

WELCOME TO  
spaQ



# Welcome to spaQ

A haven of luxurious spa splendour awaits.

Here time exists in the abstract. Profoundly transformative, each artfully curated spaQ journey is designed to ensure your body and mind align and your inner and outer beauty shine. Bespoke experiences are cued and facilitated by intuitive therapists, whose highest ideal is delivering powerful therapies that work skin, body and soul deep.

Life is in a continuous state of change, just like your state of being. Hence you don't have to decide on your treatment when making a booking, simply the time and the date. We call this very unique way of spa-ing, our "freshly picked" concept meaning you get a bespoke, made-to-measure experience that treats who you are in that very moment. So please arrive at least 15 minutes before your session to meet your therapist, who will customise your treatment. Or feel free to select your treatment when you book.

To get the most out of your visit, we invite you to immerse yourself in our Hammam-inspired steam and ice room, where the juxtaposition of hot and cold therapies has an unwinding effect before your treatment begins. This is mixed social thermal relaxation at its finest and is available with our compliments to all guests visiting for treatments of one-hour or longer.

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# PACKAGES

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*Our spaQ packages run like a carefully thought out narrative from beginning to end. Imagine you're the leading protagonist in search of inner peace and transformation and as the story unfolds you transcend deeper into the land we call Bliss. Our specially curated series of harmonious treatments brimming with therapeutic kudos, all begin with a euphoria inducing footbath ritual.*

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## **SKIN RESCUE** (120 mins / \$295)

*Warm Oil Back Massage + Signature Aloe Wrap + Refresh Facial + Hair Treatment + Scalp, Neck & Shoulder Massage*

Over exposure, as many a celebrity will attest, is not such a great thing. This treatment operates to penetrate over exposed skin and hair with a moisture explosion and in the meantime restores every part of you. You'll be rebuilt from the ground up, starting with a foot ritual followed by a warm oil back massage. Blissed out, next comes a nourishing blend of aloe vera with jasmine and rose geranium which is applied lovingly to the skin, before you're tenderly swaddled in natural cloth that helps your skin soak up the goodness. A nourishing and protecting hair treatment, featuring a potent combination of coconut oil, china bark extract and essential oil is then applied to your hair, incorporating a bliss inducing scalp, neck and shoulder massage. Now you're back to your beautiful self and ready for your close up.

## **THE PLUSH PRINCESS** (150 mins / \$365)

*Green Tea Salt Scrub & Skin Hydration + Full Body Massage + Facial Massage*

Inspired by the royal palaces of central Java, this treatment restores inner balance and increases your feeling of well-being using a combination of long practiced techniques. Your skin is firstly cleansed with an exfoliation of therapeutic sea salts with aromatic bergamot blended with antioxidant rich green tea. After rinsing, traditional light oils of the tropics are massaged to balance and soften the skin. The ceremony is completed with a balancing face massage with a specially crafted blend of the purest essential oils and plant extracts.

## **WEEKEND WARRIOR** (150 mins / \$365)

*Coffee and Sea Kelp Scrub + Massage + Facial Therapy*

This treatment is for the warrior, for the fearless, for the brave. He who lives life to the fullest, he who takes life by the horns and wrestles it to the ground but sometimes forgets he needs to chill out for a couple of hours! This fatigue-fighting sequence of spa therapies starts with an invigorating coffee and sea kelp scrub to slough away unwanted dry and flaky skin. Next on the agenda comes a massage targeting areas of tension, knotty tissue and tightness to ease stress. Finally comes a facial to balance out sensitivities, nourish and boost healthy cell regeneration. Now the warrior is back to his full potential he can go out and conquer the world all over again.

## **METAMORPHOSIS** (allow 6 hours / \$795)

*Hammam Steam + Spirulina Wrap + Mastery Massage + Lunch + Signature Caviar Facial*

Transformative, restorative and sublimely relaxing; escape from your world with a day packed full of spaQ nurturing. The morning includes a session in our Hammam-inspired steam room to relax into the day, a 90 minute Thermal Mineral Body Scrub and Spirulina Wrap and a 90 minute Mastery Massage designed especially for you. Lunch from QT Sydney's spa selection will be delivered to you in our Relaxation Lounge then your spa journey continues with a 90 minute Kerstin Florian Signature Caviar Facial designed to brighten and energise the skin. Transformed, nurtured and renewed, your journey concludes with a glass of bubbly.

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# SOCIAL SPA-ING

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*Relax and reconnect with our spaQ social spa-ing packages especially designed for couples and groups. Our 'Social spa-ing' packages include full use of spaQ's facilities including the Hammam-inspired steam room and the moody relaxation lounge which is stocked with the latest glossy magazines and an endless supply of herbal tea.*

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## COUPLE'S PACKAGES

*Our couple's packages have been designed for two people sharing the couple's room.... spaQ for two! For those wishing to purchase this package individually, a surcharge will apply.*

**(SOUL)MATE ESCAPE** (90 mins / \$235 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 moody relaxation lounge with a cup of our special herbal tea.

**THE SUITE RETREAT** (150 mins / \$365 per person)  
*Therapeutic Sea Salt Glow + Relax Massage + Uspa Facial*

Soothing and soulful, our Suite Retreat package is designed for a twosome seeking smooth, hydrated skin, relief from tension and peaceful connected minds. In the privacy of our spaQ Sydney couple's suite, you'll both be buffed from top-to-toe then massaged with aloe and healing jojoba oil. A Uspa Custom Facial concludes the treatment sequence, after which you'll be served herbal tea in our contemplative relaxation lounge.

## GROUP PACKAGES

*Guests enjoying group treatments will be offered a complimentary glass of Chivas or bubbly in our relaxation lounge after their treatments. Group packages are designed for a minimum of 5 and a maximum of 12 guests. Advance bookings are required.*

**GOSSIP GUYS & DOLLS**  
*(60 mins, allow 120 mins for total experience / \$150 per person)  
Uspa Custom Facial OR Relax Massage*

Guests are invited to choose from a Uspa Custom Facial or a Relax Massage and although the treatment time is an hour, we recommend you allow at least two for the total experience.

**DECADENCE**  
*(90 mins, allow 150 mins for total experience / \$235 per person)  
30 mins Relax Massage + 30 mins Essential Focus Facial + 30 mins Wild Thyme Foot Therapy*

Ninety decadent minutes of one-on-one spa treatment time plus some social mingling in the gorgeous surrounds of spaQ - oh yes please! Our Decadence package includes a perfect balance of relaxation and beautifying therapies so you'll leave feet aligned and party ready.

**RECHARGE**  
*(90 mins, allow 150 mins for total experience / \$235 per person)  
Uspa Custom Facial + Tension Target Massage*

Our eyes may be the mirror to our soul but our face and body is the mirror of our lifestyle. A Tension Target Massage has been designed to melt the most cantankerous spots before your Custom Facial delivers balance and harmony to your skin.

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# BODY EXFOLIATION & MASKS

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*We use nutrient-rich natural products and some inspiring techniques so your skin will glow with an amazing vitality. But beyond just making your skin look and feel beautiful, our body treatments are designed to harmonise your skin with your body, your body with mind and your mind with soul, so you can be truly comfortable in your own skin on all levels.*

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## **TURKISH SALT SCRUB WITH EUCALYPTUS** (60 mins / \$155)

Inspired by the Turkish Hammam experience, we vigorously scrub your body with immune boosting eucalyptus oil and thermal mineral salt crystal. Then using a loofah infused with thermal mineral gel containing buffing grains, we rev up your circulation, remove dull surface skin cells and refine your skin's texture. Once you've showered then comes a relaxing massage using aloe to promote cell generation and healing jojoba oil to soothe and moisturise your skin, leaving it luxuriously voluptuous to the touch.

## **THERMAL MINERAL EXFOLIATING BODY SCRUB** (60 mins / \$155)

A complete detox for your skin, this deep cleansing, circulation-boosting treatment comes with a double whammy of thermal mineral goodness. First, a finely ground pumice body scrub with ylang ylang, geranium and Siberian pine oil removes dull surface skin cells. Then comes a loofah scrub using thermal mineral gel, which soothes and refines the texture of the skin. After showering, comes a delicious drenching in satin lotion so your skin is soft, glowing and gorgeous.

## **SMOOTHING BAMBOO & GINSENG POLISH** (60 mins / \$155)

Return to your absolute true nature with this body exfoliation treatment that uses a potent infusion of revitalising ginseng and ginkgo blended with gentle exfoliating bamboo beads to slough away dead skin cells, all the while oxygenating the skin. While it's rigorous, it's still gentle enough for the most sensitive skin. Finally, a full body application of zingy tangerine and anti-aging soothing rose will leave your skin feeling baby soft and refreshed with a luminescent sheen.

## **GINGER RENEWAL** (90 mins / \$245)

This body treatment starts with an invigorating ginger and salt exfoliation to slough away dead skin. Buffed back to your best, your therapist will perform a massage with warming organic ginger oil. So your skin can absorb its healing properties, you're then wrapped up snug and warm in a blanket. Healing stones warm your hands, as you receive a pressure point scalp massage. Ginger bliss.

## **SPIRULINA WRAP** (90 mins / \$245)

Harvested from pure salt lakes, spirulina algae is a seaweed mega rich in proteins, vitamins, minerals and enzymes. It has amazing qualities for purifying, nourishing and firming your body. After your skin has been thoroughly exfoliated, your body is coated with a warmed spirulina mask. You're then cocooned in a thermal blanket to soak up essential elements. At the same time, a spirulina mask is applied to your face. Marine firming body crème mixed with lavender body oil finishes off this purifying and firming treatment.

## **COFFEE & SEA KELP CONTOUR WRAP** (90 mins / \$245)

A true wrap star! It's mood altering, body changing as well as giving you supple, gloriously smooth, toned skin. A vitamin, mineral and anti-oxidant rich infusion of coffee and sea kelp mix is used to stimulate circulation, detoxify and gently exfoliate the skin, while the subtle scent of grapefruit and vanilla rises like little puffy scented clouds lifting your mood. Now your buffed skin is ready to absorb the all over, mineral rich clay wrap, which has superhero drawing properties to help boost circulation, relieve sluggishness and firm the skin. A nourishing macadamia nut, camellia and jojoba oil combination follows the lymphatic pathways draining toxins from your system.

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# FACIAL THERAPY BY KERSTIN FLORIAN

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*Remedial, restorative, reparative, rehabilitative – that’s a lot of words starting with R but we can’t enthuse highly enough about results driven Kerstin Florian products from the USA. Synonymous with pioneering technology and cutting edge cosmeceuticals, Kerstin Florian also utilises its Swedish spa heritage with natural formulas founded in advanced phytotherapy, aromatherapy, algae, thermal mineral water, mud, herbal extracts, marine technology, and are high in antioxidants, essential minerals and vitamins.  
The result? Radiance. Pure radiance.*

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## **SIGNATURE CAVIAR FACIAL\***

*(60 or 90 mins / \$220 or \$295)*

Caviar darling? This luxurious facial uses the protein rich, cell rejuvenating caviar, as well as powerful Chinese botanical antioxidants to exfoliate, increase collagen production, hydrate and infuse the skin with age defying nutrients that softens lines and wrinkles, giving your skin a youthful puff. Next, comes the Aculift Massage, which miraculously firms and tones the facial muscles and skin. We then lovingly cover your skin with a hyper intense hydration, an experience that leaves your skin at its sumptuous best.

## **ADVANCED REPAIR CORRECTING FACIAL\***

*(60 or 90 mins / \$180 or \$255)*

Age really is just a number. This 21st century treatment leaves you looking eternally fresh faced whatever your age. It is customised to your skin, whether your focus is hyperpigmentation, congestion, fine lines or premature ageing. Intense multi acid or enzymatic peeling renews the skin on the face, neck, décolleté and hands, while hyaluronic acid, vitamins, and glycolic acid, brightens the skin’s surface. Relaxation comes in the form of a circulation boosting massage and a balancing nourishing mask, which delivers skin back to its former glory.

## **REJUVENATING ESSENTIALS FACIAL**

*(60 or 90 mins / \$165 or \$240)*

This customised and rejuvenating facial experience has been designed to make a distinctive difference to your skin’s well-being and appearance. An exfoliating peel renews the skin, facial massage promotes circulation and decreases facial tension while the soothing masque will balance and nourish your skin. Signs of ageing will be softened and your skin will look and feel firmer, smoother and supremely hydrated.

## **PRO 30 AHA RESULTS FACIAL (30 mins / \$95)**

What lies beneath your skin is the true you. This deep cleansing 30% multi-acid peel brightens, tones and polishes the skin and then is followed by a bliss inducing 16-point acupressure massage exercise for the face and scalp and completed with intense serums and creams selected with the true you in mind. We recommend a series of six treatments for premium results.

## **\*RECOMMENDED ACCESSORIES**

*The Advanced Repair Correcting Facial and our Signature Caviar Treatment can be taken to the next level. Try these add-ons and your skin will love you for it.*

## **INTENSE REPAIR AMPOULE (\$45)**

The buzzwords for youthful skin are cell rejuvenation. This treatment adds elasticity and firmness to the skin tissue by hydrating and oxygenating devitalised skin to dramatically alter your skin’s tone and texture.

## **VITAMIN C AMPOULE (\$45)**

A literal explosion of potent antioxidant vitamin C that is delivered deep into your epidermis to improve quality and repair prematurely ageing skin. Your skin will look brighter, more energised and will shine with a fresh healthy glow. It also helps to prevent premature ageing caused by UV exposure.

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# KERSTIN FLORIAN K-LIFT THERAPY

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*The future of age reversal is right here at spaQ. Thanks to contributions from NASA experiments and Nobel Prize winning laureates, the K-Lift Age Management System utilises three high-performance energy technologies into one device to treat the aging process. This non-invasive therapy offers immediate results using red LED (light emitting diodes) light therapy, impulse micro-currents (kinetic energy) in conjunction with KF cosmeceuticals that improve dermal density and trigger collagen production to restore cell function to younger levels.*

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## **K-LIFT YOUTH ACCELERATOR FACIAL** (60 or 90 mins / \$180 or \$255)

You can literally see the hands of time winding counter clockwise after receiving this modernised energy treatment utilising LED red light and Impulse MicroCurrent which accelerates repair mechanisms, re-educates muscle tone and triggers DNA regeneration and cell repair. This ingenious facial also includes a deep cleanse and an exfoliating multi-acid peel for the face and neck to renew the skin. Then essential nutrients are infused to the deep layers of your skin with transdermal delivery technology. Hello time traveller, you look gorgeous!

**K-LIFT AGE MANAGEMENT EXPRESS SERIES**  
*We understand that you are incredibly busy so we've included some express treatments, so you can experience this revolutionary technology on the hop. For best results, treatments are recommended as a series.*

## **K-LIFT RADIANCE TREATMENT FOR CONGESTED SKIN** (30 mins / \$95)

Do you suffer from excessively oily skin? Well, this is the treatment for you, as it has been especially designed to draw out excess sebum from congested, oily skin. There is a focus on increasing lymphatic draining and enhancing circulation to unblock your skin, as well as target stagnant areas.

## **K-LIFT EYE TREATMENT** (30 mins / \$95)

The eyes are the windows to the soul; so let your soul shine out without curtains or venetian blinds clouding the view. This treatment is designed to help strengthen and lift the muscles, helping erase fine lines and wrinkles. Think of it as preventative medicine, as it maintains energy in the cells, strengthening muscle tone and delaying the ageing process.

## **K-LIFT FACIAL LIFTING** (30 mins / \$95)

When it comes to your skin, prevention is also certainly better than the cure. K-Lift products work in conjunction with the high-tech K-Lift Management technology to give your skin a fighting chance against ageing by maintaining energy in the cells and strengthening muscle tone, which gives you firmer, plumper, more youthful skin.

## **K-LIFT LIP TREATMENT** (30 mins / \$95)

Did you know when you're attracted to someone your natural gaze goes from their eyes to their lips? This treatment ensures your lip lines, low cheeks and jawline stays defined, lifted and toned. We pay particular attention to smooth out the fine, feather lines around your lips, one of the fastest ageing areas of the face.

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# FACIAL THERAPY BY USPA

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*Your face is the autobiography of your life. It's as unique as you are, just like your customised facial! We use Usps, premium skin care products made from natural extracts from plants, many of which are grown in the Australian sunshine.*

*Usps's carefully blended plant serums, mud therapies, and essential oils are of the purest and highest grade that allow the nutrients to work deeper in to the skin's layers when used together.*

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## **USPA CONCEPT FACIAL** *90 mins / \$225*

A treatment that is as individualised as you are. What makes it so sublime is this bespoke treatment is conceptualised by your highly skilled therapist who chooses highly active plant extracts that will produce the most tangible and noticeable results for the skin you're in. It runs like this; a welcoming back massage, a deep cleanse, exfoliation, masks, cell therapy and a therapeutic face and scalp massage, followed by an eye contour wrap to take care of the delicate eye area and hydration treatment to nourish and protect. Seriously, you won't recognise yourself.

## **USPA CUSTOM FACIAL** *(60 mins/\$155)*

The USPA Concept Facial's baby sister with all of the above minus the back massage and eye contour wrap. A little less time intensive but still power packed.

## **ESSENTIAL FOCUS FACIAL** *(30 mins / \$95)*

Put your best face forward by topping off your treatment with a boutique Usps facial available with any of our body treatments. This express treatment is a complexion booster and includes cleansing, hydrating compresses, facial mask, toning and moisturising. Suitable for any skin type, this facial incorporates powerful plant serums, mud therapies and essential oils.

## **GENTLEMAN SKIN CARE SERVICES**

### **SUPERNATURAL FACIAL** *(60 mins / \$155)*

Life and your lifestyle express themselves on your face. This facial is designed to provide you with the checks and balances that bring your skin into harmony. A purifying cleanse and exfoliation using products enriched with birch extract, almond oil, ginseng helps purify the skin ahead of a hydrating face massage rich in Vitamin C & Macadamia oil balances sensitivities. This therapeutic facial includes a deeply relaxing scalp, hand and arm massage.

### **FAST EDDY FACIAL** *(30 mins / \$95)*

You're a busy man with a world to conquer and all that, but you can still put your best face forward, fast. We start with grapefruit cleansing with balancing oils of sweet almond or camellia from shoulders upwards before exfoliating your skin with bamboo bead and ginseng facial polish. A firming clay mask is applied to tighten your skin, close pores and improve tone and texture. Then an aloe vera hydrant gel infused with green tea re-boots and restores before a final hit of lotion to hydrate the skin without leaving an oily or shiny effect.... restoring you to the man you truly are.

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# MASSAGE THERAPY

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*Muscle melting, immune boosting, stress relieving and life affirming, the power of touch is undeniable. With our freshly picked menu, we allocate time with your therapist before treatment to customise your massage to how you are in the here and now. Live for the moment and beyond, by accompanying your treatment with a little extra from our "Accessories" menu, giving you something more to look forward to!*

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## **RELAX MASSAGE** (60 or 90 mins / \$155 or \$225)

Take a load off. De-frag your system and reboot your mind with this full body therapy that is all about giving your overworked nervous system a long deserved break, ebbing away tension and getting your circulation and energy flow moving again – making it perfect for recovery from a long flight. A sedative yet ultimately wholly reviving blend of jasmine and rose geranium essential oils ensures you'll be restored to your true self in no time.

## **THERMAL MASSAGE** (60 or 90 mins / \$155 or \$225)

Do you need a D&M? This massage is deep as well as meaningful and designed to soothe sore muscles and ease away aches and pains on a profound level. Using the warming properties of red pepper balanced with cooling essential oils to reduce inflammation, your therapist works way down to the deeper band of muscle tissue, delving into the offending problem areas, therefore helping to relieve chronic pain, muscle tension and sporting injuries.

## **THE MASTERY MASSAGE**

(60 or 90 mins / \$160 or \$230)

Melding the mastery of our intuitive and highly-skilled therapists with the art of Uspa's healing botanical elixirs, spaQ's Mastery Massage provides the ultimate in personalised, restorative nurturing. On arrival, your therapist will work with you to select potent elixirs to include in the therapy to best suit your needs and desires on the day. Then it is time for your therapist to use all their unique skills and specialist techniques to treat your body to a soul soothing massage journey designed especially for you.

## **PREGNANCY MASSAGE**

(60 or 90 mins / \$155 or \$225)

A baby! Congratulations! What wonderful news! This safe, nurturing massage has been designed especially for new mums and mums-in-waiting, who've passed their first trimester. As your miraculous body is undergoing all sorts of changes, we've developed a therapeutic massage that helps reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, and increase blood and lymph flow. A relaxed mum means a happy baby and vice-a-versa.

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# ACCESSORIES

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*As Lenny Kravitz so aptly put it, "It ain't over 'til it's over!" Okay maybe he wasn't referring to our Accessories menu but he could have been. The concept is this – when you book an hour's treatment, say a massage, you can supplement your own version of spa-bliss by adding an opulent 30-minute treatment onto your session thereby extending your pleasure. Genius right? Decide yourself or our spa specialists will gladly help you curate a complementary program. Here's how to keep the pleasure rolling on ...*

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## **TENSION TARGET MASSAGE** (30 mins / \$95)

We all carry tension somewhere in our bodies. This bespoke treatment is targeted to incredible precision and delivered right where you need it most. You know your body, whether it's that annoying muscle ache, middle back tension or neck tightness, our therapist's brief is to turn their full attention and awareness to your tension zone and melt it right away.

## **WILD THYME FOOT THERAPY** (30 mins / \$95)

Feet. Unappreciated, over worked and under nourished. Give your feet the love and appreciation they deserve with this amazing deluxe foot rub that will leave them smooth, revived and happy! Your tootsies will feel exhilarated with a wild thyme foot pumice with eucalyptus oil infused to leave them pepped, freshened and cooled. You'll then 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. Your feet will repay you by taking you all over Sydney. A wild time is guaranteed.

## **ESSENTIAL FOCUS FACIAL** (30 mins / \$95)

Put your best face forward by topping off your treatment with a boutique Uspa facial available with any of our body treatments. This express treatment is a complexion booster and includes cleansing, hydrating compresses, facial mask, toning and moisturising. Suitable for any skin type, this facial incorporates powerful plant serums, mud therapies and essential oils.

## **CHINA BARK MASK & HAIR TREATMENT**

(30 mins / \$95)

Your hair is your crowning glory and this therapy gives it the right royal treatment. The intensely hydrating and restorative China bark hair mask works wonders, strengthening your hair, making it more resistant to damage and everyday pollution. Heads up you're on a winner here. While the steamy head wrap helps the restorative ingredients penetrate deep within the hair shaft, your therapist delivers a divine massage to your shoulders and neck. The result is red carpet worthy, light-absorbing glossy locks and an inner glow that will light a room.

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## **TRIPLE THE DELICIOUSNESS** (90 mins / \$235)

If you're having problems choosing, allow spaQ to make it a little easier. Simply choose three accessory treatments to enjoy in one session and we'll sweeten it further with a triple-the-deliciousness price. After all isn't everything better when it is accessorised to perfection?

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# THE BARBER SHOP

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*Sink back into our antique leather barber's chairs and you'll be transported to a place of timeless style, where gentleman-like virtues of chivalry and conversation are applauded and exemplary grooming was commonplace. Our professional barbers offer customised barbering services, including luxury traditional wet shaves, and a no-nonsense, yet thoroughly modern approach to men's skincare and grooming.*

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## TRADITIONAL WET SHAVES

The fine art of the age-old wet shave executed by a skilled, professional barber has been a pleasure enjoyed by men for centuries. You're a man, you have facial hair, so treat yourself. Plus, a razor to the neck reminds you that you're truly alive! Seriously.

## MR. BOND (45 mins / \$80)

Proceedings start with a steaming hot scented towel to soften your beard as well as chill you out. Then a shaving cream with healing anti-inflammatory qualities lifts the hair away from your skin, reducing friction before a traditional wet shave is performed. Unruly eyebrows and beard can then be tamed if needed. Next comes a shoulder or hand and arm massage before we finish with a cold towel to close the pores in preparation for a final layer of moisturiser. Voila! You're ready to face the world!

## THE DON (30 mins / \$50)

Places to go, people to meet? This shave is so quick, easy and super effective that you'll be Don Draper dapper in just 20 minutes. Firstly, we apply hot towels infused with uplifting essential oils. Then comes the shave, using a specially selected shave cream and a traditional wet shave razor, for the most debonair skin. A cold towel and a dash of aftershave will close your pores, as well as restore natural pH levels before a hydrating moisturiser leaves you feeling suave and polished. Did someone say smooth?

## MEN'S HAIRCUT (30 mins / \$50)

Whether it's a classic cut or a rockabilly transformation our expert men's Barbers' will have you looking sharp in no time.

## HAIRCUT & THE DON (60 mins / \$95)

Sixty minutes to fabulous! Put your best, tidiest and spectacularly well-groomed face forward with the Don Shave and a Haircut. One hour of timeless barbershop styling served with a healthy dose of Chivas Regal. We'll toast to that!

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## NEED TO KNOW

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### WHERE WE ARE AND WHEN WE ARE OPEN

spaQ is open daily. We are located on the Mezzanine level of QT Hotel Sydney, which is located at 49 Market Street, Sydney.

### SPA ARRIVAL

Please arrive 15 minutes before your treatment is scheduled. This gives you and your therapist time to plan the perfect treatment experience. If you'd like to use our fabulous Hammam-inspired steam and ice room before your treatment, we suggest you factor in an additional 45 minutes to your treatment time. Use of the Hammam-inspired steam room is complimentary for guests enjoying treatments of one-hour or longer. Swimwear is a must as the Hammam is unisex.

If you arrive late for your treatment, 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 specially for mums-to-be and nursing mums. Our spa reception team can take you through your options to select the most suitable treatments for you to enjoy after your first trimester.

### CANCELLATIONS

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

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## GOOD TO KNOW

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### ENQUIRIES AND RESERVATIONS

Life is already far too full of decisions, often leading to analysis paralysis, i.e. it all looks so fabulous what should I possibly book? So we make it incredibly easy for you. All you have to do is designate the date, time and duration. Then on the day, your therapist will gladly assist you in choosing the ideal treatment experience. Naturally you can also choose your selection in advance if that's what you prefer.

While we definitely recommend advance bookings, 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 certificate or room number if you're staying at QT Sydney.

### GIFT CERTIFICATES

Share the spaQ love! Gift certificates are available for all treatments, products and packages. They are valid for 6-months from purchase date, and can be couriered, express posted, emailed or collected from spaQ. Visit the online shop on the spaQ Sydney website to purchase a gift voucher and it will be delivered instantly to your inbox.

### MINIMUM AGE

You'll need to be at least 16 years of age to use the spa facilities and services.

### SPA ETIQUETTE

To keep the vibe mellow and relaxed, we ask that mobile phones are switched to silent.

### PAY FOR 6, ENJOY 7 TREATMENTS

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

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## CONTACT US

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