

feeling good,  
made simple

For further information and  
bookings call +61 2 4991 0959  
or e-mail [spa.hunter@ihg.com](mailto:spa.hunter@ihg.com)

Tea Tree Spa  
Crowne Plaza Hunter Valley  
Wine Country Drive,  
Lovedale NSW 2325 Australia  
Facsimile +61 2 4991 0999  
[www.crowneplaza.com.au](http://www.crowneplaza.com.au)  
[www.teatreespa.com.au](http://www.teatreespa.com.au)

2010 MENU



# Sensitive

At Tea Tree Spa, we put your needs first. Whether you're on business, pressed for time, or on holidays in need of some pampering, our treatment menu has something for you. We will take time to assist you in your choice of treatments and tailor them to your needs, because we want to be sure you get the most out of your time with us.

# Fresh

At Tea Tree Spa, we aim to provide a fresh experience that engages all your senses and rejuvenates your mind, body and spirit. With natural ingredients sourced from all over the world, each treatment has been designed to meet a specific need to ensure you get the outcome you desire, and emerge ready to face the challenges of the week ahead.

# Positive

Our exceptional team is what sets Tea Tree Spa apart. Above and beyond the professionalism and skill we possess, is the commitment we have to making a positive difference to your well-being. We will not only deliver the treatments with consummate skill, but we will also offer advice on how to extend the benefits long after you leave us.

## Welcome to Tea Tree Spa

A refreshing sanctuary from the stresses of life. A visit to our spa will relax your body, soothe your soul and lift your spirits, so you can get more out of your stay.

Our Tea Tree Spa experience is all about you – satisfying your needs, giving a lift to your day and leaving you feeling positive about life in general.

## Step inside and feel the difference

Our professional therapists will help you select the best products for your skin type. Choose from Dermalogica, Eminence Organics or Minerologie Makeup.

Dermalogica is the number one professional skin care product worldwide, providing real innovation for real results. Whatever your skin care problems, Dermalogica has a solution.

Our Eminence Organic Skin Care line offers a truly exquisite experience with products that are so natural that you can see the fresh fruit pulps, seeds, and smell the real herbs.

Minerologie Makeup is the leading provider of mineral based cosmetics worldwide. Designed to accentuate a women's natural beauty and help them feel as good as they look.



## Spa Sanctuary Suite

Our Sanctuary Spa Suite caters for groups of 2 to 8 people, making it ideal for hen's days, bridal parties or couples who really want to indulge. Made up of 2 treatment beds, infrared sauna, spa bath, an experience shower and changing and relaxation areas, spa lovers best be prepared to lose themselves for a day in here.

Our Spa Sanctuary Suite could be your ultimate romantic haven for yourself and a loved one to spend quality time together whilst indulging in some luxurious spa treatments. Or this may be just what you and your girlfriends have been looking for, that well deserved indulgent pampering session whilst offering plenty of room and privacy.

Enhance your Spa Sanctuary Suite Treatment or Experience with sparkling wine, an indulgent mocktail, a selection of fresh seasonal fruits or perhaps sprinkled rose petals. Please see your therapist for a copy of our Spa Menu.

### Spa Sanctuary Suite Experience

\$250 per hour (min 2 hours)

Our Spa Sanctuary Suite Experience is all about you so why not spoil yourself and relax in the tranquil surrounds of our specially designed relaxation zone. Our Spa Sanctuary Suite becomes your personal retreat in the vineyards to unwind and rejuvenate.

Enjoy full use of our Spa Sanctuary Suite's spa bath, infrared sauna, separate bathroom and tranquil relaxation area with views of the gardens and golf course. This experience also includes a glass of Australian sparkling wine and fruit platter to enjoy at your leisure.

## Spa Sanctuary Suite Treatments

### Romantic Retreat

3 hrs \$725 for 2 people

Your private Spa Sanctuary Suite will provide the back drop for an occasion of serious romance. Immerse yourself in an intimate candle lit spa bath and infrared sauna experience preceding your twin spa treatments of full body exfoliations utilising rich and nutritious ingredients. A hydrating aromatic body massage is followed by your choice of a decadent facial, manicure or pedicure and concludes with some time alone together.

### Spa Retreat

2 hrs \$485 for 2 people

Honour your loved one. This twin experience begins with an intimate candle lit spa bath and infrared sauna experience before an Aroma-Swedish massage melts tension from your bodies. Spa Retreat offers you a choice of pure essential oils to balance your massage and a selection of herbal teas to calm the mind.

### Girls Just Want to Have Fun

4 hrs \$325 per person

Designed for 4 people with a minimum booking of 4 hours

Indulge in your choice of essential oils with an Aroma-Swedish massage or express manicure and pedicure combination followed by a decadent facial whilst indulging in some fun and relaxation with the girls. The Spa Sanctuary Suite offers privacy with relaxation in mind, enjoy your time unwinding in our infrared sauna designed to improve body conditioning and wellbeing, soak in our spa bath and enjoy listening to music or watching our plasma TV whilst relaxing on our chaise lounges.

## VIP Suite

Our VIP Suite offers 2 people the perfect place to enjoy our heated spa bath in private surroundings. There is plenty of room for 2 to enjoy one of the below treatments on our twin treatment beds and later freshen up in our private bathroom.

Enhance your VIP Suite Treatment with sparkling wine, an indulgent mocktail, a selection of fresh seasonal fruits or perhaps sprinkled rose petals. Please see your therapist for a copy of our Spa Menu.

## VIP Suite Treatments

### Let There Be Love

2 hrs \$395 for 2 people

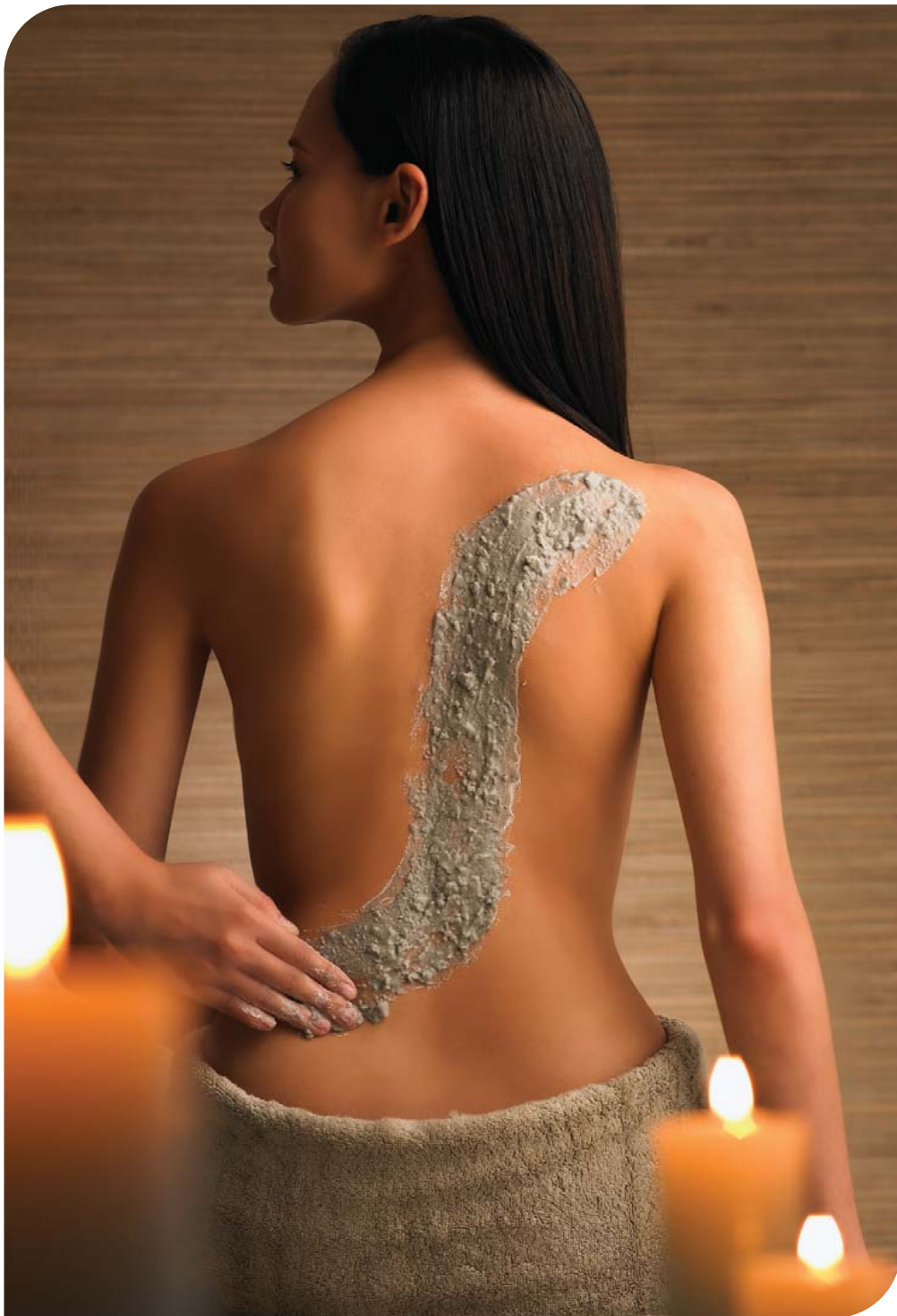
Designed for 2 people using organic products

It's all about spending time with people we love. Celebrate a special occasion, celebrate life and put the romance back into your relationship by indulging in this truly memorable and luxuriant experience. After a candlelit spa bath infused with pure sensual essential oils, enjoy a dual treatment of a full body exfoliation with rosehip and maize organic ingredients that will enliven the skin ready to receive the full benefits of a luxurious Aroma-Swedish massage.

### VIP Suite Reflections

2 hrs \$395 for 2 people

Our VIP Suite can be your own haven from the hectic day to day routine. Enjoy the benefits of this rejuvenating treatment with a friend or loved one. Start with a candlelit spa bath infused with pure essential oils, followed by an Aroma-Swedish massage to relax the body and mind. Finish with a Contemporary Facial using organic products to leave your complexion radiant.



## Spa Rituals

### Ultimate Indulgence

5½ hrs and lunch \$570

Relax and unwind with this ultimate full day spa experience beginning with a cleansing herbal tea. Enjoy a full body exfoliation and a body wrap with head massage, followed by a balancing Vichy Shower experience and an Aroma-Swedish massage. An ultimate facial including eyelash tint and eyebrow wax and tint and a 90 minute Spa Manicure and Pedicure combination will complete your day leaving you looking and feeling like you have been on a holiday. Allow 6½ hours.

### Mother to Be

3½ hrs \$330

This indulgent package is especially designed for the mother to be or new mother. A pre/post natal massage is followed by a customised facial from our contemporary facial range and is completed with a 90 minute manicure and pedicure Pampering Duo combination treatment.

### Tea Tree Spa Signature

2½ hrs \$325

A full body exfoliation will cleanse and rejuvenate the skin ready to receive the maximum benefits of an Aroma-Swedish massage, during which hot stones will be applied to your body releasing heat, energy and relaxation into the muscle groups. A personalised facial completes the session, leaving you radiant, hydrated and ready to face the day ahead.

### You Deserve It

2½ hrs \$305

Because there are times when we should reward ourselves and indulge. A full body exfoliation followed by a Vichy Shower experience will leave you refreshingly balanced and ready to receive the benefits of a personalised Aroma-Swedish massage and power facial of your choice.

## Spa Rituals

### Out For Lunch

60 mins \$215

Rejuvenate and be pampered. 2 skilled therapists will work together to give you 2 hours of pampering, with a Contemporary Facial including a neck, shoulder and décolletage massage followed by an express manicure and pedicure.

### Unwind Your World

80 mins \$180

Relax, unwind and get a good night's sleep – melt away dryness and roughness with this vitamin rich full body exfoliation followed by a skin nutritious antioxidant wrap with a refining toning effect that will leave your skin soft and glowing. Then enjoy the relaxation benefits of a pure essential oil Aroma-Swedish massage. Designed with organic products.

Upgrade to VIP Suite \$80 per person

Upgrade your Unwind Your World treatment to our VIP Suite to relax in our large spa bath either before or after. This upgrade is designed for a minimum of 2 people for 30 minutes, is subject to availability and requires a minimum of 2 hours notice.

### Hold My Calls

80 mins \$165

Regain your composure and balance so that you can perform at your best. An invigorating exfoliation to uncover gorgeous skin that feels soft yet toned, leaving your skin rosy. Followed by the benefits of an Aroma-Swedish or Remedial massage you will be left feeling refreshed and ready to take on the world. Designed with organic products.

## Spa Rituals

### Pamper Me Please

2 hrs \$235

Luxuriate with this soul reviving treatment. An Aroma Swedish massage is completed with a personalised contemporary facial, eyebrow shape and lash tint.

### Re-Boot Your System

80 mins \$165

If you have been overindulging or burning the candle at both ends, give yourself a new start with a mud wrap especially suited to those who are muscle sore and fatigued. This thermal mud body treatment will deeply cleanse, detoxify and balance all skin types, except extremely sensitive. Paprika, sage and cinnamon stimulate and purify leaving a rosy glow. Follow with an Aroma-Swedish or Remedial massage to leave you well balanced. Designed with organic products.

Upgrade to VIP Suite \$80 per person

Upgrade your Re-Boot Your System treatment to our VIP Suite to relax in our large spa bath either before or after. This upgrade is designed for a minimum of 2 people for 30 minutes, is subject to availability and requires a minimum of 2 hours notice.

### Men's Back Treatment

50 mins \$130

Seriously masculine, once experienced, you'll wonder why it's taken you so long to book one. Combining a deep back massage with a Sea Salt Body Scrub to deep cleanse, mineral mud to detoxify, then moisturise for total skin re-hydration. It will leave you feeling in the best shape possible.

### You're the Man

90 mins \$220

Starting with a mineral Sea Salt Body Scrub combined with a back massage, ensures your muscles are left toxin free and skin glowing. To compliment this and complete the treatment, finish with a mini facial. Designed to give you a fast and fresh pick me up, with an intensive cleanse, exfoliation, facial and scalp massage.



## Massage Therapy

**Aroma-Swedish Massage** 30 mins \$80 | 50 mins \$110 | 80mins \$160

This is 'The Classic' massage, a light to medium pressure massage harnessing the therapeutic effects of selected essential oils to bring the body into balance and harmony.

**Remedial Massage** 30 mins \$80 | 50 mins \$110 | 80 mins \$160

A medium pressure massage will address areas of concern with techniques such as trigger point therapy and stretches to relieve muscular-skeletal problems.

**Deep-Tissue Massage** 30 mins \$90 | 50 mins \$135

Our highly trained therapists will deliver a very strong pressure massage for relief of long term, deep seated muscular-skeletal problems.

**La Stone Massage** 50 mins \$135 | 80 mins \$190

This is our premier stone therapy treatment. A selection of hot stones and essential oils will be carefully selected by your therapist to infuse heat into your muscle groups whilst cold stones placed strategically will deliver a lymphatic drainage effect and unblock stagnant energy patterns.

**Foot Massage** 30 mins \$75 | 50 mins \$110

Take the weight off your feet and feel the benefits of some "sole pampering". The various points of your feet correspond with parts of your body and not only will you get more spring in your step, your whole body will feel revitalised.

**Pregnancy or Post Natal Massage** 50 mins \$110

Especially designed for the mother to be or brand new mum, our specialist therapists will help to relieve your symptoms and relax and rebalance your body, mind and soul.

\*Some health fund rebates are available for remedial and deep tissue massages. Please advise the spa at the time of booking and every effort will be made to accommodate your request although this is not guaranteed.



## Ultimate Facials

### Eminence Experience

80 mins \$180

Drawing on the properties of anti-oxidant, vitamin rich organic ingredients this signature facial assists the skin's oxygen intake, thereby stimulating cellular repair and metabolism. It helps to detoxify, rejuvenate and even the complexion, the perfect combination of pampering and visible results for blemished, mature, hyper-pigmented or sun damaged skin.

### Power Regeneration Facial

80 mins \$180

This high power facial uses a cocktail of vitamins and hydroxy acids along with a firming mask to help combat the signs of ageing by giving the skin a revitalising power boost.

## Power Treatments

### Multi-Vitamin Power Recovery Facial

45 mins \$95

5 session pack \$435

Sometimes we just don't have time, but need to look our best. This intensive facial will lift and hydrate whilst infusing your skin with revitalising nutrients leaving you radiant and refreshed.

### Yam and Pumpkin Enzyme Peel

45 mins \$95

5 session pack \$435

Experience an organic skin renewing enzyme peel. A delicious puree of yams and pumpkins accelerate the exfoliation process to peel away dead skin cells, reducing skin discolouration, fine lines and sun damage. The natural enzyme content increases collagen production to leave skin firm and radiant with increased elasticity. This express peeling treatment is available in 5% or 20% strength and can be maintained at home for best results.

### Express Facial

30 mins \$80

Feel fresh fast. This mini facial incorporates a cleanse, tone, exfoliation, facial massage and moisturise in 30 minutes to leave you ready to face the day.

## Contemporary Facials

### The Contemporary Facial

50 mins \$105

Your highly trained therapist will select products especially suited to the condition of your skin that will help to combat the dehydrating effects of air conditioning, pollution and modern lifestyles.

### Microderm Facial

50 mins \$105

Achieve a youthful clear complexion with this organic microderm abrasion treatment. Incorporating poppy seeds and fine walnut powder to remove dry skin, increase circulation and stimulate cell turnover.

### Precious Organics

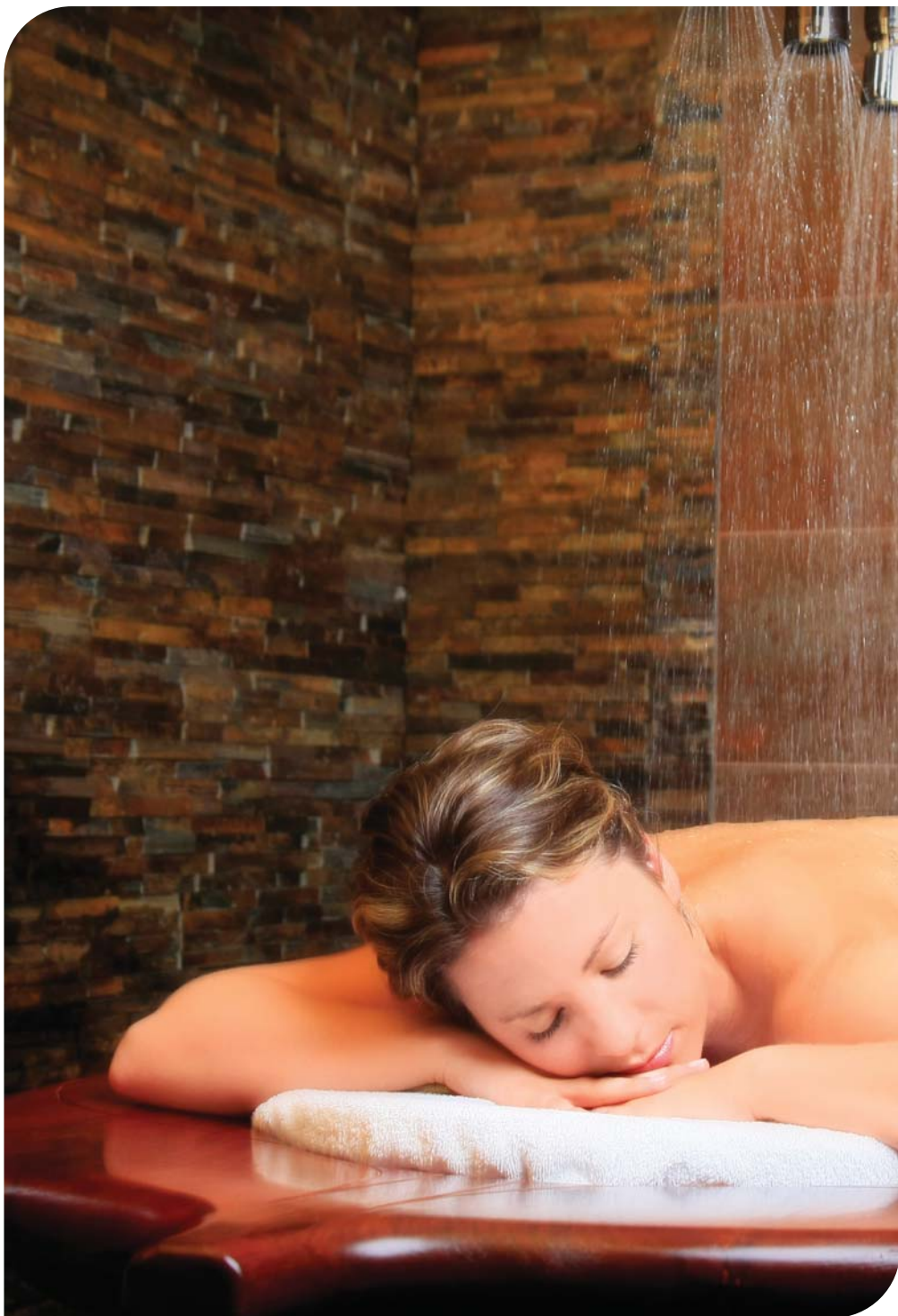
50 mins \$105

Fragrant, garden fresh ingredients combined with lightly steamed rosehips, brimming with Vitamin-C make up this soothing anti-aging facial. This botanical treatment is designed to nurture the most sensitive and irritated skin leaving it calm, hydrated and naturally beautiful.

### Men's Performance Facial

50 mins \$105

This stress releasing facial starts with a specialised massage technique that allows the therapist to work the muscles of the neck, helping to relieve tension and promote wellbeing. The skin is then cleansed, refined and reinvigorated using highly effective masculine products.



## Body Treatments

### Body Exfoliations

45 mins \$90 | 60 mins with Vichy Shower \$125

A vitamin and mineral rich, hydrating, antioxidant or invigorating exfoliant will be selected for your skin type and applied to the full body, followed by the application of a nutritious hydrating moisturiser leaving skin looking radiant and feeling silky smooth. This is a treatment in itself or a wonderful way to begin a body wrap.

### Body Wraps with Vichy Shower

60 mins \$145

The ultimate selection of body wraps are available catering to all desires and demands. From Hungarian Herbal Mud to detoxify and relieve sore muscles, purifying herbal cellulite wraps, invigorating and reviving thermal seaweed or herbs, through to stimulating chocolate truffle mousse or citrus wraps, rich and refining blueberry soy, detoxifying pear and green apple and nutritious pumpkin and carrot wraps just to name a few. Each wrap includes a head massage and is followed by a balancing Vichy Shower treatment.

## Hand and Foot Treatments

Hand and foot treatments include standard manicure and pedicure procedures with care and maintenance of nails and cuticles plus removal of dry skin build-up, massage and favourite OPI polish.

### Pampering Duo

90 mins \$135

A virtual salad bowl of vitalising products is used to transform those tired hands and feet in this cooling and invigorating manicure and pedicure treatment. The application of beautiful organic exfoliants, massage with rich masques and moisturisers to deeply nourish and condition, will ensure you leave pampered.

### Manicures | Pedicures

|   |              |
|---|--------------|
| Paint only  | 15 mins \$30 |
| Express Manicure  | 30 mins \$55 |
| Express Pedicure  | 30 mins \$55 |
| Spa Manicure  | 60 mins \$90 |
| Spa Pedicure Treatment  | 60 mins \$90 |
| ADD French Polish (must be advised at time of booking your appointment) | 20 mins \$20 |



## Optional Extras

### Waxing | Tinting

|   |           |
|---|-----------|
| Eyebrow Shape                           | \$22      |
| Eyebrow Tint and Shape                  | \$35      |
| Eyebrow Tint                            | \$22      |
| Eyelash Tint                            | \$22      |
| Eyelash, Eyebrow Tint and Eyebrow Shape | \$50      |
| Lip or Chin                             | \$18      |
| Underarm                                | \$25      |
| 1/2 Arm                                 | \$35      |
| Arm                                     | \$45      |
| 1/2 Leg                                 | \$40      |
| Full Leg                                | \$75      |
| Chest or Back                           | From \$55 |
| Bikini                                  | From \$30 |
| Brazilian                               | From \$70 |

### Nourishing Scalp and Hair Treatment 45 mins \$65

Warm essential oils help to relieve tension, stress and improve scalp circulation with this deep conditioning hair and scalp treatment.

### Spray Tan \$45

Using botanical based tanning solutions, ensure a timeless tan ready to wash and wear in just 2 hours.

### Spray Tan with Body Exfoliation \$70

Start with a full body exfoliation to prepare your skin for a longer lasting tan, followed by a full body spray tan for an instant sun tanned glow.

### Makeup

|                                  |      |
|----------------------------------|------|
| Full makeup application          | \$60 |
| Wedding and special event makeup | \$80 |



## The Insider Guide to Spas

Our tips to you on how to have a better experience.

**Arrive Early** - Get the most out of your experience and arrive at least 15 minutes before your treatment time so that you will not feel rushed. Please do not be late, as we may not be able to extend your time.

**Child Minding and Use of Pool** - We offer free child minding for children between the ages of 3 to 12 years. Available for the duration of your spa treatment from Monday to Friday between 9am to 12pm or 1pm to 4pm. Child minding must be booked 48 hours in advance and availability may be limited. We also offer you free use of our pool with every 1 hour treatment, or longer, which is booked from Monday to Friday between 9am to 4pm.

**Our Professionalism** - You will be asked to fill out a consultation card so that any health or medical concerns can be taken care of prior to the treatment. We provide disposable underwear and all of our therapists are trained in draping our guests to ensure that your privacy is respected. Some medical conditions are contra indicated for certain treatments.

**Gift Certificates** - Tea Tree Spa gift certificates are thoughtful, enjoyable and are more than a gift, they are the ultimate pampering experience. We have a range of gift certificates available. To purchase visit [www.teatreespa.com.au](http://www.teatreespa.com.au) or ask your therapist for details.

**Our Environment** - Tea Tree Spa provides a healthy, relaxing environment - so kindly switch off mobile telephones and pagers prior to arrival.

**Personalising Your Experience** - Please let us know if you would like to change massage pressure, music volume, lighting levels or room temperature at any time during your treatment.

**Valuables** - Treatments are conducted free of jewellery, so please leave these behind in your hotel bedroom or at home.

**Medical Conditions** - Certain treatments and products react with some medical conditions. Please advise our reception consultant of any medical conditions at the time of booking your appointment.

**Cancellations** - The Spa is a busy, professional environment so kindly let us know of any changes to your schedule at least 24 hours before your treatment, otherwise a 50% cancellation charge may be applied.

Price and treatments are subject to change without notice.