



# Goldie Signatures



We had a blast creating these signature experiences. These carefully crafted combos are like a string of precious jewels: a harmonious series of treatments sequenced for a monumental bliss boost with serious therapeutic kudos.



## SKIN RESCUE

(120 mins / \$305)

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 / \$365)

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 / \$365)

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.

## PURE GOLD

(180 mins / \$435)

Massage + Femme Fatale Facial + spaQ Foot Therapy

A foot bath ritual kick-starts this journey in preparation for the ultimate head-to-heel treat. Soothing away any aches and pains is the next goal thanks to a massage performed using a personal selection of nourishing oils. Next, a 60-minute Femme Fatale Facial will brighten and energise your skin before completing the experience with a spaQ foot therapy. Feeling 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 relaxation lounge stocked with an endless supply of herbal tea. Guests enjoying our group and couples packages will be served a glass of bubbly in our relaxation lounge post-treatments.



## SPAQ FOR TWO

Take the time to unwind with your special someone. Our packages have been designed for people sharing our couple's suite.

## SOUL MATE ESCAPE

(90 mins / \$235 per person)

Relax Massage + Accessory of your choice

Connect and unwind with our 90-minute package for two which includes an hour-long massage and a 30-minute spaQ Accessory treatment of your choice. Relaxed and rejuvenated, the journey concludes in our relaxation lounge with a cup of spaQ's special herbal tea.

\*Please refer to the Accessories page for options.

## THE SUITE RETREAT

(150 mins / \$365 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.

## GOSSIP GUYS & DOLLS

(60 mins\* / \$175 per person)

Uspa Custom Facial or Relax Massage

Social spa-ing at its best. Guests are invited to choose from a Uspa Custom Facial or a Relax Massage.

\*Allow 120 mins for the total experience.

## DECADENCE

(90 mins\* / \$235 per person)

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

Ninety decadent minutes of one-on-one 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 feeling aligned and party ready.

\*Allow 150 mins for your total experience.

## RECHARGE

(90 mins\* / \$235 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. The Tension Target Massage has been designed to melt the most cantankerous knots before a Uspa Custom Facial brings balance and harmony to your skin.

\*Allow 150 mins for your total experience.

# Facial Therapy by Uspa



Your face is the autobiography of your life. It's as unique as you are, much 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, ensuring the nutrients work deeper into the skin's layers.



## USPA CONCEPT FACIAL

(90 mins / \$235)

A treatment that's as individual as you are. This bespoke treatment is so sublime, created by your skilled therapist who selects specific products to produce the most tangible and noticeable results for your skin. It runs like this; a welcoming back massage, a deep cleanse, exfoliation, followed by a therapeutic face and scalp massage. A facial mask is applied to the skin before an eye contour wrap takes care of the delicate eye area. Then we complete with an application of potent serums and a hydration treatment to nourish and protect. Seriously, you won't recognise yourself.

## USPA CUSTOM FACIAL

(60 mins / \$175)

The Concept Facial's baby sister has all of the above minus the back massage and eye contour wrap. It may be a little less time intensive but it is still power-packed.

## GENTLEMAN SKIN CARE SERVICES

### SUPERNATURAL FACIAL

(60 mins / \$175)

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 / \$105 or \$95 with another treatment)

You're a busy man, but don't let time get in the way of putting your finest face forward. Working from the shoulders up, we start with a deep cleanse infused with grapefruit and balancing oils followed by an invigorating exfoliation with bamboo beads and ginseng. A mud mask is applied to remove impurities and balance the skin before a final hit of hydration.

# 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.

## FEMME FATALE FACIALS

(60 mins or 90 mins / \$185 or \$245)

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.

## PERFECTLY UNIQUE FACIAL

(30 mins or 60 mins / \$105 or \$175)

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 / \$270\*)

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.

\* 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.

## ANTI-GRAVITY FACIAL

(60 mins / \$215)

Prepare for uplift, using award-winning active ingredient technology to reinvigorate your cells and help get them back into prime lifting shape. An activating gel with firming and tightening properties is attentively massaged into the skin before an anti-gravity serum - containing biomimetic peptides and collagen - produces a universal lifting effect. Next, your skin is taken to another dimension with immediate and spectacular firming results using a lifting mask for the face and neck. A magnitude of firming, lifting, tightening, energising, sculpting, strengthening, and wrinkle-ironing – everything your skin needs to rise and shine.

# 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 / \$175 or \$235)

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 / \$175 or \$235)

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 / \$245)

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 / \$180 or \$245)

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



Create your own designer spa experience by accessorising with these lavish embellishments.

This is the idea: when you book another treatment, add these fabulous therapies for an opulent flourish to your session. Genius, right? Our spa specialists will gladly curate a complementary program. If you're just after a mini spa break, all items on the Accessories menu can be enjoyed as a single treatment.



## WILD THYME FOOT THERAPY

(30 mins / \$105 or \$95 with another treatment)

Feet. Unappreciated, over-worked and undernourished. Give them the love and appreciation they deserve with an amazing deluxe foot treatment to leave them smooth, revived and happy. Your tootsies will feel exhilarated after a wild thyme foot pumice with eucalyptus oil. Pepped, refreshed and cooled, they'll 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. A wild time is guaranteed.

## ESSENTIAL FOCUS FACIAL

(30 mins / \$105 or \$95 with another treatment)

Put your best face forward by topping off your experience with a boutique Uspa facial available with any of our body or massage treatments. Suitable for any skin type, this express facial therapy is a complexion booster that includes cleansing, exfoliation, facial mask, toning and moisturising.

## TENSION TARGET

(30 mins / \$105 or \$95 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.

## CHINA BARK MASK & HAIR TREATMENT

(30 mins / \$105 or \$95 with another treatment)

Get glossy, healthy locks with this intensely hydrating and restorative hair treatment, designed to strengthen your hair and make it more damage resistant. We'll draw out the whole application process with a mind-melting scalp massage. A steamy head wrap helps the ingredients penetrate the hair. As the goodness sinks in, your therapist will up the pleasure factor with a deeply relaxing neck and shoulder massage.

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## TRIPLE-THE-DELICIOUSNESS

(90 mins / \$235)

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?

\* The add-on price is applied when the combined treatment time exceeds 60 minutes.

# Body Exfoliation & Masks



Here on the Gold Coast, we love to flaunt a bit (okay, a lot) of fabulous skin. Stepping out in great skin is right up there with wearing a pair of Jimmy Choos – and let's face it, together they're a knockout combination.

We use nutrient-rich natural products and mmm-inducing techniques to help get your glow on.



## THERAPEUTIC SEA SALT GLOW

(30 mins\* or 60 mins / \$95 or \$175)

Get a dose of mega-goodness. A rich combination of sea salts and anti-oxidants, including vitamins C and E, deeply cleanses and exfoliates your skin, helping to restore a youthful glow. As a finishing touch, the application of tangerine and rose moisturiser, blended with sweet almond and sesame oils, will leave your skin smooth and replenished.

\* When added to a massage 60 mins or longer.

## REJUVENATING COFFEE SCRUB

(30 mins\* or 60 mins / \$95 or \$175)

A coffee fix whisked to perfection! Starting with a blend of coffee and macadamia to stimulate and detoxify, this all-over exhilarating body exfoliation has the added benefits of rich antioxidants and minerals to leave the skin smooth and replenished. After a rinse, a soothing and uplifting fusion of coconut oil and vanilla will have you feeling de-stressed, revitalised with high flavour and good body.

\* When added to a massage 60 mins or longer.

## SOOTHING BAMBOO & GINSENG POLISH

(30 mins\* or 60 mins / \$95 or \$175)

This all-over body exfoliation treatment uses a potent infusion of revitalising ginseng and ginkgo biloba blended with gentle exfoliating bamboo beads to remove dead skin cells and oxygenate the skin. A full-body application of refreshing tangerine and rose will leave your skin feeling soft, refreshed and smooth. This treatment is effective but still gentle enough for sensitive skin.

\* When added to a massage 60 mins or longer.

## ORGANIC COCO CREAM WRAP

(90 mins / \$235)

Banish the dry skin drag with this nourishing and moisture-rich concoction. The treatment begins with your choice of exfoliation to cleanse the whole body. Next, a nourishing full-body application of warmed coco butter and coconut, infused with aromatic vanilla, feeds your skin while your therapist delivers a divine scalp massage. Unwrap and voilà! Silky smooth, rehydrated skin.

## COFFEE & SEA KELP CONTOUR WRAP

(90 mins / \$235)

A true wrap star! It's mood-altering, body changing and artfully concocted to give you supple, gloriously smooth, toned skin. A vitamin, mineral and anti-oxidant rich infusion of coffee and sea kelp is used to stimulate circulation, detoxify and gently exfoliate the skin, while the subtle scent of orange and vanilla rises like little puffy scented clouds lifting your mood. Now your buffed skin is ready to absorb the all over, mineral-rich clay wrap, which has superhero drawing properties to help boost circulation, relieve sluggishness and firm the skin. To finish, a light body massage using an application of coconut, avocado and jojoba oils for intense skin hydration.



# Nails



Here's one way to nail it: let our amazing therapists beautify your extremities with fashion forward varnishes in a pretty palette of colours.

\*Please note that we do not offer acrylic nails, nail art, shellac or shellac removal services.



## PETITE HAND PAMPER

(30 mins / \$105 or \$95 with another treatment)

Pretty nails pronto! Transform your hands in a flash as we shape, buff and beautify your cuticles before applying polish to your nails with artisan flair.

## TWINKLE TOES

(30 mins / \$105 or \$95 with another treatment)

For all the busy bodies out there, this quick pedi pick-me-up gets you sandal-ready in a twinkle! We shape, buff and beautify the cuticles before polishing your nails to perfection with your choice of spectacular colour.

## HAND THERAPY

(60 mins / \$140)

Take the future into your own beautifully manicured hands. A gentle bamboo polish on the hands and arms kick-starts proceedings to reveal smoother and more youthful-looking skin before some serious nail care wizardry is guaranteed to beautify your hands. Next, a delightful arm and hand massage revs up circulation, followed by the grand finale with a polish colour of your choice.

## FOOT THERAPY

(60 mins / \$140)

For feet as fancy as your Gucci heels, this one's for you. In the comfort of our spa suites, your foot therapy begins with a cooling wild thyme foot scrub in preparation for your therapist to trim, shape and buff your nails. With nails in tip-top shape, a deeply relaxing foot and leg massage is performed using warm stones. The final flourish involves a nail paint in your choice of fashion-forward colours.

## Need To Know



### WHERE WE ARE

Check our website for our opening hours. We are located on level one of QT Gold Coast. To book a treatment or to find out more about the services we offer, call us on 07 5584 1108.

### 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 either a deposit or gift certificate at the time of booking to secure your spot. The deposit is credited towards your appointment. 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 for no-shows and gift certificate bookings. Failure to make a deposit or provide a gift certificate number may result in your appointment being cancelled.

## 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.

### GIFT CERTIFICATES

Share the spaQ love! Gift certificates are available for all treatments, products and packages. They 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 Gold Coast 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 and current promotions and keep in touch with all things spaQ at [spa-q.com.au/goldcoast](http://spa-q.com.au/goldcoast).

### PARKING

Parking is available on the basement level of QT Gold Coast. Please ask one of the spaQ team for more information.

### PAY FOR SIX, ENJOY SEVEN TREATMENTS

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

### PUBLIC HOLIDAY SURCHARGE

Please note any treatment booked on a Public Holiday will incur a 10% surcharge.



