

“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.

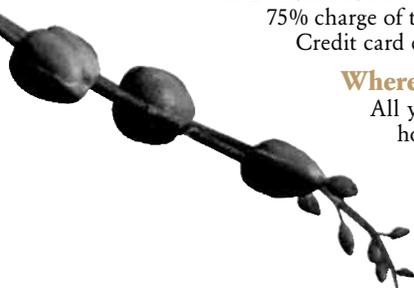
Selected treatments are available as course treatments identified by 

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.



BODY POLISHES

Sodashi Salt Serenity

60min

\$150

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 Revitalising Sapphire Experience.

90min

\$240

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

\$220

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

\$180

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 Contouring Marine Body Wrap*



90min

\$200

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

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.

Skeyndor Essential Facial*



60min

\$135

Concern: Tired and devitalised skin.

Remedy: Prescriptive refreshing and balancing treatment.

Result: Re-energised skin for all age groups and skin types.

Skeyndor Derma Peel

60min

\$195

Concern: Pigmentation • Congestion • Texture.

Remedy: Cosmeceutical peel with no downtime or side effects.

Result: Resurfaced skin texture and tone with increased firmness and youthfulness.

We recommend a series of 4 treatments.

Skeyndor High Performance Face & Eyes*



75min

\$195

Concern: Sensitive • Reactive • Ageing skin.

Remedy: "Power" ranges include • Vitamin C • Hyaluronic • Retinol each scientifically formulated to cosmeceutical grade.

Result: Brighter, refined and deeply hydrated skin.

Skeyndor Ultimate Renewal*



90min

\$210

Concern: Visible signs of ageing - face, neck and décolletage.

Remedy: Luxury and science meet through stem cell therapy and expanding hyaluronic spheres to increase the production of new collagen fibres at the deepest level.

Result: Completely renewed skin with definition and contour delivery, an alternative to botox and fillers. The ultimate luxury spa facial.

Sodashi

Sodashi products are 100% chemical free, luxurious and effective. In Sanskrit, Sodashi translates to "wholeness, purity and radiance". Produced in Australia, Sodashi's skin and body care products and spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

Sodashi Pure Radiance Facial*



60min

\$135

Concern: Dehydrated and lack of radiance.

Remedy: An aromatic experience with warm compresses to soften and brighten, Sodashi's facial massage and nurturing mask, rich in herbal extracts will restore the skins hydration levels.

Result: Sodashi's Plant Essence Synergies will leave your skin revitalised and renewed.

Sodashi Thermal Infusing Facial*



90min

\$210

Concern: This ultimate facial indulgence is tailored to your skins needs – *Calming *Balancing *Rejuvenating.

Remedy: An intensive infusion of all nature's vitamin and minerals combined with Sodashi's exclusive Warm Infusing Mask to maximise penetration for plump, hydrated and vibrant skin.

Result: The ultimate indulgence to restore elasticity and radiance, this is more than just a facial; it's Nature's Face Lift. *Recommend 1 treatment every 4 weeks.*

RITUALS

Sodashi Jetlag Recovery

60min

\$160

This balancing treatment for the face and body boosts and re-energise the body's systems after travel. To reduce jetlag and fatigue a relaxing back massage is performed, followed by a Himalayan salt exfoliation and warm aromatic compresses. This deeply reviving treatment is completed with a refreshing facial and application of Sodashi's signature Jetlag tonics.

Arabian Oud Renewal Therapy*

90min

\$250

This deluxe treatment works on both face and body to provide a complete head-to-toe experience, delivering incredible results including the release of muscular tension, improved digestion, detoxification and skin radiance. The benefits of this exceptional holistic treatment however extend far beyond the physical. It has a profound ability to release stored emotions and alleviate negativity to improve emotional, energetic and spiritual wellbeing. The perfect revitalising therapy to alleviate tiredness and stress, deeply calms and soothes the nervous system. This treatment invokes a deep sense of inner strength and clarity to the whole being.

***Ritual includes the application of the unique Arabian Oud Oil and Essence, Tailored Back Massage and Facial**

Chakra Balancing Treatment

90min

\$210

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.

Lyll Signature Spa Ritual*



2hr

\$250

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.

Indulgent Radiance



2hr 15min

\$320

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, Express Facial and Scalp Mud Treatment.

Detoxifying Ritual

3hr

\$410

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 a full body massage. This blissful experience is completed with our Skeyndor High Performance Facial. A Lyall High Tea to be enjoyed in The Lyall Champagne Bar following your spa treatment.

Hours of operation

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

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

