

“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?

Lyll 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 24hrs 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.

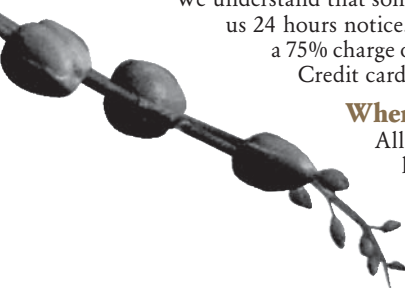
Selected treatments are available as course treatments identified by 

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**  **45mins \$95** **75min \$150**  
**60mins \$120** **90min \$170**

**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\*** **75mins** **\$170**

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

**Payot Sensory Massage\*** **60mins** **\$140**

Restore the balance of mind and body with the indulgent aromas of Payot's exquisite naturally fragranced oils that leave the skin replenished and smooth.

*Select from ~ Harmonising • Correcting • Vivifying*

**Sodashi Prescriptive Massage\***  **60mins** **\$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**  **60mins** **\$100**

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

• French Polish **15mins** **\$15**

**Lyall Luxury Pedicure**  **60mins** **\$100**

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

• French Polish **15mins** **\$15**

# SPRAY TAN

**Regular Tan** Development in 8 hours **15mins** **\$45**

**Express Tan** Development in 3 hours **15mins** **\$50**

# EPILATION AND ENHANCEMENTS

**Lip** 15mins \$20 **Half Leg** 30mins \$38 **Chest** 30mins \$35

**Chin** 15mins \$20 **Full Leg** 45mins \$60 **Back** 30mins \$50

**Eyebrow** 15mins \$30 **Bikini** 15mins \$30 **Brow Tint** 15mins \$16

**Underarm** 15mins \$25 **G-string** 15mins \$40 **Lash Tint** 30mins \$25

# FACE AND EYES

## Payot Prescriptive Facial\*



60mins

\$125

A traditional prescriptive facial to balance and nourish your skin using the specific products for your skin type. Whether you have dry, sensitive, combination, oily or acne this tailored treatment with active serums will leave your skin refined, calm and rejuvenated.

## Sodashi Pure Radiance Facial\*



60mins

\$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.

## Payot High Performance Face & Eyes\*



75mins

\$185

Delivering instant visible results through the use of a selection of mineral rich concentrates and specialised institute masks, (including one specifically designed for men), plus a Micro-abrasion Rhyolite exfoliant, this truly defining treatment leaves you with spectacular skin and eyes.

*Recommend 1 treatment every 4 weeks.*

## Sodashi Thermal Infusing Facial\*



90mins

\$195

An intensive boost of all nature's vitamins and minerals. Sodashi's exclusive Warm Infusing Mask will maximise penetration of these essential vitamins 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.*

## Payot AOX Perfect Experience Facial\*



90mins

\$195

A luxurious facial treatment using an innovative and complete anti-ageing system including a gold masque. This facial will address wrinkles and loss of radiance. A sensorial delight. Your every sense is awakened resulting in a luminous and radiant complexion.

# HYDROTHERAPY

## Exotic Ancient DIY Rassoul

45mins

\$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

15mins

\$20

## Jet Lag Steam Session

15mins

\$30

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

## Products

### Payot

Founder Dr Nadine Payot, first woman Bio-Chemist in France to develop skincare. Extensive prescriptive products, and more recently, the rebirth of her visionary body treatments. Qantas First Class & spa lounges in Sydney and Melbourne use Payot.

### Sodashi

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

## Hours of operation

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

## BODY POLISHES

### Payot Semi-Precious Stone Exfoliation\*

45mins

\$125

Let the energy in a selection of semi-precious stone balms with mineral rich crystal salts enliven and restore radiance and softness to the body. This re-mineralising treatment begins with light body brushing to improve circulation then continues with a full body exfoliation and is completed with the application of a nourishing moisturiser. *Select from~ Harmonising • Correcting • Vivifying*

### Sodashi Salt Serenity

45mins

\$125

The combination of Sodashi's organic green tea and Dead Sea salt deeply cleanses and exfoliates your skin all over. Rich in anti-oxidants and vitamins C and E, this blend infuses soothing, relaxing properties to the underlying muscles and helps to repair the everyday effects of wear and tear. As a finishing touch the application of a richly scented Sodashi moisturiser will leave your skin vibrant and replenished.

### Sodashi Organic Green Tea Exfoliation\*

60mins

\$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\*



60mins

\$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

### Payot Heavenly Rapture\*



60mins

\$150

A sense of wellbeing is found when cocooned in energy rich semi-precious clays, balms and oils. Beginning with light body brushing to improve circulation a re-mineralising body mask is then applied before you are wrapped to allow a deep penetration of nature's elements, then drift off while enjoying a relaxing face, neck and scalp massage and awaken with the application of a nourishing moisturiser. Choose to relax and nourish, purify and detox or regenerate and tone. *Select from~ Harmonising • Correcting • Vivifying*

### Sodashi Refining Body Toner\*



75mins

\$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.

*Recommend 1 treatment every week on a course of 6.*

### Sodashi Purifying Body Boost\*



75mins

\$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.

*Recommend 1 treatment every fortnight on a course of 6.*

### Sodashi Contouring Marine Body Wrap\*



90mins

\$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.

*Recommend 1 treatment every fortnight on a course of 6.*

# RITUALS

## Chakra Balancing Treatment

1hrs 30mins

\$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.

## A New You

1hrs 30mins

\$225

The ultimate body treatment to help release The New You! Luxuriate in a body exfoliation from head to toe before embarking on a relaxing full body massage incorporating essential oils:

*Select from ~ Harmonising • Correcting • Vivifying*

**Includes: Payot Semi-Precious Stone Exfoliation and Payot Sensory Massage.**

## Lyall Signature Spa Ritual\*



2hrs

\$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\*

2hrs

\$280

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



1hrs 30mins

\$300

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

3hrs

\$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 Green Tea and Dead Sea Salt. 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, Organic Green Tea Salt Therapy Body Exfoliation, Purifying Body Wrap, Cleansing Scalp Mud Massage, Thermal Infusing Facial.**

## Bliss

4hrs

\$500

The ultimate spa experience! A full body exfoliation and application of a Semi-Precious Stone Clay Wrap, followed by a one hour relaxation body massage and a Prescriptive facial. This package includes a delicious spa lunch. Pure Bliss!! **Includes: Payot Semi-Precious Stone Exfoliation, Payot Heavenly Rapture, Payot Sensory Massage, Payot Prescriptive Facial, Spa Lunch.**

## RITUALS (CONTINUED)

### Time for Two

4hrs

\$300 one person

\$590 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)**  
**14 Murphy Street South Yarra, Melbourne Victoria 3141, Australia**  
**Tel +61 3 9868 8333**  
**spa@thelyall.com    www.thelyall.com**

