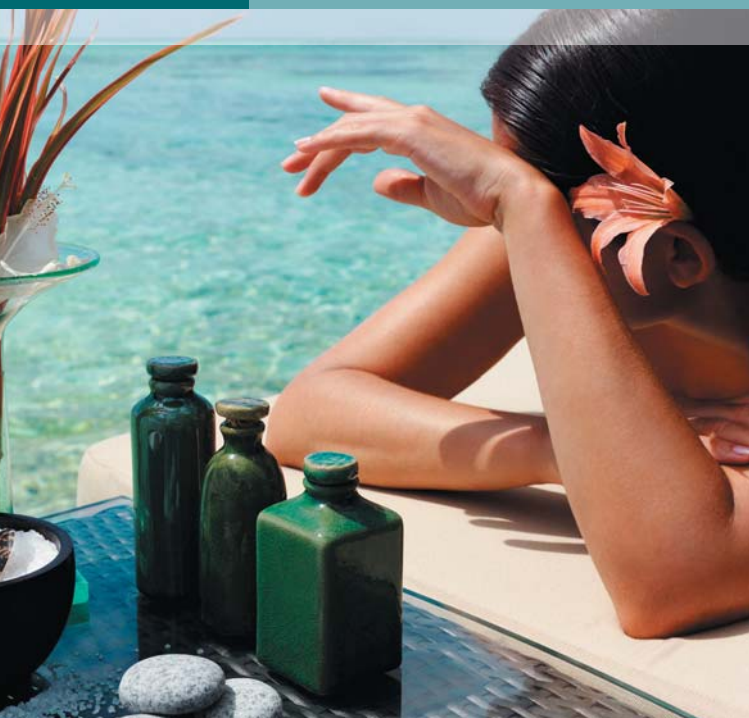




DAY SPA



Simply | refreshing



L'AQUA
day spa



Sensory Heaven

Welcome to L'Aqua Day Spa, a peaceful sanctuary nestled at the heart of Watermark Hotel & Spa Gold Coast.

Take sanctuary in a world of complete sensory heaven where time is left at the door and a new journey is born. At L'Aqua Day Spa, your experience begins with our customary water pouring ritual to hydrate your body from the inside. Everyday tensions give way to deep relaxation and a complete sense of rejuvenation for the body and soul.

Germaine de Capuccini and Issada products have been exclusively chosen offering an exquisite range of indulgent spa treatments and home care products. With your wellbeing in mind L'Aqua Day Spa has created a series of facial, body and massage therapies.

Each treatment incorporates principles of modern knowledge and ancient wisdom to provide a sense of wellbeing and tranquility, paving the way to balanced living.

Simply refreshing



SIGNATURE TREATMENT

WELLBEING RITUAL

The Wellbeing Ritual is an innovative new approach to bodywork therapy that allows the therapist to conduct a brief consultation to determine each guest's individual needs.

Your therapist helps to select the correct balancing blend and the ideal treatment to heal and address individual concerns.

The ritual begins with a massage of the back, neck, shoulders and legs using your customised blend of aromatherapy oils. Gently heated Thai pindas are massaged over the body moving with your natural energy flow. Your therapist applies pressure points to the feet, followed by a rhythmical rocking to rebalance the body. Warm towels are applied from head to toe before you enjoy a balancing facial treatment specifically for your skin's needs.

110min \$220

CHOICE OF BLENDS:

Vitality - Mandarin, Nutmeg, Lime and Italian Lemon

Relax - Lavender, Sandalwood, Patchouli and Violet

Active - Mint, Sage and Cinnamon Leaf

Svelte - Cedarwood, Juniper and Lavender

Aqua - African Geranium, Patchouli and Coriander

SPA RETREATS

"Me Time" Chocolate Indulgence

Your chocolate indulgence begins with the hydrating benefits of a hydrotherapy milk bath, just like Cleopatra. An invigorating full body chocolate scrub follows before you are cocooned in the warmth of a detoxifying cocoa bean body wrap. This most indulgent treatment finishes with an application of chocolate body butter and for that perfect 'Me Time' experience, an Iced Chocolate. (We won't tell if you don't!)

2 hrs (approx) \$240

Lift your Spirit

A touch of peace and quiet to lift anyone's spirits. Indulge your body with an 80 minute massage style of choice followed by a hydrating facial therapy with 100% Collagen mask to re-hydrate your skin.

2.5hrs (approx) \$225

Spa Revival

Breathe life back into your body with a Red Wine Bath, 50 minute massage, Glycolic Facial with vitamin C mask and then delight in a Foot Therapy treatment complete with massaging lounge chair and foot spa.

3.5hrs (approx) \$315

Moisture Burst

The most refreshing spa combination beginning with an Exotic Oriental Polish and Rain Therapy to remove dead skin cells and prepare your skin for a burst of moisture. A 50 minute massage combining collagen massage cream with the hydrating essences of African Geranium, Patchouli and Coriander is performed to maximise relaxation and improve skin texture.

Your body is cocooned to infuse the active ingredients as your therapist performs a Hydrating Facial with 100% Collagen Mask. A file, buff and polish for hands and feet gives a burst of colour and to refresh the palate a tropical fruit plate including yoghurt and cinnamon dip.

4hrs (approx) \$385

Conditions: Discount vouchers or offers not valid on Spa Retreats.

Detox Retreat

Your body is wrapped in a detoxifying mud cocoon followed by a seawater hydrotherapy bath to flush toxins and remineralize skin. A 50 minute massage is then performed with Cedar, Juniper and Lavender to tone the skin and stimulate body systems. Enjoy a light Spa Cuisine followed by an Advanced Revitalizing Facial and Foot Therapy to complete this full body retreat.

5.5 hrs (approx) \$495

Conditions: Spa Cuisine \$20 inclusive. 30 minutes in the Sauna/Steam is recommended prior to your treatment. (Discount vouchers or offers not valid on Spa Retreats listed above).



SPA ESCAPES FOR COUPLES

Decadent Spa Ritual for Couples

Performed in the private dual room, this decadent treatment for two guests begins with a Chocolate Body Exfoliation, followed by a Deluxe Cocoa Bean Body Wrap and finishes by slipping into a Red Wine Jacuzzi. Complete with sparkling wine, strawberries and cream with chocolate sauce, this treatment is the ultimate bliss for couples to share.

110min \$399

Massage Retreat for Two

Enjoy the decadence of the dual room, housing a private Jacuzzi and dual massage tables. Your private retreat begins with a 50 minute Massage together followed by 20 minutes in the spa.

70min \$220

Strawberries and Cream

Pre-order fresh strawberries and cream before your treatment for some extra indulgence afterwards.

\$15

Discount vouchers or offers not valid on Spa Escapes for Couples.

MASSAGE THERAPIES

Choose from a selection of massage styles for complete rejuvenation and relaxation. The experienced spa team will help you choose the most appropriate massage style for your particular needs.

With a choice of:

- **Swedish**
- **Deep Tissue**
- **Reflexology**
- **Shiatsu**
- **Prenatal**

(Prenatal recommended only after the first trimester).

Aromatherapy oils available with any massage for \$10. Please request upon booking.

50min \$99 | 80min \$145

Spa Signature Massage

The Saffronlara Ritual

This captivating full body massage, inspired by exotic treasures of the Eastern Silk Route, combine's the pleasure of an exquisite Saffron body oil and specific foulard wrapping ritual to alleviate daily stress, revive the senses and leave you feeling like you've been on an exotic journey to the Far East.

80min \$155

L'Aqua Stone Therapy

In a traditional Stone Therapy session, the client is treated to an 80 minute full body, blissful massage using polished Basalt and Marble stones. Heated stones are strategically placed over muscle groups and chakra points while your therapist melts away tension with nurturing massage strokes and stone movement.

A combination of heated and chilled stones used throughout this extraordinary treatment induce deep relaxation and rapidly eases muscular tension, giving your body a better chance to restore itself.

50min \$120 | 80min \$160

FACIAL THERAPIES

Your spa therapist will recommend a treatment designed to provide optimal results based on your skin analysis. Each facial therapy includes a face, neck, shoulder and scalp massage.

Advanced Correcting Program for Lines and Wrinkles

Visible results after just one treatment. Inspired by micro injections this treatment is a fast and effective solution to facial wrinkles, without injections. Using Germaine de Capuccini's unique formula Micro-Dermoxine, this treatment corrects and fills in expression lines, relaxes facial tensions, diminishes the depth and length of wrinkles and improves the skin's suppleness and firmness to prevent further development of wrinkles. The result is smoother skin with a vibrant and youthful glow.

80min \$155

Advanced Revitalizing Facial Therapy

Skin remains youthful as long as it is able to regenerate itself. Every day the skin defends itself from the environment, using an immense amount of energy that diminishes over the years. Using extreme antioxidants this advanced treatment helps mature skin reactivate its functions, revitalising the skin cells with intense energy and in turn increasing its vitality. For those that want to glow!

80min \$155

Advanced Hydrating Treatment with Facial Deeping

Water levels of less than 10% within the skin can be damaging and lead to premature ageing. To help avoid premature ageing this advanced treatment increases water levels up to 22% and recharges the skin with essential lipids and moisture binding ingredients.

80min \$140

Amour For Men

The most advanced re-energising and detoxifying professional treatment against the effects of skin fatigue. This treatment rich in vitamin C eliminates toxins and enhances skin luminosity, fighting wrinkles and the symptoms of premature ageing.

Including a 24 step Shiatsu face massage followed by a detoxifying rubber mask, this treatment gives balance to your body, mind and spirit.

80min \$140

Advanced Balancing Treatment for oily and acne skins

This intense treatment is perfect for both men and women who suffer from oily, congested or acne skins. The treatment includes a deep enzyme exfoliation, vapor treatment, extractions, lymphatic drainage massage and a high performance cleansing mask, leaving the skin perfectly balanced.

80min \$140

Hydrating Facial Therapy with 100% Collagen

Using 100% Marine Collagen and an array of plant and marine ingredients this treatment hydrates and protects the skin helping to restore optimum water levels and revive your skin back to its natural healthy state. The result is dewy, glowing skin!

50min \$105

Glycolic Facial Treatment with Vitamin C Mask

This advanced professional program renews the superficial micro-layers of the skin, transforming the skin's appearance. The skin texture is smoothed with a noticeable reduction in the appearance of fine lines, uneven skin tones and open pores.

*For noticeable results a course of five weekly treatments is recommended.

50min \$105 | 5 treatment package \$425. Conditions apply.

For The Most Delicate

With the use of natural Cortisone ingredients such as Liquorice this treatment is guaranteed to give results to those clients who suffer from Rosacea, Acne Rosacea, Erythroze, Couperose, Erythema on cheeks, redness or general skin discomfort.

50min \$99

Eye or Lip Correcting Program for Lines & Wrinkles

\$35 (With any facial treatment)

Hydrating Eye Contour Treatment

\$25 (With any facial treatment)

BODY RITUALS

To Die For Majestic Golden Body Treatment

A unique Golden Sea Algae known for its anti-ageing properties is carefully applied to the body. The body is cocooned and a continuous massage is systematically performed with ancient Thai Pindas.

The therapist does not leave your side as you are escorted into a deep state of relaxation. The Golden Algae is removed with heated toweling gloves and the final touch is a re-mineralizing golden nectar. This treatment enriches the skin to prevent ageing, restore tissue tone, vitality, and elasticity.

80min \$170

Detoxifying Mud Cocoon

Enjoy an exfoliation and healing Mudpack for the entire body, blended with Mandarin, Nutmeg, Lime and Italian Lemon. Cocooned in luxurious warmth you are treated to an indulgent scalp massage with warm oil and regenerating facial pressure points. Natural marine extracts absorb toxins and enrich the skin, finishing with a 10 minute Hydrotherapy Bath for further detoxification and relaxation.

80min \$165

Deluxe Grape Anti-Oxidant Wrap

After a vigorous dry brushing exfoliation, a velvety smooth crushed red grape mixture rich in Antioxidants and Vitamins is massaged over the entire body before it is cocooned for 20 minutes. Whilst the skin absorbs the deluxe ingredients enjoy a magnificent scalp massage, then the balancing waters of the Vichy Shower, to help achieve optimum wellbeing.

80min \$165

Deluxe Chocolate Scrub

Say goodbye to stress and welcome harmony from chocolate! Chocolate scrub made of natural cocoa bean particles improves the silhouette and has been proven to produce 'happy hormones', making this one extraordinary body scrub leaving your skin silky smooth.

50min \$110

Rich Valencia Salt Scrub

This is the body scrub every skin yearns for, combining Valencia orange extracts with the richness of Vitamin C and Sea Salts, let the citrus aromas take you on a journey to discover your smoothest, silkiest skin.

50min \$99

Body Bronzing

Air Brushed Tanning | 25min \$45

Air Brushed Tanning with Exfoliation | 50min \$99

WATER RITUALS

Secret of Cleopatra's Beauty

This exquisite Hydrotherapy Bath treatment will cherish your skin with unseen tenderness. Surrounded by the delicate fragrance of Cinnamon, caresses of Milk and Marine Collagen, restore your skin with moisture and nutrients. Harmony of the body, mind and soul in luxurious Milk gives an explanation to the secret of Cleopatra's beauty.

25min \$69

Red Wine Luxury

This Red Wine bath is pure oxygen for the skin! Containing crushed red grape extracts it is rich in natural antioxidants and vitamins to increase skin moisture and fight ageing with an immediate oxygenating effect on the skin. It also relaxes the body, relieves stress and restores luminosity.

25min \$69

Vichy Shower Rain Therapy

Relax on the customized Vichy lounge while shower heads are strategically positioned over the body's chakra points, with the combination of warm water and an aquatic oil specific for Vichy Therapy. This relaxing treatment helps boost the immune system while increasing stamina and leaves you with a feeling of absolute calm.

25min \$69

Exotic Oriental Polish and Rain Therapy

An exotic blend of the finest spices from around the world are combined to exfoliate the body including; Cinnamon, Vanilla, Ginger and Cardamon. Together with the calming waters of the Vichy Shower, rice and sesame oil to hydrate and nourish, leaving your skin soft, body rejuvenated and mind clear.

50min \$110



SPA CUISINE

Light and luscious, freshly prepared temptations from our hotel Chef who combines tastes and textures of the season, with innovative and world inspired flavour combinations. A fresh lunch or light nibble can be enjoyed in the adjoining Club Watermark Lounge and terrace. Please order prior to your treatment. Ask at Spa Reception for a Spa Cuisine Menu or view online at Laquadayspa.com.au

HAND & FOOT THERAPIES

Nail tidy - File, Buff and Polish

A quick fix for either your hands or feet. No fuss, just a file, buff and nail polish.

25min \$45

Foot Therapy

Your complete Foot Therapy experience includes a massaging lounge chair and foot spa for ultimate relaxation. Beginning with a stress relieving foot soak in a Collagen Milk Bath, your feet are then treated with an Aloe and Jojoba exfoliating scrub, a massage with rich Collagen Cream and smothered with a revitalizing plant mask. Foot therapy also includes nail and cuticle tidy, Alpha Hydroxy foot serum for that hardened skin, dry skin removal, file, buff and polish. The result...simply gorgeous feet!

50min \$99

Indulgent Foot Therapy

Take your Foot Therapy experience to the next level of indulgence. This foot treatment includes all of the above with some yummy extras including; a decadent hot stone foot massage and energizing, deluxe heated grape mask. This extra indulgence is what your feet have been praying for!

80min \$130

Hand Therapy

This ultimate treatment for the hands starts with a soothing Collagen Milk Bath, the hands are exfoliated with Aloe and Jojoba polish before a luxurious massage and heated mask infusion. When the mask is removed your hands will be hydrated and lines and imperfections diminished. Hand therapy also includes nail and cuticle tidy, file, buff and polish.

50min \$95

ISSADA MAKE-UP

Issada is an exclusive make-up line used by celebrities around the world, including Oprah. Addressing all your desires and specially formulated with greater skin in mind.

Created with vitamins, minerals, proteins and collagen to heal, repair and strengthen your skin.

Share your special moment with us. Allow our team of spa therapists and the fabulous Issada make-up range capture your essence and create that perfect image for your moment to shine.

Basic Make-up Application | 25min \$45

Special Occasion Make-up | 50min \$85

WAXING & TINTING

Best quality waxes ensure professional hair removal so you can relax on your way to being beautifully bare. Prices available on request.



Sanctuary



SPA GUIDE

Spa Etiquette

L'Aqua Day Spa is a 'Quiet Zone'. To ensure the relaxation of our guests we request your mobile phone is switched off during your spa visit. Children under the age of 14 are not permitted to visit the day spa for treatments.

Reservations

To secure your preferred appointment time please make an advance booking on 07 5588 8368. Credit Card details are required to confirm all bookings.

Cancellation Policy

We understand that sometimes you need to change an appointment. We kindly ask for 24 hours notice, or a 50% cancellation fee will be applied.

When should I arrive?

Treatments include complimentary access to the sauna and steam room, so arriving 45 minutes early is recommended to take advantage of the heat therapy rooms. If you are the first appointment of the day you are welcome to use the heat therapy rooms after your treatment. If you do not wish to utilize these facilities, arriving 10 minutes prior to your appointment is required.

What if I am late?

Arriving 10 minutes prior to your appointment means you will experience the full pleasure of your treatment. The full cost of the treatment booked will still be charged if you arrive late.

What should I Wear?

Please wear comfortable clothing to the Spa. We will provide you with an ultra soft robe to change into, fresh towels and a locker for your personal belongings. Please leave jewellery at home or in your hotel room. We will provide disposable briefs where necessary and our therapists use draping techniques to protect your privacy at all times.

Gift Certificates & Group Bookings

Group bookings are a specialty and your conference or special occasion will be taken care of at L'Aqua. We can tailor make packages to suit your requirements including Gift Certificates and Spa Cuisine.



WATERMARK[®]

HOTEL & SPA
G O L D C O A S T

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