



Welcome to spaQ

A haven of luxurious spa splendour awaits. Here, time exists in the abstract. Profoundly transformative, each artfully curated spaQ journey is designed to ensure your body and mind align and your inner and outer beauty shine. Bespoke experiences are cued and facilitated by intuitive therapists, whose highest ideal is delivering powerful therapies that work skin, body and soul deep.

Life is in a continuous state of change, just like your state of being. Hence, you don't have to decide on your treatment when making a booking; simply let us know the time, date and duration. We call this very unique way of spa-ing our "freshly picked" concept. Meaning you get a bespoke, made-to-measure experience that treats who you are in that very moment. So please arrive at least 15 minutes before your session to meet our team, who will customise your experience, or feel free to select your treatment when you book.

To get the most out of your visit, we invite you to immerse yourself in our Hammam-inspired steam room. The perfect pre-treatment warm-up, it helps you to unwind and deliver body and mind to the doors of spa nirvana. This is mixed social thermal relaxation at its finest and is available with our compliments to all guests visiting for treatments of one-hour or longer.

PACKAGES

Our spaQ packages run like a carefully thought-out narrative from beginning to end. Imagine you're the leading protagonist in search of inner peace and transformation.

As the story unfolds, you transcend deeper into the land we call Bliss. Our specially curated series of harmonious treatments, brimming with therapeutic kudos, all begin with a euphoria-inducing footbath ritual.

SKIN RESCUE

(120 mins / \$335)

Warm Oil Back Massage + Signature Aloe Wrap + Refresh Facial + Hair Treatment + Scalp, Neck & Shoulder Massage

Over exposure, as many a celebrity would attest, is not always a good thing. This treatment penetrates over exposed skin and hair with a moisture explosion, restoring every part of you along the way. You'll be rebuilt from the ground up, starting with a foot ritual followed by a warm oil back massage. Next, a nourishing blend of aloe vera, avocado and jojoba oils is lovingly applied to the skin before you're tenderly swaddled in natural cloth. Now we move our focus to your face and hair. A refresh facial to cleanse, exfoliate and hydrate your skin, and a nourishing hair treatment of coconut oil, china bark extract and essential oils applied with a bliss-inducing scalp massage. Once unwrapped, a neck and shoulder massage will have you back to your beautiful self and ready for your close-up.

THE PLUSH PRINCE(SS)

(150 mins / \$415)

Therapeutic Salt Scrub + Massage + Facial Massage

This royal treatment restores inner balance and increases your feeling of well-being using a combination of long-practiced and prince(ss)-worthy techniques. Your skin is deeply cleansed using an exfoliation of Australian sea and Himalayan salts with a blend of nourishing oils, rich in essential fatty acids and antioxidants. After rinsing, rich, elegant oils are massaged caringly to balance and soften the skin. The ceremony draws to a close with a facial anointment and massage using a specially crafted blend of the purest essential oils and plant extracts.

WEEKEND WARRIOR

(150 mins / \$415)

Coffee and Sea Kelp Scrub + Massage + Usps Facial

This treatment is for the warrior; for the fearless and the brave. Those who live life to the fullest, take it by the horns and wrestle it to the ground before remembering they need time-out to recharge. This fatigue-fighting sequence of spa therapies starts with an invigorating coffee and sea kelp scrub to slough away unwanted dry and flaky skin. Next on the agenda is a massage to target tension, knotty tissue and tightness. Finally, a facial specially designed to balance out sensitivities, nourish the skin and boost healthy cell regeneration. Now the warrior is back to their full potential and ready to conquer the world once more.

METAMORPHOSIS

(allow 6 hours / \$815)

Hammam Steam + Elixir of Youth + Massage + Lunch + Femme Fatale Facial

Transformative, restorative and sublimely relaxing; escape from your world with a day packed full of spaQ nurturing. The morning commences with a session in our Hammam-inspired steam room, followed by the Elixir of Youth body exfoliation and wrap and a full-body massage masterfully designed just for you. Lunch from QT Sydney's spa selection will be delivered to you in our relaxation lounge. After lunch, your spa journey continues with one of our Femme Fatale Facials and an indulgent eye contour and eyelash treatment that uplifts, firms and diminishes the look of fine lines and wrinkles. Transformed, nurtured and renewed, celebrate your goddess-like transformation with a glass of bubbly.

SOCIAL SPA-ING

Relax and reconnect with our spaQ social spa-ing packages, specially designed for couples and groups. These salubrious packages include full use of spaQ's facilities including the Hammam-inspired steam room and the moody relaxation lounge stocked with an endless supply of herbal tea. Guests enjoying our group and couples packages are served a glass of bubbly in our relaxation lounge post-treatments.

SPAQ FOR TWO

Designed for two people sharing our couple's suite. Take time to unwind with your special someone.

SOULMATE ESCAPE

(90 mins / \$295 per person)

Relax Massage + Accessory of your choice

Connect and unwind with our 90-minute package for two which includes an hour-long massage designed in consultation with your therapist and a spaQ Accessory treatment of your choice. Relaxed and rejuvenated, the journey concludes in our relaxation lounge with a cup of our special herbal tea.

**Please refer to the Accessories page for options.*

THE SUITE RETREAT

(150 mins / \$415 per person)

Wild Thyme Foot Therapy + Relax Massage + Uspa Facial

Soothing and soulful, The Suite Retreat is designed for a twosome seeking smooth, hydrated skin, relief from tension and peacefully connected minds. In the privacy of our spaQ couple's suite, you'll be treated to an invigorating foot scrub, a full body massage with healing jojoba oil and a Uspa Facial.

GROUP PACKAGES

Group packages are designed for a minimum of 3 guests - booking in advance is recommended.

DECADENCE

(90 mins/ \$295 per person)*

Wild Thyme Foot Therapy + Tension Target Massage + Essential Focus Facial

Ninety decadent minutes of one-on-one spa treatment time plus some social mingling in the gorgeous surrounds of spaQ - oh yes please! Our Decadence package includes a perfect balance of relaxation and beautifying therapies so you'll leave aligned and party ready.

**Allow 150 mins for your total experience.*

RECHARGE

(90 mins/ \$295 per person)*

Tension Target Massage + Uspa Custom Facial

Our eyes may be the mirror to our soul, but our face and body is the mirror of our lifestyle. First, we start with a Tension Target Massage designed to melt the most cantankerous sore spots before your Uspa Custom Facial delivers balance and harmony to your skin.

**Allow 150 mins for your total experience.*

GOSSIP GUYS & DOLLS

(60 mins/ \$195 per person)*

Uspa Custom Facial or Relax Massage

Guests are invited to choose from a Uspa Custom Facial or a Relax Massage and although the treatment time is an hour, we recommend you allow at least two hours for the total experience.

**Allow 120 mins for your total experience.*

BODY EXFOLIATION & MASKS

We use nutrient-rich natural products and some inspiring therapeutic techniques so your skin will glow with amazing vitality. But beyond making your skin look and feel beautiful, our body treatments are designed to harmonise your skin with your body, your body with mind and your mind with soul.

THERMAL SPRING BODY POLISH

(60 mins / \$195)

Extracted from the natural salt mines of Salies-de-Béarn in Southern France, this thermal rich body treatment commences with an invigorating full body exfoliation rich in magnesium, lithium, potassium and calcium to slough away dead skin. Buffed back to your best, a delicious drenching of fatigue fighting balm with malachite extract will soothe muscle aches and tension and produce illuminating skin.

ILLUMINATING BODY PEEL

(60 mins / \$195)

This fruit-charged cocktail of orange, apricot, grape and lychee is ultra-rich in vitamins and minerals. Blissfully massaged into your skin, it liberates and promotes cell renewal leaving your skin feeling smooth and perfectly refined. After showering, you'll be treated to an all-over antioxidant-rich hydration treatment, which uses wild rose and orchid extract to leave you feeling completely rejuvenated and revitalised.

SMOOTHING BAMBOO & GINSENG POLISH

(60 mins / \$195)

Return your skin to its truest state of balance with this body exfoliation treatment gentle enough for the most sensitive skin. Using an infusion of revitalising ginseng and ginkgo blended with gentle exfoliating bamboo beads, dead skin cells are sloughed away, all the while oxygenating the skin. Finally, a full body application of tangerine and anti-aging soothing rose will leave your skin feeling baby soft and refreshed with a luminescent sheen.

ELIXIR OF YOUTH

(120 mins / \$335)

This anti-ageing elixir rich in hematite gem extracts supercharges your healing energy together with European organic mud to promote collagen and give your skin the repairing action it needs. Your wellbeing journey commences with a full-body exfoliation using magnesium-rich thermal salts to reinvigorate, soften and smooth the skin. Next up, a fine layer of the age-defying hematite mud wrap instantly hydrates and nourishes the skin before a full-body massage revives neglected skin with a blend of spices, coconut sesame and black cumin to leave you feeling balanced and renewed.

ENERGISING BODY WRAP

(90 mins / \$295)

Enriched with sapphire particles to leave muscles feeling relaxed and revitalised. This treatment begins with an antioxidant-rich combination of oranges, apricots, grapes and lychees to regenerate and cleanse before a luxurious sapphire-infused body wrap boosts your positive energy vibe and provides a balancing effect on your well-being. Your skin will feel revitalised with a hit of anti-fatigue massage oil to finish this harmonising, good vibration treatment.

COFFEE & SEA KELP CONTOUR WRAP

(90 mins / \$295)

A true wrap star! It's mood-altering, body-changing and artfully concocted to give you gloriously smooth, toned skin. A mineral and anti-oxidant-rich infusion of coffee and sea kelp stimulates circulation, detoxifies and exfoliates the skin while the subtle scent of orange and vanilla rises like little scented clouds lifting your mood. Now your buffed skin is ready to absorb the all-over, mineral-rich clay wrap, with superhero drawing properties to help boost circulation, relieve sluggishness and firm the skin. A light application of coconut, avocado and jojoba oils leaves you with intensely hydrated skin.

FACIAL THERAPY BY SKEYNDOR

Skeyndor's incredible skincare made in Spain is rich in active, natural and environmentally sourced ingredients. Thoughtfully developed, Skeyndor products meet the specific needs of every skin type to rejuvenate the skin, correct imperfections and turn back time to achieve ageless beauty with long-term results.

INSTANT YOUTH

(90 mins / \$305)

Lines and wrinkles can hit the road (Jack) with this 21st-century anti-wrinkle treatment working to correct deep wrinkles and expression lines, leaving you looking younger in just 90 minutes using a biological peel, caviar discs, cosmetic drones™, hyaluronic acid and state-of-the-art lifting peptides. A welcoming back massage starts this treatment experience off before your skin is cleansed, exfoliated and treated to a smoothing, reshaping facial massage, preparing your skin for a regenerating mask that reveals truly, youthful skin.

PERFECTLY UNIQUE FACIAL

(30 mins or 60 mins / \$125 or \$195)

Being unique is better than being perfect...true, but with this customised facial, we can help you be both! Tailored to meet the specific needs of your skin type, this facial treatment will improve your skin's wellbeing and appearance. An exfoliating scrub teamed with a facial massage promotes circulation and decreases facial tension, while the mask balances and nourishes your skin. Signs of aging will be softened, leaving your skin looking and feeling smoother and supremely hydrated.

PROBIOME PEEL

(60 mins / \$280*)

What lies beneath your skin is the true you, unveiling the life hidden within your skin by restoring the skin's microbiome using an innovative professional range of chemical peels to renew and care for your skin. One of the 5 powerful peels is chosen specifically for your skin type to help eliminate damaged and aged cells, together with a revitalising multivitamin post-exfoliation serum that enhances the renewing and revitalising effects of the peel. Your skin is left feeling renewed, refreshed and rejuvenated, guaranteed to uncover your skin's true potential.

** Price includes Post Peel Pro-Biome Homecare Kit. For best results, this treatment is recommended as a series. Speak to the spaQ team for full details.*

FACIAL THERAPY BY SKEYNDOR

FEMME FATALE FACIALS

(60 mins or 90 mins / \$205 or \$295)

This seductive range of facials has been developed to arm you...with smiling skin. Our four powerful Femme Fatale Facials are specifically designed to get your skin radiating with that extra boost you know it deserves. Choose your Femme Fatale Facial or your therapist can help you decide:

AQUATHERM Perfect for sensitive skin, this facial repairs and rebalances damaged skin, using thermal spring water and magnesium to assist skin recovery.

VITAMIN C+ Vitamin C and antioxidant-rich pomegranate stimulate metabolism and collagen formation, leaving you with a radiant and youthful glow.

HYALURONIC This super-hydrating treatment captures and retains the skin's moisture, leaving you with luminous, plump and balanced skin.

RETINOL Repairs and restores the skin's architecture to rejuvenate aged or sun-damaged skin, and improve skin tone and texture.

Need more seduction? Our 90 minute Femme Fatale Facial includes an indulgent eye contour and eyelash treatment that uplifts, firms and diminishes the look of fine lines and wrinkles.

THE GODFATHER

(60 mins / \$195)

Skeyndor's men's range is designed to hydrate, re-energise and balance masculine skin. Infused with dragon's blood extract to renew and heal and vitamin C to reduce the signs of aging and stimulate collagen production, this ingenious facial includes a deep cleanse and exfoliation before essential nutrients are massaged into the skin. Then kick back and enjoy a specially selected mask designed to treat your skin's specific needs, followed by a final hit of hydration. Truly a facial you can't refuse.

FACIAL THERAPY BY USPA

Your face is the autobiography of your life. It's as unique as you are, just like your customised facial! We use Uspa, premium skincare products made from natural plant extracts, many of which are grown in the Australian sunshine. Uspa's carefully blended plant serums, mud therapies, and essential oils are of the purest and highest grade that when used together, allow the nutrients to work deeper into the skin's layers.

USPA CONCEPT FACIAL

(90 mins / \$285)

A treatment that is as individual as you are. What makes it so sublime is this bespoke treatment is conceptualised by your skilled therapist who chooses highly active plant extracts that will produce the most tangible and noticeable results for the skin you're in. It runs like this; a welcoming back massage, a deep cleanse, exfoliation, followed by a therapeutic face massage. A facial mask is applied to the skin before an eye contour wrap to take care of the delicate eye area, completing with an application of potent serums and a hydration treatment to nourish and protect. Seriously, you won't recognise yourself.

USPA CUSTOM FACIAL

(60mins / \$195)

The Uspa Concept Facial's baby sister with all of the above minus the back massage and eye contour wrap. Power packed but a little less time intensive.

GENTLEMAN SKIN CARE SERVICES

SUPERNATURAL FACIAL

(60 mins / \$195)

Life and your lifestyle express themselves on your face. This facial is designed to provide you with the checks and balances that bring your skin into harmony. A purifying cleanse and exfoliation using products enriched with birch extract, almond oil and ginseng helps purify the skin ahead of a hydrating face massage which balances sensitivities. A mud mask helps to unclog pores and clean impurities before a hit of moisturiser leaves skin protected and restored.

FAST EDDY FACIAL

(30 mins / \$125 or \$105 with another treatment)

You're a busy man with the world to conquer, but you can still put your best face forward, fast. Working from the shoulders up, we start by cleansing the skin, infused with grapefruit and balancing oils, followed by a revitalising exfoliation of bamboo and ginseng. A mud mask is applied to close pores, tighten and improve skin tone and texture. Aloe vera hydrating gel infused with green tea reboots and restores before a final hit of lotion to hydrate the skin without leaving an oily or shiny effect... restoring you to the man you truly are.

MASSAGE THERAPY

Muscle melting, immune boosting, stress relieving and life-affirming, the power of touch is undeniable. We allocate time before your treatment to customise your massage to how you are feeling in the 'here and now'. Live for the moment and beyond by accompanying your treatment with a little extra from our Accessories menu, giving you something more to look forward to!

RELAX MASSAGE

(60 or 90 mins / \$195 or \$265)

Take a load off. De-frag your system and reboot your mind with this full-body therapy that is all about giving your overworked nervous system a long-deserved break. We'll ebb away tension and get your circulation and energy flow moving again – making it perfect for recovery. A sedative yet ultimately reviving blend of essential oils ensures you'll be restored to your true self in no time.

THERMAL MASSAGE

(60 or 90 mins / \$195 or \$265)

Do you need a D&M? As well as meaningful this massage is designed to soothe sore muscles and ease away aches and pains on a profound level. Using the warming properties of red pepper balanced with cooling essential oils to reduce inflammation, your therapist will focus on the deeper layers of muscle tissue to help release and relieve pain and tension.

THE MASTERY MASSAGE

(90 mins / \$275)

Melding the mastery of our intuitive and highly-skilled therapists with the art of healing botanicals, spaQ's Mastery Massage provides the ultimate in personalised, restorative nurturing. On arrival, your therapist will work with you to select a potent blend to include in the therapy to best suit your needs and desires on the day. Then it is time for your therapist to use all their unique skills and specialist techniques to treat your body to a soul-soothing massage journey designed especially for you.

PREGNANCY MASSAGE

(60 or 90 mins / \$195 or \$265)

A baby! Congratulations! What wonderful news! This safe, nurturing massage has been designed especially for mums-in-waiting, who've passed their first trimester. As your miraculous body is undergoing all sorts of changes, we've developed a massage that helps reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, and increase blood and lymph flow. A relaxed mum means a happy baby and vice versa.

ACCESSORIES

As Lenny Kravitz so aptly put it, "It ain't over 'til it's over!" Okay maybe he wasn't referring to our Accessories menu but he could have been. The concept is this – when you book an hour's treatment, say a massage, you can supplement your own version of spa-bliss by adding an opulent 30-minute treatment to extend your pleasure. Genius right? Decide yourself or our spa specialists will gladly help you curate a complementary program. Here's how to keep the pleasure rolling on...

TENSION TARGET MASSAGE

(30 mins / \$125 or \$105 with another treatment)

We all carry tension somewhere in our body. This bespoke treatment is targeted to incredible precision and delivered right where you need it most. You know your body, whether it's that annoying muscle ache, middle back tension or neck tightness, our therapist's brief is to turn their full attention and awareness to your tension zone and melt it right away.

WILD THYME FOOT THERAPY

(30 mins / \$125 or \$105 with another treatment)

Feet. Unappreciated, overworked and undernourished. Give your feet the love and appreciation they deserve with this amazing deluxe foot rub that will leave them smooth, revived and happy! Your tootsies will feel exhilarated with a wild thyme foot pumice, infused with eucalyptus oil to leave them pepped, freshened and cooled. You'll then be rubbed the right way using a capsicum, menthol and wintergreen blend starting from the tip of your toes all the way to your knees. Your feet will repay you by taking you all over Sydney. A wild time is guaranteed.

ESSENTIAL FOCUS FACIAL

(30 mins / \$125 or \$105 with another treatment)

Put your best face forward by topping off your experience with a boutique Uspa facial. Available with any of our body treatments. This express facial therapy is a complexion booster and includes cleansing, exfoliation, facial mask, toning and moisturising. Suitable for any skin type, powerful plant serums are combined with mud therapies and essential oils.

CHINA BARK MASK & HAIR TREATMENT

(30 mins / \$125 or \$105 with another treatment)

Your hair is your crowning glory and this therapy gives it the right royal treatment. The intensely hydrating and restorative china bark hair mask works wonders, strengthening your hair, making it more resistant to damage and everyday pollution. While the steamy head wrap helps the restorative ingredients penetrate deep within the hair shaft, your therapist delivers a divine massage to your shoulders and neck. The result is red carpet worthy, light-absorbing glossy locks and an inner glow that will light a room.

TRIPLE THE DELICIOUSNESS

(90 mins / \$295)

If you're having problems choosing, allow spaQ to make it a little easier. Simply choose three accessory treatments to enjoy in one session and we'll sweeten it further with a triple-the-deliciousness price. After all, isn't everything better when it is accessorised to perfection?

NEED TO KNOW

WHERE WE ARE AND WHEN WE ARE OPEN

Check our website for our opening hours. We are located on the Mezzanine level of QT Sydney, which is located at 49 Market Street, Sydney.

SPA ARRIVAL

Please arrive 15 minutes before your treatment is scheduled. This gives you and your therapist time to plan the perfect experience. If you arrive late, we may have to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

HAMMAM-INSPIRED STEAM ROOM

Use of the unisex Hammam is complimentary for spaQ guests enjoying treatments of one-hour or longer. Please let us know at the time of your booking if you'd like to use these facilities. Swimwear is required to be worn in the Hammam.

HEALTH AND WELLBEING

When making your reservation, please advise us of any health conditions, allergies or injuries that might affect your experience. Should you feel unwell or develop any symptoms in the 24 hours before your appointment, please call us.

PREGNANCY

While some treatments are not suitable for the first trimester of pregnancy, we have treatments designed especially for mums-to-be and nursing mums needing some 'me' time. Our team will help you select the most suitable treatments to enjoy.

SPA ETIQUETTE

To keep the vibe mellow and relaxed, we ask that mobile phones are switched to silent.

DEPOSITS & CANCELLATIONS

We require your QT reservation number or hotel room number if you are a guest staying at the hotel. Or a spaQ Gift Certificate number, should you have one. Alternatively you may be required to pay a deposit at the time of booking to secure your spot.

If you need to cancel or reschedule your appointment, please let us know 24 hours in advance to avoid any cancellation charges, the same applies to no-shows and gift certificate bookings.

GOOD TO KNOW

ENQUIRIES AND RESERVATIONS

Life is already full of decisions, often leading to analysis paralysis, i.e. it all looks so fabulous what should I possibly book? So we make it incredibly easy for you. All you have to do is designate the date, time, and duration. Then on the day, your therapist will gladly assist you in choosing the ideal treatment experience. Naturally, you can also choose your selection in advance if that's what you prefer.

While we definitely recommend booking in advance, if you're a "spur of the moment" kind of person do give us a try.

We are a cashless premises, we accept eftpos, credit card and gift certificate payments.

GIFT CERTIFICATES

Share the spaQ love! Gift certificates are available for all treatments, products and packages. Gift certificates can be express posted, emailed or collected from spaQ. Gift certificates are available for purchase online and can be delivered instantly to your inbox. Simply visit our spaQ Sydney website.

MINIMUM AGE

You'll need to be at least 16 years of age to use the spa facilities and services.

VISIT US ONLINE

Search for treatments, current promotions, and keep in touch with all things spaQ at spa-q.com.au/sydney.

PAY FOR 6, ENJOY 7 TREATMENTS

Purchase any six of the same treatment in advance and you'll receive the seventh one with our compliments. Speak to the spaQ team for full details.

PUBLIC HOLIDAY SURCHARGE

Please note any treatment booked on Public Holidays will incur a 15% surcharge.



spaQ at QT Sydney

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