce the most tangible and noticeable results for your skin. It runs like this: a back massage, a deep cleanse, exfoliation, mask, cell therapy and a therapeutic face and scalp massage. The experience concludes with a hydration treatment to nourish and protect. You won't recognise yourself.

CUSTOM FACIAL

(60 mins / \$140)

The Snow Princess Facial's baby sister has all of the above minus the back massage.

MR SNOWMAN FACIAL

(60 mins / \$140)

Your life, and your lifestyle, is expressed on your face. This facial is designed to provide the checks and balances to bring your skin into harmony. A purifying cleanse and exfoliation, using products enriched with birch extract, almond oil and ginseng, helps purify the skin before a bliss-inducing face massage. This therapeutic facial includes a deeply relaxing scalp or a hand and arm massage.

FAST EDDY FACIAL

(30 mins / \$80 add-on or \$90 solo)*

The Fast Eddy special starts with a grapefruit cleanse from the shoulders up, featuring balancing oils of sweet almond or camellia. This is followed by an invigorating exfoliation with bamboo beads and ginseng, and a firming clay mask to close pores while improving tone and texture. The final flourishes are all about hydration and nourishment. Aloe vera gel reboots and hydrates before a hit of moisturiser leaves skin protected and restored.

Massage Therapy

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This is where spaQ's treatment philosophy really shines. You'll have time with your therapist before the treatment begins to customise every element of your massage therapy.

Our top tip – book some extra time and select something extra from our Accessories.

Trust us, it will be perfection!

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RELAX MASSAGE

(60 or 90 mins / \$140 or \$190)

With best-of-the-best relaxation techniques, this full body therapy is designed to relieve tension, soothe the nervous system and restore energy flow. It's also great for getting the circulation going – making it an ideal choice if you've just stepped off the slopes. Using a soothing essential oil blend of jasmine and rose geranium, this treatment promises to rejuvenate and rebalance.

REMEDIAL MASSAGE

(60 or 90 mins / \$145 or \$195)

Both deep and meaningful, this massage is aimed at reducing muscle tension and pain using a variety of techniques including deep tissue, trigger point therapy and stretching. Your remedial therapist will target specific areas of built-up tension to help the body heal and recover. Stress relieving and fatigue fighting this massage is a cure-all for après ski recovery.

HOT STONE MASSAGE

(60 or 90 mins / \$145 or \$195)

Oooh baby, it's cold outside! Let us warm you to the core and to a relaxed state of bliss with this muscle melting massage extravaganza. Smooth warmed stones act like a magnet to tight spots, relieving with radiating heat while soothing massage techniques will have you relaxed to the core. Oohs and aahs appropriate!

PREGNANCY MASSAGE

(60 mins / \$145)

A nurturing and safe massage, designed for mums-to-be after the first trimester and new mums needing some 'me' time. This therapeutic massage can help reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, plus increase blood and lymphatic flow.

Accessories

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Create your own designer spa experience by accessorising with these lavish embellishments. This is the idea: when you book another treatment, add these fabulous therapies for an opulent flourish to your session. Genius, right? Our spa specialists will gladly curate a complementary program. If you're just after a mini spa break, all items on the Accessories menu can be enjoyed as a single treatment.

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WILD THYME FOOT THERAPY

(30 mins / \$80 add-on* or \$90 solo)

Feet. Unappreciated, over-worked and undernourished. Give them the love and appreciation they deserve with an amazing deluxe foot rub to leave them smooth, revived and happy. Your tootsies will feel exhilarated after a wild thyme foot pumice with eucalyptus oil. Pepped, refreshed and cooled, they'll be rubbed the right way using a capsicum, menthol and wintergreen blend starting from the tip of your toes all the way to your knees. A wild time is guaranteed.

ALPINE FACIAL

(30 mins / \$80 add-on* or \$90 solo)

Top off your treatment with a boutique Uspa facial available with any of our massage or body treatments. This express treatment is a complexion booster and includes cleansing, exfoliation, a facial mask, toning and moisturising. Suitable for any skin type, this facial incorporates powerful plant serums, mud therapies and essential oils.

TENSION TARGET MASSAGE

(30 mins / \$80 add-on* or \$90 solo)

This treatment is tailored to target specific areas that are screaming out for attention. Whether it's muscle aches and pains, back tension or neck tightness, our therapists will focus their skills on unwinding the area of your choice.

CHINA ROSE MASK & HAIR TREATMENT

(30 mins / \$80 add-on* or \$90 solo)

Get glossy, healthy locks with this intensely hydrating and restorative hair treatment, designed to strengthen your hair and make it more damage resistant. We'll draw out the whole application process with a mind-melting scalp massage. A steamy head wrap helps the ingredients penetrate the hair. As the goodness sinks in, your therapist will up the pleasure factor with a deeply relaxing neck and shoulder massage.

* The add-on price is applied when the combined treatment time exceeds 60 minutes.

Après Ski Signatures

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An artfully curated narrative from beginning to end, our spaQ Après Ski signatures blend a series of harmonious treatments brimming with therapeutic kudos. Imagine you're the leading protagonist in search of inner peace, beauty and transformation. As the story unfolds you transcend deeper into the land called 'spaQ Bliss'.

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COCO CURE

(60 mins / \$145)

Dry Body Brushing + Wrap + Face & Scalp Massage

Banish the dry skin drag with this nourishing and moisture-rich concoction. The treatment commences with dry body brushing to increase blood circulation and lymphatic drainage. Next, a nourishing full-body application of warmed coco butter and coconut, infused with aromatic vanilla and bergamot, feeds your skin while your therapist delivers a divine face and scalp massage. Unwrap and voila! Silky smooth rehydrated skin.

COUPLES SKI RECOVERY

(90 mins / \$195 per person)

Relax Massage + Accessory of your choice

Connect and unwind with our 90-minute couple's package which includes an hour-long massage designed in consultation with your therapist and a spaQ 'Accessory' treatment of your choice. Relaxed and rejuvenated, the journey concludes in our relaxation lounge with a cup of our special herbal tea.

THE SNOW QUEEN

(150 mins / \$345)

Green Tea Salt Scrub + Relax Massage + Facial Massage

With muscle recovery and wellness in mind, this après-ski recovery mission sees magnesium play hero in an energy-enhancing, stress reducing, mineral replenishing spaQ journey. Your skin is cleansed using an exfoliation of therapeutic sea salts rich in magnesium, restoring function back to your body. After rinsing, traditional light oils with camellia seed and jojoba are massaged to balance and soften the skin. The ceremony draws to a close with a facial massage using a specially crafted blend of the purest essential oils and plant extracts.

MOUNTAIN WARRIOR

(150 mins / \$345)

Green Tea Salt Scrub + Relax Massage + Facial Therapy

This fatigue-fighting sequence of spa therapies starts with an invigorating green tea salt scrub to slough away unwanted dry and flaky skin. Next on the agenda is a relaxing full body massage. Finally, a facial especially designed to balance out sensitivities, nourish the skin and boost healthy cell regeneration. Now the warrior is back to full potential to conquer the world once more.

Need To Know

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WHERE WE ARE

spaQ is open daily in ski season. We are located at QT Falls Creek, 17 Bogong High Plains Road, Falls Creek.

SPA ARRIVAL

Please arrive 10 minutes before your treatment is scheduled. This gives you and your therapist time to plan the perfect experience. If you arrive late, we may have to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

MEDICAL CONDITIONS

When making your reservation, please advise us of any health conditions, allergies or injuries that might affect your experience.

PREGNANCY

We have treatments designed especially for mums-to-be and nursing mums needing some 'me' time. Our team will help you select the most suitable treatments to enjoy.

MINIMUM AGE

You'll need to be at least 16 years of age to enjoy spa services.

SPA ETIQUETTE

To make things comfortable and relaxing for everyone, spaQ is a mobile phone free environment.

CANCELLATIONS

A 100% charge will apply for any treatments cancelled with less than 24-hours notice. The same applies for no-shows and gift voucher bookings.

Good to Know

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OUR MISSION

With soothing refreshments, smooth tunes, a stylishly vibrant look, and an awesome team of spa specialists, spaQ takes a playful approach to feeling well and looking great. With the help of natural spa product creator Uspa, our mission is to help you shine.

ENQUIRIES AND RESERVATIONS

Advance bookings are recommended but if you're a spur-of-the-moment kind of person, do give us a try. All appointments can be guaranteed with a credit card, gift voucher or room number.

GIFT VOUCHERS

spaQ gift vouchers are available for all treatments, products and packages. Ensuring you have the voucher exactly when you need it, you can choose to collect it from spaQ or have it delivered by express post or email. From experience we can unequivocally say that spaQ gift vouchers are guaranteed to raise your popularity stakes.

VISIT US ONLINE

Keep in touch with all things spaQ, search for treatments and current promotions at spa-q.com.au/falls creek.

PAY FOR SIX, ENJOY SEVEN TREATMENTS

Purchase any six of the same treatment in advance and you'll receive a seventh one on us. Speak to our team for full details.

Contact Us

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spaQ at QT FALLS CREEK

17 Bogong High Plains Rd Falls Creek VIC 3699 www.spa-q.com.au/falls creek +61 3 5732 8016

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