

“Inner health results in visible beauty”

Lyall  
Spa

South Yarra    Melbourne    Australia



Lyall  
Spa

# THE LYALL SPA ESSENTIALS

## When should I arrive for my spa treatment?

We recommend that you arrive fifteen minutes prior to your appointment. This allows time for you to complete your consultation form, meet your therapist and be ready for your spa experience.

## What if I am late for my appointment?

Arriving late will unfortunately limit the time of your treatment. Plan your special time out and ensure you arrive on time to experience the complete benefits and pleasure of pampering.

## Should I pre-book my spa appointment?

Lyall Spa enjoys high occupancy throughout the year. It is recommended to arrange your treatments prior to arrival. All appointments may be guaranteed with a credit card, hotel booking or 50% cash deposit.

## What should I wear to the spa?

Please wear whatever clothes are comfortable for you to the spa. During treatments our therapists are trained to drape you appropriately for privacy. Disposable underwear is available and there are fully equipped change rooms in the spa for you to use during your visit.

## How do I choose my treatment?

We offer a full menu to relax, rejuvenate and revive face and body. Our staff at the spa can help you decide on specific treatments that are most appealing and beneficial to you.

## What if I have special health considerations or allergies?

If you have any concerns regarding your health, please notify us when booking your treatments; including allergies, colds, flu, skin conditions etc.

## What if I am pregnant?

Please notify us when booking your treatments. We have designed treatments with products and techniques that are safe after 12 weeks of pregnancy. Refer to the  symbol.

## What should I bring?

We will of course provide robes, slippers, towels, toiletries, showers, hairdryers and lockers. Please leave your valuables at home as we cannot take responsibility for valuables left unattended in the spa.

## What if I need to cancel my spa reservation?

We understand that sometimes you may need to change your schedule, but we ask that you give us 24 hours notice. Cancellation or No-Show within 24hr of your appointment will incur a 75% charge of the treatment/s booked. Packages and gift vouchers are non-refundable. Credit card details will be requested at time of booking.

## Where do I park my car?

All you need to do is park out the front of the hotel, leave your keys with hotel reception and your car will be complimentary valet parked.

## Spa Etiquette

To respect everyone's spa experience, please keep noise levels to a minimum and ensure that your mobile phone is switched off before you enter the spa. Smoking is prohibited in the spa and we recommend that you avoid alcohol consumption prior to your spa treatment.

## Terms and Conditions

\*To compliment selected treatments, please inquire about our specially designed add on services.

Beverages and Spa Cuisine are available upon request.

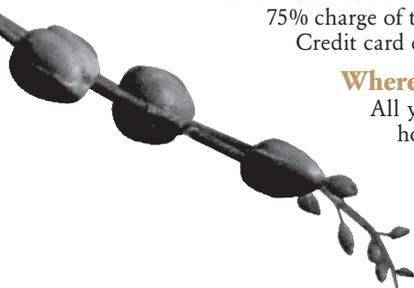
Selected treatments are available as course treatments identified by 

A course of any treatment of an hour or more can be purchased in advance, pay for four and receive the fifth complimentary.

Gift Certificates are available for all treatments and all occasions.

**A 10% surcharge applies on Sundays and Public Holidays and no voucher redemption.**

Prices are correct at the time of printing and are subject to change without prior notice.



# MASSAGE

## Lyall Spa Massage

45min \$90      75min \$150  
60min \$120      90min \$180

**Relaxation** Swedish style massage incorporating long flowing strokes to soothe the mind and body.

**Remedial/Advanced Remedial** Deep tissue and therapeutic massage.

**Reflexology** The science of balancing the whole body through related pressure points of the feet.

## Hot Stone Massage\*

75min \$170

A deeply relaxing and therapeutic treatment using warm oils together with hot stones to relax and remedy at a deeper level.

## Skeyndor Sensory Massage

60min \$140

Restore your balance of mind and body through your intuitive selection of an exquisite aroma-senses oil. Begin this harmonising journey with a traditional foot cleanse.

*Intuitive Sensory Selection* ~ Myrrh • Neroli • Lemon • Lavender • Ylang Ylang

## Sodashi Prescriptive Massage\*

60min \$140

Choose from a selection of highest grade 100% natural oils:

Balancing • Toxicleanse • Energising • Serenity • Fitness • Sensual • Vitamin Rich a gentle unscented oil suitable for very sensitive skin and during pregnancy.

# HANDS AND FEET

## Lyall Luxury Manicure

60min \$100

An intensive hand treatment with exfoliation, mask and complete hand and nail grooming.

• French Polish

15min \$15

## Lyall Luxury Pedicure

60min \$100

An intensive foot treatment with exfoliation, mask and complete foot and nail grooming.

• French Polish

15min \$15

## Make Up Professional

60min - \$90      Bridal - \$120

# SPRAY TAN

**Regular Tan** Development in 8 hours

15min \$45

**Express Tan** Development in 3 hours

15min \$50

# EPILATION AND ENHANCEMENTS

**Lip** 15min \$20

**Half Leg** 30min \$38

**Chest** 30min \$35

**Chin** 15min \$20

**Full Leg** 45min \$60

**Back** 30min \$50

**Eyebrow** 15min \$30

**Bikini** 15min \$30

**Brow Tint** 15min \$16

**Underarm** 15min \$25

**G-string** 15min \$40

**Lash Tint** 30min \$25

## Products

### Skeyndor

Skeyndor is a pioneer in scientific skincare that was founded in Spain in 1966. Dynamic and results driven in its approach to the development of new technologies and more efficient ingredients and application techniques. The luxurious Skeyndor spa rituals and prescriptive treatments are sensorial and sublime.

### Sodashi

Luxurious and effective Australian spa products. 100% natural, chemical free and environmentally friendly. Pure, radiant and unique spa treatments.

# BODY POLISHES

## Sodashi Salt Serenity

45min

\$125

Bring your body back to balance with the application of warm soothing oils, followed by a Himalayan Salt and plant essence therapy treatment. Relieve stress and fatigue while gently stimulating the body's circulation. This salt therapy treatment is also perfect after long periods of travel or exercise.

## Sodashi Vanilla Body Bliss\*



60min

\$150

This highly fragrant and gentle all over body exfoliation will soothe and calm the mind and body while revitalising and hydrating the skin. Containing the active ingredient of Sandalwood Powder, this treatment is the perfect tonic to relieve tired aching muscles. Following this fragrant experience you will delight in the aromas of Vanilla and Coconut infused in your skin. This treatment is safe and effective before, during and after pregnancy.

# BODY WRAPS

## Skeyndor Heavenly Chocolate and Vanilla Body Rapture.

75min

\$180

A decadent chocolate and vanilla wrap drenches the body in cocoa packed with anti oxidants. Good enough to eat, this delicious ritual promotes blood circulation, boosts skin elasticity and offers significant anti ageing benefits.

## Skeyndor Revitalising Sapphire Experience.

90min

\$230

Re-energise with a gentle exfoliation using thermal peeling salts from springs with the worlds highest concentration of magnesium, essential minerals and trace elements. A silky sapphire body wrap, sparkling with crushed sapphires infuses vitamins to the skin followed by a soothing Malachite Balance Massage for mind and body harmony leaving the body intensely hydrated and profoundly luminous. A Flourite Gem Chakra Balancing completes this gemotherapy.

## Skeyndor Remineralising Anti – Fatigue Experience

90min

\$210

An organic clay wrap enriched with iron and tissue healing Hematite boosting circulation and encouraging long lasting hydration followed by a Malachite massage to restore energy balance, relieve tension and promote radiance.

## Sodashi Refining Body Toner\*



75min

\$170

This treatment begins with an Jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage for total relaxation. Sodashi's Refining Body Mask rich in French Pink Clay and herbal extracts, firms, tones and conditions the skin. This rejuvenation therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks. This treatment is safe and effective before, during and after pregnancy.

## Sodashi Purifying Body Boost\*



75min

\$170

Boost your energy levels and re-energise your whole system. To begin this cleansing treatment, the circulation is stimulated with invigorating body brushing. Sodashi's 100% natural purifying and detoxifying mask is then applied to the whole body. With intensive drawing properties this mask stimulates the circulatory system, relieving the body of any sluggishness and congestion, and helps to remove unwanted toxins. The purification process is enhanced by an application of an enlivening body moisturiser.

## Sodashi Contouring Marine Body Wrap\*



90min

\$180

Beginning with an invigorating exfoliation that combines finely ground pumice and volcanic clay your treatment is then followed with a comforting body wrap of Sodashi's warm body mask. This mask is rich in carefully selected marine extracts, plant essences and algae used exclusively by Sodashi to stimulate the lymphatic system and assist in the removal of accumulated toxins which are a common cause of cellulite. After a refreshing shower Sodashi's specialised contouring gel and cream are applied to your body, leaving your skin feeling and looking toned and lustrous.

# HYDROTHERAPY

## Exotic Ancient DIY Rassoul 45min

**\$80 one person \$140 per couple**

This Lyall Spa signature ritual takes place in your own private steam room. A cleansing ceremony which includes a do-it-yourself body exfoliation, followed by a self application of warm Moroccan mud. Rinse away the stresses of the day in the swiss shower before applying a hydrating balm. **The ultimate remedy.**

### Steam Session

**15min**

**\$20**

### Jet Lag Steam Session 15min

**\$30**

Regulate your mind and body to your new time zone with our essential oil infused steam sessions specifically designed for jet lag.

# FACE AND EYES

## Skeyndor Essential Facial\*



**60min**

**\$125**

A prescriptive facial using active ampoules and products specific to your skin type bringing balance, clarity and rejuvenation to a dry, dull or oily skin.

## Sodashi Pure Radiance Facial\*



**60min**

**\$125**

Relax while the aroma of Sodashi's aromatic warm facial compresses soften and exfoliate and a nurturing face mask, rich in herbal extracts purifies and hydrates the skin. This facial experience is tailored to your skins needs and is enhanced with the Sodashi Facial Massage. The luxurious Sodashi Plant Essence Synergies will leave your skin revitalised and fresh.

## Skeyndor High Performance Face & Eyes\*



**75min**

**\$185**

This relaxing treatment will deliver instant results. Professional masks, enzymes, vitamins and amino acids all work in synergy to invigorate, strengthen and improve the elasticity, tone and texture of your skin.

## Sodashi Thermal Infusing Facial\*



**90min**

**\$195**

An intensive boost of all nature's vitamin and minerals. Sodashi's exclusive Warm Infusing Mask will maximise penetration of these essential vitamin and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skins needs to purify, deeply cleanse and nourish to leave your skin hydrated and toned. Restoring elasticity and radiance, this is more than just a facial; it's Nature's Face Lift.

*Recommend 1 treatment every 4 weeks.*

## Skeyndor Ultimate Renewal\*



**90min**

**\$195**

This scientifically advanced facial has the power to reverse the visible signs of ageing. High concentrations of active serums and treatment masks encourage skin regeneration. The ultimate in luxury and relaxation, loose yourself in intensive face, shoulder and décolleté massage.

## Skeyndor Derma Peel



**60min**

**\$185**

Designed to renew the facial appearance of acne scars, blemishes, fine lines and pigmentation to obtain a softer, more radiant and even skin tone based on the innovative combination of four peeling techniques in one treatment. Cosmeceutical grade treatment without the usual side effects or downtime.

## Hours of operation

Daily 10.00am – 7.00pm or by appointment. (Closed some public holidays.)

# RITUALS

## Chakra Balancing Treatment

1hr 30min \$170

Deeply meditative, this experience brings the body's seven main chakras into alignment through a fluid combination of massage, specific essential oil blends and healing crystals. Working subtly on the energetic body with profound effects, this truly unique experience leaves you feeling calm and in a state of harmony, resulting in an increase in overall wellbeing.

## Hypnose

1hr 30min \$250

The Hypnose journey brings together a cocktail of magical elixirs and Ayurvedic spices that melt into the skin on contact balancing energy levels to correct and ease stress, revive and revitalise the skin. Limbs are then massaged with oil infused exotic spices of Indian Saffron, Neem, Poppy and Sesame totally surrendering skin and spirit.

## Lyall Signature Spa Ritual\*



2hr \$235

Embark on a journey to sensory heaven for the entire body. The ultimate mind, body and soul experience.

**Includes: Sodashi Prescriptive Massage and Sodashi Pure Radiance Facial.**

## Time Zone Recovery\*

2hr 15min \$285

This balancing treatment for the face and body will boost and re-energise your whole system after travel. To reduce jet-lag and fatigue, and stimulate circulation, we begin this treatment with invigorating body brushing. Sodashi's 100% natural purifying mask is then applied to the whole body to relieve sluggishness and congestion. While cocooned in a comforting wrap, enjoy deep relaxation as your scalp and feet are massaged. After the application of Sodashi's specialized jet-lag recovery tonics, this energising experience is enhanced by a facial which is rich in plant extracts that will awaken and rejuvenate your complexion.

**This Spa Therapy Package includes the following Sodashi treatments**

**Purifying Body Boost, Application of Sodashi Jet Lag Recovery tonics, Pure Radiance Facial.**

## Indulgent Radiance



2hr 15min \$285

Renew and balance your mind, body and soul with this supreme rejuvenating spa experience. Begin with an all over exfoliation with Australian wattle seed, Vanilla and Coconut which will leave your skin aromatic and radiant. After the application of exotic clay blended with herbal tonics, a balancing and moisture rich mud is massaged all over your scalp to instill total relaxation while you rest. We continue on your path to renewal with the application of a pampering body lotion to leave your skin hydrated and fresh.

**This Spa Therapy Package includes the following Sodashi treatments**

**Vanilla Body Exfoliation, Refining Body Mask, Scalp Mud Treatment.**

## Detoxifying Ritual

3hr \$395

These spa therapy treatments have been put together so you can achieve a feeling of absolute purity. Begin your ritual with a full body exfoliation that draws upon the essential ingredients of Himalayan salt and plant essences. A detoxifying wrap will then entice impurities from your body while you enjoy a scalp massage with the cleansing properties of Jojoba oil, White clay and Rosemary. A deeply cleansing facial with Sodashi's deeply penetrating Thermal Infusing Mask will complete this purifying process.

**This Spa Therapy Package includes the following treatments**

**15 minute steam, Body Brushing, Salt Serenity Body Exfoliation, Purifying Body Wrap, Cleansing Scalp Mud Massage, Thermal Infusing Facial.**

## Bliss

4hr \$500

The Ultimate spa experience! "The Sapphire Experience" infusing your body's skin with vitamins in the most luxurious body wrap and massage a high performance facial. A Lyall High Tea to be enjoyed in The Lyall Champagne Bar following your spa treatment.

## RITUALS (CONTINUED)

### Time for Two

4hr \$330 one person \$620 per couple

A fun and unique spa treatment. Do-it-Yourself Rassoul where you cover yourselves in invigorating Moroccan Mud from head to toe and cleanse in the swiss shower. Follow with a hydrating massage or facial. Relax and enjoy a spa cuisine lunch then complete the experience with a Pedicure.

**Includes: Exotic Ancient DIY Rassoul, Massage or Facial, Lyall Luxury Pedicure, Spa Lunch**

### Take Me To The Lyall!!

\$800

*The Ultimate Lyall Experience.....*

What better way to spoil someone special or reward yourself than to be driven in a chauffeured limousine from your home (or airport) to The Lyall Hotel and Spa in South Yarra where your pampering begins in The Lyall Spa with a "Lyall Signature Spa Ritual" a 2 hour treatment including a full body massage and facial followed by lunch or dinner in Bistro Lyall with a bottle of Dom Perignon. Your chauffeur awaits to drive you home with your personal gift - A Lyall Spa luxury bathrobe.

*Package includes~* Return transfers from home (within 40kms) or Tullamarine Airport  
1 x Lyall Signature Spa Ritual  
Lunch or dinner for 1 person  
1 bottle of Dom Perignon  
1 Lyall Spa luxury bathrobe

*Possible add-ons~* Another person  
More treatments  
Overnight accommodation  
Another bottle of Dom Perignon

# Lyall Spa



Leading Spa Resort Australia - World Travel Awards  
One of the 101 Best Spas in the world - Tatler Magazine

**The Lyall Spa**  
**(Ground Floor within The Lyall Hotel)**  
**16 Murphy Street South Yarra, Melbourne Victoria 3141, Australia**  
**Tel +61 3 9868 8333**  
**spa@thelyall.com    www.thelyall.com**

