

Welcome to Relinque Urban Retreat & Spa, a place to relinquish all cares – ‘to surrender, to release, to let go’.

Let us guide you through a deeply relaxing and personalised journey that begins the moment you enter through our doors. Where every touch, element and experience sends you on a sensory journey that rejuvenates and transforms in the most indulgent of ways.

Offering beautifully appointed treatment suites, steam room with ice fountain, yoga and pilates studio and relaxation lounge. Relinque Urban Retreat & Spa offers you an ideal holistic escape from the demands of busy city living.

We look forward to welcoming you on your journey...

INFORMATION

Spa Facilities

As a guest of Relinque Urban Retreat & Spa you will have use of our luxurious relaxation lounge and amenities including change rooms, lockers, bathrobes and slippers. Our steam room and ice fountain are complimentary for guests booking our RELEASE or RELAX Journeys and all other guests for a fee.

Spa Attire

Please wear whatever makes you feel comfortable. Swimwear is required for our steam room and ice fountain area. You will be provided with a personal locker, bathrobe, slippers and disposable underwear for treatments.

Making Your Booking

To secure your booking a 30% deposit with credit card or gift voucher is required. We recommend booking in advance to avoid disappointment.

Parties and Celebrations

We cater for groups and can curate a party package to suit.

Couples

Share a touch of spa in our double spa suite.

Men

All spa treatments are perfect for our male guests.

Arrival Time

Please arrive 15 min prior to your treatment time to ensure you receive your full treatment as we endeavour to remain on schedule for each and every guest.

Parking

We have ample onsite parking as well as street parking.

Opening Hours

The Day Spa is open from 10am to 7pm Monday to Saturday.

Cancellation Policy

The time for your experience has been exclusively reserved for you; however if your plans change, we do request the courtesy of 48 hours' notice to cancel your appointment. Regrettably without due notice, you will pay the 30% deposit of your treatment.

Health Consultation

It is essential that you inform us of any health conditions or pregnancy.

Spa Manners

The spa is a haven of health. Smoking and mobile phones are not permitted.

Valuables

We regret that we cannot accept responsibility for the loss of personal items, including those left in lockers and bathrobes.

Privacy & Modesty

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential.

Minimum Age

Young people under the age of 16 must be accompanied by a parent or guardian when having a treatment.

Retail Therapy

We have a wonderful selection of skincare and lifestyle products to choose from.

Payment

We accept cash, eftpos and all major credit cards.

Returns

The Day Spa can only accept a product return with proof of purchase and where the product is deemed faulty. We adhere to the Australian Consumer Law and health and safety regulations when handling any requests for a return or refund.

Gift Cards

The Day Spa is delighted to offer customised gift cards. Please ask reception for more details. Gift cards must be redeemed within 36 months. Please quote your voucher number when booking and present on arrival.

relinque
URBAN RETREAT & SPA

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[a place to relinquish all cares -
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RELINQUE JOURNEYS

Retreat to peace and relinquish all cares with a luxurious and sensory journey that weaves a series of indulgent therapies together to restore balance and wellbeing.

RELEASE

170 MINS / **\$465**

Body Scrub ~ Gua Sha Stone Ritual ~ Full Body Signature Massage ~ pH Rebalance Facial ~ Scalp Therapy

Release and melt away all of your tension with our luxurious full body macadamia or volcanic body exfoliation that will boost circulation and revive skin tone. Warm jets of water then awaken the senses, before your body surrenders to our signature Gua Sha stone ritual and full body signature massage. With all tension released, harmonising and nourishing scalp therapy and massage are combined with a pH balancing infusion facial to lift your complexion and rejuvenate your skin.

RELAX

140 MINS / **\$385**

Body Scrub: Body Wrap ~ Full Body Signature Massage ~ Facial Refresh & Massage

Relax into a blissful state of calm with our indulgent full body macadamia or volcanic scrub and muscle melting herbal wrap to refine and activate your skin. As the mind settles into stillness, the face is then cleansed, polished and uplifted with a soothing facial massage. A warm jet shower beckons, followed by our deeply relaxing full body signature massage to ease all muscle tension and stress.

REVIVE

110 MINS / **\$345**

Full Body Signature Massage ~ pH Rebalance Facial ~ Gua Sha Stone Scalp Massage

Revive and uplift with this luxurious sensory journey that begins with our signature full body massage using aromatherapeutic massage balm. A tailored pH rebalancing facial utilising copper minerals, bioactive botanicals and carefully curated products, refresh and revive your skin, before our Gua Sha Stone scalp massage melts away all mental stress and fatigue

RESTORE

80 MINS / **\$285**

Hot Stone Back Massage ~ pH Rebalance Facial ~ Foot & Scalp Therapy

Restore and rebalance with our tension dissolving hot stone massage to release all tension and stress throughout your body. A pH balancing facial energises the skin and a divine foot and scalp massage provide a true escape to inner peace.

MASSAGE THERAPIES

Rest and rebalance with our selection of deeply relaxing and soothing massage treatments. Our advanced massage treatments will ease muscle tension, improve circulation and restore your inner bliss.

SIGNATURE MASSAGE

80 MINS / **\$225**

This deeply relaxing signature massage draws on decades of experience in holistic treatment and incorporates therapeutic, acupressure and advanced massage techniques. Firm, flowing strokes and targeted acupressure points, release all muscle tension and stress.

DEEP TISSUE MASSAGE

50 MINS / **\$165**

A firm, full body massage for those tense and chronic areas within your body. Advanced massage techniques, combined with the strong healing properties of our beauty balm, detoxify and remineralise your body. An invigorating massage to revitalise your tired and aching muscles.

RELAXATION MASSAGE

50 MINS / **\$165** 80 MINS / **\$225**

This divine, relaxing, full body massage uses long, flowing strokes to soothe your aching muscles and lull your mind into a deep state of bliss

HOT STONE HEALING

80 MINS / **\$225**

Fluid massage movements and warm basalt stones, combined with an aromatherapeutic body balm provides a true escape to inner peace for body, mind and soul.

PREGNANT PAUSE

50 MINS / **\$165**

This safe and supportive massage using rhythmic strokes and a luxurious body balm is tailored to nurture the mother to be.

BODY THERAPIES

Awaken your senses and revitalise your skin with our deeply nourishing body therapies.

THERMAL BODY WRAP

80 MINS / **\$265**

Relax and renew your mind and body with our divine volcanic exfoliate and thermal mud wrap. This warming and deeply enriching therapy revives tired skin and soothes aching muscles and joints. A harmonising and nourishing scalp therapy melts away all mental stress and tension. The warming jet shower beckons and is followed by a luxurious, full body hydrating application of Lapis Lazuli crème that will leave you completely relaxed and renewed.

BODY SCRUB

50 MINS / **\$175**

Refine your skin and invigorate your body with our indulgent, full body exfoliation ritual. Our hydrating Macadamia scrub or purifying Volcanic exfoliate is applied to buff away impurities, leaving your skin toned, radiant and glowing. A warm jet shower is followed by a calming, full body application with our exquisite Lapis Lazuli body crème to deeply hydrate your skin and rebalance your body's chakras.

Choose from:

~ Macadamia Scrub – Hydrate and Smooth

~ Volcanic Exfoliate – Purify and Buff

FACIAL THERAPIES

Enhance your natural beauty and nurture your skin back to glowing health with our luxurious facial experiences. Our advanced facial treatments by LaGaia will soothe your mind and deliver visible skin results.

REPLENISH

110 MINS / **\$305**

A divine journey for your entire body. A back compress and signature back massage melt away all tension. Double cleansing, specialised masks, eye treatment, and uplifting facial massage using jade rollers, premium actives, antioxidants and vitamins revive dermal function and cellular renewal. Our Signature massage for hands, feet, scalp, neck and shoulders enhance this sublime sensory skin ritual – the ultimate indulgence in self care.

REFORMULATE

80 MINS / **\$245**

An illuminating facial that uses active botanical elixirs to revitalise dry and sensitised skin and addresses premature ageing. Beginning with a deep cleanse and exfoliation, the skin is then drenched in antioxidants, essential skin fortifying lipids and clinical vitamins to restore optimum skin function and pH balance. Suitable for all skin concerns and tailored to your needs.

REBALANCE

50 MINS / **\$165**

This refreshing and uplifting facial gives a boost of radiance for all skin types and complexions. Your ideal cleansing formulation buffs away cellular debris and prepares the skin for a deeply hydrating pH balanced treatment infused with vitamins, minerals, and botanical rejuvenation.

RELINQUE ENHANCEMENTS

These enhancement experiences have been designed to enjoy as an' add on' to any one of our rituals, facials, massages or body treatments.

STEAM & ICE

30 MINS / **\$55**

Steam Room ~ Ice Therapy

Step into a space of pause. Close your eyes, bask in the warmth, breathe, release and relax. Wake up your immune system and boost your circulation with heat and ice therapy.

BACK THERAPY

30 MINS / **\$95**

A perfect addition to a facial or body therapy, this massage delivers focused attention to releasing tension and tightness in the back, neck and shoulders.

FACIAL THERAPY

30 MINS / **\$95**

The ideal antidote for tired skin that needs an energising boost. Blending the best of pH balancing products with an uplifting facial massage, this treatment delivers a visible result.

SCALP THERAPY

30 MINS / **\$95**

A soothing and nourishing scalp and hair treatment combines with pressure point massage to provide deep relaxation and relief for a busy mind and dry hair.

FOOT THERAPY

30 MINS / **\$95**

Rejuvenate your tired, aching feet and legs with our relaxing chamomile compress and reviving volcanic scrub. This calming ritual is followed by an acupressure massage and clay mask that restores a spring in your step.

HAND THERAPY

30 MINS / **\$95**

Hardworking hands and arms are treated to a relaxing lavender compress and gentle pumice polish, before a luxurious beauty balm massage and mask are applied to relieve tension and dehydration.

Note: these enhancement services are not available as a singular experience.

WATER THERAPY

Step into a space of pause. Close your eyes, bask in the warmth, breathe, release and relax. Wake up immunity with ice. Don a robe, put your feet up, sip on tea, savour a snack.

STEAM & ICE

60 MINS / **\$95**

Steam Room ~ Ice Therapy ~ Robe & Relax ~ Wellness Refreshments

Step into a space of pause. Close your eyes, bask in the warmth, breathe, release and relax. Wake up your immune system and boost your circulation with heat and ice therapy. Don a robe, put your feet up, sip on tea, savour a snack.