

Create your own spa journey...

@stephaniesluxuryspas

stephanies®  
SPA RETREAT

spa menu



# Spa Philosophy

At Stephanies® our commitment to unsurpassed guest service and unparalleled spa therapy has earned us our reputation for excellence in the industry. Passionate about spa life, our philosophy is a simple one:

“Embrace new technologies, respect ancient rituals, step away from the ordinary and create breathtaking treatments.”

We provide exquisite environments for our guests so that every visit to Stephanies® is a treasured time.

# Welcome

## Welcome to Stephanies® Spa Retreat

Stephanies® French inspired Spa Retreat is located within the luxurious surrounds of Sofitel Brisbane Central in the heart of Brisbane City. This iconic award winning spa offers an impressive collection of world class spa rituals, traditional beauty treatments, spa body therapy's and wellbeing packages.

Stephanies® Spa Retreat offers eleven purpose built spa therapy suites; including the Opal Rasul Temple, the sensory spa lounge which offers versatility for your special group celebration catering for up to eight guests depending on your needs, and a couples suite where you can indulge in your own private bath therapy.

Discover Stephanies® famous “Opal Rasul Temple” ~ your own mud therapy and steam journey... This spa experience will take your breath away and allow you to completely relax and rejuvenate your mind body and spirit.

Stephanies® Award Winning Luxury Spas welcomes you seven days a week and is located on level three - pool terrace; this retreat is the perfect escape for spa lovers, celebrations and your essential grooming needs. Stephanies® loves welcoming their spa guests time and time again.

In addition to the decadent spa offerings immerse yourself in Stephanies® signature spa shop and their own bespoke and exclusive collection of la Vie élixir®; including organic flower tea infusions and body collections. Explore the many skincare lines, unique spa gifts, spa gift cards and heavenly candle selections.

Create your own spa journey...







## Spa Retreats

Signature treatments at Stephanies® Spa Retreat include organic herbal tea, seasonal fruit sorbet and chocolate, served in the tranquillity lounge following your spa journey.

### **ROMANCE FOR TWO 120MINS \$280pp**

Rose Petal Foot Immersion | Skin Brushing | Opal Rasul Steam Temple | Massage 60mins

Begin your escape together with an invigorating dry body brushing to leave skin tingling with sensation. Continue your journey by covering each others body in our signature French clay masque in the warm steamy atmosphere of our Opal Rasul temple. Further deepen your experience with a full body massage.

### **LA VIE ÉLIXIR RITUAL 150MINS \$355pp**

Rose Petal Foot Immersion | Skin Brushing & Body Exfoliation | Signature Body Masque | 60min Massage | Scalp Elixir

Allow us to take you on a signature journey with our exclusive la Vie élixir® spa collection. Begin with a rose petal foot immersion to welcome you to your spa time. Invigorate with a rhythmical body brushing followed by a signature Rose, Ginger and Lavender body exfoliation. You will then be cocooned in our signature balance clay masque whilst enjoying a scalp elixir massage. To complete your journey enjoy an infusing warm massage using our la Vie élixir® Body Balm.

### **REJUVENATE 180MINS \$410pp**

Rose Petal Foot Immersion | 60min Massage | Classical Facial | Classic Pedicure | Scalp Elixir | Sparkling

Indulge and rejuvenate with a complete spa ritual from head to toe. Immerse your feet in a rose petal foot immersion followed by a soothing, warm body massage relieving all of your tension. Rehydrate and rejuvenate your skin with our Classical Facial that will be customised to suit your skin type. Also includes a nourishing scalp elixir massage. Conclude your Stephanies® experience in our luxury lounge enjoying our indulgent Classic Pedicure.

### **SPA INDULGENCE 5HRS \$630pp**

Rose Petal Foot Immersion | Skin Brushing | Signature Body Exfoliation | Massage 60mins | Spa Lunch & Sparkling | Classical Facial | Classic Manicure & Pedicure

Embark on this amazing journey with an intensive dry body brushing and signature Macadamia body exfoliation for complete skin renewal. Soothe away the stresses of the outside world with an aromatic 60 minute essential massage. Drift gently back into consciousness in time for a sumptuous spa cuisine lunch and sparkling, served to you on the spa terrace. Enjoy some relaxation time until we welcome you back with a nurturing Classical Facial where your skin will be revitalised. This includes a tension relieving scalp massage and hand or foot massage. Your spa indulgence journey will then be completed with a classic manicure and pedicure. This is a truly decadent experience to enjoy in solitude or with a special friend.







## Signature Treatments

### **SIGNATURE SKIN TREATMENT 100MINS \$220**

Rose Petal Foot Exfoliation | Heated Stone Back Massage | Classical Facial

Enjoy the soothing feeling of a warm rose petal infusion washing over your feet, before soles are invigorated with an aromatic cleansing exfoliation. Drift to a supreme level of relaxation as warm, smooth stones deeply massage your back and neck. Rejuvenate the skin with a customised facial. Complete your inner harmony with a foot and scalp massage.

### **HOT STONE CRYSTAL MASSAGE 100MINS \$210**

Rose Petal Foot Exfoliation | Skin Brushing | Crystal Chakra Balancing  
| Heated Stone Massage

Your treatment journey will begin with a rose petal foot immersion and foot exfoliation. Lay back and enjoy skin brushing to prepare your body. Melt away with ancient body massage techniques using warm, soothing volcanic Basalt stones to release aches and dissolve stress. Balancing Chakra crystals, intuitively selected by you, are then placed on your body to restore energy and balance to mind, body and soul.

### **SACRED QUEEN JOURNEY 90MINS \$195**

Rose Petal Foot Exfoliation | Back Therapy & Herbal Poultices | Foot Reflexology  
| Indian Scalp, Neck & Facial Massage

This ancient treatment combines Ayurvedic inspired practices and modern spa techniques. Begin your journey with a rose petal foot immersion, followed by a heated herbal poultice back massage, finishing on the front of body from head to toe. This full body sacred ritual will leave you with a sense of wellbeing and relaxation.

### **DIVINE PRINCESS RITUAL 60MINS \$145**

Rose Petal Foot Exfoliation | Foot Reflexology | Indian Scalp, Neck & Facial Massage

Energise your mind and body and allow tension to disappear with this divine spa ritual. Your journey begins with a rose petal foot exfoliation and foot reflexology followed by ancient Indian scalp, neck and facial massage releasing pressure points to restore balance to mind and body.

*la Vie élixir® is Stephanies® very own body collection exclusive to our luxury spas. This luxurious collection of natural products is especially formulated for Stephanies® to enhance the benefits of our unique and indulgent spa treatments. These pure and effective products are completely natural and contain only the finest ingredients and essential oils.*





# Opal Rasul Steam Temple

DIY Skin Brushing | Three Signature Masques | Detoxifying Steam  
| Rain Shower | Hydration

A popular experience for friends to enjoy together, the temple can accommodate up to three adults and is a sultry one hour journey of mud therapy, warm steam and tropical rain showers. This ancient cleansing ritual involves covering the body in Stephanies® signature French clay masque to powerfully detox and purify your skin throughout the spa journey.

Perfect for up to three people.

1 person	60 mins \$159
2 people per person	60 mins \$139
3 people per person	60 mins \$119

Unique to Stephanies Spa Retreat







## Body Therapy



**ESSENTIAL MASSAGE THERAPY 60MINS \$148 | 90MINS \$183**

Warm Foot Bath | Sensory Journey | Customised Massage

Under the skilful intuitive touch of our professional beauty and massage therapists, you will be treated to a soothing and re-energising experience. Our nurturing and customised full body massages are designed to relieve built up tension, soothe the nervous system and restore energy flow. Using Stephanies® signature essential oil blends this treatment will restore vitality and wellbeing to your mind and body.

**BODY EXFOLIATION 40MINS \$110**

Skin Brushing | Body Exfoliation | Shower | Intense Hydration

Delight your body and your senses with our signature Macadamia Crème body exfoliation, with ground macadamia shells and bamboo, enriched with the added benefits of soothing chamomile and vitamin E. After receiving this decadent body exfoliation ritual, your skin will feel smooth and ready to receive the amazing benefits of our luxurious Body Balm for intensive skin hydration.

**BODY MASQUE RITUAL 60MINS \$160**

Skin Brushing | Body Masque | Shower | Lapis Crème Hydration

Lay back and enjoy an invigorating dry skin brushing followed by a signature body masque customised for your skin's condition. Enjoy a warm application of Stephanies® Balancing Body Masque to cleanse and balance; or our cooling botanical mix of organic Aloe Vera and Green Tea Body Masque to soothe, hydrate and repair. Awaken with a beautiful application of our semi precious Lapis Crème leaving your body feeling lovingly hydrated.

**AMETHYST BODY RITUAL 100MINS \$210**


Skin Brushing | Signature Exfoliation | Amethyst Body Masque | Cooling Globes Facial Massage | Lapis Crème Hydration

Surrender your mind and body to an intensive dry body brushing and breathe in the aromatic rose, ginger and lavender body exfoliant to revitalise tired lacklustre skin. Followed by a cooling application of our Amethyst Body Masque; a hydrating mineral masque that synergises the healing and regenerative powers of crystals. While cocooned enjoy a cooling globe facial massage followed by a scalp elixir. Return to a relaxing full body Lapis Crème hydration.

## Immersion Therapy

Our Immersion Bath Therapy single suite is only available in combination with another spa treatment booked. Prior to your treatment please choose from our bespoke bath therapy menu, immerse your body with one of our la Vie élixir® naked bath soaks for you to enjoy your own heavenly signature bath journey. **30MINS \$69pp**





# Spa Signatures for Mum to Be

At Stephanies® we have hand picked spa treatments that are perfect for mums to be. These wonderful, nourishing and pampering treats benefit mums by promoting deep relaxation for when those bumps are blossoming.

## **BABY MOON MASSAGE RITUAL 60MINS \$148**

After first trimester only | Foot Immersion & Exfoliation | Pregnancy Massage

Be comfortable lying on your tummy with our specialised pregnancy pillow topper and enjoy the benefits of pregnancy massage. Ease pressure and reduce stress and strain on your back, legs and ankles. This massage is nurturing, safe and deeply relaxing, designed for mums to be and new mums.

## **BEAUTIFUL BUMP THERAPY 100MINS \$220**


After first trimester only | Foot Immersion & Exfoliation | Body Masque  
| Pregnancy Massage

The ultimate in pregnancy pampering, you will feel nothing but bliss after a soothing foot immersion and exfoliation, lie back and enjoy a gentle back massage. Envelope your body in a soothing organic Aloe Vera and Green Tea Body Masque application; followed by nourishing your feet and legs with our signature balm massage; finishing with a revitalising scalp elixir.

## **NURTURE MOTHER TO BE 2.5 HOURS \$335**

Classical Facial | Scalp Massage | 90min Pregnancy Pedicure  
| Lustre Buff & Shine for Hands

Treat your feet with our custom designed pregnancy pedicure; incorporating cool stone massage and soothing organic Aloe Vera and Green Tea Body Masque application for your feet. Followed by a lustre buff and shine of your hands giving a natural healthy glow to your nails. Then indulge in a customised Classical Facial including a nourishing and hydrating masque finishing with a comforting scalp massage.



# Skin Therapy

Your skin can be healthy, balanced and beautiful at any age. Our Skin Therapy treatments offer deeply relaxing sensory experiences with remarkable results. Each Skin Therapy treatment begins with a personal consultation and in-depth skin analysis, so your facial experience can be customised to your precise needs.

## EXPRESS FACIAL 40MINS \$110

Power Cleanse | Exfoliation | Steam | Extractions Optional | Masque

If you are pushed for time, then this quick skin refresher is the perfect solution. Enjoy a power cleanse and exfoliation, detoxifying steam and a customised masque. This Express Facial is the perfect cleansing and hydration boost, prior to having a professional make up application.

## CLASSICAL FACIAL 60MINS \$160

Double Cleanse | Exfoliation | Extractions Optional | Steam | Massage | Masque

Instantly brighten and revitalise your complexion with this highly effective 60 minute facial. Your therapist will address your specific skin concerns with carefully selected skincare, addressing any signs of ageing, or dry and dehydrated skin including impurities or sensitivities. This classic maintenance facial includes a 20 minute face, back, neck and décolletage massage, plus a scalp massage and your choice of a hand or foot massage.

## HIGH PERFORMANCE FACIAL 60MINS \$180 | 90MINS \$200

Double Cleanse | Exfoliation | Extractions Optional | Steam | Massage  
| Specialised Serum and Masque | Hand and Foot Massage

This high performing treatment firms, repairs and nourishes the skin to correct signs of ageing. Specifically selected concentrated serums and specialised masques are carefully chosen to give your skin immediate rejuvenation. Your skin journey will begin with our signature welcome ritual and also includes an indulgent relaxing and nourishing hand and foot massage.

## ANTI-AGE CONTROL FACIAL 90MINS \$220

Double Cleanse | Resurfacing Exfoliation | Extractions Optional | Steam | Massage  
| Anti Ageing Serum and Masque | Hand and Foot Massage

The “ultimate” in French skincare rejuvenation and relaxation at Stephanies®. This highly potent skin couture treatment targets the signs of ageing, dull, tired and uneven skin tone. Your skin journey will begin with our signature welcome ritual, a resurfacing exfoliation, concentrated serums and an intensely relaxing 30 minute face, back, neck and décolletage massage plus an age repairing masque. This skin ritual also includes a scalp massage and a nourishing hand and foot massage.

## SKIN ADD ONS

*Add on to any skin therapy to combine relaxation with innovative technologies in one skin treatment.*

Sound Vibration iBeauty 20mins \$59

Sequential Ultrasound 20mins \$59

Radio Frequency 20mins \$59

Low Ultrasound 20mins \$59

LED LightStim 20mins \$59

Micro Boost 20mins \$59

Iontophoresis Infusion 20mins \$59

## SPA ENHANCEMENTS

BACK THERAPY 30MINS \$99

Power Cleanse | Exfoliation | Massage | Masque

ELIXIR SCALP THERAPY 20MINS \$89

EYE REVIVE 20MINS \$30

Add to any skin treatment





# MediSpa Skin Therapy's

## PROFESSIONAL SKIN PEELS 30MINS \$130

Professional skin peels aim to offer maximum results in minimum time, leaving your skin feeling fresh and rejuvenated. Peels work by accelerating the naturally occurring exfoliation process. We can offer a skin solution customised to your skin concerns whether it is pigmentation, acne, congestion, sun damage or premature ageing.

Professional peels series works best as a course of treatments but also can be offered as a stand alone treatment leading up to a special event.

## MEDI SPA FACIAL 60MINS \$180

Deep Cleansing | Infusion Device | Peel | Specific Massage | Masque

A powerful patented infusion mimicking Mesotherapy. Pure biological actives and vitamins providing luminosity to dull lifeless skin. Includes infusion device technology to deliver active ingredients into the deeper layers of your skin which is then followed by a patented customised Medi peel that consists of Salicylic acid, Ascorbic Acid and Malic acid; followed by a specific face massage and biological masque.

## MEDI SPA ANTI-AGE FACIAL 80MINS \$220

Deep Cleansing | Pro Peel | Infusion Device | Specific Massage | Intensive Masque  
| LED LightStim Therapy | Scalp, Hand & Foot Massage

This anti ageing melody of corrective treatments includes a professional peel suited to your skin grade. Your skin will then be infused with pure patented Mésolift Marin loaded with 36 minerals, trace elements and amino acids; followed by an effective Bio-cellulose intensive masque. This regenerating treatment is completed with a sequence of LED LightStim Therapy and concludes with a restful scalp, hand and foot massage.







# Memberships

## STEPHANIES® MEDI SPA MEMBERSHIPS

**MEDI SKIN MEMBERSHIP TOTAL PACKAGE PRICE \$650 VALUED UP TO \$999**

Prepay \$650 to a Medi Skin membership and receive a **\$50 product bonus** to put towards your home skin solution program, plus a free travel discovery kit.

You will also receive a complimentary skin solution analysis, **free bonus LED booster treatment** and a free consultation with our in spa Medical Doctor regarding anti-age injectable treatments (optional).

Receive one treatment fortnightly - select 6 skin therapy sessions from the skin therapy menu. Your skin clinician will assist you in choosing "YOUR" best mix of treatments.

**PLEASE REFER TO OUR MEDI SPA MENU OF TREATMENTS - CUSTOMISED TO EACH ONE OF OUR SPA LOCATIONS.**

## STEPHANIES® SPA MEMBERSHIPS

For serious spa lover's who deserve frequent spa nurturing, Stephanies® treasured Spa Memberships can be enjoyed in any of our luxury spa locations. Luxuriate with massage, skin treatments, spa rituals, as well as steam and water therapy's.

**ROSE QUARTZ SPA MEMBERSHIP TOTAL PACKAGE PRICE \$1000**

**VALUED AT \$1200**

- \$1100 of spa treatments i.e. BONUS \$100 spa credit added to your account
- \$50 transferable 'My Spa Rewards' voucher
- Welcome gift

**AQUAMARINE SPA MEMBERSHIP TOTAL PACKAGE PRICE \$2000**

**VALUED AT \$2450**

- \$2300 worth of spa treatments i.e. BONUS \$300 spa credit added to your account
- \$100 transferable 'My Spa Rewards' voucher
- Welcome gift

**AMETHYST SPA MEMBERSHIP TOTAL PACKAGE PRICE \$3000**

**VALUED AT \$3800**

- \$3600 worth of spa treatments i.e. BONUS \$600 spa credit added to your account
- \$150 transferable 'My Spa Rewards' voucher
- Instore skin care purchase discounts
- Welcome gift

**Benefits, terms and conditions of Stephanies® Spa and Medi Skin Memberships refer [www.stephanies.com.au/memberships](http://www.stephanies.com.au/memberships)**





## Made For Men

### **POWER FACIAL 40MINS \$110**

Enjoy a power cleanse including hot towels, exfoliation, detoxifying steam and customised masque treatment.

### **SPORTS BODY MASSAGE**

**30 MINS \$99 | 60MINS \$148 | 90MINS \$183**

Ease fatigue and tension. Customise your treatment with either a Swedish, Remedial or Deep Tissue massage.

### **ELIXIR SCALP THERAPY 20MINS \$89**

Head and scalp massage relieves mental fatigue and calms the mind.

### **HANDS CLIP FILE & BUFF 30MINS \$50**

Full nail tidy and hand massage with a lustre finish.

### **FEET REVIVAL MASSAGE 30MINS \$79**

Relax in our leather recliners and enjoy a warm foot soak and exfoliation, followed by a foot massage incorporating acupressure and reflexology points.

*la Vie élixir® Macadamia Exfoliation Crème is the perfect recipe for hydrating skin that creates the ultimate in skin texture renewal. Beauty Balm Concentrate completes this duo as an indulgent hydrating multi purpose balm used in selected signature spa treatments as an all over body hydration and massage formula.*



# Sensory Spa & Manicure Lounge

An exclusively designed area complete with massage recliners, sky views, rose infused foot soaks, earth rituals and the dynamic aromas of our secret signature blends. This hidden sanctuary allows you to enjoy private spa time or share the experience with friends.

## EXOTIC SOLE RITUAL 90MINS \$159

Rose Petal Foot Soak | Signature Head Massage | Foot and Leg Exfoliation | Heated Stones | Warm Paraffin | Professional Polish

Take a deep breath, inhale the surroundings and exhale all tension. Refresh your feet in a rose petal foot soak and exotic foot exfoliation using Stephanies® signature blends. Total care is then given to nails and soles to relieve and refine. Tension will ease with our unique heated stone massage before feet are immersed into a warm paraffin infusion. Conclude your journey with professionally polished nails in a colour of your choice. Discover this divine treatment for yourself or share with a group of friends.

## EXOTIC SPA MANICURE 70MINS \$120

Rose Petal Exfoliation | Luxury Massage | Warm Paraffin Hydration | Professional Polish

This beautiful therapeutic treatment begins with a hand and arm exfoliation to reveal fresh soft skin. Feel all fatigue drift away with an application of our semi precious Lapis Crème leaving your hands feeling lovingly hydrated. Complete your journey with a paraffin treatment to lock in moisture, then finish with professionally groomed and polished nails in a colour of your choice. Perfect treatment to enjoy on your own or as a spa group.

## SOLE HEALING 30MINS \$79

Foot Bath Infusion | Foot Exfoliation | Stimulating Acupressure Massage

A simply divine way to relax and unwind. Begin with a welcoming warm foot infusion and foot exfoliation. Followed by a stimulating foot massage that incorporates acupressure and reflexology points.

## A la Carte

Classic Pedicure	60 mins \$115
Classic Manicure	50 mins \$89
Shape Paint Feet	30 mins \$60
Shape Paint Hands	30 mins \$50
ADD French Polish	10 mins \$20
ADD Paraffin Infusion	10 mins \$20
Shellac Removal	20 mins \$35

Opulence packages for groups  
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# Beauty Bar

## **BROW BAR COUTURE \$65**

**Brow Sculpt | Eyelash Tint | Brow Tint  
| Hydrating Eye Treatment 50MINS**

Your brows frame your face. We specialise in creating beautiful eyebrows to bring out your natural beauty and individual features. We take the time to assess your face shape, check the balance of brows and advise on shape and colour. Our eyebrow specialists can also teach you the tricks of the trade to maintaining your beautiful eyebrows between sculpting.

# Make Up Boudoir

Enhancing one's quintessential beauty can be achieved through correct application of make up. To create a flawless finish your skin will be cleansed and hydrated prior to any make up application. Your expert make up artist will apply Stephanies® exclusive la Vie beauté make up to create your perfect look.

## **SPECIAL OCCASION \$95**

### **BRIDAL MAKE UP \$120**

A natural fresh look is achieved by using professional make up techniques.

**Exclusive Group Bridal Make Up** ~ Receive a \$25 credit per person for you and your bridal party when four or more people are booked. *Terms and conditions apply.*

### **BRIDAL CONSULTATION & TRIAL MAKE UP \$85**

**Bridal Tip** ~ Perfect timing for your trial make up consultation is on the day of your Hen's Party.

### **PRIVATE MASTERCLASS \$120**

Come and learn the secrets of enhancing your own quintessential beauty with a one on one make up lesson with our professional make up artists. *Ask about our private group master classes.*

# Essential Waxing

Please refer to our **Beauty Bar Pricelist** for waxing and waxing packages. Available in all Stephanies® Luxury Spa locations.



# High Tea Cuisine and more...

At Stephanies® Luxury Spas we love spoiling you or your special group. The perfect accompaniment to your spa time is one of our delicious selections of High Teas or healthy Spa Cuisine options, which can be enjoyed on completion of your spa journey. We are also delighted to serve you a selection from our own organic la Vie élixir® herbal teas or seasonal sorbets for you to enjoy!

# Create 'Your' own journey...

At Stephanies® we love to assist you in creating your own special spa moments that can be tailored to your specific needs. Please feel free to come into any one of our beautiful spa locations and we would be delighted to take you on a personal spa tour to introduce you to the wonderful and varied options you have to make your own special spa journey possible.



# My Spa Rewards

ALL SPA GUESTS ARE WELCOMED TO STEPHANIES® WITH AN INCLUSIVE MY SPA REWARDS BENEFITS PROGRAM. *Join Today!*

Stephanies® My Spa Rewards program has been designed especially for you. Five percent of all purchases (treatments or products) inspa, and online, accumulate as Spa Points. You receive vouchers once your Spa Points reach a minimum of 20. One Spa Point is equivalent to One Spa Dollar.

Spa vouchers can be accumulated and redeemable on future treatments. You will receive your spa gift voucher directly from Stephanies® via email or mobile device. You will become a member of 'My Spa Rewards' once you join. *It's that easy!*

Enjoy exciting spa benefits:

- Exclusive rewards promotions
- Birthday celebration treatment
- Five percent of all purchases inspa, and online, accumulate as Spa Points
- Spa newsletter updates
- Invitation to inhouse spa events
- 'My Spa Rewards' vouchers are transferable

To join, benefits, terms and conditions regarding Stephanies® 'My Spa Rewards' visit [www.stephanies.com.au](http://www.stephanies.com.au)





# Spa Basics

## WHEN TO ARRIVE?

To enhance your spa experience, we encourage you to arrive 20 minutes prior to your spa treatment time. This will allow time for you to complete your health and wellbeing form and get changed into your spa robe and relax prior to your spa treatment.

## WHAT HAPPENS IF I'M LATE?

Arriving late will simply limit the length of your spa treatment and unfortunately lessen your time spent with us. Treatments will always finish as scheduled in order to not delay and inconvenience our next guest.

## SPA PARKING

Complimentary parking is provided for all Stephanies® Spa Retreat guests. Parking tickets must be validated by Spa Reception. Parking is limited and only permitted whilst visiting the day spa. Hotel parking access is via the Turbot Street entry.

## MEDICAL CONDITIONS

Please inform spa reservations of any health concerns that you may have when making your booking and when completing your health and wellbeing form. This allows us to design a suitable treatment plan for your specific needs. Some spa therapy's may be contraindicated due to certain medical conditions or medications you may be taking. You may also be asked to seek prior approval from your health care practitioner before your appointment if you are undergoing medical treatment.

## PREGNANCY

Second trimester in your pregnancy is the safest time to enjoy specific massages and body therapy's and there may be some water therapy's that you will not be able to experience throughout your pregnancy. However you can relax and enjoy some skin therapy's and hand and foot therapy's at any time during your pregnancy. Please inform our spa reservations at time of booking regarding your pregnancy. We are happy to recommend suitable alternative treatments for you during this special time.

## SPA PARTIES & GROUP BOOKINGS

Allow us to host your spa party in luxurious spa style. Whether a spa soiree with friends, a bridal hens party or a corporate group outing. Stephanies® Luxury Spa destinations are the perfect locale for your bespoke spa experiences. Ask about our exclusive Spa Opulence group experiences today.

## MEDI SPA SERVICES

Medi Spa Services are available at Stephanies® Urban Spa. We have highly qualified medical practitioners that can expertly perform wrinkle injections and skin rejuvenation treatments. We offer an integrative approach to achieve natural looking results and optimum skin health.

## SPA TIPS

Please keep your valuables at home. If having foot therapy remember to bring open toed shoes to keep your polish fresh and neat. For the men, please shave prior to any skin therapy. Please ask us about our delicious spa cuisine menu and high tea offerings, perfect addition to your spa experience.

## USE OF HOTEL'S POOL

Sofitel's pool and spa is available on weekdays with a minimum booking of a one hour treatment. Use of this area on weekends is subject to availability. Please ask our friendly reception staff for further details.

## CANCELLATION POLICY

Cancellations, rescheduling or changing your spa booking is free of charge if made 24 hours in advance. A credit card number is required at the time of booking to secure your spa appointment. If you fail to show for your appointment without notice to Stephanies®, the total treatment cost will be charged to your credit card.

# My Spa

## MY SPA REWARDS

This program is designed to reward you for your loyalty. Spa points are accumulated in any of our spa locations or online as a thank you for visiting Stephanies®. Please ask reception to instantly join you to Stephanies® My Spa Rewards.

## MY SPA SHOP ONLINE

Stephanies® offers a secure online store, providing convenient product ordering and gift card ordering. Log on to [www.stephanies.com.au](http://www.stephanies.com.au) or call 1300 DAY SPA or email [reservations@stephanies.com.au](mailto:reservations@stephanies.com.au) and we will be happy to assist you.

## PRODUCTS WE LOVE

Stephanies® uses only the highest quality results driven skincare, lifestyle and body collections. Shop online [www.stephanies.com.au](http://www.stephanies.com.au) or visit in spa to immerse yourself in luxurious spa retail therapy to continue your skin and body results at home. Try our signature la Vie élixir® body and tea collection containing the finest organic and natural ingredients. Stephanies® also love Payot, Thalgo and Synergie Skin skincare products. We have selected these ranges as they are consistent with our spa's philosophy to use only the best high end skincare to achieve optimal results for all skin conditions.

## TERMS & CONDITIONS

Stephanies® Luxury Spas reserves the right to amend any prices and treatments at any time.

## Other Spa Locations...

### STEPHANIES® URBAN SPA

Bulimba

T | 07 3899 5333

E | [info@stephanies.com.au](mailto:info@stephanies.com.au)

### STEPHANIES® VINTAGE SPA

Cleveland

T | 07 3488 0300

E | [info@stephaniesvintagespa.com.au](mailto:info@stephaniesvintagespa.com.au)

### HEAD OFFICE

5/58 Metroplex Avenue

Murrarie Qld 4172

T | 07 3171 2288

E | [reservations@stephanies.com.au](mailto:reservations@stephanies.com.au)

### STEPHANIES® MOUNTAIN SPA

Mercure Clear Mountain Lodge

T | 07 3298 6622

E | [info@stephaniesmountainspa.com.au](mailto:info@stephaniesmountainspa.com.au)

### STEPHANIES® OCEAN SPA

Peppers Noosa Resort & Villas

T | 07 5473 5353

E | [info@stephaniesoceanspa.com.au](mailto:info@stephaniesoceanspa.com.au)

## Bookings and Enquiries

### STEPHANIES® SPA RETREAT

T | **07 3221 8800** (Direct to spa)

**1300 DAY SPA** (Freecall all spa reservations)

E | [info@stephaniessparetreat.com.au](mailto:info@stephaniessparetreat.com.au)

W | [www.stephanies.com.au](http://www.stephanies.com.au)

### ADDRESS

Sofitel Brisbane Central, 249 Turbot Street

Level 3, Poolside Terrace

GPO Box 5059 Brisbane Qld 4001

### SOCIAL SPA

@stephaniessparetreat @stephaniesluxuryspas

### TRADING HOURS

Monday to Friday 9am - 9pm

Saturday 9am - 6pm

Sunday 10am - 5pm

## Stephanies Gift Cards

Give the most exquisite and unforgettable gift of spa nurturing. Let us wrap up tranquility, wellbeing and sophisticated spa experiences.

Be sure to impress the ones you love.

Stephanies® Gift Cards are elegantly presented in a luxurious gift box and can be personalised with a selection of spa treatments or exquisite skin and body collections. Stephanies® Gift Cards make the ideal gift for any occasion.



*la Vie élixir® Bath and Body Gel is a botanical awakening for your senses. The uplifting aromas of grapefruit and sweet orange creates a cheerful scent of citrus delight.*

