




eforea™
SPA



Get ready to step into eforea spa, a tranquil sanctuary at the Hilton Surfers Paradise Hotel & Residences, your premium Gold Coast day spa destination. Whether you're seeking a deep tissue massage, a full-body wellness escape, a revitalising facial, or some time out from the everyday, our expert therapists deliver personalised treatments that help restore balance to body and mind. We look forward to welcoming you.

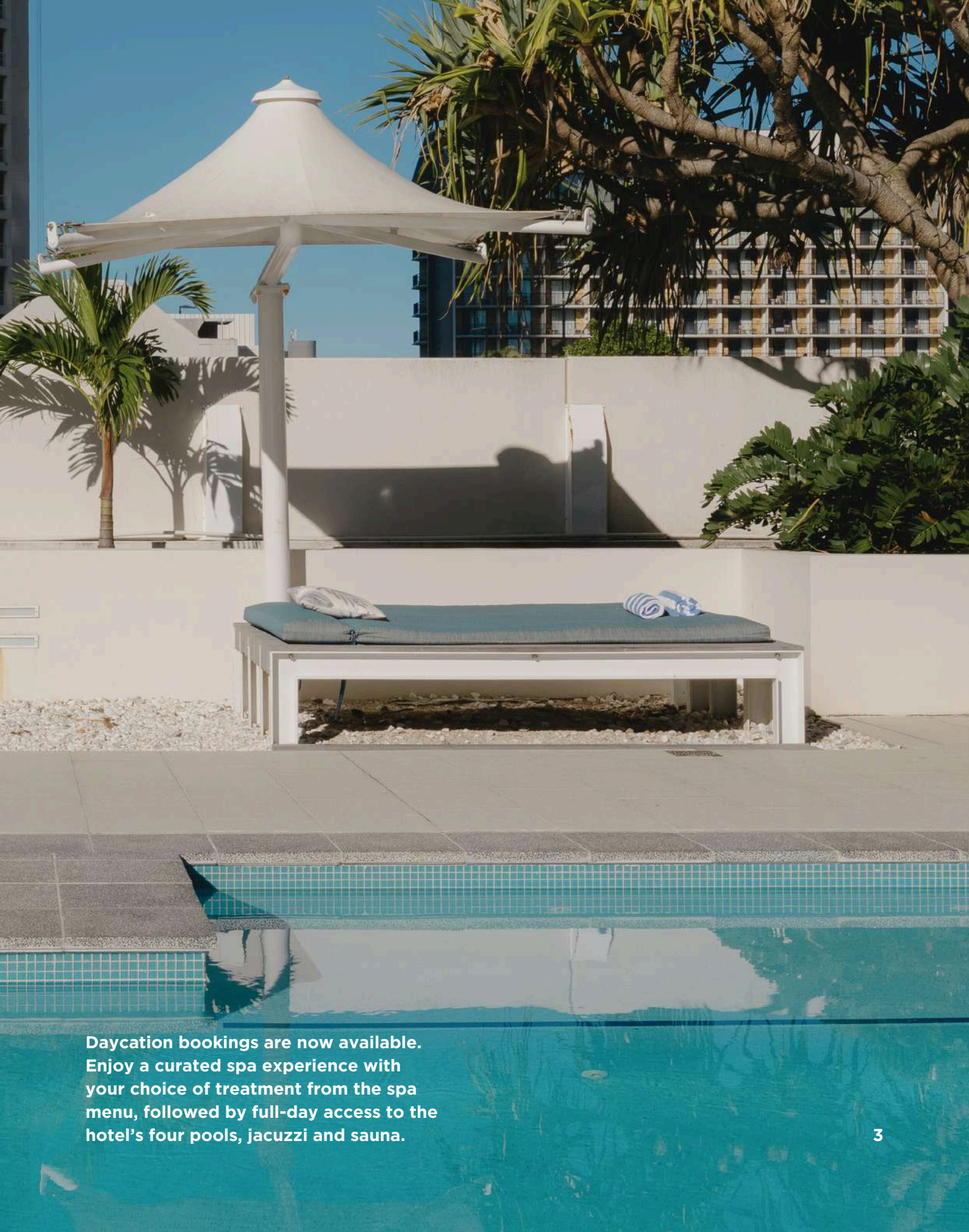
daycation

At Hilton Surfers Paradise

Soaring above the white sands of Australia's most iconic beach, Hilton Surfers Paradise Hotel & Residences offers an elevated escape for the ultimate day-cation.

The Daycation Package includes one 60-minute spa treatment of your choice, complimentary on-site parking, and full access to the hotel's four pools, jacuzzi, and sauna.

Following your treatment, relax on the pool deck with a complimentary Spa Bento featuring fresh fruit and cheese, accompanied by a glass of sparkling wine. Guests may also choose to order lunch at an additional cost, with dishes delivered directly to the pool deck for seamless relaxation.



Daycation bookings are now available. Enjoy a curated spa experience with your choice of treatment from the spa menu, followed by full-day access to the hotel's four pools, jacuzzi and sauna.

Reconnect and unwind with our Rituals for Two. Each experience can be enjoyed with a partner, best friend or loved one, offering the perfect opportunity to unwind together in serene luxury.



rituals for two

Reconnect and unwind with these treatments designed for two.

Each experience can be enjoyed with a partner, best friend or loved one, offering the perfect opportunity to unwind together in serene luxury. Complete your spa journey with a complimentary glass of sparkling wine or antioxidant berry tea.

Couples Massage

60 min \$330 | 90 min \$430

Relax and unwind side by side with a full-body Nurturing massage in the privacy of our suites.

Serenity

90 min \$460 | 120 min \$560

Aromatherapy massage, hydrating facial and scalp ritual. A sensory journey of warm oils, gentle pressure and aromatic bliss.

Vichy Escape

90 min \$470 | 120 min \$570

Invigorating exfoliation, Vichy hydrotherapy and nurturing massage. Feel the cascade of warm water jets melt away tension.

The Three-Hour Escape | \$840

A fully sensory journey for two. A detoxifying body exfoliation, warm mud wrap, hot stone massage and radiance facial. A deeply immersive ritual to unwind, renew and reconnect.

massage therapy

Let your body unwind with our curated massage experiences. From gentle relaxation to targeted remedial work, each treatment is tailored to your needs.

Nurturing (Relaxation)

60 min \$165 | 90 min \$215

Long flowing strokes and calming aromas ease the body and mind.

Aromatherapy

60 min \$170 | 90 min \$220

Soothing foot bath, followed by selecting one of the essential oils to customise your experience.

Hot Stone

60 min \$170 | 90 min \$220

Warm basalt stones glide across the body, releasing deep-seated tension.

Bamboo

60 min \$170 | 90 min \$220

Warm bamboo releases tight muscles as it is rolled slowly and firmly over the back and legs, combined with a full body oil massage.

Deep Tissue

60 min \$180 | 90 min \$230

Focused techniques to relieve chronic tension and muscular knots.

Remedial

**60 min \$165 | 75 min \$195
90 min \$215**

Assessment-led treatment to address pain and mobility. HICAPS rebates available



Celebrate quality time and create cherished memories with a gentle 30-minute spa experience for mums and young daughters, designed to be relaxing, nurturing and fun for both. Read more on page 7.

mum & young daughter package

Celebrate quality time and create cherished memories with a delightful spa experience designed especially for mums and young daughters.

**30 min | \$99 for two
(Recommended for ages 4-10)**

The experience begins with a soft matching bathrobes and slippers.

A dedicated therapist will guide you both through the experience in one of our serene spa suites.

Enjoy a warm foot soak paired with a nourishing foot masque treatment.

Mum will be treated to a refreshing facial, lovingly prepared with a custom face masque mixed by her daughter. Then, your little one will delight in a gentle face and scalp massage.

To complete this experience, your daughter will receive a complimentary gift bag to take home.

pregnancy

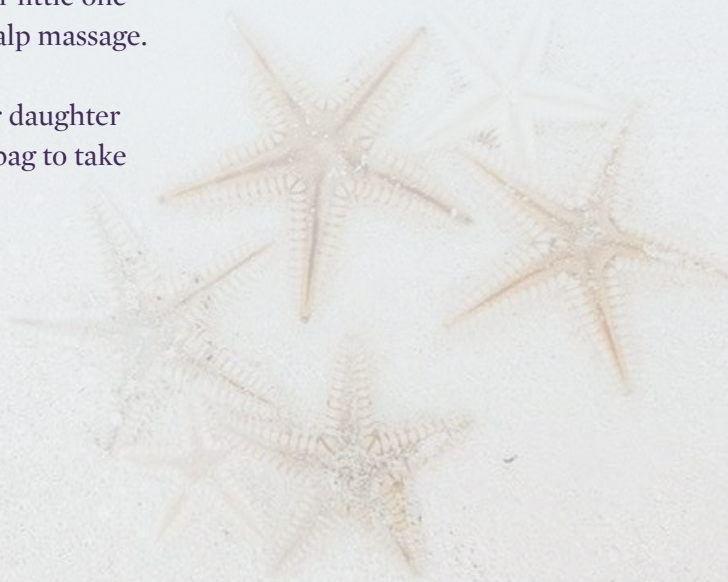
Celebrate your future arrival with the pamper treatment on our specialised bed. This comforting and relaxing treatment for the mother-to-be is suitable after the first trimester of pregnancy.

**Pregnancy Massage
60 min \$165 | 90 min \$215**

Relax and unwind side by side with a full-body Nurturing massage in the privacy of our suites.

**Pregnancy Massage & Facial
90 min \$240 | 120 min \$300**

A soothing combination of pregnancy body massage and organic facial for radiant calm.





A luxurious ritual created for a head to toe experience. Indulge in our signature body treatments, designed to exfoliate, hydrate and restore, leaving you feeling completely renewed from the inside out. Explore treatments on page 9.

facial

Reveal your glow with facials tailored to your skin's needs. Each treatment includes cleansing, exfoliation, face massage and a targeted masque.

Deep Hydrating Facial

60 min \$175 | 90 min \$225

Plumps and quenches dry skin with hyaluronic-rich formulas.

Firming Facial

60 min \$175 | 90 min \$225

Plumps and quenches dry skin with hyaluronic-rich formulas.

Green Superfood Booster Facial

60 min \$175 | 90 min \$225

AHA Sugarcane and fruit enzyme peel. Hydrates skin for a healthy balance.

Wellness Probiotic Facial

60 min \$175 | 90 min \$235

Using Gua Sha crystal stone to relax facial muscles giving a youthful smoothness to the skin.

Diamond-Peel Microdermabrasion

45 min \$145 | 60 min \$175

Smooths texture and refines pores with crystal-free exfoliation.

Men's De-Stress Facial

60 min | \$175

Tailored for men's skin. Enjoy focus massage of the shoulder, neck and scalp, followed by a renewing facial.

body

A luxurious ritual created for a head to toe experience.

Harmony Touch Package

60 min | \$180

Let the stresses of the day melt away with a Focus Massage and rejuvenating Express Facial.

Sensation Package

90 min \$240 | 120 min \$300

A combination of Nurturing massage and Deep hydrating facial, leaving you feeling absolutely pampered.

Signature Full Body Repair

90 min | \$260

A complete ritual to exfoliate, hydrate and restore skin vitality, followed by a full body massage to complete this journey.

Rest and Restore Body Mud Wrap

90 min | \$280

An invigorating exfoliation, warm mud cocoon with scalp massage, followed by a full body massage. This is an ultimate body hydrator.

Total Body Healing Experience

120 min | \$330

A luxurious body exfoliation and silky warm mud wrap, followed by a Focus massage and Hydrating facial.

Head-To-Toe Revitalisation

150 min \$390 | 180 min \$440

Starting with an invigorating exfoliation, your body is then cocooned in a mineral rich body mud wrap. A hot stone massage and organic facial complete this rejuvenating journey. Indulge yourself in the perfect escape.

Experience the healing power of water and touch. Our Vichy rituals combine exfoliation, hydrotherapy and massage for full-body renewal. Warm cascading showers, mineral-rich treatments and guided pressure work together to release tension, support circulation and deeply nourish the skin. Each ritual is designed to calm the nervous system, restore balance and leave you feeling grounded, refreshed and completely restored from head to toe. Read more on page 13.





vichy shower

Experience the healing power of water and touch. Our Vichy rituals combine exfoliation, hydrotherapy and massage for full-body renewal.

Rapid Aqua Sugar Scrub & Vichy Shower

45 min | \$145

Invigorating full body sugar scrub, followed by cascading warm water jets.

Tension Releasing Vichy Shower

60 min | \$175

Relaxing shoulder and scalp massage, Body exfoliation and hydro-massage to relieve stress and stimulate circulation.

Renewing Vichy Shower and Massage Experience

90 min \$245 | 120 min \$295

Full body exfoliation combined with the refreshing Vichy shower to wash away any body tension and awaken your vitality. Then, drift away with a full body massage.

A woman with blonde hair is sitting in a light-colored armchair, leaning back with her eyes closed and a peaceful expression. She is wearing a white, plush bathrobe. Her right hand is resting on her cheek, and her left hand is resting on her lap. A small wooden side table next to her holds a glass of water. The background features light-colored curtains with a subtle, intricate pattern. The overall atmosphere is calm and relaxing.

Become a member and enjoy exclusive benefits all year round. Celebrate together or give the gift of wellness. Group bookings available with optional cheese platters. Gift vouchers for all occasions. Read more on page 11.

groups, gifts, and memberships

Become a member and enjoy exclusive benefits all year round.

Celebrate together or give the gift of wellness. Group bookings available with optional cheese platters. Gift vouchers for all occasions.

Glow \$500 (Valued at \$740)

- 4 x 60-minute spa treatments of your choice
- 10% discount on additional treatment
- 10% discount on retail products
- Complimentary glass of sparkling wine after treatment
- Complimentary on-site parking and access to the hotel's four pools and sauna.

Radiance \$800 (Valued at \$1,200)

- 6 x 60-minute spa treatments of your choice
- Free 2 x 15-minute treatment upgrades
- 15% discount on additional treatments
- 15% discount on retail products
- Complimentary glass of sparkling wine after treatment
- Complimentary on-site parking and access to the hotel's four pools and sauna.

Lustre \$1,200 (Valued at \$1,900)

- 9 x 60-minute spa treatments of your choice
- Free 3 x 15-minute treatment upgrades
- Free 1 x \$100 eforea spa gift card
- 20% discount on additional treatments
- 20% discount on retail products
- Complimentary glass of sparkling wine after treatment
- Complimentary on-site parking and access to the hotel's four pools and sauna.





express 30's and add ons

Short on time? These focused treatments deliver results fast or enhance your main service.

Focus Massage

30 min | \$90

Targeted relief massage. Select upper body or leg & foot massage.

Hydrating Facial

30 min | \$95

Refresh your skin with this cleansing, nourishing facial..

Body Exfoliation

30 min \$95

Smooth and polish skin with aromatic scrubs.

Add-ons

(with any 30+ minute treatment)

Scalp Massage – 15 min – \$45

Foot Massage – 15 min – \$45

feet (grooming)

Pamper your extremities with our nourishing pedicures.

*Note: No shellac application or removal.

Colour Touch-Up Pedicure

30 min | \$80

Quick refresh with nail file, buff and polish.

Express Pedicure

30 min | \$80

Essential grooming with foot soak, scrub and foot massage

Spa Deluxe Pedicure

60 min \$160

Full ritual with foot soak, scrub, massage and polish.

how to spa and T&C

Spa Attire and Etiquette

For the comfort of all of our clients, eforea spa is a smoke-free environment. So you may fully enjoy your spa experience, and as a courtesy to other guests, mobile phone should be turned off.

We regret that we cannot be responsible for the loss or damage of personal articles. We recommend that you leave your valuables at home or in your hotel room.

Being on time for your appointment is greatly appreciated, both in consideration of our other guests and in order for you to receive your full service. Please arrive 10-15 minutes in advance of your appointment to allow time to change into a robe, complete our Guest Pre-Treatment Form and relax before your service.

For non-hotel guests, we invite you to make use of our facilities on The Deck including our four pools, spa and sauna.

Minimum Age

The spa is an adult-oriented atmosphere; therefore we are not able to accept appointments for children under the age of 16 years, unless accompanied by a parent.

Children under the age of 18 are not allowed in the spa unless they are receiving services. Children under the age of 16 may need a signed waiver and/or accompaniment by a parent or adult guardian for services.

Please contact the spa for further information.

Your Health

We request that you disclose any medical conditions and/or prescription medications, as some services may be contraindicated.

Please advise our professional staff of any allergies or sensitivities or if you are pregnant.

Before your service, you may be required to complete a Guest Pre-treatment Form to safeguard your wellbeing and comfort, and allow us to safely deliver our services by minimising any risk of injury. eforea assures and maintains confidentiality of the strictest standards.

Our therapists are highly trained to be sensitive to your comfort and modesty at all times. We do not perform any massage treatments during the first trimester of pregnancy.

Cancellation Policy

If you need to make an amendment or cancellation, we request a minimum of 48-hours' notice.

For group bookings (4 guests or more), a 7-days' notice is required for amendments or cancellations. The full service will be charged for cancellations on the day of the booking or no-show appointments. Please do not hesitate to contact our spa team for any questions you may have.

Surcharge Notice

Please note a 10% surcharge applies on Sundays and a 20% surcharge applies on Public Holidays.



emerge brighter

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