

La Terre

DAY SPA

Our founders had one dream:
bring the luxury and relaxation
only found in faraway resorts to
the big city.

With La Terre Spa, you no longer need to travel to the
far reaches of Australia for tranquillity. You'll find it here,
hidden in plain sight of your own hometown.

When you step inside *La Terre Spa*, take a moment to appreciate
the soothing, peaceful feelings that wash over you as your spirit
recognises a moment of true rejuvenation. Let the doors close
behind you and leave behind every care and worry. Enjoy this time
to focus on your own wellness and watch the world slip away.

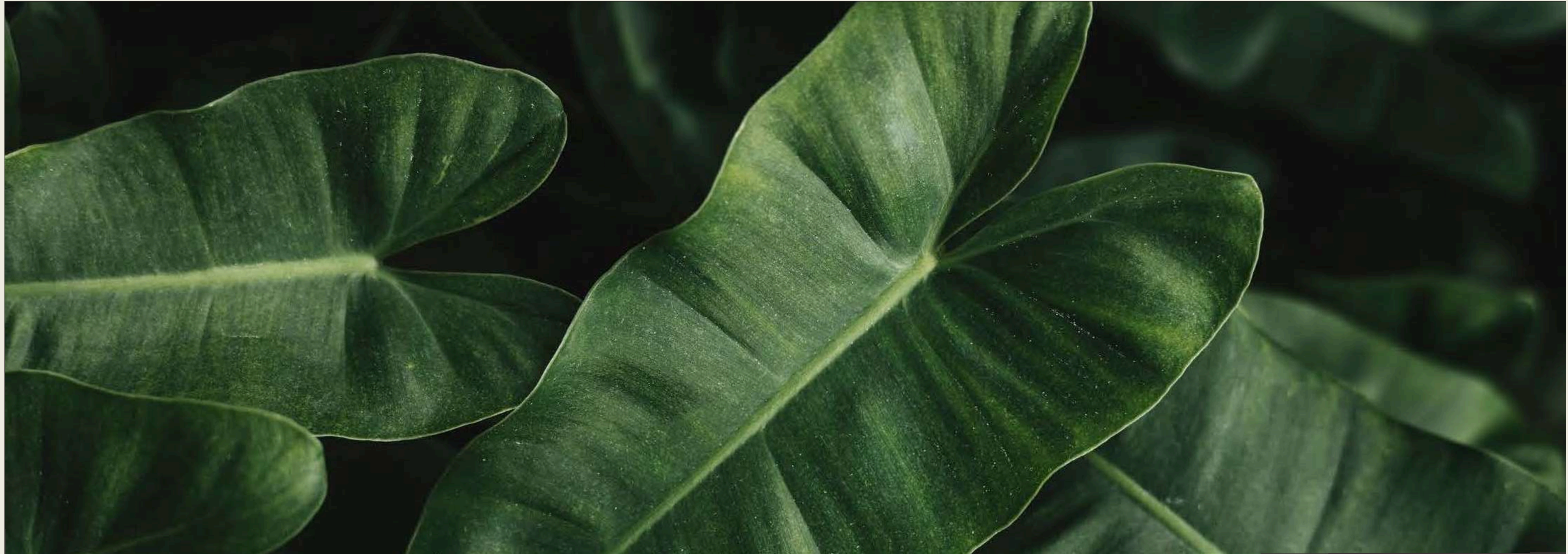
For your ultimate pleasure, we offer multiple different experiences,
each uniquely crafted to bring out the best in you. Choose from
deep tissue massages, beautifying spa treatments, indulgent jacuzzi
relaxation, and more. You can even craft your ideal half-day or full-
day experience for total self-indulgence.

Our name, *La Terre*, is inspired by the French name for Earth because
we are convinced that Mother Nature holds all the secrets to true
beauty and wellness. We are proud to incorporate natural, botanical
ingredients into every aspect of our practice to bring you true
abundance and healing.

Thank you for allowing us to be a part of your wellness journey. We
look forward to offering you a moment (or a day) of true and lasting
rejuvenation. Let us know how we can make your time with us truly
memorable.

May you return again and again to enjoy the peace of *La Terre*.





Committed to the bounty that the earth has given us, La Terre Spa uses only the absolute best products for your skin, hair, and body.

We have carefully selected brands that align with our personal mission of respecting the Earth and embracing the bounty of nature.

For skin and facial treatments, we use products from *Hunterx* and *Aesop*. These are truly luxurious treatments that incorporate the best of science with the beauty of botanicals. We are certain you will see and feel a difference.

We are also proud to incorporate *Aveda* products at our spa in our hair and body wash services. *Aveda* products are 100% vegan, sustainable, and infused with the power of plants.

We also feature the use of essential oils in our massage and aromatherapy treatments. These precious oils are full of vitamins and minerals that will excite your senses and bring healing to your body. Some of our preferred oils are lemongrass, geranium leaf, coriander and citrus. (We also offer the use of unscented oil for those who may be sensitive to scents.)

MASSAGE PACKAGES

90 mins / 120 mins

Lâcher (To let go)

\$ 175 / 205

Let go of stress, anxiety, and care with our relaxing *Lâcher* massage package. You'll enjoy a gentle head massage to release tension, foot reflexology treatments, and your choice of oil, aromatherapy, or hot stone.

While we work you from head-to-toe, you'll feel yourself becoming more grounded and realigned with nature. Allow yourself to drift. This relaxing experience will provide an oasis from worry or pain that will leave you feeling weightless.

Oil, Aromatherapy or Hot stone • Head massage • Foot reflexology

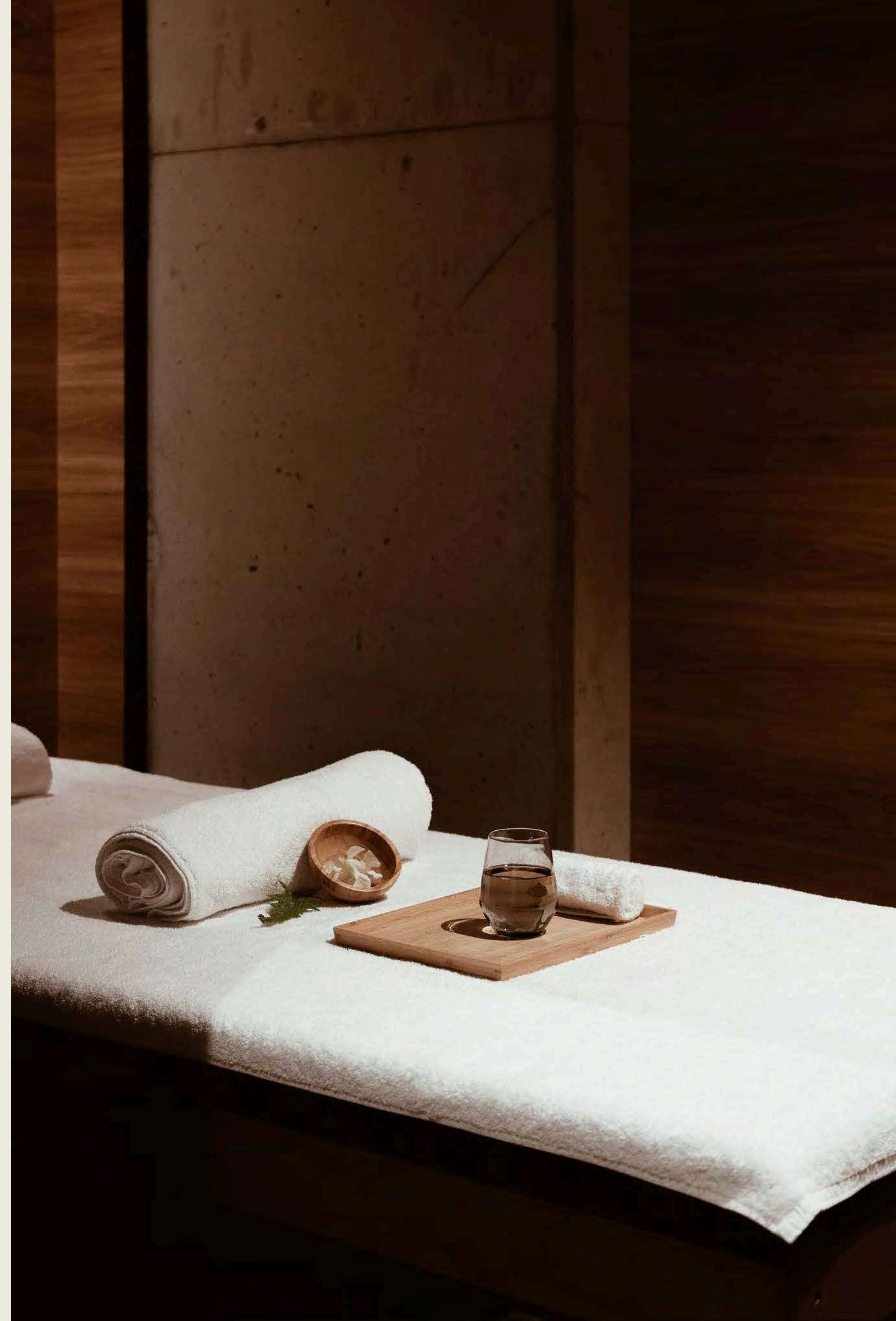
Liberer (To be freed)

\$ 180 / 220

Be freed from pain and discomfort with our all-intensive La Terre Signature or Deep Tissue massage as part of the *Liberer* package. Experience the natural luxury of our massage techniques that will release the tension in your muscles and body.

You'll also enjoy a soothing head massage and foot reflexology treatments. This liberating massage package combines total relaxation with utter serenity. After your time with us, you'll be left feeling lighter than before.

La Terre Signature or Deep tissue • Head massage • Foot reflexology



SPA PACKAGES

Singles or Couples

Add-ons available.

Éblouissant (Dazzling) 2 hrs \$ 335 / 659

This spa package combines the incomparable relaxation of **massage with body treatments** for your skin and body to leave you feeling rejuvenated and beautiful.

After a soothing footbath, enjoy an aromatherapy massage to excite your senses, then reinvigorate your skin with whole-body exfoliation treatments made from powerful, fragrant botanicals. Replenish yourself with our vitamin-rich body treatment to leave skin feeling nourished, soft, and supple. You'll leave looking and feeling absolutely dazzling.

Welcome ritual • Aromatherapy massage • Body exfoliation • Rain Shower • Body treatment

Rayonnant (Radiant) 2 hrs \$ 309 / 610

La Terre harnesses the power of nature to help you achieve radiant beauty through a powerful and luxurious **botanical facial** packed with vitamins that will relax your facial muscles while hydrating and smoothing your face.

Enjoy a luxurious footbath featuring delicious aromatics, then surrender to true relaxation with an aromatherapy massage. After your massage, it will be time for our signature facial to leave you truly glowing.

*Welcome ritual • Aromatherapy massage
• Botanical Facial*

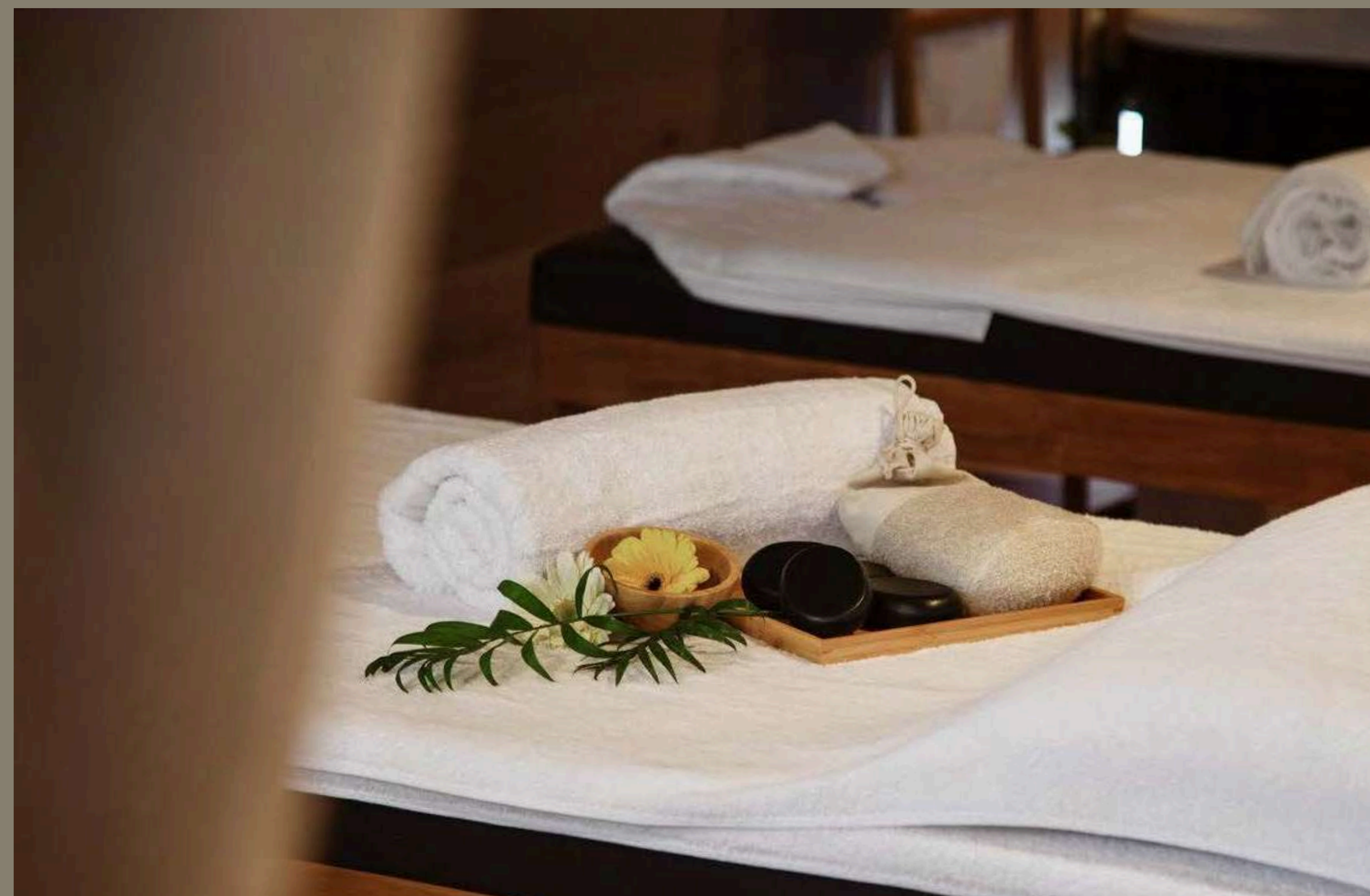
Luxuriant (Luxurious) 2.5 hrs \$ 359 / 710

With all of the true bounty of the Earth, this is a package for those who wish to enjoy both luxurious tension-relieving **massage** and the rejuvenating power of our **botanical facial**.

We'll begin with a footbath that will both relax and tantalise you before moving onto an aromatherapy massage where you will be steeped in sensory luxury and experience the healing power of aromatics such as geranium leaf and citrus. After a full body exfoliation, you'll end your journey with a truly calming botanical facial.

Welcome ritual • Aromatherapy massage • Body exfoliation • Botanical Facial

Tranquillity hidden
in plain sight



LES INDULGENCES DU BAIN

Singles or Couples

Add-ons available.

Le Fleuve (River to Sea) 2 hrs \$ 309 / 610

Le fleuve will carry you to luxurious relaxation and indulgence. Centered around a **total-body exfoliation treatment**, this is for those wishing to reinvigorate their skin.

Our exfoliation process gently strips away dead cells, grime, and oil to allow the youthful beauty of your skin to shine through. You'll also enjoy a footbath, aromatherapy or hot stone massage, and a rain shower.

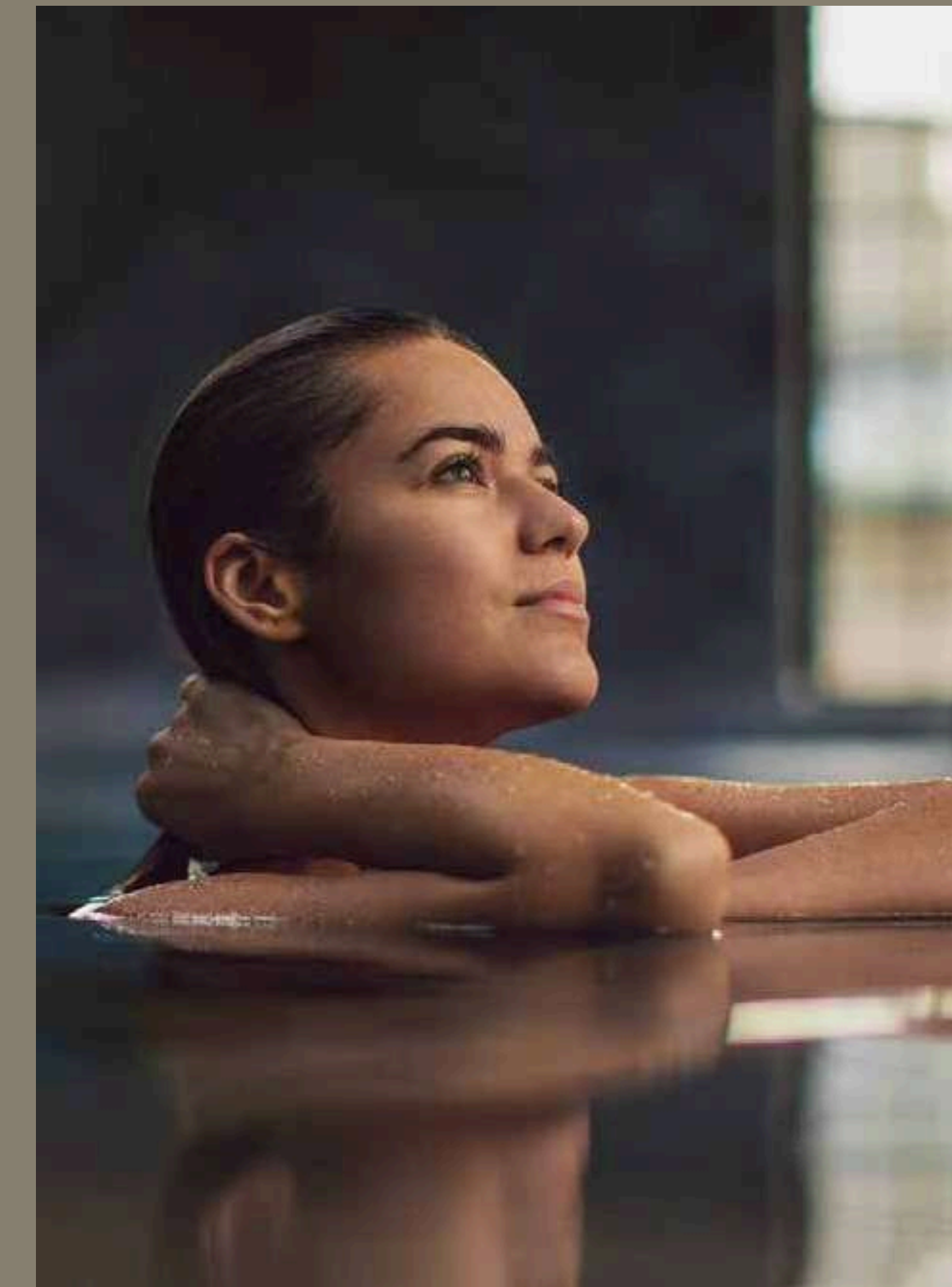
*Welcome ritual • Aromatherapy or Hot stone massage
• Body exfoliation • Rain Shower*

La Rivière (The River) 2 hrs \$ 479 / 945

Like the soothing flow of a river, succumb to total relaxation with healing **exfoliation treatments for your body**. We use natural ingredients to gently cleanse your skin and remove dirt and excess oil.

To further pamper your skin, you'll receive our moisture-rich botanical facial. Made from all-natural ingredients, the facial will nourish your skin and leave it glowing. This package also includes a footbath, the La Terre Signature massage, hair and scalp treatment, sauna and jacuzzi bath, and a delicious platter of fresh fruit and drinks.

*Welcome ritual • Signature massage • Body exfoliation
• Hair and Scalp Treatment • Botanical Facial • Sauna
& Jacuzzi bath*



Focus on your own
wellness and watch the
world slip away

Customised Spa Rituals

Customised Spa Exfoliation

30 mins \$79

Sugar & Sea salt exfoliation improves microcirculation, stimulates cell renewal and removes dead skin cells, to reveal a refined and softened skin. The minerals in sea salt help promote healthy-looking, youthful skin while the sugar crystals attract moisture to rehydrate dry skin. Add your favourite Sothys sensorial aromatic essence to complete your escape.



Oriental Sensations Signature Spa Ritual

60mins \$169

A journey of total relaxation to ease body tensions with essences of Amber & Myrrh. The treatment begins with an exfoliating gel containing aromatic essences and enzymes that gently removes dead skin cells, enhanced with a terracotta stone to increase dead skin cell removal. Warm towels remove the exfoliant then warmed oil with date and amber extract is massaged into the body with deep smoothing and stretching movements ...a delicious escape! The exfoliating stone is our gift to you then collect some Amber & Myrrh product to continue your aromatic experience at home.

Customised Wrap

30 mins \$85

Luxury body cream textured wrap envelops you with its smoothness and enhanced with your choice of aromatic blends for a relaxing escape. Enjoy a moment of repose and total relaxation with this rich, cream wrap ... ideal following exfoliation to nourish and enrich your skin with moisture.

Facial Treatments

Seasonal Anti-Oxidant Facial - Sothys 60 mins \$159

Boost your skin's defence system to maintain balance throughout the year with a dose of oxygen and minerals / vitamins. Delicious seasonal fruit extracts combined with an anti-toxin complex and minerals / vitamins in this treatment oxygenate and repair the skin, awakening your skin's natural radiance.

Cryo Eye Contour Treatment 30 mins \$85

Offering immediate and long-lasting results for the eye contour, this 30-minute treatment, targets tired eyes and premature ageing of the eye zone. Sothys exclusive Modelling porcelains provide a refreshing cryogenic effect on the eye contour, with active ingredients to reduce puffiness, lift, smooth and brightening the entire eye area.

Hydra4 Professional Treatment - Sothys 75 mins \$209

Immerse your skin in a wave of hydration with the SOTHYS Hydra4 Professional Treatment. This luxurious 75-minute experience uses ultra-comfortable textures, high-performance actives, and expert lymphatic drainage massage techniques to deeply replenish moisture, plump the skin, and restore its youthful glow. A hydrating concentrated ampoule and nutri-replenishing elixir quench thirsty skin, promoting balance and lasting comfort. From the very first treatment, expect softer, smoother, and intensely hydrated skin with a luminous, healthy glow.

Glow Defence Skin Treatment - Sothys 75 mins \$209

Recharge and protect your skin with the ultimate defence against environmental stressors and daily fatigue. This 75-minute intensive treatment deeply cleanses, revitalizes, and strengthens your skin barrier, leaving it instantly radiant, soft, and youthful. Infused with powerful active ingredients, Glow Defence works to rebalance and restore skin vitality, making it perfect for all skin types—including sensitive skin. Awaken your natural glow and embrace a fresher, healthier complexion.

Soothing Hydrating Treatment - Sothys

60 mins \$165

This soothing and hydrating ampoule infusion facial, incorporates gentle exfoliation, enzyme deep cleansing, a professional ampoule serum, relaxing massage phase and a soothing and softening treatment mask leaving your skin calm, nourished and glowing.

Sensitive Skin Profession Treatment- Sothys

60 mins \$165

Based on Spa thermal water with renowned de-sensitising effects combined with high-performance actives, this ultra-calming treatment has been formulated especially for delicate skins. The gentle and soothing textures allow sensitive skin to recover its balance and comfort. The skin is more soothed in one hour with 25% reduction in skin sensitivity.

*Test on 20 subjects after 1 Soothing professional treatment.

Organic Professional Skin Treatment (Botanical Facial) - Sothys

30 mins \$79

60 mins \$145

An express facial treatment with delicate aromatics, Sothys Organic skin treatment awakens the skin with instant radiance. Combining sensoriality and efficiency, the Sothys Organics TM organic certified facial treatment is suitable for all skin types, including sensitive. Immerse yourself into the heart of nature and enjoy a moment of deep relaxation with a face and scalp cocooning massage, unique to this treatment.

Add Ons

30 mins \$40

Time-Out for you to spend time in our luxury spa and infra sauna. The Spa offers a range of therapeutic benefits as it increases blood flow and relaxes tense muscles. The Infra Red Sauna delivering nutrients to the epidermis and flushing toxins from the skin, supporting and strengthening the immune system.

DAY PACKAGE

Singles or Couples

La Totale (The Total Package) 4hrs \$ 665 / 1299

For those who want to achieve complete and total relaxation. Work with us to craft a personalised experience that will excite your senses, reinvigorate your mind, and rejuvenate your body and we will do everything possible to ensure your utter satisfaction.

Select from our extensive range of treatments to relax, restore and achieve a true sense of serenity. A light meal and refreshments will be served throughout your time with us.



INDIVIDUAL MASSAGE EXPERIENCES

30 mins / 60 mins / 90 mins / 120 mins

La Terre Signature \$ 75 / 119 / 165 / 215

A combination of remedial and holistic massage techniques for your ultimate pleasure and rejuvenation.

Basalt Hot-Stone Massage \$ -- / 119 / 165

Heated basalt rocks are carefully placed onto the skin, then used in rhythmic massage to release tension.

Remedial Massage \$ 75 / 119 / 169 / 215

T&C: Claimable insurance providers through HICAPS include:
AHM/Medibank/CBHS/HCF/ NIB/BUPA/ARHG.
Existing and other providers may work.

Soothing Relaxation \$ 69 / 109 / 155 / 205

Eases tension and sore muscles with gentle movement and natural oil.

Deep Tissue Massage \$ 75 / 119 / 165 / 215

Dig deep into affected muscle tissue in order to free the body of pain and encourage better movement.

Gentle Pregnancy Massage \$ 79 / 129 / 179

Fully adapted for expecting mothers, this massage incorporates natural oil and gentle manipulation to bring comfort and relief.

Aromatherapy Massage \$ 75 / 119 / 165

A marriage of gentle massage and the sensory experience of aromatherapy sourced from natural fragrances such as Geranium and Lemongrass.

Foot Reflexology Massage \$ 69 / 109 / 155

Uses eastern techniques to massage the feet through the application of pressure on specific points on the soles of the feet.

Back, Shoulder, & Neck Massage \$ 69

Focuses on the areas of the body most commonly affected by stress and tension in order to bring relaxation. *Available in a 30 mins session only.*



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