



emerge  
brighter



# perfecting

*Your Journey*

eforea spa at Hilton Surfers Paradise 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. 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.



### THALGO

Premium French marine skincare brand established in 1964, renowned for delivering incredible results.

Using clinically-proven marine ingredients, Thalgo Skincare treats specific skin concerns for radiant beauty.

### iKOU

Australian-made iKOU skincare is renowned globally: chemical-free, organic and derived directly from nature.

Inspiring you to live a more blissful life, of health and happiness, this decadent skincare draws on the relaxing rituals of global spa treatments.

# face

## Deep Hydrating Facial

60MIN \$170 90MIN \$220

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

## Sensitive Skin Facial

60MIN \$170 90MIN \$220

This ultimate sensitive skin facial includes a soothing, natural face masque that soothes, calms and protects stressed, sensitive and dehydrated skin.

## Rebalancing Facial

60MIN \$170 90MIN \$220

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

## Radiance Repair Facial Peel

60MIN \$180 90MIN \$230

Reveal your skin's beauty and radiance. This facial uses advanced natural delivery systems to promote cell renewal, giving your skin an instant smooth and healthy glow. Products that boost firmness and brighten your skin are massaged into face and neck in a relaxing spa experience.

## Diamond-Peel Microdermabrasion

45MIN \$130 4 TREATMENTS \$490

This facial offers a deeper exfoliation and resurfacing to the skin. We use customised diamond tipped wands across the surface of the skin, removing dead skin cells, followed by a rich rejuvenating masque while you enjoy a relaxing scalp massage. The facial results in renewed skin elasticity and a healthy glow.

## Men's Relaxing Treatment

60MIN \$170

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

# massage

## Nurturing Massage

60MIN \$160 90MIN \$210

Indulge yourself with a relaxing full body oil massage. This massage integrates a deep flowing, nurturing relaxation technique.

## Hot Stone Massage

60MIN \$160 90MIN \$210

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

## Aromatherapy Massage

60MIN \$160 90MIN \$210

Take relaxation to the next level with this massage beginning with a soothing foot bath. Select one of our aromatherapy oil blends to customise your experience.

## Bamboo Massage

60MIN \$160 90MIN \$210

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.

## Deep Tissue Massage

60MIN \$180 90MIN \$230

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

## Couple's Massage

60MIN \$320 90MIN \$420

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

Drift away together while enjoying a complimentary glass of sparkling wine after the treatment.

# remedial

## Remedial Massage

*(HICAPS available)*

60MIN \$180 75MIN \$210 90MIN \$230

Become more aware of your body. Relax, unwind and enjoy the blissful benefits of a remedial massage from our professional massage therapist. This is ideal for those who prefer a deep pressure massage.

HICAPS is now available at eforea spa, accepting all major health funds. Limited appointments are available, please contact us to check availability.

# vichy

## Rapid Sea Salt Scrub Vichy Shower

45MIN \$140

Enjoy a refreshing and cleansing full body sea salt scrub, followed by a Vichy shower experience to relieve tired and sore muscles. The body is left feeling hydrated and renewed.

## Tension Releasing Vichy Shower

60MIN \$170

Relieve tension with this full body Vichy shower experience. This treatment begins with a nourishing scalp, neck and shoulder massage. After full body exfoliation, your body is massaged with multiple jets of perfectly regulated warm water. Melt away all your tension.

## Renewing Vichy Shower Experience

90MIN \$240 120MIN \$290

This is our signature treatment. Emerge a brighter you after an experience like no other. This treatment increases circulation throughout the body, reducing stress and toxins. Begins with a relaxing full body exfoliation combined with the refreshing Vichy shower to wash away any body tension and awaken your vitality, then drift away with a gentle full body massage.

# add-ons

## Scalp Massage

15MIN \$40

Relaxing scalp massage deeply nourishing your scalp.

## Foot Massage

15MIN \$40

Indulge in the ultimate relaxation experience easing away tension and revitalizing your feet.

## Focus Massage

30MIN \$85

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

## Express Facial

30MIN \$95

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

## Body Exfoliation

30MIN \$95

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

## feet

### **Colour Touch Up Pedicure**

30MIN \$75

This pedicure experience includes a nail file, shape and polish by OPI (no cuticle work).

### **Express Pedicure**

30MIN \$75

Love your natural nails. Foot soak and scrub, followed by nail shaping, cuticle care and nail buffing (nail colour not included).

### **Spa Deluxe**

60MIN \$145

This divine full service pedicure provides relaxation and pampering foot care. Completed with a colour of your choice by OPI.

No Shellac application, removal or manicure services available.

## mother-to-be

### **Pregnancy Massage**

60MIN \$160 90MIN \$210

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.

### **Pregnancy Massage and Facial Package**

90MIN \$235 120MIN \$295

Our organic massage oil and skincare products are safe and effective, this treatment will leave you feeling absolutely relaxed and pampered.

## body

### **Signature Full Body Repair**

90MIN \$245

Enjoy this sensory experience, with a full body exfoliation to soothe muscles and release energy flow, followed by a warm shower and a full body massage including feet and scalp to complete this journey.

### **Rest & Restore Body Mud Wrap**

90MIN \$265

After an invigorating exfoliation, your body is cocooned in a warm, silky, mineral-rich body mud while you enjoy a scalp massage. Completing this experience with a warm shower and a hydrating oil massage. This treatment is the ultimate body hydrator.

### **Total Body Healing Experience**

120MIN \$315

A luxurious ritual created for a head to toe experience offering a detoxifying body exfoliation, followed by a cocooning body mud wrap and de-stressing scalp massage. This treatment is completed with a luxurious body oil massage and a hydrating facial. Indulge yourself in the perfect escape.

## combination

### **eforea Harmony Touch Package**

60MIN \$175

Let the stresses of the day melt away. Treat yourself or a loved one to a Focus Massage followed by a rejuvenating Express Facial. Experience the perfect harmony of relaxation and rejuvenation, all within a conveniently timed session.

NORMALLY \$180 SAVE \$5

### **eforea Sensation Package**

90MIN \$235

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

NORMALLY \$255 SAVE \$20

### **eforea Indulgence Package**

120MIN \$295

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

NORMALLY \$330 SAVE \$35

### **All Over Detox Package**

150MIN \$375

After a detoxifying, energising exfoliation, 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 \$420 SAVE \$45

### **Head-To-Toe Revitalisation Package**

180MIN \$425

Enjoy this head-to-toe sensory experience, starting with an invigorating exfoliation to soothe muscles and release energy flow, your body is then 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, 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 \$480 SAVE \$55





### **eforea spa at Hilton Surfers Paradise**

At eforea, we value our reputation as a spa that both excels in technical services and creates an atmosphere of genuine caring and consideration for your well being. Please don't hesitate to approach one of our spa representatives if you need any assistance or have any questions. We are here to help.

phone +61 (7) 5680-8111 or  
book online at [www.eforeaspa.com.au](http://www.eforeaspa.com.au)

#### **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.

#### **SPA ATTIRE & 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, cell 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. Please keep all valuables with you during your appointments. Select locations provide safe deposit boxes for your convenience. Please contact the spa for more information.

eforea reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your spa representative when you book your appointment. We accept all major credit cards, debit cards, and cash.

#### **PRIVATE EVENTS & PARTIES**

eforea spa at Hilton Surfers Paradise can cater for group of 4 - 30 guests. For group bookings or to see spa group packages, please contact the spa team directly via email [spa.reception@hilton.com](mailto:spa.reception@hilton.com)

#### **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. Online bookings cannot be made by or for children under 18 years of age. Please contact the spa for further information.

#### **GIFT CERTIFICATES**

An eforea spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are not refundable, not transferable or redeemable for cash or credit. Please review all terms and conditions.

#### **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 Pretreatment 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 modestly at all times. We do not perform any massage treatments during the first trimester of pregnancy.

#### **ARRIVAL & FACILITIES**

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.