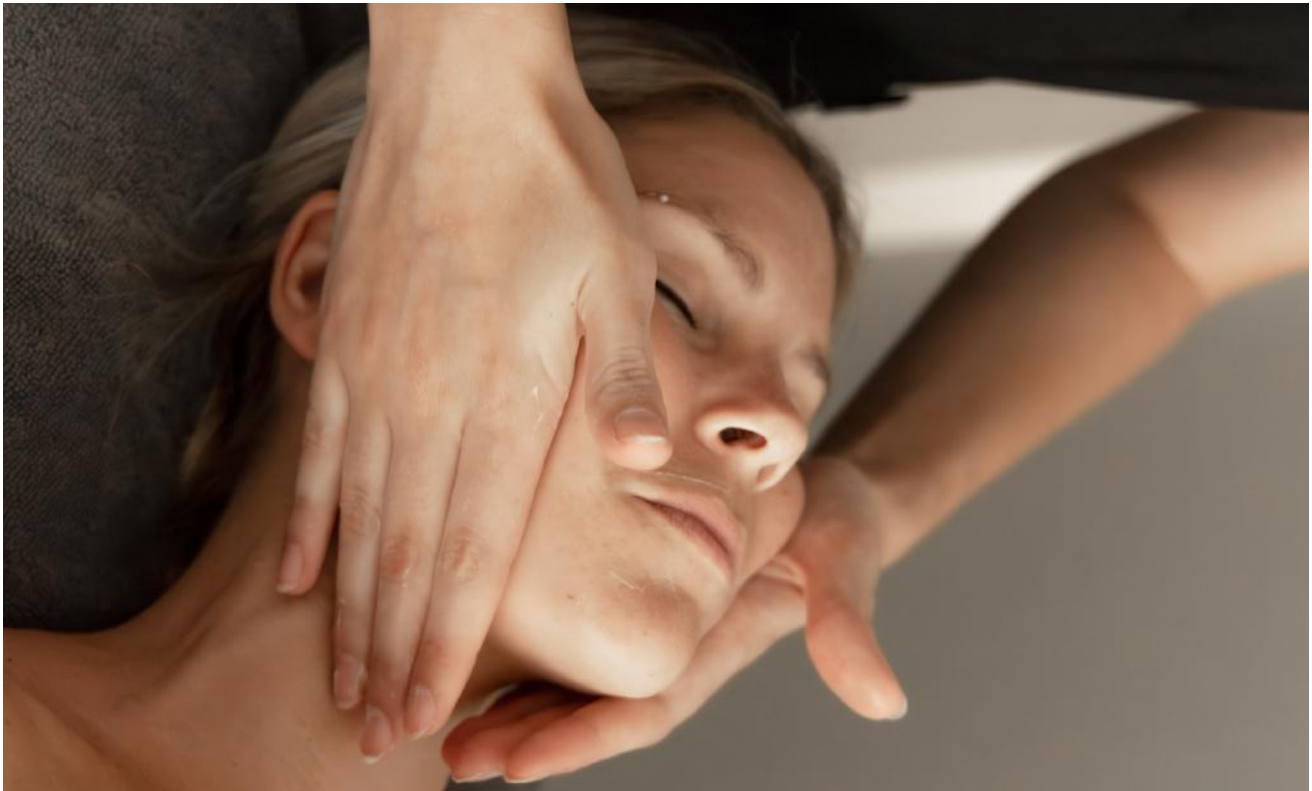
BEAUTY WELLNESS

NOOSA SPRINGS
SPA



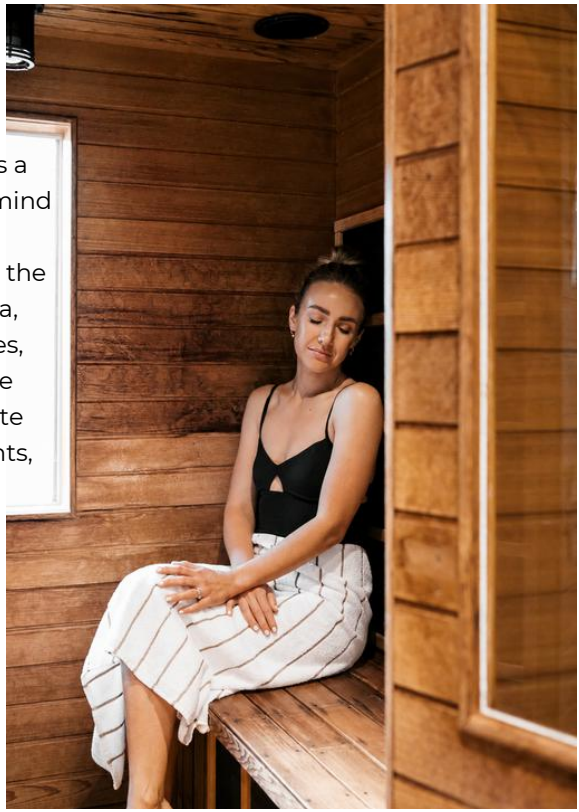
NOOSA HEADS
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WHERE
STILLNESS FINDS YOU



WRAPPED IN WELLNESS

Inspired by European aqua therapy traditions, The Spa at Noosa Springs is a sanctuary designed to restore body, mind and spirit. From the warmth of the HydroMassage and Flotation Pools to the calming benefits of the Infrared Sauna, Steam Room and Thermal experiences, every element is created to encourage deep relaxation and renewal. Complete your journey with indulgent treatments, peaceful relaxation spaces and thoughtfully curated spa retail.



THERMAL SUITE EXPERIENCE

Hot and cold aqua therapies including the HydroMassage Pool, Steam Room, Infrared Sauna and Blitz Shower, designed to relax muscles, stimulate circulation and support overall wellbeing.

55 mins | $75

THERMAL SUITE WITH CHEESE & WINE

Thermal Suite Experience with a fruit and cheese platter and a glass of sparkling wine or juice served in the relaxation lounge.

Approx. 90 mins | $100

(55 mins Thermal Suite)

THE SPA HIGH TEA PACKAGE*

Thermal Suite Experience with High Tea and a glass of sparkling wine or juice served at Relish Restaurant.
(*at least 12 hours' notice required)

Approx. 2 hrs | $125

(55 mins Thermal Suite)

FLOTATION EXPERIENCE

A weightless flotation experience designed to support deep relaxation and recovery.

55 mins | $79

COUPLE'S FLOTATION EXPERIENCE

Shared flotation experience for two.

55 mins | $120 (per couple)

THERMAL SUITE AFTER DARK

Private access to the Thermal Suite Experience for groups, including a cheese & fruit platter and a glass of sparkling wine or juice.

55 mins | $110 per person

*Minimum 6 guests. Available daily from 5pm.

THE SUNDAY RITUAL

Private group access to our Roman-inspired Thermal Suite, with a seasonal fruit platter and a glass of sparkling wine or fresh juice.

$110 per person

*Minimum 4 guests. Available on Sundays.





SPA PACKAGES

SPA ESCAPE
Thermal Suite Experience and a Full Body Springs Signature Massage.
Approx. 2.5 hrs | $200

SPRINGS REJUVENATE
Thermal Suite Experience and a customised Organic Facial.
Approx. 2.5 hrs | $215

REVITALISE & REPLENISH
Thermal Suite Experience and a revitalising Body Scrub.
Approx. 2.5 hrs | $210



INDULGENCE PACKAGE
Deluxe Spa Pedicure and customised Organic Facial designed to leave skin hydrated, smooth and calm.
Approx. 2.5 hrs | $290

BODY BLISS
Thermal Suite Experience, Full Body Springs Signature Massage and revitalising Body Scrub.
Approx. 3.5 hrs | $365



SPA DAZE

Thermal Suite Experience, Full Body Springs Signature Massage and customised Organic Facial, served with a cheese & fruit platter and a glass of sparkling wine or juice.

Approx. 3.5 hrs | $390

SPACATION

Choice of a Thermal Suite Experience or Flotation Pool Session, followed by three selected treatments and lunch with a glass of sparkling wine or juice.

Treatment choices include:

- Full Body Massage
- Deluxe Pedicure
- Customised Organic Facial
- Body Wrap
- Body Scrub
- Foot Soother

Approx. 5 hrs | $550
(Each treatment is 55 mins. Selected treatments must be chosen at the time of booking.)

PAMPER PACKAGE FOR TWO

Relax and unwind with a Thermal Suite Experience and a customised Organic Facial. Then enjoy a shared Devonshire Tea (light and fluffy scone, with lashings of cream and jam served with a tea of your choice) in our relaxation area.

Approx. 2.5 hrs | $435 for two



JAPANESE HEAD SPA

A relaxing scalp treatment designed to cleanse, nourish and restore balance to the scalp, hair and mind.

Each treatment includes:

- Dry brushing
- Scalp cleansing shampoo
- Nourishing hair mask with steam
- Hand and arm massage
- Scalp massage
- Waterfall therapy with décolletage massage
- Hydrating conditioning treatment

KUMO CLOUD SPA

Japanese Head and Scalp Treatment designed to promote relaxation and restore balance.

55 mins | $210

AMANO BLISS

Japanese Head and Scalp Treatment including facial cleanse and mask.

55 mins | $225

SAKURA BLISS

Japanese Head and Scalp Treatment including facial exfoliation and mask. Followed by hand and arm exfoliation with nourishing hand mask.

110 mins | $395



SKIN THERAPY FACIALS



Targeted facials designed to address concerns including ageing, pigmentation, acne and dullness using advanced skin therapy techniques.
55 mins | $225

AGE-DEFYING
Anti-ageing facial using microcurrent technology and LED light therapy to support collagen and elastin production.

EVEN TONE BRIGHTENING
Brightening facial targeting pigmentation, sunspots and uneven skin tone with exfoliation, targeted serums and LED light therapy.

CLEAR SKIN
Exfoliating peel and LED light therapy designed to target congestion, inflammation and problematic skin.

ILLUMINATION
Microdermabrasion and oxygen infusion treatment designed to hydrate, refresh and restore radiance to dull skin.

EMINENCE ORGANIC FACIALS

Customised facials using Eminence Organic Skin Care products, tailored to your skin type and individual needs.
55 mins | $170



FACIAL ENHANCEMENTS
Available as an add-on to any facial.
From $30 each

ARCTIC BERRY PEPTIDE ILLUMINATION PEEL
Designed to brighten skin tone and minimise the appearance of fine lines, wrinkles and pores.

BLUEBERRY DETOX FIRMING PEEL
Firming peel designed to renew and gently detoxify the skin.

ACNE ADVANCED PEEL
Targeted peel designed to clear congestion and support acne-prone skin.

SUPERFOOD ENZYMES
Superfood enzyme treatment designed to energise, renew and reveal your healthiest-looking glow.

PURE FOREST
Snow mushroom, birch water and reishi treatment enhanced with cryo-thermal sculpting to hydrate, balance and revitalise the skin.

SPRINGS FACIALS

Customised facials designed to encourage a balanced and radiant complexion.

55 mins | $170

SPRINGS ADVANCED FACIAL

WITH CHOICE OF 2 TREATMENTS

Advanced facial treatment and targeted skin therapy techniques.

55 mins | $225

HYDRO DERMABRASION

Advanced exfoliation treatment using water and oxygen technology to deeply cleanse, hydrate and revitalise the skin while supporting overall skin health and clarity.

MICRODERMABRASION – DIAMOND HEAD SKIN EXFOLIATION

Diamond exfoliation treatment designed to remove dead skin cells, support collagen production and improve overall skin texture and tone.

L.E.D - LOW LEVEL LIGHT THERAPY

Advanced light therapy using red, blue, green and yellow light technology to support collagen production, skin rejuvenation and overall skin balance. Designed to assist with pigmentation, acne, redness, uneven skin tone and visible signs of ageing.

MICROCURRENT – TIGHTENING & LIFTING

Radio frequency and microcurrent technology designed to support collagen and elastin production, improve skin elasticity and enhance facial contouring and firmness.

OXYGEN INFUSION

Infused oxygen treatment designed to enhance serum absorption, support hydration and improve overall skin radiance, texture and firmness.

SKIN TREATMENT PLAN

A personalised skin rejuvenation program designed to restore balance, enhance skin health and support long-term results across three sessions over six weeks.

Your initial session includes a comprehensive skin consultation, lifestyle and skincare assessment, personalised treatment plan and facial treatment.

The following two sessions each include two 55-minute Advanced Facial treatments, tailored to your individual skin needs.

Treatment Plan | $550









BODY TREATMENTS



SUGAR SCRUB
Coconut & Lime Sugar Scrub with a scalp massage and nourishing hair treatment, designed to leave skin smooth and revitalised.
55 mins | $165

BODY WRAP
Chocolate mud body wrap with a scalp massage and nourishing hair treatment, designed to detoxify and hydrate the skin.
55 mins | $170

RADIANCE CAPSULE
Chocolate clay mud treatment in a steamy thermal capsule with a scalp massage and nourishing hair treatment.
55 mins | $180

DEAD SEA RITUAL
Flotation Pool experience, full body exfoliation and chocolate clay mud treatment in a thermal capsule.
110 mins | $230

MASSAGES

SPRINGS SIGNATURE RELAXATION MASSAGE
Customised relaxation massage designed to calm the mind, relax the body and release muscle tension.
55 mins | $160

HEAVENLY SCALP MASSAGE
Shoulder, neck and scalp massage designed to relieve tension and promote relaxation.
55 mins | $160

BLISSFUL BEGINNINGS
Pregnancy massage designed to support relaxation and wellbeing for expectant mothers.
Available after the first trimester only.
55 mins | $160

COUPLE'S RETREAT
Springs Signature Massage for two, followed by a fruit & cheese platter and a glass of sparkling wine or juice in a private outdoor courtyard with spa bath.
110 mins | $395 per couple
(55 min massage)

SOUL SERENITY
Private spa bath experience with a Springs Signature Massage, fruit & cheese platter and a glass of sparkling wine or juice.
110 mins | $215
(55 min massage)



SPA PEDICURE

Deluxe pedicure including a soothing foot soak, exfoliation, nail and cuticle care, lower leg and foot massage and CND Vinylux nail polish to take home.

55 mins | $130

FOOT SOOTHER

Foot bath and exfoliation treatment with stimulating masque, calf massage and relaxing foot massage.

55 mins | $160

TANNING

Spray Tan **$50**

Approx. 20 mins

TINTING

Lash Tint	**$40**
Brow Tint	**$35**
Lash & Brow Tint	**$60**

WAXING

Full Leg	**$70**
Half Leg	**$50**
Bikini	**$50**
Brazilian	**$70**
G-String	**$55**
Lip	**$20**
Chin	**$20**
Lip & Chin	**$35**
Underarm	**$35**
Brow	**$35**



SPA TREATMENT ENHANCEMENTS



HOT STONES
Warm basalt stones added to your massage treatment to promote deep relaxation and relieve muscle tension.
$20 (Available with massage treatments only)

HAIR ELIXIR
Reconstructive hair treatment using active botanical extracts.
$15

GLASS OF SPARKLING WINE OR JUICE
$10pp

CHEESE & WINE
Fruit and cheese platter with a glass of sparkling wine or juice.
$25pp

DEVONSHIRE TEA
Freshly baked scone with cream, jam and tea of your choice.
$15pp

HIGH TEA
High Tea with a glass of sparkling wine or juice served at Relish Restaurant.
$50pp (12 hrs notice required)



SPA ETIQUETTE

RESERVATIONS
Advance bookings are recommended to avoid disappointment.

OPERATING HOURS
The Spa is open daily from 9am.

ARRIVAL
Arrival times will be advised prior to your appointment to allow time to check in and relax before your treatment. Late arrivals may result in reduced treatment time.

WHAT TO WEAR
Disposable underwear, robes and slippers are provided for your comfort. Swimwear must be worn in the HydroMassage Pool.

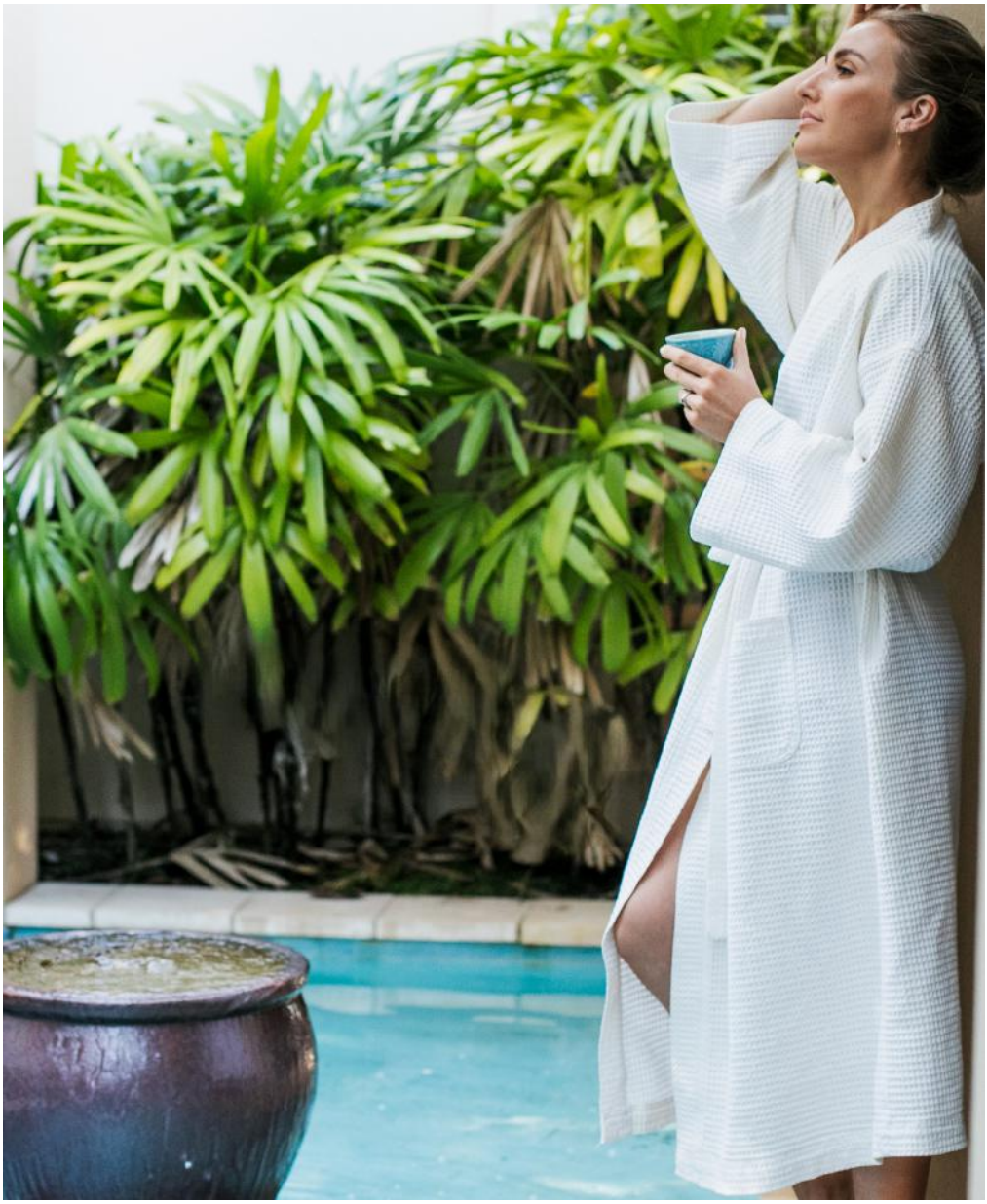
CANCELLATIONS
Cancellations must be made at least 24 hours prior to your appointment. Late cancellations incur a 50% fee. No-show appointments are charged at 100% of the treatment value.

HEALTH CONSIDERATIONS
Please advise our team when booking if you are pregnant, unwell or have any medical conditions. Medical clearance may be required prior to treatment.

AGE RESTRICTIONS
Guests must be 16 years or older to access The Spa, or 12 years when accompanied by an adult.

SURCHARGE
A 10% surcharge applies on Sundays and 15% on Public Holidays.

Terms & Conditions apply. Treatments and advice provided by The Spa at Noosa Springs are designed to support wellbeing and are not a substitute for medical advice. Prices are subject to change without notice.



NOOSA SPRINGS GOLF & SPA RESORT
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