

GARDE

SPA MENU

GARDE EXPERIENCES

COUPLE'S CONNECTION

Enjoy this indulgent package with a Full Body Massage followed by our Discovery Facial.

90 min · $510

COUPLE'S MASSAGE

The perfect experience for two side by side indulging in our Serenity Massage.

60 min · $320

HEALING ESCAPE – *Garde Signature* *(solo)*

A deeply restorative ritual combining warm herbal poultices, face marma points activation using slow rhythmic movements to release tension, restore energy flow and calm the nervous system.

120 min · $300

LUMINOUS GLOW *(solo)*

Get pampered with our Serenity Body Massage & High-Performance Facial.

120 min · $300

RESTORE ME *(solo)*

This therapy will help to alleviate muscle tension/headache/migraine/sinus. Includes body and marma face massage, finished with a personalised face mask and leave on scalp serum.

90 min · $250

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using the QR code

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gardehotel.com.au/wellness

MASSAGES

RECOVERY

Therapeutic essential oils for deep muscle tension and circulation.

60 MIN $190 | 90 MIN $240

SERENITY

Long, flowing effleurage to soothe the nervous system.

60 MIN $170 | 90 MIN $220

REMEDIAL

Tailored, outcome-driven therapy for chronic tension. Health rebates available.

60 MIN $200 | 90 MIN $250

EXPRESS DE-STRESS

Back, neck & shoulders, tired feet or hard-working hands.

30 MIN $95

FACE & BODY

DISCOVERY FACIAL

Deep cleanse for a radiant, refreshed complexion.

30 MIN $120

REJUVENATION FACIAL

Active ampoules for cell renewal and face contouring.

45 MIN $150

HIGH-PERFORMANCE FACIAL

Age-defying botanicals to boost elasticity.

75 MIN $190

BODY SCRUB & WRAP

Gentle exfoliation and a mineral-rich botanical wrap.

75 MIN $190

ENHANCEMENTS

Face / Eye Mask	$25
Eye & Lip Booster	$45
Body Scrub *(30 mins)*	$95

SAUNA & ICE

Sauna and ice shower, together or alternating. Spacious enough for groups.

45 MIN

Hotel guest · couple	$50
Hotel guest · solo	$40
Local guest · couple	$60
Local guest · solo	$50
Extra person	$20

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SPA TERMS & CONDITIONS

Arrival Time: Please arrive 15 minutes prior to your scheduled treatment to allow time for completing personalised forms and to unwind before your session. Late arrivals may result in a shortened treatment duration.

Cancellations: If you need to cancel or reschedule, please notify us 24 hours in advance. Cancellations made within 24 hours will incur a 50% fee of the booked treatment. No show will be charged as per treatment booked.

Public Holidays: A 15% surcharge applies to all treatments on public holidays. Please note that gift voucher redemptions on these days will incur additional surcharge.

Spa Etiquette: To maintain a peaceful environment, our spa is a gadget-free zone. Please keep devices on silent mode and limit noise to a minimum.

Health Conditions & Pregnancy: Kindly inform us of any health conditions, including pregnancy, at the time of booking, as this may affect your treatment options. Pregnancy treatments are available from 12 weeks onward.

Minimum Age Requirement: Guests must be 16 years or older to access our facilities. Selected treatments may be available to younger guests with written parental consent.

Valuables & Personal Belongings: We recommend leaving valuables and personal items behind. The spa is not responsible for any loss or damage to belongings on the premises.

Wellness treatment timing: 9am – 5pm (contact reception for after-hours requests)

Sauna times: 24/7

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