



MAY WE SPOIL  
YOU DARLING?

THE DARLING SPA

# COME IN AND UNWIND

Welcome to your luxurious spa haven.  
A place where it's all about you.



Your Darling Spa journey starts with a simple promise - to relax, restore and rejuvenate (insert your name here). In fact, we won't let you leave until you do. Our treatments and packages are all about luxurious pampering that take you to a place of wellness and harmony - to reconnect your body, your mind and your soul (also known as heaven on earth). Your new self is waiting inside; simply leave your old self at the door.

## **LI'TYA INDIGENOUS SPA RITUALS - A RENEWED SENSE OF HARMONY**

Australia's own unique and authentic spa and wellness brand - Li'Tya - is now part of our exclusive treatment and product range. Based on sacred wisdom Li'Tya, meaning 'of the earth', has been respectfully developed by indigenous elders using pure Australian botanicals, extracts and essences.

Our therapists have been trained by Li'tya to provide healing rituals that purify and rejuvenate, enhancing your skin's health and whole wellbeing.

# DIHLBI FACIAL TREATMENTS

Name origin Bundjalong  
Northern Rivers NSW -  
means 'early morning dew.'

## **DIHLBI AGE DEFYING FACIAL**

60MINS

Regenerate and revive with this antioxidant packed facial. Drawing upon some of Australia's most powerful botanical extracts through modern extraction methods this facial delivers deep cellular support and nourishment. Utilising Li'Tya's advanced Dihlbi age defying serum to firm and brighten followed by a rhythmic pressure point facial massage with the nourishing Vitality Vitamin Cream mask packed with vitamins A, C & E. You will see an instant glow and visible long-lasting hydration.

**\$210**

## **DIHLBI BIO ACTIVE FACIAL**

75MINS

This restorative facial therapy with bio active formulas utilises the power of the Banksia flower, Kakadu Plum and Native Fragonia. Your skin is supported at a cellular level with this luxurious age defying serum targeting visible signs of aging. An intensive bi-phase mask is applied to reduce inflammation and stimulate cellular renewal, leaving your skin toned and visibly luminous.

**\$230**

## **LI'TYA MIKIRI OCEAN RENEWAL**

Name origin Diyari Northern South Australia  
- means 'deep mist'

60MINS

Drawing on powerful nutrient rich marine elements to heal and strengthen the skin. Marine Collagen, Kelp, Marine Algae and Mother of Pearl extract work to deeply cleanse and exfoliate the skin. Mother of Pearl also acts as an anti-aging element due to its high content of essential amino-acids. A specially prescribed deep cleansing mask is applied to offer superior refining and clarifying of the skin while you relax with your choice of LI'TYA POLAMA Hand Massage or LI'TYA JINA Foot Massage. The powerful Aboriginal-inspired pressure point massage for the face and shoulders will leave you completely relaxed. A second mask is then applied to hydrate and soothe the skin while you receive the uplifting LI'TYA PAUDI Scalp massage to complete this ritual of serenity to leave your skin cleansed, renewed, nourished and revitalized.

**\$190**

## **LI'TYA YIRRI**

Name origin Wiradjuri NSW - means 'my face'  
75MINS

This dynamic, results driven facial will leave your skin purified, hydrated and velvety smooth. This treatment combines Australian native ingredients such as Tasmanian Kelp, Wild Rosella and Old man weed extract, and is packed with antioxidants and nourishes with deeply penetrating botanical oils. These are delivered through potent treatment elixirs and specialised herbal masks, and infused with therapeutic massage techniques to optimise the delivery of botanical actives, stimulate circulation and regeneration. This facial is targeted at anyone needing a complete skin boost. LI'TYA PAUDI Scalp massage completes this ritual of serenity to leave your skin cleansed, renewed, nourished and revitalized.

**\$210**

## **LI'TYA MIRRI**

Name origin Paakantyi Western NSW -  
means, face'

30MINS

Integrating Australian native ingredients such as Lillypilly, Tasmanian Kelp and Macadamia, this is an ideal pick me up treatment to cleans and nourish your skin. Perfect after a long flight, late nights, or whenever skin could benefit from a boost of TLC, the LI'TYA MIRRI Facial is perfect to combine with other treatments.

**\$110**

# FOR THE BOYS

We offer a range of unique  
and effective treatments  
dedicated to the needs of men.

Our masculine treatments  
de-stress the body, rejuvenate  
the skin and calm the mind.

## **LI'TYA MIKIRI KUNMI**

Name origin Diyari Northern South Australia  
- means 'deep mist'

**60MINS**

A deeply cleansing and refining treatment to eliminate toxins, renew, restore and nourish the skin. A tailor-made facial for the individual that targets specific problem areas, such as sensitivities, dehydration, and congestion, with the use of herbal masks, a revitalizing facial and scalp massage inspired by traditional Aboriginal techniques. Nourishing Munthari Lotion is massaged into the hands or feet to complete this indulgent experience.

**\$190**

## **LI'TYA MARRI MARLI FACIAL AND BACK TREATMENT**

Name origin Paakantyi; Darling River People  
NSW - means 'great man'

**90MINS**

A soothing and uplifting experience for all skin types that incorporates the back and face. A steam exfoliation and massage softens and soothes the tired muscles of the back. The facial treatment invigorates the skin and targets any problem areas. This facial integrates Australian Native essential oils and pure botanicals that work to nourish, soothe, strengthen and heal the face from the harsh effects of shaving and everyday life.

**\$240**



BODY PACKAGES

## **LI'TYA LOWANNA**

Name origin Northern Territory  
- means 'beautiful'

75MINS

This exceptional treatment combines three of the most popular LI'TYA treatments in wonderful unison to create a deluxe pampering experience. Included is the LI'TYA MIJI JINA foot treatment, LI'TYA MIJI POLAMA hand treatment and the LI'TYA MIRRI facial. The perfect combination for those in need of serious pampering. Caring for all the zone therapy areas - hands, feet and head - will recharge the body and enhance overall radiance.

**\$250**

## **LI'TYA MALA MAYI**

Name origin Ngadjon Far North Queensland  
- means 'clan food'

90MINS

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After a restorative exfoliation with your choice of Australian Desert Salts and Aromatic Oils, your body will be cocooned in a warm layer of your chosen mineral-rich body mud. Then drift away to another realm with an Aboriginal inspired LI'TYA PAUDI scalp treatment massage. Your treatment is completed with an uplifting rhythmic LI'TYA KODO full body massage to release any remaining tension and leave your skin deeply nourished and renewed from head to toe.

**\$280**

## **LI'TYA YANKO JINDALEE**

Name origin Northern Territory – means  
'song of running water on skin'

75MINS

An energising full body exfoliation therapy to recharge, cleanse and revitalize the body. With your choice of one of our Australian Native Aromatic Oils blended with our Desert Salts, your skin will be left cleansed and purified. A warm water massage will wash away stress before hydrating Cherry Alder Body Lotion leaves you skin silky smooth. This treatment also includes a tailored facial to deeply cleanse, plump, smooth and hydrate the skin. The mind melting LI'TYA PAUDI scalp massage with our nourishing Quandong hair mask eases the body of any remaining tension. A truly superior experience for the face and body.

**\$250**

## **LI'TYA THE DREAMING**

The unseen vibration of creation – In the beginning was the Dreaming, the unseen vibration of creation – the sacred source from where all things are

3HRS

Relax, revitalize and rejoice with our signature treatment to reconnect the body, mind and soul, from head to toe. The ritual includes LI'TYA MIJI JINA Foot, LI'TYA MALA MAYI Body Wrap, LI'TYA KODO Body massage, LI'TYA PAUDI Head massage, LI'TYA MIRRI Facial and LI'TYA MIJI POLAMA hand treatment. Surrender yourself to the ultimate renewal and potency of this experience through the power of nourishing Australian native plant essential oils and extracts, cleansing earth ochres and purifying desert salts. Embracing traditional Aboriginal healing techniques, these deeply therapeutic treatments work to nurture, revive and restore. The Dreaming is a truly all-encompassing treatment journey.

**\$580**

# MASSAGE WELLNESS

The Darling Spa offers one of a kind signature treatments designed for luxurious relaxation. You will simply fall in love with them.

## **LI'TYA KODO ROCKS**

1HR 30MINS

Rhythmic Kodo body massage inspired by traditional Indigenous techniques tones and re-aligns energy flow, enhancing mind, body balance and wellness. The therapist skillfully integrates rocks with pressure points and spiralling movements that work to ground and uplift, leaving the body's energies in a euphoric state. The powerful healing properties of these special rocks, integrated with the Kodo, combines to achieve powerful healing within the body, relieving muscular, physical and emotional tension. A choice of native aromatic oils addresses individual guest needs to rejuvenate, reharmonize or detoxify.

**\$255**

## **BESPOKE MASSAGE**

1HR/1HR 30MINS

Our internationally skilled and experienced massage therapists can tailor a therapeutic massage based on a thorough consultation and postural assessment.

**\$205/265**

## LI'TYA KODO

Name origin Meryam Mer  
Torres Straits - means 'melody'

1HR/1HR 30MINS

This rhythmic body massage is inspired by traditional Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains while leaving the body renewed and refreshed. A choice of native aromatic oils is prescribed to address your individual needs - to rejuvenate, harmonise or detoxify.

**\$195/\$255**

## LI'TYA MARMA KODO

Name origin wide spread  
across NSW, VIC, SA & QLD -  
means 'mother'

60MINS MARMA KODO/  
90MINS MARTA MARMA KODO

Pregnancy Massage -  
This nurturing and rhythmic  
body massage is inspired  
by traditional Aboriginal  
techniques which enhances  
mind and body balance  
and wellness.

LI'TYA MARMA KODO  
works gently, combining  
aspects of the LI'TYA  
KODO pressure points and  
spiralling movements to  
ground, uplift and gently  
relieve built up tension  
within the body. Our  
specially crafted Macadamia  
and Camellia oil blend is  
used in this treatment to  
nurture the mum to be.

**\$195/\$255**

## LI'TYA OCEAN DREAMING BATH

60MINS WITH 30MINS MASSAGE/  
90MINS WITH 60MINS MASSAGE

Relax and unwind in this  
revitalising bath oil blend  
with aromas to invoke a  
feeling of refreshing sea  
spray ions, which aid the  
rebalancing of your body,  
mind and soul. Containing  
ground Sandalwood this  
lux bath oil will soothe any  
skin irritations, relieving  
any itchiness or dryness.  
Designed to alleviate  
anxiety and restore peace  
and tranquillity, this bath  
treatment is the ultimate  
stress release. With Honey  
Suckle to refresh and  
cleanse while lifting your  
emotions, and Lemon  
Scented Tea Tree to  
invigorate and revitalise,  
you are left with skin that  
sparkles and a relaxed  
state of mind.

**\$500 PER COUPLE/**

**\$600 PER COUPLE**

# SPA ENHANCEMENTS

Add these Spa Enhancements  
to any of the treatments on the  
menu for a complete head-to-toe  
pampering experience.

## **LI'TYA YANKO**

45MINS

Australian native aromatic oils blended with Desert Salts to exfoliate, this full body energising scrub will invigorate your skin. Followed by soothing rain shower and whole-body application of nourishing cream, your skin will be left silky smooth and supple. This is a sensory experience for the body which leaves skin invigorated and glowing.

**\$110**

## **BACK, NECK & SHOULDER MASSAGE**

30MINS

Ease tension where you need it most with this fast-acting de-stressing treatment.

Personalised to your unique needs, this targeted massage with pure aromatherapy blends, relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders.

**\$110**

## **LED LIGHT MASK**

20MINS

Complement your facial with the best of technology; LED light promotes faster cell turnover, deep oxygenation, and collagen and elastin production for instantly rejuvenated skin.

Your therapist will assess your skin and recommend the most suitable light wavelength for optimal results.

**\$150**

## **LI'TYA JINA BOORANG**

Name origin Ya-idt'midtung Victoria  
- means 'ocean mist'

30MINS

A wonderfully rejuvenating and relaxing treat for your feet. Beginning the treatment with a Jiga Jina foot soak rich in Vitamin C, your feet will be cleansed and purified. Using our ancient sea salts your feet will be scrubbed to stimulate and exfoliate followed by an application of our Pepperberry Pedi Mask to hydrate and nourish. Our peppermint refining foot lotion leaves the feet feeling light, fresh and tension free.

**\$65**

## **LI'TYA POLAMA KURRAWA**

Name origin Ya-idt'midtung Victoria  
- means 'beauty from the sea'

45MINS

Rescue tired, rough and parched hands with this intensive, soothing, and replenishing treatment for hands and lower arms. Beginning with a skin softening hand soak using Sea Salts and essential oils of Frangipani and Ylang Ylang, followed by a skin smoothing Mother of Pearl exfoliation to renew and regenerate before the application of a deep nourishing mask using Tasmanian Kelp to leave skin soft. Finish with a hand massage for lower arms and hands that removes every ounce of stress.

**\$85**

# SPA FACTS

Everything you need to know  
about The Darling Spa.

## **LOCATION**

The Darling Spa is on Level 2 of The Darling Hotel at The Star. If you are coming through The Star simply follow the signs to The Darling Hotel. As a valued spa guest we will validate your parking ticket for self-parking in The Star car park – Pirrama Road entrance.

## **HOURS OF OPERATION**

Seven days a week  
9.00am–8.00pm. Public holiday hours vary, please check website for updates, [thedarling.com.au](http://thedarling.com.au)

## **RESERVATIONS**

We welcome in-house hotel guests, members of The Star Club and the public to enjoy our spa. In order to avoid disappointment and secure a spa reservation, we recommend you book your spa treatments at least 48 hours in advance.

To ensure your treatment is personalised, please notify the staff upon reservation for any therapist preference, allergies, medical conditions or pregnancy.

You can make your spa reservation by completing the treatment request form online or by calling us directly on +61 2 9657 8088.

Please have your credit card details handy at the time of booking to ensure all treatments are confirmed.

## **AGE REQUIREMENT**

Guests must be 16 years of age or older to enter the spa and gym facilities.

## **FACILITIES**

We encourage you to get the most out of your spa time by making use of our two relaxation rooms; the Zen Lounge and the Tea Room, as well as our steam room, Jacuzzi and heated Moroccan Hammam chamber.

The beautiful outdoor swimming pool and an additional Jacuzzi are on Level 5 of The Darling Hotel. If you would like to use our wet facilities please bring your swimwear. We provide change rooms fully equipped with lockers, robes, slippers, towels and hair and body products. You are welcome to enjoy these areas before or after your spa treatment.

## **ARRIVAL**

Please arrive a minimum of 15 minutes prior to your treatment. This will enable you to complete your consultation form, change into your spa robe and enjoy a welcome tea.

If you wish to use the wet facilities you may arrive at the spa a minimum of 30 minutes prior to treatment time. Please check in at The Darling Spa reception so we can escort you to the facilities.

## **MOBILE PHONES AND ELECTRONIC DEVICES**

For the comfort of other spa guests please turn off your mobile phone and electronic devices when you check in.

## **CANCELLATION POLICY**

Please provide us with a minimum of 24 hours' notice of cancellation or to reschedule spa treatments. If your cancellation is within 24 hours of your spa appointment a 50% charge will apply. Abandoned bookings will be charged at 100%.

## **PAYMENT METHODS**

We accept cash, credit cards, debit cards, Casino Dollars and gift cards. In-room charge is accepted from hotel guests. Gratuity is not included and entirely left to your discretion.

Please note, a 1% credit card surcharge will apply to all credit card transactions.

## **THE DARLING SPA GIFT CERTIFICATE**

Gift certificates are valid for 3 years from the date of issue and are not transferable or redeemable for cash. Gift certificate numbers are required at the point of spa reservation in order to confirm bookings. The spa will not replace gift certificates if lost or stolen. The full value of the gift certificate may be partially redeemed over the validity period but must be fully redeemed by the expiry date. Unused balance on the gift certificate after the expiry date will not be refunded. Gift certificates can be used towards spa treatments or retail products. If the cost of the treatment or product exceeds the value of the gift certificate, you can pay the difference.

Please visit [thedarling.com.au](http://thedarling.com.au) for more information and to order your gift certificate online.

## **PRICE**

The spa has the right to modify prices on treatments without prior notification, to ensure that standards of service and quality are met.

## **PRODUCTS**

You do not require a spa appointment to purchase any retail items.

Our helpful staff will help you discover what products best suit you or put together a great gift idea.

## **THE STAR CLUB**

Member of The Star Club? Simply present your card to enjoy generous discounts (Silver 10%, Gold 20% and Platinum 30%). Not a Member? Visit The Star Club Desk to join today. Terms and conditions apply, see [thestarclub.com.au](http://thestarclub.com.au)

## 所在位置

The Darling Spa坐落于悉尼星亿达令酒店二楼。若您位于悉尼星亿，只需按照指示牌便可轻松抵达达令酒店(The Darling Hotel)。

贵为我们重要的宾客，您将获得悉尼星亿免费自助停车福利——停车场入口位于Pirrama路。

## 营业时间

每周七天营业

早上9:00—晚上8:00

公共假日营业时间请登陆  
thedarling.com.au查阅更新。

## 预约信息

我们的Spa对公众开放，更欢迎酒店贵宾、星亿荟会员光临。为了让您有更好的水疗体验，我们建议您提前48小时预约您的护理疗程。

若您有首选的护理师、任何过敏或孕期等医疗健康情况，请在预约时通知我们的工作人员，我们将量身设计适合您的护理，给您带来最完美的水疗享受。

您可以通过完成网上预约表格或直接拨打我们的水疗热线+61 2965 78088预订您的护理疗程。

请在预订时准备好您的信用卡信息以确保您的预约。

## 年龄限制

宾客必须年满16周岁方可光临水疗中心和健身中心

## 设施

我们欢迎您光临我们的休闲区、茶品室、体验我们的蒸气房、按摩浴池以及独具匠心的土耳其暖房。

此外，达令酒店的5楼更有室外游泳池和按摩浴池供您享用。

若您有意使用酒店室外设施，我们建议您带上您的泳衣尽兴体验。

我们为您提供换衣间、毛巾、浴袍和拖鞋，您可以在水疗前后免费使用以上设施。我们的更衣室更为每位宾客准备了个人保险柜和周全的淋浴设备满足您的水疗需求。

## 到达信息

为了让您有一次更完美的的水疗体验，请至少提前15分钟到达以便填写护理信息表及更换水疗浴袍。我们还为您准备了特制茶饮供您在水疗护理前静心品尝。

若您有意在护理疗程前享用我们的水疗及酒店设施，敬请提前30分钟到访，并请垂询水疗中心服务人员相关设施使用情况。

## 手机及其它电子设备

为了让您和所有光顾水疗的宾客有一次舒适的水疗体验，请在到访时关闭您的手机及其他电子设备。

## 取消预约条款

若您需取消或更改已预约的护理疗程，请至少提前24小时给予我们通知。若您在24小时内取消您的预约，您将支付50%的取消费用。若您未按预约抵店，您将支付全额疗程费用。

## 支付方式

我们接受现金支付、信用卡、借记卡、星亿礼金以及礼品卡支付方式。酒店宾客可将水疗费用计入客房账单中。无硬性规定支付小费。敬请留意，若您选择使用信用卡付款，将额外收取1%的手续费。

## THE DARLING SPA礼品券

礼品券的有效使用期限为购买日起的3年内有效，不可转让且不可兑换现金。预约时需提供礼品券编号以确保您的预约。

礼品券遗失或被盗概不补发。礼品券内的金额可分期使用，但必须在有效期内用完。礼品券内的未用金额过期无效。礼品券可以用以支付水疗护理疗程或购买产品。若护理疗程或产品价值高于礼品券金额，您可以通过其它方式支付差价。

欲知更多详情及网购礼品券，请访问thedarling.com.au。

## 价格

水疗中心有权调整其服务项目价格，无需给予任何提前通知并确保其所提供的服务质量符合标准。

## 产品

您无需接受护理疗程即可购买任意水疗零售产品。

我们友善的服务人员乐意为您建议适合您的产品信息，随时为您推荐独具匠心的送礼选择。

## 星亿荟

您是星亿荟会员？只需出示您的会员卡即可尊享优厚折扣（银卡九折、金卡八折、铂金卡七折）。还不是会员？请前往星亿荟服务台立即加入星亿荟。受限于具体条款和细则，详情请访问thestarclub.com.au。

