



VOYAGES
AYERS ROCK
RESORT

RED OCHRE SPA

Slip into comfort and relaxation right in the heart of the central Australian outback with a visit to the beautiful Red Ochre Spa. The perfect way to immerse yourself in the timeless landscape of one of the world's most beautiful natural wonders. The Red Ochre Spa has been designed with pampering and total indulgence in mind – a sanctuary where guests exchange stressed or weary states for tranquility and embrace treatments that renew energies or evoke delicious relaxation.

Combining nature's intelligence and the power of touch, our signature therapies mirror the balanced beauty of Uluru – the essence of Australia. Your spa experience will be enhanced by your surroundings, relax in your private balcony bath ritual with someone special or simply spoil yourself with any one of our Spa Menu delights.

Elemis is exclusively used at Ayers Rock Resort, developed in the UK by a specialised team, with extensive clinical and scientific studies. A results-driven skincare range defined by nature, and led by science. Elemis have grown into the most successful professional spa and anti-ageing skincare range available in the world today. Treating over 5 million people each year through its network of exclusive, award winning spas on land, at sea and exotic destination Day Spas.

The Elemis range of advanced skincare formulations and professional spa therapies provide life-enhancing solutions for every man and woman. Unique massage sequences and power-boosting facials, address your specific skin and body conditions. Producing visible results, whilst re-awakening the senses.

Elemis never compromises on quality.

Please make your appointments at the Spa Reception on Ext 99

Advance bookings are recommended. Our Spa environment is open to those 16 years of age and over.

CANCELLATION POLICY

Your treatment time has been reserved especially for you. However, we understand that plans change. If you do need to change or cancel your treatment, you are required to provide four hours notice. Without notice the full charge of your treatment will apply.

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Elemis
spa-therapy

Elemis Spa Bar

Elemis has developed not only a new concept in retail spa-therapy but is changing the way we analyse, prescribe and demand results from our skin, body and mind.

Customers are drawn into its welcoming presence, with expertly trained spa therapists and a playground of discovery.

Introducing a non-intimidating, innovative, interactive 'lifestyle palette' tester zone, which offers the freedom to feel, smell and touch the Elemis range of products.

Take time for yourself and experience the Spa Bar.

Elemis Spa-Therapy Menu

Developed by a specialised team, with extensive clinical and scientific studies, Elemis professional spa-therapies are world renowned for their powerful massage sequences combined with the most dynamic actives available in the world today.

Escape from the pressures of daily life and make time for yourself.

Skin Therapy

Elemis Facials provide the perfect skin maintenance, using exceptional skin conditioning plant actives to deeply cleanse the face, whilst renewing radiance and stimulating the skin for long-lasting, proven results.

Each superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

Advanced Anti-Ageing Facials

Visible Brilliance Facial – 75 mins

\$175.00

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this Anti-Ageing Facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to **38%** and elasticity by **28%** after just 1 treatment.

Tri-Enzyme Resurfacing Facial – 60 mins

\$175.00

This ground breaking Anti-Ageing Facial instantly resurfaces and smoothes the skin.

Clinically proven to visibly resurface by up to **75%*** and increase skin smoothness by up to **32%*** after just 1 treatment. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

* Independent Clinical Trials 2006

Advanced Anti-Ageing Facials

Pro-Collagen Quartz Lift Facial – 75 mins

\$175.00

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%*

The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration. For a firmer, uplifted, more youthful looking appearance. Professional strength formulations are combined with specialised lifting massage techniques for maximum treatment efficacy.

* Independent Clinical Trials 2006

Advanced Performance Facials

Oxygen SkinCalm Facial – 75mins

\$175.00

This face and eye treatment is pure soothing heaven for sensitive skins.

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

Elemis Skin Specifics Taster Facial – 30mins

\$75.00

Experience a taste of the world of Elemis with this introductory facial, an instant pick-me-up for dull, lifeless skin.

Face and Body Therapy

The Cooling Hot Stone Body-Facial – 55mins

\$155.00

Pure body indulgence with exceptional anti-ageing facial results!

In just 55 minutes your Elemis therapist will customise a unique 'ice-cool thermal muscle massage' to your specific problem areas, alleviating stress and easing aching muscles. Whilst your body is in a pure state of blissful relaxation, receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

Massage Therapy

Deep Tissue Muscle Massage

– 30 / 60 / 90 mins

\$90.00 / \$125.00 / \$175.00

Submit your body to a vigorous workout of deep rhythmic pressure massage.

Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs:

- **Stress-a-Way:** soothe and relax with a 'de-stress' blend of Lavender, Chamomile, Melissa, Geranium and Bergamot.
- **Spirit Reviver:** uplift, detoxify and renew your zest for life with the 'Cellutox' blend of Lemon, Lime, Peppermint & Grapefruit.
- **Muscle Melt:** ease away tired, aching muscles with the 'Musclease' blend of warming Rosemary, Juniper, Thyme, Birch & Chamomile. (Excellent for rheumatic or sport related pain.)
- **Chakra Balancing:** bring your body and emotions into total equilibrium with the exotic essence of Frangipani.

Deep Tissue Back Massage – 30 mins

\$65.00

Maximum tension-relieving results for those with minimal time.

Specifically targeting the back, shoulders and neck areas, this powerful massage is focused where you need it most. Can be combined with Elemis facials as a pre-facial relaxer!

Advanced Massage Therapies

Aroma Stone Therapy – 75 mins

\$165.00

Harnessing ancient healing powers for a completely new body experience.

Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

Body Therapy

Body Sculpting Colon Therapy – 60 mins

\$165.00

Help smooth the appearance of cellulite, boost the blood circulation and reduce fluid retention.

A detoxifying Fennel and Birch peel off body mask is combined with specialist drainage massage techniques to leave skin firmer and smoother to touch, while cleansing the colon and purifying the body.

Red Ochre Spa Total Wellbeing Experience – 55mins

\$115.00

Red Ochre Spa invite you on an exotic journey combining warmed aromatherapy oils to relax your mind with the healing touch of Eastern techniques to massage away any tension. Starting with a Hot Lime Foot Cleansing and Thai Foot Ritual, followed by a Nourishing Milk Bath, your feet will be luxuriously cared for, refreshed and pampered, using Lime and Ginger Salt Glow with the exquisite magic of Monoi to seal in moisture and leave your skin silky soft. The treatment focus moves to your back with a relaxing back, neck and shoulder massage and is completed with an energising foot massage that will leave you floating on air as you leave the Spa.

Exotic Therapies

Exotic Lime and Ginger Salt Glow – 30 mins \$100.00

An exotic exfoliation ritual to invigorate and revitalise the body.

Elemis Exotic Lime and Ginger Salt Glow deep cleanses, polishes and softens to perfection, while Exotic Island Flower Body Lotion leaves the skin glowing and vibrant, replenished and flawless.

Hand and Foot Treatments

Sole Delight Foot Treatment – 30 mins \$55.00

A sensory experience for your feet, that promises to leave you walking on cloud nine!

Warmed aroma-therapeutic oils nourish and condition your feet and nails, leaving a rich and healing action on your skin.

May be extended to a 60 minute treatment to include a pedicure. \$105.00

Exotic Hand Ritual – 30 mins \$55.00

Pure pampering for your hands and nails to restore beauty and suppleness.

Cuticles and nails are nourished with warmed aromatherapy oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness for beautifully smooth, soft hands.

May be extended to a 60 minute treatment to include a manicure. \$105.00

Spa Journeys

Couples Journey – 2 hours 15 mins

\$198.00 pp

Treat you and your partner, friend or relative to a pampering session you will never forget!

Starting with a luxurious Bath Ritual of your choice, allow the blend of aromatherapy to gently start to dissolve away any tired aches and pains or traces of stress in your body. Your therapists will join you after your bath to continue your relaxation with a customised Deep Tissue Full Body massage using dynamic blends of essential oils to suit your individual needs. Completing the treatment with a delightful foot treatment that will remove all traces of dry skin, and leave you walking on air, your spa therapist will use warmed aromatherapeutic oils to massage, nourish and condition the skin.

The Dreaming – 1 hour 45 mins

\$198.00pp

Awaken the Dreamtime while this therapeutic spa journey reconnects the mind, body and soul.

A full body exfoliation ritual using an aromatic unrefined Sea Salt, uniquely blended with Kuki, Camellia and Jojoba oils will boost your circulation and start you on your journey to pure relaxation. Following a shower in your private spa room, your spa therapist will perform a powerful customised massage targeting the back neck and shoulders, working on the areas that are holding the most tension. Complete your journey by turning over to receive an indulgent facial leaving you revitalised, refreshed and renewed from head to toe. A dreamtime indulgence that is truly divine!

Warning: It is common to experience long moments of meditation during this treatment!

The Dreaming may be extended with an Advanced Facial – 2 hours 15 mins \$285.00pp

Bathing Rituals

Relax in the comfort of your own private balcony at the Red Ochre Spa, as you slip into luxury in the heart of the central Australian outback. Enjoy a decadent Bathing Ritual to calm the mind, body and spirit. Inspired by ancient wisdoms that celebrated water as a renewing and life-giving force, your selection of bath ingredients have been designed to capture the power of nature to nurture, feed and heal your body. Enjoy the beautiful ambience with someone special, or soak alone for a special treat!

Choose a nourishing and fragrant bath from the menu below:

Skin Nourishing Milk Bath – This award winning formula is rich in nourishing vitamins, Oat Extract and Japanese Camellia Oil to feed the skin, leaving your skin soft and supple. Excellent for sensitive and excessively dry skin conditions.

Muscle melting – Musclease Herbal Bath Synergy – This deeply soothing fusion of Pine, and Rosemary essential oil is the perfect blend to ease muscle spasm, stressed joints and tense neck and shoulders.

Detox – Cellutox Herbal Bath Synergy – A potent blend of detoxifying Algae rich in Iodine combined with pure essential oils of Juniper and Lemon help balance the metabolism, while the synergy of essential oils work to breakdown cellulite, cleansing and detoxifying the body.

Couple – 45 minutes \$ 80.00 Single – 30 minutes \$ 65.00