



The  
William  
Inglis



GALLERY

BY  
SOFITEL

THE  
WILLIAM INGLIS  
HOTEL

# DAY SPA MENU

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## THE DAY SPA

The Day Spa at William Inglis fuses cosmopolitan luxury with decadent rituals and intimate escapes. Sensory elements and luxurious facilities deliver an experience where each visit becomes an opulent journey offering a complete Spa Wellness sanctuary.

Stunning rituals, the latest techniques and meticulously formulated skin prescriptions ensure each spa element and enchanting sojourn rejuvenates skin while delivering a slice of relaxation heaven.

Our professionally trained and nurturing Spa Therapists are dedicated to tailoring each visit to your exacting requirements, with each exquisite experience harnessing aromatic essential oils and botanical plant infusions to create a performance driven sensory journey that will leave a lingering memory long after you have left.

The Day Spa features a luxuriously appointed bridal suite where brides and their parties can be pampered, waited upon and prepare for their special day. Tailored packages are organized upon your particular requests and requirements.

We cater to a wide audience including bridal parties, couples, groups, mums to be, men and those with a special health needs. Please speak to our Spa concierge who will be happy to provide guidance and coordinate your ideal spa experience.

We look forward to taking you on a journey.

## RITUALS OF REFLECTION

Beautifully appointed rituals have been thoughtfully created to induce deep relaxation for both face and body.

### Restoration Ritual | 3 hours | \$395

*Body Exfoliation · Relaxation Massage · Collagen Spa Facial · Scalp Therapy*

This journey begins with an organic cane sugar, lime and crushed citrus rind exfoliation, before a vanilla bean crème massage is followed with a skin plumping apple and marine collagen facial. Finally surrender to an orange crème and blackberry hair and scalp massage.

### Rejuvenation Ritual | 2.5 hours | \$325

*Hydration Massage · Renew Spa Facial · Revive Mani · Revive Pedi*

Surrender into an exquisite top to toe ritual that begins with a deeply healing body massage. The face is then treated to an efficient cosmeceutical pick me up to replenish and revitalise the complexion, before hands and feet are treated, tidied and polished.

### Relaxation Ritual | 2 hours | \$255

*Aromatic Massage · Seasonal Spa Facial · Scalp Therapy*

Intentional rest begins with a massage of aromatic essential oils, before the ceremony continues with a facial that harnesses a botanical harvest of seasonal nutrients, vitamins and antioxidants to firm, hydrate and visibly brighten the complexion. A scalp massage masque infused with jojoba, sweet orange and blackberry completes this intense relaxation ritual.

Tailored journeys have been crafted with layers of performance treatments that deliver the ultimate sensory spa escape.

### Reflection Ritual | 2 hours | \$275

*Body Exfoliation · Body Wrap · Hydration Massage · Scalp Therapy*

This ritual is an indulgent spa facial for the entire body, which begins with a crème and clay exfoliation massage, followed with a French clay cocoon mousse steeped in vitamins, precious oils and exquisite botanical extracts. Once removed a moisture locking massage layered in nutrient rich aromatic oils, and scalp therapy leave body, mind and soul in a state of delight.

### Restful Ritual | 1.5 hours | \$195

*Hot Stone Back Massage · Renew Spa Facial · Scalp & Foot Therapy*

This pick me up treatment features a muscle melting hot stone massage while a facial macerated in berries, essential oils and flowers revives the complexion. A relaxing scalp and foot massage enriched with mango butter, ginkgo and pineapple complete this indulgence.



## SPA JOURNEYS

### Customised Spa Ceremonies

Create a dream escape that holds the promise of ultimate restoration. Simply select your favourite 60 minute therapies from the list below and surrender to the experience.

#### 60 minute therapies:

- Body Exfoliation Ritual
- Body Wrap Ritual
- Body Massage
- Seasonal Spa Facial
- Manicure Ritual
- Pedicure Ritual

#### Choose a treatment combination:

2 Treatments	2 hours	\$275
3 Treatments	3 hours	\$395
4 Treatments	4 hours	\$515
5 Treatments	5 hours	\$625
6 Treatments	6 hours	\$705

### Customised Spa Escapes

Tailor a mini break that will have you unwound and at peace sooner than you can imagine. Combine any of the 30 minute treats below to arrive at your desired experience.

#### 30 minute therapies:

- Focus Massage
- Renew Spa Facial
- Scalp Therapy
- Foot Therapy
- Revive Manicure
- Revive Pedicure

#### Choose a treatment combination:

2 Treatments	1 hour	\$145
3 Treatments	1.5 hours	\$215
4 Treatments	2 hours	\$275
5 Treatments	2.5 hours	\$335
6 Treatments	3 hours	\$395

## SPA FACIALS

### Youth Elixir Spa Facial | 90 mins | \$185

*Anti-ageing · Replenishing · Enriching - For mature, dry and sensitive skin types*

A skin rejuvenating ritual rich in replenishing omega oils, anti-ageing vitamins and precious concentrates features a sensory facial journey of crushed cocoa fondant, luxurious vitamin A serum drenched in berry seed oils and antioxidants, collagen and passionflower layered under a silk peptide plumping butter masque, and an anti-ageing elixir for face, eyes and lips.

### Triple Berry Spa Facial | 60 mins | \$145

*Detoxifying · Clarifying · Equalising - For congested, oily and acne prone skin types*

A results driven facial that visibly targets problematic skin using a multi-B vitamin infusion whipped fruit mineral exfoliation and a redefining berry emulsion formulated with niacinamide (B3), panthenol (B5) and folic acid (B9). A masque of exotic berry concentrates including vitamin C corrects and regenerate the complexion for a clear balanced result.

### Collagen Spa Facial | 60 mins | \$145

*Smoothing · Firming · Brightening - For fine lines, pigmentation and dehydrated skin types*

A skin plumping facial features an exotic blend of fruit enzymes, silk peptides and marine collagen to deliver a firmer and more luminous complexion. A kiwi fruit exfoliation and a rejuvenating organic apple emulsion drenched in collagen, ginseng, silk peptides and anti-ageing vitamins is locked in with a masque of apple marine nutrients and vitamin C.

### Seasonal Spa Facial | 60 mins | \$145

*Hydrating · Rebalancing · Nourishing - For all skin types especially devitalised*

A botanical harvest of active nutrients target skin concerns while hydrating and revitalising the complexion. Infusing the skin with an intense massage emulsion layered with Vitamin A, carotenes and pure essential oils., this facial also features a performance contour masque steeped in active botanicals and pure Vitamin C to energise and transform skin.

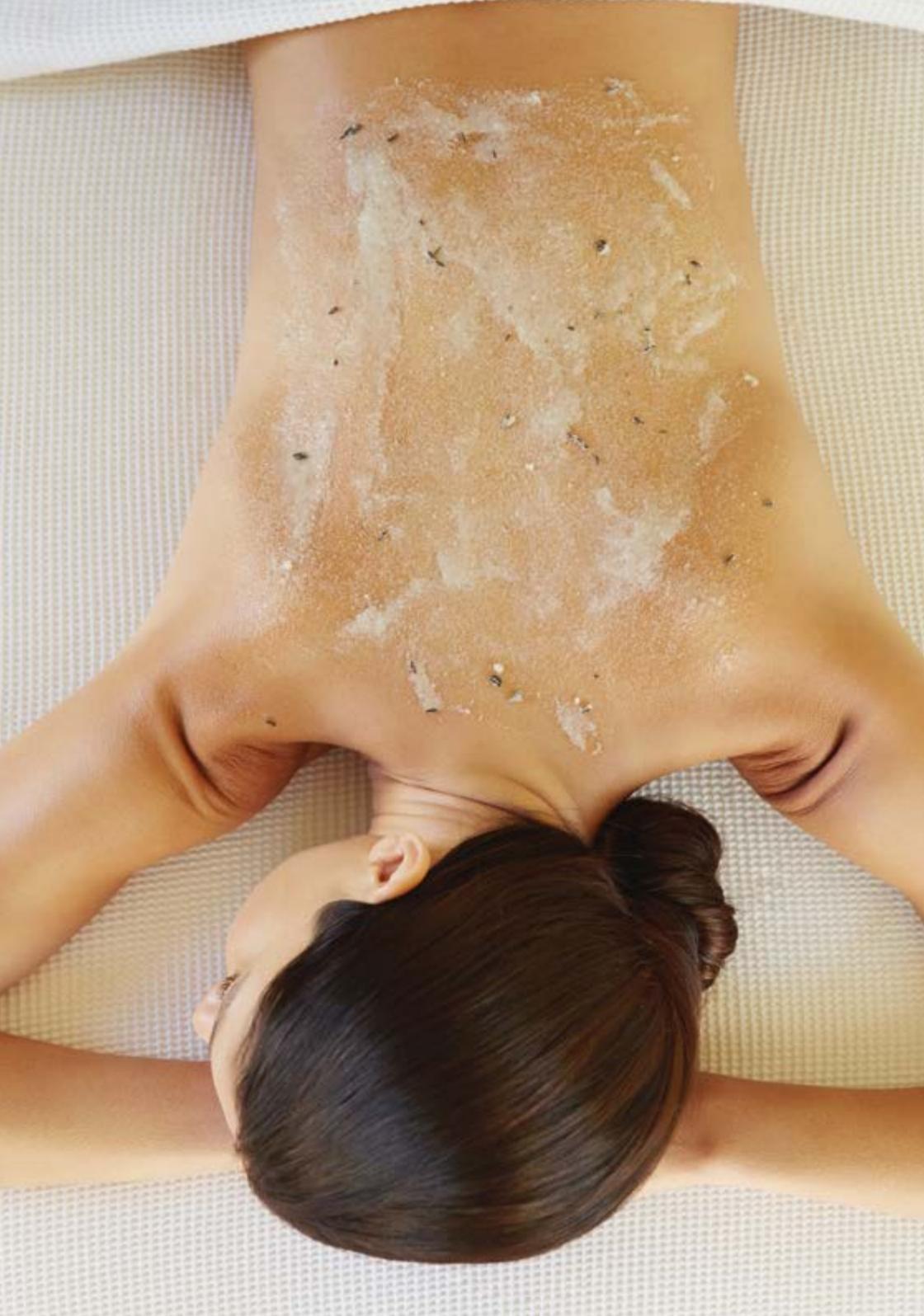
### SpaCeuticals Power Facial | 30 mins | \$95

*Cleansing · Hydrating · Refreshing - For all skin types*

A cosmeceutical pick me up facial that incorporates a blend of AHA and BHA exfoliants supported by marine nutrients and a blend of vitamins, minerals and essential trace elements to replenish, hydrate and revitalise the complexion.

### Complement your facial with an additional treatment:

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## SPA BODY

### Body Wrap Rituals

Combining healing, rejuvenation and relaxation, our body wraps are rich in essential oils pure plant concentrates and herbal infusions, vitamins and mineral rich French clay to effectively contour, firm and tone the skin.

*Choose from:*

#### **Cocoa & Honey Wrap | 60 mins | \$165**

A delicious emollient treatment to deeply hydrate the skin with rich cocoa and honey steeped in vanilla crème moussé. The result is soft, supple, hydrated skin with tone and texture.

#### **Lemongrass Wrap | 60 mins | \$165**

A gently purifying and revitalising treatment for body and mind using a blend of Lemongrass and citrus rind oils steeped in a green tea crème moussé to effectively tone and decongest while hydrating the skin.

### Body Exfoliation Rituals

Deeply exfoliating and nourishing rituals smooth the skin, stimulate circulation and lock in moisture for silky smooth hydrated skin.

*Choose from:*

#### **Vanilla Bean Exfoliation | 60 mins | \$145**

A hydrating and soothing infusion of omega rich oils and vitamin E infused with organic molten cocoa butter and finished with lashing of pure Vanilla Bean. Ideal for sensitive and sun damaged skin.

#### **Crushed Lime Exfoliation | 60 mins | \$145**

An invigorating blend of crushed citrus rind of mandarin, sweet orange and West Indian lime blended in organic cane sugar and laced with vanilla and Vitamin E to brighten, hydrate and revitalise neglected skin.

### Complement your body renewal with an additional treatment:

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## SPA MASSAGE

**Rest, rebalance and renew with the healing power of massage.**

*Choose from:*

### **Relaxation Massage | 60/90 mins | \$135/\$185**

Classic effleurage strokes, rhythmic touch and traditional Swedish techniques are applied to relieve tension and fatigue from sore, tired muscles. A curative therapy on all accounts.

### **Deep Tissue Massage | 60/90 mins | \$145/\$195**

The very firm and rhythmic pressure of this full body massage makes it a popular choice for sports enthusiasts and anyone with muscle aches and tightness. A deeply satisfying therapy for the entire body.

### **Hot Stone Massage | 60/90 mins | \$145/195**

Using heated stones and oils, this massage creates a sense of balance and calm, as well as giving relief to deep-seated muscle tension. A soothing and healing treatment that rests the nervous system and promotes sleep.

### **Mum to Be Massage | 60 mins | \$135**

In the safe and supportive hands of a skilled therapist, this restorative massage provides comfort and relief to areas that are under duress during pregnancy. A journey of peaceful connection for mum and bub.

### **Complement your massage therapy with an additional treatment:**

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## HANDS AND FEET

**Indulge in luxury pampering to restore tired hands and feet.**

*Choose from:*

### **Manicure Ritual | 60mins | \$125**

Repair and pamper hands and nails with an essential oil steeped hand soak, followed by a raspberry crème and walnut smoothing exfoliation. Nails and cuticles are given due attention and accompanied by a rejuvenating hand massage infused with a cocoa butter and French clay masque. This luxurious hand treatment is finished with an exotic moisture boost rich in guava, Moroccan rose and vitamins, while nails are polished to perfection.

### **Pedicure Ritual | 60mins | \$125**

This aromatic foot treatment relieves stress and tension while leaving feet smooth enough to kiss! Using pure botanicals feet and legs will be treated to an essential oil steeped foot soak, followed by a bamboo and pineapple exfoliation. Heels, toe nails and cuticles are then tidied up with due diligence and accompanied by a stimulating French clay masque. This decadent foot treatment finishes with a rich spearmint and ginkgo foot massage and nail polish.

### **Revive Manicure | 30mins | \$85**

With a few less trimmings this reviving hand treatment includes an aromatic hand soak, a nail and cuticle tidy, a nourishing hand crème rich in guava, Moroccan rose and vitamins, and is then finalised with an application of polish.

### **Revive Pedicure | 30mins | \$85**

A refreshing foot soak softens feet for some quick attention to heels, nails and cuticles. A rich spearmint and ginkgo foot lotion is then applied to nourish dry skin before toes are finished with a nail polish.

**Complement your hand and foot therapy with an additional treatment:**

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## EXPRESS SPA

**Press pause for just a moment and find relief and renewal in just a short space of time.**

*Choose from:*

### **Past Tense | 45 mins | \$110**

*Back Scrub · Back Massage · Scalp Massage*

A deep exfoliating cleanse of the back is followed by a tension dissolving back and scalp massage for complete peace of mind.

### **Brighten Up | 45mins | \$110**

*Express Facial · Eye Mask*

Refresh and revive the complexion with a radiance inducing facial and an eye mask that eliminates puffiness and dark circles.

### **Great Unwind | 45mins | \$110**

*Scalp · Hand · Foot Massage*

Sit back, close your eyes and press pause while you enjoy a relaxing scalp, hand and foot massage.

### **Focus Massage | 30mins | \$80**

Dedicated massage focus is applied to the areas where your tension and tightness most need attention.

### **Renew Spa Facial | 30mins | \$80**

This express facial drenches the skin with botanical ingredients that leave the complexion vibrant, energised and lifted.

### **Scalp Therapy | 30mins | \$80**

A soothing head massage - infused with a masque of jojoba, apricot and extracts of blackberry, orange and cinnamon - restores calm.

### **Foot Therapy | 30mins | \$80**

Using a mango butter infused with refreshing spearmint this aromatic foot massage relieves stress and tension while enhancing relaxation.



## SPA INFORMATION

### Opening Hours

The Day Spa is open from 10am to 7pm most days.

### Advance Booking

We do recommend booking in advance to avoid disappointment.

### Arrival Time

Please arrive at the time recorded on your appointment card as this allows you the time to change into a bathrobe, enjoy a refreshment, fill out a consultation form and unwind in the relaxation lounge. A punctual arrival also ensures you receive the full length of your treatment as we endeavour to remain on schedule for each and every guest.

### Spa Attire

Please wear whatever makes you feel comfortable. You will be provided with a personal locker, bathrobe, slippers and disposable underwear.

### Cancellation Policy

The time for your experience has been exclusively reserved for you; however if your plans change, we do request the courtesy of 48 hours notice to cancel your appointment. Regrettably without due notice, the full charge of your scheduled treatment will be charged to you.

### Health Consultation

Your well-being is very important to us and it is essential that you inform us of any health conditions or pregnancy when scheduling your appointment as certain spa treatments may not be recommended. We will be happy to plan a tailored treatment for you.

### Spa Manners

The spa environment is clean and peaceful. Smoking and mobile phones are not permitted.

### Valuables

We regret that we cannot accept responsibility for the loss of personal items, including those left in lockers and bathrobes. We recommend that you leave valuables at home or in your room.

### Privacy & Modesty

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential.

### Minimum Age

Young people under the age of 16 must be accompanied by a parent or guardian when having a treatment.

### Retail Therapy

We have a wonderful selection of skincare products to choose from.

### Payment

We accept cash, eftpos and all major credit cards. In-house guests may charge spa therapies and products to their room account. Surcharges may apply to some cards.

### Returns

The Day Spa can only accept a product return with proof of purchase and where the product is deemed faulty. We adhere to the Australian Consumer Law and health and safety regulations when handling any requests for a return or refund.

### Gift Cards

The Day Spa is delighted to offer customised gift cards. Please ask reception for more details. Gift cards must be redeemed within 12 months. Please quote your voucher number when booking and present voucher on arrival.

### Pool Deck

Enjoy relaxing at the roof top pool before or after your day spa visit. Please speak to spa reception about the various pool packages.