



eforea™
SPA

emerge
brighter

60

60

perfecting

your journey

eforea spa at Hilton Surfers Paradise Hotel & Residences is a place like no other, where you will reconnect with yourself and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.

Guests of eforea spa can enjoy complimentary use the hotel's four pools and spa and take advantage of free, secure parking. Discounts available for members and group bookings.



head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, the modern science of trigger point therapy, and traditional methods of Swedish massage.

feet

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

Each enhancements is 20-minutes long.
Upgrade your treatment with an enhancement
for an additional \$45.

essentials journey

face

Deep Hydrating Facial

60 MIN \$155 90 MIN \$195

This facial offers gentle cleansing, exfoliation, a luxurious massage and deep hydrating mask to nourish and hydrate the skin. Suitable for all skin types.

Antioxidant Facial

60 MIN \$155 90 MIN \$195

This antioxidant facial uses advanced natural delivery systems to restore a more youthful, healthy skin and includes a high performance age defying serum and a rich organic rejuvenating mask.

Sensitive Skin Facial

60 MIN \$155 90 MIN \$195

This ultimate sensitive skin facial includes a unique alginate mask to calm inflammation and heal sensitive skin conditions.

Rebalancing Facial

60 MIN \$155 90 MIN \$195

Targeting oily, problematic and breakout-prone skin types, this facial treatment integrates products that work to purify and balance.

Correcting Repair Facial

60 MIN \$165 90 MIN \$195

This facial uses a Pro 30 Multi-Acid Peel to promote cell renewal, giving your skin an instant smooth and healthy glow, followed with advanced products to boost firmness and brighten your skin in a relaxing experience.

Men's De-Stress Treatment

60 MIN \$155

This masculine treatment includes a massage that relieves muscular tension of the shoulders, neck, jaw and scalp, followed by a skin renewal facial.

massage

Nurturing Massage

60 MIN \$145 90 MIN \$195

With a focus on instilling a deep sense of mental and physical relaxation, this full-body massage integrates deep flowing, nurturing and relaxation techniques.

Deep Tissue Massage

60 MIN \$155 90 MIN \$205

This deep tissue massage alleviates muscle soreness, aches and pains using deep, slow, firm strokes and pressure to ease and release tension in your muscles.

Hot Stone Massage

60 MIN \$145 90 MIN \$195

Take time to relax with this massage using heated stones and Swedish massage strokes to relieve muscular aches and pains to improve circulation, and promote a deep sense of well-being.

Pregnancy Massage

60 MIN \$145 90 MIN \$195

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

couples

Couples Massage

60 MIN \$290 90 MIN \$390

Bring balance and wellness to the body, side by side with your loved one, in the privacy of our serenity suits.

Drift away together while enjoying a complimentary glass of Sparkling Wine.

vichy

Vichy Shower Experience

45 MIN \$135

The Vichy Shower Treatment increases circulation throughout the body, Reduces stress and toxins. The body is left feeling hydrated, refreshed and renewed.

Renewing Vichy Shower Experience and Massage

90 MIN \$225

This refreshing and cleansing full body treatment includes skin soothing exfoliation using a mineral sea salt scrub before allowing Vichy Shower to wash away tension and awaken vitality. Finish off with a Relaxation full body massage.

add-ons

Scalp Massage

15 MIN \$35

Deeply relax your scalp with this mini head massage.

Body Exfoliation

30 MIN \$95

The full body exfoliation works to remove impurities and give your skin a healthy glow.

Relaxation Massage

30 MIN \$80

A massage designed to fit into your busy schedule and let us focus solely on your back, neck and shoulders.

Express Facial

30 MIN \$90

Refresh your skin with this cleansing, nourishing and hydrating facial.

escape journey

body

Signature Full Body Repair

90 MIN \$215

Enjoy this sensory experience, with an invigorating mineral salt scrub to soothe muscles and release energy flow. A full body massage including feet and scalp to complete this journey.

Total Body Overhaul

90 MIN \$225

This revitalising experience includes a full body sea salt exfoliation, followed by warm shower and a full body hydrating oil massage. This treatment is completed with our organic facial.

Total Body Healing Experience

120 MIN \$275

After an invigorating exfoliation, your body is cocooned in a warm, silky, mineral-rich body mud while you can enjoy a scalp massage. This treatment is followed by a hydrating body oil massage and concludes with an organic facial, leaving your skin feeling deeply nourished.

manicures or pedicures

Spa Express

30 MIN \$65

Nail file, shape and polish.

Spa Deluxe

60 MIN \$130

Soak, scrub and massage, nail file and shape, cuticle care and polish.

Male Express

15 MIN \$35

Nail file and shape.

massage

Aromatherapy Massage

60 MIN \$155 **90 MIN** \$195

Take relaxation to the next level with this massage beginning with a warm foot bath while choosing aromatherapy oils. This full-body relaxation massage combines rhythmic movements and gentle massage with the art of senses.

KODO Massage

60 MIN \$155 **90 MIN** \$195

This full-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.

Recharging Bamboo Massage

90 MIN \$195

Warm Bamboo releases tight muscles as it is rolled slowly and firmly over the back and legs. This treatment uses a combination of Swedish and Deep tissue massage techniques. A relaxing scalp massage completes the experience.

combination

eforea Sensation Package

90 MIN \$195

Emerge brighter with the face and body sensation experience. This relaxing treatment includes a full body organic oil massage and Radiant facial, allowing you to unwind, and give you the chance to restore your body and mind.

NORMALLY \$235 SAVE \$40

eforea Indulgence Package

120 MIN \$255

Indulge yourself in this luxurious treatment. A combination of Nurturing massage and Antioxidant facial using Australia skincare products. Leaving you feeling absolutely pampered.

NORMALLY \$310 SAVE \$55

Mother-To-Be Package

90 MIN \$195 **120 MIN** \$255

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

NORMALLY \$235/\$300 SAVE \$40/\$55

All-Over Detox Package

150 MIN \$315

After a detoxifying, energising sea salt scrub, your body will be cocooned in a warm, mineral rich body mud with carefully selected botanical extracts to naturally detoxify and balance. A scalp massage will allow you to drift away, followed by an uplifting full body nurturing massage leaving you feeling rejuvenated and balanced. An Organic facial will conclude the treatment, with your skin nourished and glowing, you can enjoy a complimentary glass of sparkling wine in our relaxation room.

NORMALLY \$405 SAVE \$90

Head-To-Toe Revitalisation Package

180 MIN \$365

Enjoy this head-to-toe sensory experience, starting with an invigorating mineral salt scrub to soothe muscles and release energy flow, your body is cocooned in a warm mineral rich body mud while you enjoy a deeply relaxing scalp massage. A full body massage with hot stones is then used to release tight, overworked muscles, releasing tension, leaving you feeling fresh and revitalised. Our customised facial treatment completes this journey, before you can enjoy a complimentary glass of sparkling wine in our relaxation room.

NORMALLY \$470 SAVE \$105
