

TREATMENTS

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MASSAGE WELLS

The Spa at The Darling massage therapies combine Eastern and Western techniques to not only relax, but restore physical and mental wellbeing. Additional time will be allocated as all massages open with a gentle foot soak and foot scrub to prepare you for your journey towards relaxation.

<p>SWEDISH AROMA 45MINS - \$140 single 60MINS - \$170 single, \$320 couple 90MINS - \$220 single, \$415 couple</p>	<p>This light-to-medium pressure Swedish massage employs long, gliding strokes with kneading, to induce a deep state of relaxation. Combining the therapeutic benefits of touch and smell, aromatic oils infused with essential oils of natural plant extracts enhance your mood and awaken your senses.</p>
<p>DEEP TISSUE SPORTS 45MINS - \$150 single 60MINS - \$180 single \$340 couple</p>	<p>This firm, deep-tissue sports massage releases tension, blockages and knots to relieve muscular tension and spasms due to stress, work or athletic activities.</p>
<p>TRAVELLER'S RETREAT 60MINS - \$170 single, \$320 couple</p>	<p>Diminish the effects of stress, exhaustion or Jet Lag with the Traveller's Retreat massage. Beginning with a firm back, neck and shoulder massage to release any tight, muscular tension followed by a hydrating mini facial with pressure point scalp massage. Completed with an Oxygen Inhalation, you are sure to leave fresh, more energised and revived.</p>

<p>ABHYANGA MASSAGE</p> <p>60MINS - \$240 single, \$455 couple</p> <p>90MINS - \$300 single, \$570 couple</p>	<p>This full body, rhythmical, deeply relaxing warm oil massage is great for anyone in desperate need of some TLC. Performed using warm herbal infused oils specific to your Dosha, nerves are soothed as you drift into a state of bliss. Accumulated stress and toxins in the mind and body dissolve as it enhances the complexion and lustre of the skin, promotes longevity and nourishes all parts of the body.</p>
<p>TRADITIONAL THAI</p> <p>60MINS - \$185 single, \$350 couple</p> <p>90MINS - \$235 single, \$445 couple</p>	<p>Achieve total relaxation with a gentle Thai massage - targeting acupressure points involving slow, passive, muscle stretching techniques. Wearing comfortable clothing to allow for movement, Thai is a “Dry” Massage aimed to relieve muscular and joint tension, increase flexibility, stimulate internal organs and re-energise your body.</p>
<p>GRANITE HOT STONES MUSCLE MELT</p> <p>60MINS - \$190 single, \$360 couple, 90MINS - \$240 single, \$456 couple</p>	<p>Less porous and higher in density than Basalt Hot Stones, we use Australian produced Granite as heat is retained for longer. These stones provide long lasting, deeper penetrating heat, to warm and relax strained muscles to further enhance this therapeutic experience. Including Shiatsu and Reflexology techniques, Granite Hot Stones is one of our favourites.</p>
<p>DELUXE FOUR HANDS ABHYANGA</p> <p>60MINS - \$260 single, \$494 couple</p> <p>90MINS - \$335 single, \$635 couple</p>	<p>This four handed signature massage integrates the ancient art of using pure essential oils from plants, flowers, trees and the combined energy of two therapists to balance and restore the natural energy of the body. A custom blend is selected to create an aromatic vacation for the body, mind and spirit.</p>

<p>THE DARLING SIGNATURE: ENCHANTED ROYALTY</p> <p>60MINS - \$300 single, \$570 couple</p> <p>90MINS - \$380 single, \$720 couple</p>	<p>Designed to befit Royalty, our unique signature class experience involves two therapists to perform a symphony of synchronised massage techniques combining the therapeutic elements of Acupressure with Swedish, Balinese and Deep Tissue. To stimulate circulation, warm oil is applied to your body while warm stones are integrated to soothe away muscular tension on areas of the back.</p>
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ENHANCEMENTS

To complement our Massages, we recommend the following:

- FACIALS FOCUSED
- BODY WRAPS & SMOOTHERS
- TIPS & TOES
- VIP UPGRADE SERVICES

INDIGENOUS ORIGINS

Take a journey into the heart of Australia, by experiencing a unique blend of established traditions founded by the world's oldest living culture.

Known as "Dreamtime", the Aboriginal and Torres Strait Island cultures draw upon their sacred knowledge of the ancient powers of the earth's oldest continent.

LI'TYA is created from the deepest realms of our land's ancient ancestry as a natural skin care and spa treatment range that proudly radiates a true Australian spirit.

<p>YANKO BODY POLISH</p> <p>45MINS - \$110</p>	<p><i>Origin: Northern Territory "song of running water"</i></p> <p>An energising full body exfoliation cleanses the spirit, revitalises the energy and brings tone and clarity to your skin. Your choice of native aromatic oils is applied, followed with Desert Salts to exfoliate and purify. A lavish application of Cherry Alder body lotion leaves skin silky smooth. A sensory experience for the body that leaves skin invigorated.</p>
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<p>MIRRI NOURISHING FACIAL</p> <p>45MINS - \$135</p>	<p><i>Origin: Paakantyi Western NSW “face”</i></p> <p>Suitable for all skin types, this facial integrates native ingredients such as Lillypilly, Wild Rosella and Macadamia. An ideal treat for dull, lifeless skin or to prepare for an occasion, Mirri is inspired by Aboriginal pressure point facial massage to relieve stress and tension whilst stimulating circulation. The LI'TYA Paudi scalp and shoulder massage is the icing on the cake.</p> <p>*A favourite with busy clients, or to combine with other treatments.</p>
<p>KODO MASSAGE</p> <p>60MINS - \$170 90MINS - \$220</p>	<p><i>Origin: Meryam Mer Torres Straits “melody”</i></p> <p>This rhythmic body massage is inspired by traditional Aboriginal techniques to balance and re-align energy flow. A combination of pressure points and spiralling movements work to relieve muscular aches and pains while leaving the body's energies renewed. A choice of native aromatic oils is prescribed to address your individual needs.</p>
<p>MARMA KODO PREGNANCY MASSAGE</p> <p>60MINS - \$170</p>	<p>This extremely nurturing body massage works to prevent disharmony and nurture the expectant mum and child. Integrating elements of the Kodo, Marma Kodo works gently on areas of most concern by combining movements to ground and uplift, leaving your body and baby feeling deeply relaxed.</p>

<p>KODO ROCKS</p> <p>60MINS - \$170</p> <p>90MINS - \$220</p>	<p><i>Indigenous Australian Stone Therapy</i></p> <p>Kodo Rocks integrates Ancient Primordial Stones from North Western Australia that have been hand carved to suit very specific needs. Ancient stones and techniques are integrated into a therapy aligned with the rhythmic Kodo body massage techniques. A choice of native aromatic oils is prescribed to rejuvenate, harmonise or detoxify.</p>
<p>LOWANNA</p> <p>75MINS - \$180</p>	<p><i>Origin: Northern Territory - “beautiful”</i></p> <p>This all-encompassing treatment combines three LI'TYA treatments in a wonderful unison to create a deluxe pampering experience. It includes: Miji Jina Foot Ritual, Miji Polama Hand Ritual and the Mirri Nourishing Facial. A perfect combination for mums-to-be or for those who are in need of some serious pampering.</p>
<p>THE DREAMING</p> <p>3 HOURS - \$480</p>	<p><i>“The unseen vibration of creation”</i></p> <p>In the beginning was the Dreaming, the unseen vibration of creation – the sacred source of all. Relax, rerejuvenate and rejoice with LI'TYA'S signature treatment to reconnect body, mind and soul, from head to toe. This ritual includes the best of LI'TYA – Miji Jina and Polama Hand and Foot Rituals, Mala Mayi Body Wrap, Kodo Body Massage, Paudi Head and Shoulder Massage complete with a Mirri Nourishing Facial. Enjoy the combination of Australian native plant essential oils and extracts, cleansing earth ochre's and purifying desert salts.</p>

FACIALS FOCUSED

INTRACEUTICALS | KERSTIN FLORIAN | SUNDĀRI | VITAMAN

Our skin becomes tired, overworked and damaged from the harsh elements of the environment. It is simply not enough just to cleanse, tone or moisturise. Whether it is to reduce puffiness, slow the onset of wrinkles or to deep cleanse; receiving a facial will quench parched skin, unclog pores and renew skin cells. Your skin will look clearer, softer, younger and truly transformed.

Please allow additional time as all facials begin with a soothing Hot Towels Foot Massage Ritual.

INTRACEUTICALS

Intracuticals Infusions and professional grade skincare combine powerful anti-ageing actives, vitamins and antioxidants with multi weight hyaluronic acid to transform the look and feel of your skin. Using the latest techniques in skin care advancement, incredible results are achieved via non-invasive techniques. Pressured oxygen is used to deliver a unique moisture binding serum to the deeper layers of the skin stimulating new cell growth, elastin and collagen to produce immediate, visible results.

<p>REJUVENATE INFUSION</p> <p>60MINS - \$200</p>	<p>Unique rejuvenate serum is applied with oxygen, resulting in fine lines being visibly reduced, and deeply hydrated, youthful and glowing skin. With a noticeable reduction in fine lines and wrinkles, you will look and feel rejuvenated, refreshed and years younger. * Safe for all skin types, even the most sensitive or stressed skin.</p>
<p>OPULENCE INFUSION</p> <p>60MINS - \$200</p>	<p>Botanical brighteners, super concentrated Vitamin C and natural plant extracts safely and naturally treat the cause of uneven skin tone while revealing newfound luminosity and radiance. Balancing uneven skin pigmentation, your skin will emerge luminous, radiant, deeply hydrated and glowing.</p> <p>* Suitable for all skin types.</p>

<p>CLARITY INFUSION</p> <p>40MINS - \$160</p>	<p>Soothing botanicals naturally help reduce bacteria, to calm inflammation and redness. Helps control excessive cellular build up and oil production while clarifying and refining the skin. Results are not only instant but continue to improve in the following days - sensitive option available.</p>
<p>INTRACEUTICALS INFUSION SERIES</p> <p>\$1,350</p>	<p>The results of Intraceuticals are accumulative, and continue to improve with repeated application. A course of six applications over six weeks is recommended to achieve optimum results. Following this, and to maintain results, applications will only be required every four to six weeks. All series include home care products valued up to \$370 to prolong the results and ensure continued skin hydration. Rejuvenate, Opulence or Clarity.</p>
<p>ATOXELENE INFUSION®</p> <p>15MINS - \$30</p>	<p>Designed to quickly transform your skin, this fifteen minute treatment softens and smoothes skin texture while softening expression and stress lines. Atoxelene Serum refines the forehead, softens the eye contour, plumps and smooth the lips. Skin looks smoother and firmer and feels tighter without Invasive injections. For maximum benefits, repeat infusions are recommended weekly for the first six weeks.</p>

<p>AGE-DEFYING INFUSION</p> <p>75MINS - \$240</p>	<p>The Rejuvenate plus Atoxylene Infusion works together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming, for a more defined facial contour. Special care is taken to smooth, open and refine the eye contour area while lips are plumped and hydrated. Experience visible line smoothing and firming instantly. Includes a complimentary revitalight treatment and pure oxygen.</p>
<p>OXYGEN INHALATION</p> <p>15MINS intervals \$15</p>	<p>Inhalation oxygen therapy has proven to heighten concentration, alertness, and memory, as well as offer a natural remedy for headaches, hangovers and jet lag. This treatment may be added to any of our spa services.</p> <p><i>Sensual:</i> Bulgarian Rose Otto - Evokes a spiritual, sensual mood and calming.</p> <p><i>Relaxing:</i> Roman Chamomile - Warm lightly herbaceous, sweet and fruity, soothing and aids relaxation.</p> <p><i>Stimulating:</i> Peppermint - Fresh sharp mint, aids concentration, mind stimulating and aids digestion.</p> <p><i>Deep Relaxation:</i> Lavender Spike - Floral, fresh aroma with a slight woody undertone, helps alleviate stress.</p>

KERSTIN FLORIAN

Outer beauty and inner health are pursuits that go hand in hand for Kerstin Florian. Dedicated to helping people discover these pursuits through the spa experience and in their everyday lives, Kerstin Florian builds on the cornerstones of well being - sound nutrition, regular exercise, peace of mind and care of the face and body.

CAVIAR CELL VITALE FACIAL 60MINS - \$260	This is the ultimate ageless treatment for the face, hands and décolleté. Refines, lifts, firms and nourishes the skin with protein rich caviar, powerful antioxidants, a gentle enzyme peel and a unique peel-off mask that dramatically improves skin moisture.
ULTIMATE CAVIAR FACIAL 90MINS - \$350	A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein Caviar and powerful antioxidants. Caviar infuses skin with age-defying nutrients to smooth fine lines and improve texture. Results are immediate, leaving skin looking supple, healthy and luminescent.
CORRECTING PRO PEEL 30MINS - \$115	Recommended in a series of 6 using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. Skin is deeply cleansed and toned, followed by gentle acupuncture on the face and scalp. Intensive serums are applied as beauty globes cool and tighten the skin.
EYE RESCUE TREATMENT 30MINS - \$115	This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve puffy eyes and improve clarity.

THE DARLING
SIGNATURE
FACIAL: FOUR
HANDS EUPHORIC
FACIAL
90MINS - \$500

A four hands massage is sensational. A Four Hands Facial is indescribable. Two therapists work together in unison to heighten your facial experience to “a whole other level”. Our results driven, Ultimate Caviar Facial by Kerstin Florian will stimulate cellular renewal, diminishing fine lines while improving skin texture and radiance. During your facial, your arms, legs and feet will undergo a pampering treat of their own. An exfoliation to soften, is the gentle prelude to a stress releasing massage. As your tips and toes are lovingly wrapped in soft, heated booties and mitts, this entire journey will lead you to a complete state of euphoria.

SUNDĀRI

Inspired by Indian Ayurveda, Sundari offers a holistic approach to beauty and wellness. Hence, the desire for beauty is also a journey towards well-being. Fused from Eastern and Western beauty practices and natural ingredients, the Sundāri philosophy empowers all to embody beauty and discover their own inherent balance.

<p>NOURISHING GLOW</p> <p>60MINS - \$220</p>	<p>For an instant lift and newfound glow, this facial is one of a kind, designed to infuse the skin with essential Omega 3 oils to restore lost lipids, rejuvenate and provide needed nourishment. This facial includes cleansing, lymphatic massage, manual face lift technique and stimulation of vital energy points followed by a specialised honey and pumpkin enzyme peel to exfoliate skin cells while providing nutrients and antioxidants.</p>
<p>PEACE & BALANCE</p> <p>90MINS - \$300</p>	<p>Utilising the natural actives in pure essential oils, botanical extracts and herbal preparations, this facial is customised for each individual skin type. Central to this customised facial is the lymphatic stimulation, pranayama (breath work) and marmassage, taking you on a wonderful sensory journey.</p>

<p>YOUTHFUL TRANSFORMATION</p> <p>90MINS - \$300</p>	<p>Experience the ultimate in healing and transformation. This customised facial treatment uses a blend of powerful regenerative properties from botanical ingredients and advanced peptides to reduce the appearance of lines and wrinkles. An enzymatic exfoliation increases blood circulation and our facial massage technique stimulates lymphatic drainage and muscle firming. An eye treatment is included and any adverse effects on your skin from lifestyle, environment and time, will diminish.</p>
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ENHANCEMENTS

To complement any of our Focused Facials, we recommend the following:

- MESSAGE WELLNESS
- EYE RESCUE TREATMENT
- BODY WRAPS & SOOTHERS
- TIPS & TOES
- VIP UPGRADE SERVICES

MEN'S ZONE

Just as your car requires your time and devotion to achieve maximum performance and mileage; your body requires just as much attention. Designed and dedicated to the needs of men, we offer a range of unique and effective masculine de-stressing body, skin rejuvenating and mind calming treatments.

<p>GENTS CLASSIC FACIAL 60MINS - \$190</p>	<p>By Sundari, a deep cleansing, therapeutic facial for men, designed specifically to cater to your special skin care needs. Paying particular attention to razor burn and skin sensitivity, it includes a distressing facial massage to refine the pores and a scalp and shoulder massage to relieve tension and rejuvenate your senses. This facial removes impurities and balances excessive sebum production, leaving your skin with a clarifying matte finish.</p>
<p>THE BARE BACK DE-STRESS TREATMENT 60MINS - \$170</p>	<p>Starting with a deep de-stress shoulder and back massage, the area is then exfoliated with our Sea Salt Body Scrub. A warm Jurassic clay masque is applied to purify and detoxify the skin, then moisturised for total skin rehydration. It will leave you feeling in the best shape possible.</p>
<p>URBAN RELAXATION MASSAGE 60MINS - \$150</p>	<p>A relaxing massage for 'time out' can provide huge benefits to your wellbeing. Your experience is a full body massage to loosen and increase flexibility in tight stressed muscles. We include a deep relaxing scalp massage using essential oil blends, to achieve a heightened state of relaxation.</p>

<p>TUNE UP SPORTS MASSAGE</p> <p>60MINS - \$170</p>	<p>Aimed to alleviate joint & muscular tension resulting from exercise, this deep tissue, tension draining massage works to ease and eliminate pain and stiffness. Relax and soothe tired muscles with a deep tissue massage, perfect for pre and post stretching for any sports enthusiast. Our Desert Muscle Rub is used on isolated areas, reviving tired muscles.</p>
<p>EYE RESCUE</p> <p>30MINS - \$90</p>	<p>This intensive eye treatment is designed to diminish fine lines and wrinkles by up to 27%, improving the appearance of dark circles, puffy eyes & improving clarity, totally rejuvenating this delicate area for brighter, more luminescent eyes.</p>
<p>HAND & FOOT FIX</p> <p>45MINS - \$135</p>	<p>Enjoy a warm foot soak while your hands receive an invigorating manicure, including complete nail and cuticle maintenance, with a hand and forearm massage leaving hands with a groomed and professional appearance. Our signature pedicure will then incorporate a revitalising scrub followed by our stress releasing massage to renew tired legs and feet.</p>
<p>THE CHAIRMAN</p> <p>2 HRS - \$340</p>	<p>Lay back and relax as the perfect gentleman's package, "The Chairman" includes our most popular men's massage. Commencing the treatment is a "Tune Up Sports massage" designed to alleviate deep muscular tension, followed by our Gent's Classic Facial, to deeply cleanse and rejuvenate. To make this experience any manlier we would have to include a Beer - so we did. Your choice of an ice cold brew is served upon arrival.</p>

BODY WRAPS & SMOOTHERS

<p>OCEANIC SEA SALT BODY BUFF</p> <p>45MINS - \$110</p>	<p>Using LI'TYA - a refreshing, powerful skin recharging full body exfoliation that integrates the native aromatic oils of Frangipani and Ylang Ylang, with Australian Sea Salts, to cleanse and purify, leaving skin smooth and soft. An application of Cherry Alder Body lotion will leave your skin gently nurtured, and strongly nourished.</p>
<p>YANKO BODY POLISH</p> <p>45MINS - \$110</p>	<p>An energising full body exfoliation cleanses the spirit, revitalises the energy and brings tone and clarity to your skin. Your choice of native aromatic oils is applied, followed with Desert Salts to exfoliate and purify. A lavish application of Cherry Alder body lotion leaves skin silky smooth. This treatment is a sensory experience for the body, that leaves skin invigorated.</p>
<p>SPIRULINA BODY WRAP</p> <p>60MINS - \$150</p>	<p>Using an all natural live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. *Very effective when used as part of a slimming or nourishing program.</p>

<p>TURKISH HAMAM BODY POLISH 75MINS - \$200</p>	<p>Experience our version of this authentic treatment, which will take you on a journey of complete indulgence, to detoxify and renew your body. Your skin is cleansed, exfoliated and hydrated. Treat yourself to this deeply relaxing sensual experience. The Turkish Hamam is performed in the seclusion of your own authentic private chamber.</p>
<p>SILHOUETTE FIRMING ENVELOPMENT 90MINS - \$200</p>	<p>Sundari's head to toe spa experience includes a facial cleansing massage and firming mask, as well as full-body exfoliation using gotu kola and walnut scrub and finishing with our unique peptide infused skin firming body mask. You will feel rejuvenated, refreshed and toned all over.</p>

ENHANCEMENTS

To complement our Body Wraps & Smoothers, we recommend the following:

- MASSAGE WELLNESS
- FACIALS FOCUSED
- BRONZING

TIPS & TOES

Renowned globally for its brilliant, chip-resistant Nail Lacquers, OPI provides only the highest quality products in professional nail care.

SHORT & SWEET MANI 30mins - \$45	Includes nail shaping cuticle work, hand massage and your choice of nail lacquer.
SHORT & SWEET PEDI 30mins - \$45	Includes nail shaping, cuticle work, Foot massage and your choice of nail lacquer

THE BARE NECESSITIES

<p>WAXING</p>	<p>Facial Area - \$25 Arm - \$60 Underarm - \$30 Half Leg - \$65 Brazilian - \$90 Hollywood (G String) - \$65 Bikini/Speedo - \$45 Full leg - \$80 Half leg with Bikini/Speedo - \$90 Full leg with Bikini/Speedo - \$100 Men's Back or Chest - \$100</p>
<p>EYES & LASHES</p>	<p>Eyelash Tint - \$20 Eyebrow Shape - \$35 Eyebrow Tint - \$25 Eyebrow and Eyelash Tint - \$40</p>
<p>BRONZING</p>	<p>BLACK MAGIC designed for all skin types is fast drying, non sticky and odourless. In only two hours you're transformed from white to bronze.</p> <p>Single Spray Tan Application - \$45</p> <p>Full Body Exfoliation & Single Spray Tan Application - \$90</p> <p>Full Body Exfoliation, Single Spray Tan, Tan Extender Body Lotion - \$105</p>

URBAN ESCAPES

Flee from the hustle and bustle of the outside world by embarking on a spa journey towards peace and tranquility; right in the heart of the city. Whether it's for two hours or half the day, our selection of Urban Escapes will satisfy your every desire.

<p>TOTAL BODY RENEWAL</p> <p>2HRS - \$400 single, \$720 couple</p>	<p>Attain smooth, supple skin from a truly unique treatment of an Omega 3 infusion. We begin with a full body massage, using an Omega 3 rich body balm. This is followed by an exfoliation and mask with natural sugars and flaxseed, an aromatic Lotus oil facial massage, and an ultra conditioning hair treatment. The application of Loquat Body Milk completes your treatment, creating the most luxurious feeling skin imaginable.</p>
<p>SHIRODHARA SUBLIME</p> <p>2HRS - \$440 single, \$790 couple</p>	<p>We introduce you to Shirodhara; an ancient Ayurvedic therapy. For centuries, the therapeutic properties of plants, herbs and flowers have been used to heal, moisturise and firm the skin. Your body is dry brushed to stimulate the lymphatic system, followed with an infused treatment oil, enzyme exfoliation and mineral rich body mask. Cocooned in a soft warm wrap, you will receive Shirodhara with Scalp Massage using warm oil. Once reserved for royalty, you will soon discover why it is often referred to as "A massage for the mind".</p>

<p>THE DREAMING</p> <p>3HRS - \$480 single, \$860 couple</p>	<p>In the beginning was the Dreaming, the unseen vibration of creation – the sacred source from where all things are. Relax, revitalise and rejoice with LI'TYA'S signature treatment to reconnect body, mind and soul, from head to toe – inside out. This ritual includes the best of LI'TYA – Miji Jina and Polama Hand and Foot Rituals, Mala Mayi Body Wrap, Kodo Body Massage, Paudi Head and Shoulder Massage, complete with a Mirri Nourishing Facial. Australian native plant essential oils and extracts, cleansing earth ochre's and purifying desert salts allow you to celebrate <i>your</i> Dreaming.</p>
<p>PASSAGE TO INDIA</p> <p>3HRS - \$530 single, \$950 couple</p>	<p>A subcontinent, bristling with a culture rich and diverse, we take you on a Passage to India – an intoxicating cocktail of its most well known massage experiences in the world. Begin with private relaxation time in our Hamam to help detox, cleanse and prepare you for Shirodhara. Of Sanskrit origins, Shiras (head) and dhara (flow) is based on the principle that a gentle application of warm oil onto the “Ajna” or The Brow Chakra, stimulates healthy blood circulation to the brain. This induces sleep and a deep state of relaxation. An Indian Scalp Massage to relieve other pressure points on the head is conducted before you enjoy a Deluxe Four Hands Abhyanga Massage. Specific to your Dosha, it is a gentle but firm massage that not only nourishes the body but protects it from stress, anxiety and exhaustion.</p>

THE DARLING'S
EXOTIC ESCAPE

4HRS - \$700 single,
\$1,120 couple

Put your stresses to rest, and treat yourself to the best. The Darling's Exotic Escape incorporates our Signature Treatments rolled into one, to create a multi-sensory experience that is unforgettable. Infused with fragrant scents of Aromatherapy, your pampering begins with an Aromatic Bath Ritual to gently warm your body before surrendering yourself to an Enchanted Royalty Four Hands Massage. An eclectic blend of Swedish, Balinese, Deep Tissue and Warm Stones, it is a tension-melting treatment all on its own. A breath of new life is then given to tired, dull skin with our incredible Four Hands Euphoric Facial. Two therapists work in unison to achieve a skin that looks luscious and radiant - feeling vibrantly alive. Complete with a Short & Sweet Manicure and Pedicure OR Buff to Shine for men, you will wish this Escape will never end.

ENHANCEMENTS

To complement our Urban Escapes, we recommend the following:

- VIP UPGRADE SERVICES - CHAUFFEUR PICK UP

COUPLES SPA DATE

Giving new meaning to “Date Night,” for the savvy couples we lovingly put together a superb selection where you can indulge, relax and unwind with your significant other.

<p>DECADENT DUO 3HRS 30MINS \$1,150 couple</p>	<p>Pampering begins at the top with a warm, deeply relaxing scalp massage and ultra conditioning hair treatment. Then, you and yours will have your bodies gently polished with a full body exfoliation using native aromatic oils of Frangipani and Ylang Ylang combined with Australian Sea Salts to cleanse and purify leaving skin soft and silky smooth. Succumbing to the gifted, talented hands of your therapists, HE will experience an Urban Relaxation Massage while SHE relishes in a Swedish Aroma Massage designed to lull anyone to sleep. Just when you thought it was all over, bliss continues with one of our most luxurious facials on the menu - The Caviar Cell Vitale. We finish with his and hers Tips and Toes being polished and shined to perfection.</p>
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<p>TWO'S COMPANY</p> <p>4HRS</p> <p>\$1,400 couple</p>	<p>Can't be apart for a single moment? With Two's Company you won't have to be. We start with the Amrit Hamam Body Polish – a fun, unique and invigorating cleanse exfoliation to slough away dry skin. Escorted to your private VIP Spa Suite you will both enjoy a Deluxe Four Hands Abhyanga Massage, side by side. An Aromatic Bath Ritual will be drawn for you to immerse your bodies and while soaking; Champagne and a Light Lunch will be prepared. Left to your own devices for you to enjoy your VIP Spa Suite together, your therapists will re-emerge to complete your experience with an Age-Defying Infusion Facial by Intraceuticals. Be it for the Bride & Groom or Friends for Life, Two's Company sets the perfect scene for any occasion.</p>
<p>CUSTOM MADE</p>	<p>If you prefer to create your own experience for you and your partner, a group of friends or even a wedding party, please feel free to contact our Reception to arrange for a private tour and consultation. Why not include accommodation, wine, dessert or chocolates? We can personalise a package to suit your own needs.</p>

ENHANCEMENTS

To complement our Couples Spa Dates, we recommend the following:

VIP UPGRADE SERVICES

CHAUFFEUR PICK UP - \$160 PER PERSON RETURN

Arrive at the spa in style. Our VIP Upgrade Service includes:

- A private car pick up and drop off from any location within a 20km radius
- Personal Attendant upon Arrival
- Champagne or Fruit Cocktail upon arrival at the spa
- Immediate entrance to your Suite for Private Consultation
- The Spa at The Darling Spa Gift

VIP SPA SUITE

Our VIP Spa Suite is available to book for any services on the menu for \$150 per 60 minutes.

HOW TO SPA

MAKING RESERVATIONS

How do I make reservations?

In order to secure a reservation and avoid disappointment, we recommend that you book your spa treatments well in advance. You can do this by visiting us in person or calling The Spa at The Darling, directly on +61 2 9657 8088

I'm not staying at The Darling - am I allowed to visit the spa?

Absolutely - if you wish to spa, we are the place to be. All guests are welcome.

I am pregnant - do I have to miss out?

Our number one priority is your safety and well-being. We do not recommend full body massages during the first trimester of your pregnancy and we also advise that you limit body treatments throughout your term. We do have options for the mum to be and to assist you with your selection, please feel free to call one of our Spa Receptionists.

I am a "first timer" may I choose the gender of my therapist?

Yes you can. We want to ensure that you enjoy *every* treatment with us. If that means providing a male or female therapist, then we will certainly do our best to accommodate. The sooner you make an appointment, the more likely your preference will be assured.

What if I need to cancel my appointment?

We hope you won't, however we certainly understand. Should you need to reschedule or cancel, please provide us with at least 12 hours notice. If your appointment is cancelled within the 12 hour period, a 50% charge will be applicable. If no notice is provided, a full charge will be made for the services reserved specifically for you.

Can I enjoy a spa treatment in my suite?

Certainly - select treatments are available for you to enjoy in the privacy of your suite. Treatments are gender specific and there is a call out fee of \$100 that will be added to the charge.

THE TREATMENT ITSELF

What time shall I arrive?

Please arrive at least 30mins prior to your first treatment with us. This will allow you enough time to complete your consultation form, immerse yourself in our exquisite spa ambience and commence your journey of relaxation. Your spa attendant will personally escort and assist you with any preparation required.

What do I need to bring or wear?

Apart from Thai Massage (where you are recommended to wear loose, comfortable clothing during your treatment), all you need to do is bring yourself. Spa Wear is provided for your comfort and for maximum benefit, we advise that you shower prior to your arrival in order to allow products to absorb more effectively.

I am a man - should I shave before my treatment?

Prior to a Facial Treatment we recommend that you shave for maximum benefit.

What happens if I am late?

If possible, we would really appreciate some form of notification as we may be able to adjust our schedule to accommodate the delay. However, as a courtesy to all our guests, a prompt appointment schedule is adhered to. Late arrivals may not be honoured if there is another guest immediately following, and a cancellation fee may be charged.

What kind of information (medical or physical) shall I share with my therapist?

Your safety is of the utmost importance to us, and all first time guests are required to complete a spa consultation form. To further enhance your journey, please feel free to note any specific preferences. Whether it is the music, the amount of pressure during your massage or even the room temperature - please kindly inform us of your preferred experience.

What form of payment do you accept?

Any form of payment will be greatly appreciated. We accept cash, credit card or room charge.

GIFT CERTIFICATES

The Spa at The Darling Gift Certificate makes a wonderful gift for any special occasion or holiday. This gift voucher is valid for 12 months from the date of issue and is not redeemable for cash. Gift certificates will not be replaced if lost or stolen, so please treat them as a valuable document and keep in a safe place.

The Star will not be responsible for any lost or stolen gift certificates. Bookings are recommended, as gift vouchers may not be redeemable during special event / block out periods. The full value of the gift voucher may be partially redeemed over the validity period but must be fully redeemed by the expiry date. Any unused balance after the expiry date will not be refunded. Gift vouchers are not transferable. If the cost of a treatment exceeds the value of the gift voucher, the bearer of the gift voucher will be required to make up the difference with an alternative form of payment.

PRICING

The Spa at The Darling reserves the right to modify prices on any treatments without prior notification, to ensure that standards of service and quality are met.

GRATUITIES

Should you wish to leave a Gratuity, you may. Doing so is entirely at your discretion.

HOURS OF OPERATION

The Spa at The Darling is open during the following hours.

- Monday to Thursday.....9 am – 8 pm
- Friday to Sunday8 am – 9 pm

