

## ~ Massages ~

Indulge in a massage that has been individually tailored to suit your needs. Choose from relaxation, remedial, deep tissue or pregnancy

60 mins	120
75 mins	140
90 mins	160

<b>Deluxe Triple Treat</b>	90 mins	165
30 min massage		
30 min spa facial		
30 min foot lovers' massage includes foot scrub, wrap & moisturise		

<b>Hot Stone Massage</b>	90 mins	170
Experience a state of deep relaxation as the heat from the volcanic hot stones melt onto your body, reaching ten times deeper into the belly of the muscle than traditional massage		

<b>Island Getaway</b>	60 mins / 90 mins	130/165
Relax your body, de-stress your mind and revitalise your skin with an indulgent massage and a relaxing petit spa facial		

<b>Island Retreat</b>	60 mins / 90 mins	130/165
Rejuvenate your skin and free your mind and body with a botanical spa facial and relaxing massage		

<b>Oceanic Ritual</b>	60 mins / 90 mins	130/165
Melt away stress and tension with a body massage, followed by a treatment for those sore and tired feet including exfoliation, foot wrap and moisturise.		

<b>Pamper Package</b>	2.5 hrs	235
Full body massage, petit spa facial, pedicure and manicure (Glass of bubbles included)		

## ~ Ocean Blue Outdoor Massage ~

A tranquil and relaxing massage amidst the peaceful sounds of the ocean lapping and listening nature's wonders

60 mins / 90 mins	150/175
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## ~ Rituals for hands & feet ~

<b>Barefoot Botanical Indulgence Pedicure</b>	60 mins	80
An essential oil-steeped foot soak, bamboo and spearmint exfoliation followed by a stimulating French clay masque, toenail file and buff, finished with a rich spearmint and ginkgo foot treatment with choice of polish		

## ~ Spa Upgrades ~

<b>Foot Lovers Massage with foot treatment</b>	30 mins	55
Bamboo and spearmint exfoliation, purifying marine wrap, finishing with spearmint & gink-go foot massage (upgrade only)		

<b>Hydrating hair &amp; scalp treatment</b>	20mins	25
Float away with this beautiful intense hair treatment & scalp massage using hot towels to relax your mind (upgrade only)		

<b>Petit spa facial</b>	30 mins	65
A facial to brighten, nourish and revitalise your complexion. Double cleanse, exfoliation, mask & moisturise (upgrade only)		

<b>Manicure or Pedicure</b>	40 mins	55
Tidy, buff and polish (Includes soak & scrub) (upgrade only)		

Anti-Ageing eye treatment (upgrade only)	30
Additional 30 min massage (upgrade only)	55

# Palm Blue

## massage & day spa

Palm Bay - Long Island - Queensland

- 🌿 Massage
- 🌿 Facials
- 🌿 Manicures
- 🌿 Pedicures
- 🌿 Body Wraps
- 🌿 Outdoor Massage
- 🌿 Gift Vouchers
- 🌿 Waterlily Products
- 🌿 Bridal Packages
- 🌿 Group Bookings



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Palm Bay Resort, Long Island

Phone for appointment 0413 18 30 10



## Signature Spa Ritual

The Oasis 2.5 hrs 235

Let us take you on a journey to a wellness oasis to restore your sense of wellbeing. Your treatment begins with a full body exfoliation followed by a nourishing clay body mask & body wrap rich in minerals to firm, tone and hydrate your skin, completed with a full body moisturise. Our beautiful Waterlily signature spa facial completes this experience leaving you in a sense of deep relaxation. (Glass of bubbles included)

## Signature Body Treatments

Lemongrass Crème body wrap 90 mins 180

*Congested skin- sluggish lymphatic system- dull skin*

An uplifting and gently detoxifying treatment designed to combat congested, uneven and cellulite prone skin. Begin with a lemongrass walnut smoothing exfoliation, followed by a stimulating green tea and ginseng golden clay wrap infused with active herbal extracts, lemon rind and revitalizing lemongrass. Completed with a replenishing full body hydration body crème



Organic Honey & Cocoa body wrap 90 mins 180

*Sensitive-dehydrated-mature*

The soothing organic honey & cocoa body wrap treatment begins with a full body exfoliation followed by a nourishing clay body mask & body wrap rich in minerals to firm, tone and hydrate your skin, completed with a full body moisturise to replenish and dehydrated skin.

## Signature Body Treatments

Vanilla Bean body scrub 90 mins 175

Guilt free indulgence! The ultimate body treat as organic Australian cane sugar deeply exfoliates to a radiant glow. A replenishing organic oil blend drizzled with blissful vanilla bean and enriched with vitamin E leaves skin delectably smooth and inviting. Completed with a full body vanilla bean body crème and moisturise

Lime Caviar body scrub 90mins 175

This deliciously full body exfoliation ritual infuses organic Australian cane sugar peppered with pink lime caviar rich in vitamin C and antioxidants. Results are intensified with a replenishing infusion of omega serums blended with vitamin E and liquid cocoa butter layered with vanilla bean, mandarin and lime. Completed with a full body lime caviar body crème or balm moisturise

Pink Champagne body scrub 90mins 175

The sensory ritual begins with a vanilla infused cane sugar exfoliation massage layered in omega oils, organic cocoa butter and vitamin E to smooth and refine skin. Leave skin feeling refreshed, revitalised and revived with freeze-dried strawberry and pink shiraz grape aromatic essential oils. Finish with a luxurious botanical hydration massage layered with exotic crushed fruits to brighten, refine and hydrate



## Performance Spa Facials

Fruit Enzyme spa facial 60 mins 135

*Refine, brighten & revitalise*

An exfoliating and refining facial treatment rich in exotic tropical fruits, crushed citrus rind and berries to revitalise the duller of skin types. Leaving skin luminous, glowing and refreshed

Lime Caviar spa facial 60 mins 135

*For pigmentation, uneven tone, age spots, lack of firmness, loss of collagen, lack of hydration and or dry skin.*

A redefining face treatment featuring clinical doses of Vitamin C and ferulic acid with vitamin E drenched in exotic botanicals of lime caviar and Kakadu plum to visibly brighten, smooth and firm. The treatment is completed with an intense dose of 500mg of pure L-ascorbic acid to deliver a complete age proofing skin solution



Apple Collagen spa facial 60 mins 135

*Hydrate, firm & refine - all type skins*

A skin plumping face treatment with pure organic apples to redefine skin surface for glowing radiance. An exotic blend of fruit enzymes, silk peptides and marine collagen delivers a luminous complexion

Rose Quartz spa facial 60 mins 135

*Rejuvenate, plump & transform*

A luxurious performance spa facial targeting firmness, lines and wrinkles. Activated with smart peptide heptapeptide-7 with advance cosmeceuticals of resveratrol & hyaluronic acid in an anti-ageing vitamin complex with a nurturing infusion of pure rose oils, crushed quartz & crystal essences to intensify transformation at a cellular level