

## **LA PRAIRIE**

### **The Art of Beauty Sensual Indulgences for Face and Body**

Imagine the world's most exclusive beauty treatments. A luxurious, calming environment with pampering so relaxing that tension and stress float away.

La Prairie now makes it possible for you to enjoy our much sought-after Swiss Treatment Experience. Here, in this serene environment, the focus is on your beauty, your rejuvenation.

The Observatory Day Spa is Sydney's exclusive La Prairie Luxe Day Spa.

## **OBSERVATORY SIGNATURE**

### ***The Observatory Day Spa Where Beauty and Luxury Live as One.***

Intertwining ancient therapies with our own signature products and techniques, The Observatory's Signature Therapies are more than just a treatment; they are an indulgent assault on the senses.

It is our philosophy to unite inner and outer beauty and combine the experience with the highest level of luxury to leave your mind, body and spirit in a state of pure relaxation.

## LA PRAIRIE FACIALS

### **Deluxe Swiss Facial**

**1hr \$190**

Experience La Prairie for the very first time with this luxury introductory facial. Exclusive to The Day Spa, reward your skin with the most sought after beauty products in Sydney's most exclusive day spa.

### **Marine Youth Protection Treatment**

**1hr \$190**

Super hydrating, restorative and age defending, the ultra pampering holistic facial treatment is revitalising as the sea itself

### **Stress Relief Facial**

**1hr \$190**

This facial, incorporating reflexology techniques, is built around three themes: counteracting the effects of jet lag and daily pressure by eliminating toxins, rebalancing inner energies, and relieving stress build up to stimulate a feeling of lightness and calm.

### **Swiss Cellular Anti-Aging Facial**

**1hr 30min \$250**

With La Prairies breakthrough Anti Aging technology actively delays the effects of aging, smoothing the appearance of fine dry lines and wrinkles, your skin will glow brighter, younger and healthier.

### **Cellular Resurfacing Facial**

**1hr 30min \$250**

Effective exfoliation to physically renew the skin, diminish the appearance of fine lines and wrinkles, acne and age spots. This polishing and hydrating treatment offers a smoother healthier glow

## LA PRAIRIE FACIALS

### **Caviar Firming Facial**

**1hr 30min \$250**

A luxurious treatment to instantly firm skin and improve tone and texture. Caviar pearls, a face and eye massage and caviar mask will transform even the dullest complexions into radiant, luminous skin.

### **Hydrating Facial**

**1hr 30min \$250**

An intensive hydrating treatment that will provide dramatic results for dehydrated skin. The revitalising benefits of Cellular Cycle Ampoules are La Prairie's most exclusive cure.

### **Custom Luxe Facial**

**1hr 30mins \$275**

Whether your skin requires the assistants of crushed pearls, pure caviar or micronised diamonds, your therapist will customise a facial treatment to suit your skin demands. This facial treatment is exclusive to the Day Spa at The Observatory Hotel

### **Observatory Signature Microdermabrasion Facial**

**1hr 30min \$275 / Course of 7 \$1,600**

Say goodbye to fine lines, acne scars and unwanted pigmentation with our 6 star customized Microdermabrasion facial treatment. Using air powered fine grain crystals combined with our signature creams and serums, your therapist perfects the outer layer of your skin and erases all unwanted imperfections.

### **Pure Gold Radiance Facial**

**1hr 30min \$300**

La Prairie's newest gold standard for anti-ageing. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly lifts, firms, brightens and energises. Gentle heat and the selected masks enhance the penetration of Pure Gold making the skin look smoother and feel radiant and vibrantly alive.

## **OBSERVATORY MASSAGE**

*During your massage, your therapist will be pleased to make any adjustments to suit your needs. Whether it is the temperature in the room, massage pressure or concentration on a specific area, just let us know.*

### **Relaxation Massage**

**60mins \$145 / 90mins \$175**

This massage is tailored to your preference, to relieve body tension and relax or stimulate your mind and body.

### **Stress Relief Massage**

**60mins \$160 / 90mins \$195**

Firm massage for the release of deep muscular tension and stress relief.

### **Volcanic Stone Therapy**

**60mins \$160 / 90mins \$195**

An ancient massage technique utilising the benefits of thermotherapy. Hot volcanic basalt and cold marble stones are placed and used on the body throughout the massage restoring physical, emotional and spiritual wellbeing.

### **The Real Aromatherapy Experience**

**75mins \$175 / 105mins \$210**

Ease away the day's stresses and strains and bring your body and mind back into balance. The real, traditional aromatherapy full body massage fusing the best of massage practices from East and West. Carefully applied pressure stimulates the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

### **La Prairie Skin Caviar Massage**

**60 minutes \$175 / 90 minutes \$220**

A tailor-made head to toe massage therapy designed to nourish, energise, illuminate and transform every inch of you with La Prairie's infamous skin caviar cream.

## **OBSERVATORY SIGNATURE TREATMENTS**

*Choose from any of our signature treatments and experience our exclusive products that can only be found at The Observatory Hotel.*

### **Observatory Thai Fusion Exfoliation**

**30mins \$95**

Our hand-blended secret fusion formula designed to exfoliate and harmonise the body leaving your skin feeling and looking silky smooth.

### **Observatory Choc Therapy \***

**1 hr 15min \$185**

Exclusively made for The Observatory Hotel Day Spa, Choc Therapy is a must for the Chocoholic. Enjoy the heavenly scent of rich chocolate without the calories. Starting off with a full body exfoliation using finely ground walnut husks, followed by a warm chocolate fudge body wrap, and finishing with a delicious application of chocolate body lotion.

*\* Body wraps are contra indicative to pregnancy*

### **Poultice Therapy Experience**

**1hr 15mins \$225**

Experience the ultimate treatment that can only be found at The Observatory Hotel and Lilianfels' Day Spas. Using a heated muslin bag filled with Lavender, Rose, Jasmine and Ginger as a massage tool, this 14-century technique is designed to take you beyond relaxation. Combined with ancient Hawaiian Kahuna massage movements, two therapists are used to pinpoint your muscles' "trouble areas" and nurture you back to comfort and ease.

### **Relinquish Ritual**

**1hrs 45mins \$250**

Combining two ancient therapies that are designed to relax and rebalance the mind, body and soul. The Relinquish Ritual begins with a volcanic stone therapy treatment that melts away muscle tension and caters to your aching body needs with its natural healing powers. Once completed, surrender your mind to a Tibetan Temple treatment that uses heated lavender, rose, chamomile and jasmine wrapped in a tightly filled muslin bag, dipped in warm macadamia oil and compressed gently against the temple to release the mind leaving you thought free and clear.

## **BODY THERAPIES**

## **COUPLES THERAPY**

### **Cellular Detoxifying Back Treatment**

**1hr \$190**

A luxurious renewing back treatment that involves deep cleansing, exfoliation, extractions and a relaxing purifying mask followed by a Back, Neck and Shoulder Massage.

### **Caviar Body Treatment**

**1hr 30min \$240**

Luxurious caviar - nature's most exquisite bounty - is the source of this exclusive Full Body Exfoliation, followed by a nourishing and energising Total Body Massage. This ultimate firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of wellbeing.

### **Luxe Moisture Indulgence**

**1hr 30mins \$240**

Gentle body exfoliation combined with a Back, Neck and Shoulders massage to ease all unwanted tension stored throughout the body. Cellular Hydralift Firming Mask is applied to the hands and feet and moisture is sealed in with our heated mitts that provide maximum nutrients. To finish, a full body application of La Prairies Caviar Luxe Cream leaves your body feeling and looking luminous.

### **Diamond Body Perfection**

**2 hrs \$280**

Instant results start with a Full Body Microdermabrasion utilising a micronised puree of diamonds, fresh water pearls and quartz crystals, a full body massage and finally a luxurious application of Skin Caviar Luxe Body Cream.

### **Urban Release**

**1 hr 30 min \$200**

Indulge with a Full Body Observatory Exfoliation followed by a relaxing Full Body Massage.

### **Couples Full Body Massage**

**60mins \$330 per couple / 90mins \$375 per couple**

Let your aches, pains, tensions and worries drift away as you and your partner enjoy a Full Body Relaxation Massage.

### **Girls Getaway**

**1hr 30mins \$550 per couple**

A treatment designed to be shared and enjoyed together. Perfect for mother / daughter escapes or a luxury girlfriend getaway, indulge your hands and feet with a La Prairie Luxe Manicure or Pedicure while enjoying a glass of Duval Leroy Rose Champagne.

### **Couples Volcanic Vitality**

**2hrs \$660 per couple**

Surrender your tired aching muscles to a treatment designed to relax, restore and regain total well being. Relax as your therapist's uses heated volcanic stones as massage tools to iron out unwanted tension and muscle fatigue. Restore with an Observatory Hydrating Wrap combined with a Volcanic Foot therapy treatment.

### **Couples Luxe Therapy**

**2hrs 30mins \$795 per couple**

Let the indulgence begin with La Prairie's Full Body Skin Caviar Massage that will illuminate and transform every inch of you with La Prairies infamous skin caviar cream followed by a Caviar Firming Facial.

### **Couples Indulgence Therapy**

**2hrs \$740 per couple**

Our Indulgence Package is, well, the ultimate indulgence. To start, drift away as your therapists performs a full body Microdermabrasion utilising a micronised puree of diamonds, fresh water pearls and quartz crystals to remove any remaining dead skin cells from your soon-to-be nourished body. Your skin will then be drenched with a luxurious application of Skin Caviar Luxe Body Cream which will nourish and hydrate your skins thirst. Your treatment is completed with a Stress Relief Facial.

## **THE OBSERVATORY PACKAGES**

### **Gentlemen's Rescue**

**2hrs \$350**

For the next two hours forget anything and everything while your La Prairie therapist caters you to a La Prairie Skin Caviar Massage followed by a Swiss Cellular Men's Facial.

### **Simply Spoilt**

**2hrs 30mins \$425**

Simply spoil yourself to a package that's designed to cater to your therapeutic needs from head to toe. The package begins with a La Prairie Pure Gold Facial that uses golden drops of Cellular Radiance Concentrate which instantly lifts, firms, brightens and energises leaving your skin looking smoother and feeling more radiant and alive. Your treatment is completed with a tailor-made head to toe massage therapy designed to nourish, energise, illuminate and transform every inch of you with La Prairies infamous skin caviar cream.

### **La Prairie Perfect Retreat**

**2hrs 30mins \$400**

A combination of a Full Body Exfoliation followed by a Swiss Caviar Massage and completed with a Deluxe Swiss Facial.

### **Swiss Bliss Experience**

**3hrs \$450**

A three hour 'dream experience' that suspends time! Using techniques based on a true synergy between face and body and drawing on principles of the Caviar Firming Treatment which produces immediate results, this special program simultaneously 'works' the entire body – from scalp to toes –

### **Champagne & Caviar Indulgence**

**4hrs 30mins \$700**

Your indulgence begins with a 45-minute full-body massage using La Prairie's signature massage oil, followed by our famous Caviar Firming Facial. Next, surrender your fingers and toes to a manicure and foot beauty treatment, completed with a celebratory glass of Duval Leroy Rose Champagne.

## **THE OBSERVATORY PACKAGES**

### **Volcanic Rebalance**

**1hr 45mins \$250**

Indulge your body to a treatment that induces pure relaxation. Begin with an Observatory Full Body exfoliation using our signature salt scrub with a blend of high grade essential oils fused secretly within. Replenish your skin with a hydrating macadamia mask filled with an array of vitamins and minerals that will quench your skins dehydrated thirst. To complete the pampering, the treatment is fulfilled with a full body volcanic massage.

### **Get Carried Away**

**2hrs \$290**

Start your treatment off as any city girl should with a complementary glass of pink champagne while your therapist gives your fingers and toes the works with our deluxe manicure and pedicure.

### **The Full Body Facial**

**3hrs \$380**

Your treatment begins with a full body exfoliation with our signature hand-blended secret fusion formula scrub followed by a nourishing pure macadamia body wrap. While your skin is soaking in nurturance, relax as your therapist releases all unwanted tension with our Tibetan Temple massage treatment which uses specialised herbs wrapped in a tight muslin bag and are then used as massage tools to alleviate unwanted aches and pains. Your treatment is completed with a La Prairie Hydrating Facial.

### **Diamond Luxe**

**4 hrs 30min \$700**

Our most glamorous package includes some of La Prairie's most luxurious treatments. Begin the day with a Diamond Body Perfection treatment, followed by a La Prairie facial, and your choice of a Deluxe Manicure or Pedicure. Savour a light spa cuisine meal and as our gift to you, take home a plush Observatory Hotel Day Spa bathrobe.

### **Yummy Mummy**

**3hrs \$425**

Experience a treatment made purely for those hard working mums that deserve an escape from reality and taste of serenity. Start your treatment with an Observatory Full Body Exfoliation followed by a nourishing wrap that leaves your skin supple and smooth. A full body massage releases all unwanted stress and tension completed by an express manicure and pedicure.

## PERSONALISED PACKAGES

Choose any of the following treatments options

**Choose One Treatment \$95**  
**Choose Two Treatments \$185**  
**Choose Three Treatments \$275**  
**Choose Four Treatments \$365**

**More than four Treatments: \$70 per additional treatment**  
**Treatment duration: 30mins each**

### **Observatory Thai Fusion Exfoliation**

Our hand-blended secret fusion formula is to design to exfoliate and harmonise the body leaving your skin feeling and looking silky smooth.

### **Observatory Hydrating Wrap**

An ideal treatment to revive dehydrated skin and especially beneficial after an international flight or a little too much time in the Australian sun.

### **La Prairie Caviar Intensive Eye Lift Treatment**

Ultra firming and hydrating eye treatment leaving the skin firmer, gently lifted, brighter and radiant.

### **Scalp Sculpting Massage**

Using heated macadamia massage oil to soothe city tension and stress, this treatment is designed for deep relaxation.

### **Back, Neck and Shoulders Massage**

Dissolve office tension with a gentle massage – it's the perfect way to spend a lunch break.

### **Volcanic Express**

Muscle tension melts down with heated volcanic stones used to release muscle tightness in the back, neck and shoulders.

### **Hand, Foot and Ankle Massage**

Using organic macadamia and essential oils, sit back and relax while our therapists ease away aches and pains.

## PERSONALISED PACKAGES

### **Men's Express Manicure**

This high performance manicure includes an invigorating hand scrub to rid dry dull skin. The professional products contain hydrating elements to heal and moisturise the skin

### **The Tibetan Temple**

Experience a treatment like no other. Massaging with a heated muslin wrap filled with lavender and roses, your therapist uses heat therapy along with ancient healing techniques to rid the mind from stress and tension.

### **Deluxe Swiss Express Facial**

This mini facial is the perfect introduction to La Prairie. Exclusive to The Day Spa, experience the most sought after skin product in Sydney's most exclusive day spa.

### **Volcanic Foot Therapy**

Surrender your feet with our warm volcanic stones treatment. The stones are used as massage tools to alleviate aches and pains in the feet or ankles.

### **Express Pedicure**

Includes nail shape, soothing foot massage, hydrating lotion and a final touch with one of our fine polishes.

### **Express Manicure**

Includes nail shape, soothing hand massage, hydrating lotion and a final touch with one of our fine polishes.

### **The Poultice Express**

Experience the sensation of heated lavender, rose, jasmine and marigold wrapped tightly in a muslin cloth and dipped in warm macadamia oil as it's used as a massage tool against your back, neck and shoulders.

### **La Prairie Diamond Exfoliation**

Using a micronised puree of diamonds, fresh water pearls and quartz crystals, your therapist exfoliates your body leaving your skin feeling smooth and glowing with pure radiance.

## **HANDS AND FEET**

### **La Prairie Luxe Manicure**

**1hr 15mins \$175**

Your indulgence begins with hand and forearm exfoliation to soothe your skin and give it the velvet touch it deserves. La Prairie's Skin Caviar Firming Mask is then applied to nourish and replenish fatigued skin. Your cuticles are then treated and shaped to perfection followed by a relaxing hand and arm massage with La Prairie's Cellular Hand Cream

### **La Prairie Luxe Pedicure**

**1hr 30mins \$190**

A lavender and rose petal foot bath is waiting for your feet to lavish in. A lower leg exfoliation is performed to polish and perfect followed by a stimulating La Prairie Firming Mask that blankets your feet and ankles and leaves you with silky satin skin. Shaping, buffing, cuticle repair and polish completes this perfect pedicure.

### **Deluxe Manicure**

**1 hr \$135**

An intensive hand and nail treatment using imported Alessandro nail therapy, your treatment includes exfoliation, shaping, cuticle work, buffing, a paraffin wax treatment, and your choice of polish.

### **Deluxe Pedicure**

**1 hr \$135**

An intensive foot and nail treatment involving cleansing, exfoliation, shaping, buffing, cuticle work, massage, a paraffin wax treatment and your choice of polish.

**French polish is an additional \$30.00 and must be pre booked.**

## **EYES AND LIPS**

### **Five Star Eyebrows**

**45min \$95**

Get the Hollywood brows you've always wanted with this Five Star Treatment. Our team of Eyebrow Specialists will design, colour & contour the perfect shape for you and finished off with a luxurious La Prairie Caviar Eye Mask.

### **Eye, Lip & Neck Treatment**

**45min \$110**

For visibly younger looking eyes, lips and neck this treatment smoothes away wrinkles and removes signs of fatigue and puffiness. While the lip and neck contours appear firmer with depth of wrinkles reduced.

## **GENTLEMEN'S MENU**

### **Swiss Cellular Treatment for Men**

**1hr \$155**

Instantly cleanses, energises and conditions skin. The balance of the skin looks and feels renewed and restored.

### **Gentlemen's Rescue**

**2hrs \$350**

For the next two hours, forget anything and everything while your La Prairie therapist caters you to a La Prairie Skin Caviar Massage followed by a Swiss Cellular Men's Facial.

### **Men's Express Manicure**

**30mins \$95**

This high performance manicure includes an invigorating hand scrub to rid dry dull skin. The professional products contain hydrating elements to heal and moisturise the skin

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#### **Cancellation Policy**

Guests who wish to cancel or reschedule their appointment are kindly requested to provide 24 hours notice or the full cost of the treatment will be charged. If you arrive less than 30 minutes late, your treatment will be reduced, but still charged at the full price. If you are more than 30 minutes late your treatment will not be honoured. This will ensure that other guests are not inconvenienced.

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#### **Appointments**

Please telephone the Day Spa to make an appointment. Advance bookings are highly recommended to avoid disappointment. A credit card is required to hold all reservations, apart from gift voucher bookings and for guests of the hotel.