

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 let us know the time, date and duration. 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 our team, who will customise your experience 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 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.

PACKAGES

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.

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 would attest, is not always a good thing. This treatment operates to penetrate over exposed skin and hair with a moisture explosion, restoring every part of you. You'll be rebuilt from the ground up, starting with a foot ritual followed by a warm oil back massage. Next, a nourishing blend of aloe vera, jasmine & rose geranium is lovingly applied to the skin before you're tenderly swaddled in natural cloth. Now we move our focus to your face & hair. A refresh facial to cleanse, exfoliate and hydrate your skin, and a nourishing hair treatment of coconut oil, china bark extract and essential oils applied with a bliss-inducing scalp massage. Once unwrapped, a neck & shoulder massage will have you back to your beautiful self and ready for your close up.

THE PLUSH PRINCESS

(150 mins / \$365)

Green Tea Salt Scrub + 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 healing 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 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. And finally, a facial to balance, nourish and boost healthy cell regeneration.

METAMORPHOSIS

(allow 6 hours / \$795)

Hammam Steam + Energising Body Wrap + Massage + Lunch + Femme Fatale 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, an Energising Body Wrap followed by a 90-minute 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 Femme Fatale Facial designed to brighten and energise the skin. Transformed, nurtured and renewed, your journey concludes with a glass of bubbly.

SOCIAL SPA-ING

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.

SPAQ FOR TWO

Designed for two people sharing our couples suite. Take time to unwind with your special someone.

(SOUL)MATE ESCAPE

(90 mins / \$245 per person)

Relax Massage + Accessory of your choice

Connect and unwind with our 90-minute package for two 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 SUITE RETREAT

(150 mins / \$365 per person)

Wild Thyme Foot Therapy + Relax Massage + Uspa Facial

Soothing and soulful, The Suite Retreat is designed for a twosome seeking smooth, hydrated skin, relief from tension and peaceful connected minds. In the privacy of our spaQ couple's suite, you'll be treated to an invigorating foot scrub, a full body massage with healing jojoba oil and a Uspa Facial.

GROUP PACKAGES

Group packages are designed for a minimum of 3 guests - booking in advance is recommended. Guests enjoying our group packages are served a complimentary glass of bubbly or Chivas in our relaxation lounge post treatments.

GOSSIP GUYS & DOLLS

(60 mins, allow 120 mins for total experience / \$160 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 hours for the total experience.

DECADENCE

(90 mins, allow 150 mins for total experience / \$245 per person)

Tension Target Massage + Essential Focus Facial +

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 aligned and party ready.

RECHARGE

(90 mins, allow 150 mins for total experience / \$245 per person)

Tension Target Massage + Uspa Custom Facial

Our eyes may be the mirror to our soul, but our face and body is the mirror of our lifestyle. First, we start with a Tension Target Massage designed to melt the most cantankerous sore spots before your Uspa Custom Facial delivers balance and harmony to your skin.

BODY EXFOLIATION & MASKS

We use nutrient-rich natural products and some inspiring therapeutic techniques so your skin will glow with amazing vitality. But beyond 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.

THERMAL SPRING BODY POLISH

(60 mins / \$175)

Extracted from the natural salt mines of Salies-de-Béarn in Southern France, this thermal rich body treatment commences with an invigorating full body exfoliation rich in magnesium, lithium, potassium and calcium to slough away dead skin. Buffed back to your best, a delicious drenching of fatigue fighting balm with malachite extract will soothe muscle aches and tension and produce illuminating skin.

TUTTI FRUTTI BODY PEEL

(60 mins / \$175)

Tutti frutti, oh beauty! This fruit-charged cocktail of orange, apricot, grape and lychee is ultra-rich in vitamins and minerals. Blissfully massaged into your skin, it liberates and promotes cell renewal leaving your skin feeling smooth and perfectly refined. After showering, you'll be treated to an all over antioxidant-rich hydration treatment, which uses lotus flower and water lily to leave you feeling completely energised and ready to rock 'n' roll. A-wop-bop-a-loom-a-blop-bam-boom!

SMOOTHING BAMBOO & GINSENG POLISH

(60 mins / \$175)

Return your skin to its truest state of balance with this body exfoliation treatment gentle enough for the most sensitive skin. Using an infusion of revitalising ginseng and ginkgo blended with gentle exfoliating bamboo beads, dead skin cells are sloughed away, all the while oxygenating the skin. Finally, a full body application of tangerine and anti-aging soothing rose will leave your skin feeling baby soft and refreshed with a luminescent sheen.

ENERGISING BODY WRAP

(90 mins / \$255)

Enriched with sapphire particles which leave muscles feeling relaxed and revitalised, this experience really is a gem, literally. Starting with a soothing foot soak and back ritual the treatment continues with a full body exfoliation using magnesium-rich thermal salts. Next, a luxurious sapphire-infused body wrap renews positive energy providing a balancing effect on your wellbeing. Your skin will feel revitalised, with a hit of anti-fatigue massage oil to finish off this harmonising treatment.

DETOX CURE

(90 mins / \$255)

This delicious detoxifying mix is good enough to drink. With a combination of oranges, apricots, grapes and lychees, this antioxidant-rich treatment begins with an all over body exfoliation to regenerate and cleanse the skin before an ultimate detox body wrap with green tea improves the elimination of toxins. A final blitz with bamboo extract and water lily will leave you feeling energised and revitalised.

COFFEE & SEA KELP CONTOUR WRAP

(90 mins / \$255)

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 is used to stimulate circulation, detoxify and gently exfoliate the skin, while the subtle scent of orange 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. To finish, a light body massage using an application of macadamia nut, camellia and jojoba oils for intense skin hydration.

FACIAL THERAPY BY SKEYNDOR

Skeyndor products are all about results. Whether you need remedial, restorative, reparative or rehabilitative effects (we call them the four R's), we know this range delivers. Skeyndor's incredible skin care is rich in active, natural and environmentally sourced ingredients all the way from Spain. Thoughtfully developed, Skeyndor products meet the specific needs of every skin type, rejuvenate the skin, correct imperfections and turn back time to achieve ageless beauty with long-term results.

TIMELESS PRODIGY

(90 mins / \$295)

As Cher once said, 'If I could turn back time, if I could find a way'. Well, we found a way...Timeless Prodigy is our extreme anti-aging treatment. It stimulates your skin with 50 million damask rose stem cells, and five growth factors that work directly on the epidermis, dermis and hypodermis to enhance your skin's density, smoothness, brightness, firmness and vitality. Starting with the ultimate welcome ritual, a champagne jelly D-tox formulation is applied to your skin, followed by a deep double cleanse. A peel selected just for you prepares your skin for the thermal concentrate which soothes and tones. Then the pièce de résistance: a 3D collagen mask and multi-vitamin cocktail that will turn back the clock leaving your skin restored and refreshed. Your treatment concludes with a luxurious white truffle re-densifying cream. And voila! Time travel complete!

INSTANT YOUTH

(60 mins or 90 mins / \$225 or \$285)

Lines and wrinkles can hit the road (Jack), with this 21st century anti-wrinkle treatment. Using advanced pearl powder, hyaluronic acid and state-of-the-art lifting peptides this treatment works to correct deep wrinkles and expression lines, leaving you looking younger in just one hour. How? I hear you ask...your skin will be cleansed and exfoliated, before being treated to a smoothing, reshaping facial massage, which prepares your skin for a regenerating mask that reveals truly youthful skin. Feel like really indulging? The 90-minute Instant Youth treatment includes a blissful relaxing back massage.

DERMA PEEL PRO

(60 mins / \$195)

What lies beneath your skin is the true you, waiting to be uncovered. Combining five peeling techniques in one treatment for perfect, softer more radiant skin. This deep cleansing peel with diamond particles, glycolic and lactic acid will renew your skin, soften lines and wrinkles, and unblock pores, while a biomimetic peptide stimulates the creation of new skin cells. This treatment is guaranteed to uncover your skin's true potential.

PERFECTLY UNIQUE FACIAL

(30 mins or 60 mins / \$95 or \$160)

Being unique is better than being perfect...true, but with this customised facial, we can help you be both! Tailored to meet the specific needs of your skin type, this facial treatment will improve your skin's wellbeing and appearance. An exfoliating scrub teamed with a facial massage promotes circulation and decreases facial tension, while the mask balances and nourishes your skin. Signs of aging will be softened, leaving your skin looking and feeling smoother and supremely hydrated.

FACIAL THERAPY BY SKEYNDOR

FEMME FATALE FACIALS

(60 mins or 90 mins / \$170 or \$255)

This seductive range of facials has been developed to arm you...with smiling skin. Our four powerful Femme Fatale Facials are specifically designed to get your skin radiating with that extra boost you know it deserves. Choose your Femme Fatale Facial or your therapist can help you decide:

AQUATHERM Perfect for sensitive skin, this facial repairs and rebalances damaged skin, using thermal spring water and magnesium to assist skin recovery.

VITAMIN C+ Vitamin C and antioxidant-rich pomegranate stimulates metabolism and collagen formation, leaving you with a radiant and youthful glow.

HYALURONIC ACID This super-hydrating treatment captures and retains the skin's moisture, leaving you with luminous, plump and balanced skin.

RETINOL Repairs and restores the skin's architecture to rejuvenate aged or sun-damaged skin, and improve skin tone and texture.

Need more seduction? Our 90 minute Femme Fatale Facial includes an indulgent eye contour and eyelash treatment that uplifts, firms and diminishes the look of fine lines and wrinkles.

THE GODFATHER

(60 mins / \$185)

Created by Skeyndor is a men's range designed to hydrate and re-energise, targeted at treating and maintaining the balance of masculine skin. Infused with dragon's blood extract to renew and heal and vitamin C to reduce the signs of aging and stimulate collagen production, this ingenious facial includes a deep cleanse and exfoliation before essential nutrients are massaged into the skin. Then kick back and enjoy a specially selected mask designed to treat your skin's specific needs, followed by a final hit of hydration. Truly a facial you can't refuse.

FACIAL THERAPY BY Uspa

Your face is the autobiography of your life. It's as unique as you are, just like your customised facial! 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.

USPA CONCEPT FACIAL

(90 mins / \$240)

A treatment that is as individual as you are. What makes it so sublime is this bespoke treatment is conceptualised by your 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, followed by a therapeutic face massage. A facial mask is applied to the skin before an eye contour wrap to take care of the delicate eye area, completing with an application of potent serums and a hydration treatment to nourish and protect. Seriously, you won't recognise yourself.

USPA CUSTOM FACIAL

(60mins / \$160)

The Uspa Concept Facial's baby sister with all of the above minus the back massage and eye contour wrap. Power packed but a little less time intensive.

GENTLEMAN SKIN CARE SERVICES

SUPERNATURAL FACIAL

(60 mins / \$160)

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 and ginseng helps purify the skin ahead of a hydrating face massage which balances sensitivities. This therapeutic facial includes a deeply relaxing scalp or a hand and arm massage.

FAST EDDY FACIAL

(30 mins / \$95)

You're a busy man with the world to conquer, but you can still put your best face forward, fast. Working from the shoulders up, we start by cleansing the skin, infused with grapefruit and balancing oils, followed by a revitalising exfoliation of bamboo and ginseng. A mud mask is applied to close pores, tighten and improve skin tone and texture. Aloe vera hydrant gel infused with green tea reboots 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.

MASSAGE THERAPY

Muscle melting, immune boosting, stress relieving and life-affirming, the power of touch is undeniable. We allocate time before your treatment to customise your massage to how you are feeling 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!

RELAX MASSAGE

(60 or 90 mins / \$160 or \$235)

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. We'll ebb away tension and get 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 geranium essential oils ensures you'll be restored to your true self in no time.

THERMAL MASSAGE

(60 or 90 mins / \$160 or \$235)

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 will focus on the deeper layers of muscle tissue to help release and relieve pain and tension.

THE MASTERY MASSAGE

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

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 / \$165 or \$240)

A baby! Congratulations! What wonderful news! This safe, nurturing massage has been designed especially for mums-in-waiting, who've passed their first trimester. As your miraculous body is undergoing all sorts of changes, we've developed a 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.

ACCESSORIES

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...

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, overworked and undernourished. 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, infused with eucalyptus oil 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 experience with a boutique Uspa facial. Available with any of our body treatments. This express facial therapy is a complexion booster and includes cleansing, exfoliation, facial mask, toning and moisturising. Suitable for any skin type, powerful plant serums are combined with 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. 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.

TRIPLE THE DELICIOUSNESS

(90 mins / \$245)

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?

THE BARBER SHOP

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 were 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.

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 massage before a final cold towel is applied to the face to soothe and refresh in preparation for a final layer of moisturiser.

THE DON

(30 mins / \$55)

Places to go, people to meet? This shave is so quick, easy and super effective that you'll be Don Draper dapper in just 30 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 / \$55)

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

HAIRCUT & THE DON

(60 mins / \$105)

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!

NEED TO KNOW

WHERE WE ARE AND WHEN WE ARE OPEN

spaQ is open daily. We are located on the Mezzanine level of QT 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 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.

HAMMAM-INSPIRED STEAM ROOM

Use of the unisex Hammam is complimentary for spaQ guests enjoying treatments of one-hour or longer. Please let us know at the time of your booking if you'd like to use these facilities. Swimwear is required to be worn in the Hammam.

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. Our spa reception team can take you through your options to select the most suitable treatments for you to enjoy.

SPA ETIQUETTE

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

CANCELLATIONS

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

GOOD TO KNOW

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. Gift certificates can be express posted, emailed or collected from spaQ. Gift certificates are available for purchase online and can be delivered instantly to your inbox. Simply visit our spaQ Sydney website.

MINIMUM AGE

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

VISIT US ONLINE

Search for treatments, current promotions, and keep in touch with all things spaQ at spa-q.com.au/sydney.

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.
