



spa sublime

blue mountains

Spoil Your Senses

Customer Reviews

"What can I say but Thank You! Thank you for such a wonderful experience today...I will be highly recommending Spa Sublime to everyone I know. It was truly the best of the best"

Nicole Dean - Sydney NSW

"My husband and I enjoyed the most amazing Spa Ritual at Spa Sublime. It was the most relaxing experience that I have ever had and I literally felt like I was floating away. My husband is now a confessed spa junkie - can't wait for our next treatment!"

Debbie O'Connor - Sydney NSW

"I drive two and a half hours just to indulge in the Spa Sublime experience. Pure luxury, professional service, and being made to feel special is so worth the 5 hour return trip."

Jo Tritton - Mudgee NSW

Awards

2012 NSW Tourism Awards,
Silver Medal

2012 Blue Mountains Tourism Awards,
Best Tourism Product 5 consecutive years

2011 NSW Tourism Awards,
Bronze Medal

2010 Blue Mountains Business Awards,
Winner Customer Service

2009 Blue Mountains Business of the Year

Welcome to Spa Sublime

Private, secluded and exquisitely beautiful, the multi-award winning Spa Sublime is the ultimate day spa experience.

Nestled in the heart of the World Heritage listed Blue Mountains, our beautifully appointed couples rooms are the perfect way to spend some quality time with a group of friends or someone extra special.

Spa Sublime has 4 twin rooms offering a variety of spa experiences for up to eight guests at one time including couples drenching showers and a twin hydrotherapy spa.

Using only the highest quality 100% Australian made products, Spa Sublime will provide you with an experience of indulgence and luxury that you will never forget.





Massage

Sublime Massage

Using a combination of Swedish and deep tissue techniques, this rhythmic massage works to balance and re-align positive energy flow. Using our AKORAH essential oil blends, this sensory journey will relax even the tiredest muscles and invigorate you from head to toe.

30 min massage	\$65.00
60 min massage	\$110.00
90 min massage	\$170.00

Purr

...like a kitten with a Sublime Massage and facial. This is the purrrfect pick me up.

30 min Sublime Massage & Vita-Refresh Facial	\$125.00
60 min Sublime Massage & Vita-Glow Facial	\$225.00

Hot Stone Therapy 90 min - \$175.00

Experience the ancient ritual of heated stone massage. Feel the diffusing warmth relax any tension, as the powerful healing properties of the volcanic stones melt away your stresses, leaving you feeling calm and revitalised.

Kahuna Massage 90 min - \$175.00

Aloha! Be swept away to a deserted island. Experience this smooth rhythmic massage originating from Hawaii. This dance like therapy uses sweeping, rolling, and flowing techniques over your entire body to promote an overall sense of relaxation, health and well-being.

Bamboo Massage 90 min - \$175.00

Bamboo symbolizes strength, youth, prosperity and peace. Using our handcrafted bamboo canes and a combination of massage techniques, this unique therapy will promote wellbeing, melt away tension, and create a deeply relaxing and soothing experience.



Hands and Feet

Sublime Manicure or Pedicure 30 min - \$60.00

This express treatment includes a cuticle softening, nail file and buff and finishes with a professional nail colour of your choice.

Hand Treatment 30 min - \$65.00

Rescue tired, rough and parched hands with this intensive soothing and replenishing treatment. We begin with a softening hand soak and exfoliation followed by a nourishing mud mask. This divine therapy finishes with a nurturing massage and moisturise.

Deluxe Rejuvenation Manicure 60 min - \$95.00

Upgrade your *Hand Treatment* by adding our skin recovery serum to instantly transform cracked and damaged skin. We also include a nail shape, buff and cuticle tidy to ensure your hands look as good as they feel. Finish with a professional nail colour of your choice.

Foot Treatment 30 min - \$65.00

Soak away tension and treat your soul to this wonderfully relaxing and grounding treatment. Using our divine AKORAH range we begin with a skin softening foot bath, exfoliation and mud mask. Finish with a decadent foot massage and moisturise.

Deluxe Rejuvenation Pedicure 60 min - \$95.00

Upgrade your *Foot Treatment* by adding our skin recovery system to instantly transform cracked and damaged heels. We also include a full nail shape, buff and cuticle tidy to ensure your feet look as good as they feel. Finish with a professional nail colour of your choice.



Relaxation Facials

Vita-Refresh Facial 30 min - \$70.00

An instant pick-me-up for your skin! This facial is perfect for men and women of any age, even those with very sensitive skin. Including a double cleanse, gentle exfoliation and purifying mask, this facial will leave your skin sparkling and radiant.

Vita-Glow Facial 60 min - \$120.00

This luxurious signature facial is designed to invigorate and brighten the complexion. With active ingredients formulated to strengthen and refine, this treatment will leave your skin feeling smooth, hydrated and glowing with vitality.

Vita-Lift Power Facial 60 min - \$135.00

Featuring our triple action anti ageing power house ingredients A, C and E, this treatment combines pure indulgence with total skin rejuvenation. Actively works to reverse the visible signs of ageing by dramatically firming, smoothing and diminishing fine lines, helping to restore and rejuvenate the overall complexion.



Treatment Facials

Ultra-Sonophoresis Vita-Infusion 30 min - \$90.00 **Add to any relaxation facial** 15 min - \$45.00

We use low frequency ultra-sonic vibrations to dramatically increase the infusion rate of active ingredients. Each treatment is customised with a vital blend of anti-oxidants, essential vitamins and skin repairing agents. This treatment activates repair and rejuvenation for all skin types.

Vita-Clear 45 min - \$120.00

Using a Mandelic acid peel derived from bitter almonds to control oil production, this facial treatment is ideal for problematic and acne prone skins, providing a smoother and brighter complexion.

Vita-Repair 45 min - \$120.00

This high powered lactic acid peel delivers fast results and actively works to dramatically resurface and improve the skins moisture levels whilst restoring clarity and luminosity.

Ultimate A-Zyme 45 min - \$195.00

This fast acting non-invasive skin rejuvenation peel has proven anti-ageing ingredients of retinol. It works quickly to dramatically diminish fine lines, even skin tone and decrease the visible signs of ageing.

Micro-Dermabrasion Infusion 60 min - \$165.00

We incorporate the double benefits of Micro-dermabrasion and Ultrasonic Infusion, for the ultimate power facial. This deeply exfoliating reconstructive treatment works to intensely resurface the skin, dramatically improving the skin's texture and clarity, revealing a more youthful, radiant complexion.



Spa Rituals and Packages

Spoil yourself or indulge with someone special in one of our beautiful couples rooms.

Purr

...like a kitten with a Sublime Massage and facial. This is the purrrfect pick me up.

30 min Sublime Massage & Vita-Refresh Facial **\$125.00**

60 min Sublime Massage & Vita-Glow Facial **\$225.00**

Body Polish **60 min - \$120.00**

Feel your skin tingle and come alive with a warming and invigorating AKORAH body polish. Your skin will feel soft and renewed as the stresses of your world are washed away. You will then experience a heavenly scalp treatment and hydration with AKORAH body custard.

Mud Wrap **60 min - \$150.00**

Start with a light body brush then feel your skin cleanse and detoxify as you are enveloped in our very own AKORAH body mud. Top it off with a dreamy scalp treatment and AKORAH body custard hydration. It's just like a big warm hug.

Mother-to-Be **90 min - \$185.00**

Upgrade to Deluxe Pedicure **2 hours - \$220.00**

This treatment ritual is dedicated to all those special ladies who are expecting. Using our specialised range of AKORAH products formulated specifically for mother and baby, this experience incorporates a Back, Neck and Shoulder Massage, Foot Treatment and Vita-Refresh Facial.

Bliss **2 hours - \$290.00**

Drift away as you treat yourself to this complete body rejuvenation experience. Unwind with a detoxifying AKORAH Body Polish, Mud Wrap and heavenly Scalp Treatment. Then to bring you back to earth we'll finish with our therapeutic Sublime Massage. Stress is nothing but a distant memory.

Spa Escape **2 hours - \$290.00**

We have combined our most popular therapies in wonderful unison to create a deluxe pampering experience. After an invigorating AKORAH Body Polish, you will be cocooned in our Mud Wrap and Scalp Treatment. Then surrender to an ULTRACEUTICALS customised facial. Pure Indulgence.

The Works **3 hours - \$375.00**

Including Spa Indulgence **3.5 hours - \$395.00**

Relax, and revitalise with our signature AKORAH treatment to reconnect body mind and soul. This ritual commences with a full body exfoliation to prepare the skin for our custom made Mud Wrap. While you are enveloped in a linen cocoon you will drift away during a delicious Scalp Treatment. Then your tired muscles are eased and energised with a Sublime Massage. And finally treat yourself to an ULTRACEUTICALS Relaxation Facial.

Heaven for a Day **6 hours - \$695.00 per person**

\$1360.00 per couple

For the ultimate indulgence, spend the entire day at Spa Sublime. Commencing with the AKORAH sensory journey, we treat you to a choice of a 90 minute Hot Stone Therapy or Bamboo Massage followed by a Body Polish and Mud Wrap. While you are enveloped in a linen cocoon you will experience a delicious head massage and Scalp Treatment. Then after a soak in our hydrotherapy tub you can admire the view as you indulge in a 2 course lunch. Now that you are completely relaxed, you need to look sensational. It's time for a Deluxe Manicure, Deluxe Pedicure and a customised facial. Share it with someone you love or make it the ultimate self indulgence.



Add on Treatments

These spa experiences can be added to any of our treatments for the ultimate relaxing session

Spa Bath Indulgence 30 min - \$30.00

Languish in our state of the art hydrotherapy spa as you relax, detoxify and tone while achieving complete body rejuvenation. Soak away your worries with a powerful blend of natural botanicals and essential oils.

Scalp Massage 15 min - \$30.00

Lie back and relax whilst hot aromatic towels are applied to your scalp. Using our delicious hair mask, our pressure point massage will dissolve all tension, leaving your scalp nourished and your body rejuvenated.

Ultra-Sonophoresis 15 min - \$45.00

Add to any relaxation facial to dramatically increase the infusion rate of active ingredients.

Vita-Eye Intensive. 15 min - \$45.00

Incorporating ultrasonic technology this treatment works to eliminate puffiness, reduce the appearance of fine lines and dramatically brighten, hydrate and plump the delicate eye area.

For Men

All treatments and packages on our menu are suitable for men, however we have added a few extras.

Hand Detail 30 min - \$65.00

Hands say a lot about a man – and not just a handshake. A moisturising massage with a nail shape and cuticle tidy is the perfect finishing touch to a well groomed man.

Foot Repair 30 min - \$65.00

Soothe and repair rough cracked heels with a deeply exfoliating massage treatment. Add a cuticle and nail tidy, feels just like a new pair of slippers.

Mankind Facial 30 min - \$70.00

An instant pick-me-up for your skin! This facial is perfect for men of any age. Includes a double cleanse, gentle exfoliation and purifying mask, this facial will leave your skin feeling clean and energised.

High Performance Facial 60 min - \$120.00

Designed specifically for the unique needs of men, this facial treatment will invigorate, refine and brighten all skin types. Incorporating ULTRACEUTICALS A, C and E system, this treatment facial will leave your skin feeling smooth and hydrated.

Male Executive 90 min - \$190.00

We start with a stress buster massage to relax, and a deep cleansing back treatment to detoxify your skin. Then finish with a mankind facial. You'll look good and feel great after this.



Beauty Services

Waxing / Hair Removal

Half Leg - upper	\$40.00
Half Leg - lower	\$35.00
Full Leg	\$55.00
Full Leg + Bikini	\$65.00
Bikini	\$25.00
G-String	\$35.00
Brazilian 1st time	\$70.00
Brazilian Maintenance	\$45.00
Tummy	\$20.00
Underarm	\$20.00
Forearm	\$35.00
Back	\$45.00
Chest	\$45.00
Lip	\$10.00
Chin	\$10.00
Face	\$20.00

For the Eyes

Lash Tint	\$15.00
Brow Tint	\$10.00
Brow Shape	\$15.00
Lash and Brow Tint and Brow Wax	\$35.00
Lash Extensions	P.O.A

Other Services

Spray Tan	\$30.00
Professional Make-up application	\$75.00



Group Bookings

It's SPArty time

Whether it's a heavenly hen's party, corporate team incentive or weekend getaway, Spa Sublime is the ideal location for you and your friends to take some time out and indulge in a little pampering.

We have a variety of options available including accommodation and refreshments, and our seamless booking service will take all the stress out of organising your next function. We will arrange a beautiful variety of experiences custom designed to suit your needs.

Please call us for more information or visit our website.

Gift Vouchers

A gift of 'spa' is a gift of love. For a half hour or a whole day, a visit to Spa Sublime is sure to spoil your senses and nurture your soul. Our beautifully presented certificates can be mailed or emailed right away.

To purchase, call us or visit our website.



Contact Us

p: 02 4782 3113
www.spasublime.com.au

Our Products

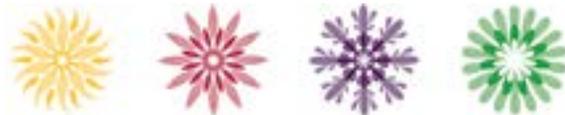
ULTRACEUTICALS
REAL SKINCARE • REAL RESULTS



Introducing ULTRACEUTICALS, Australia's pre-eminent cosmeceutical skincare brand.

This Australian made skincare has been formulated with a combination of sophisticated, state of the art treatments and potent, proven ingredients so you get results which you can actually see - clear, firm, glowing, beautiful skin.

ULTRACEUTICALS is used exclusively in all our facials.



AKORAH
for all seasons

Introducing AKORAH, our signature range made exclusively for Spa Sublime.

The Blue Mountains is a place of contrast. This magical landscape mirrors the cycles of life. From the birth of Spring and the youth of Summer, to the maturity of Autumn and the twilight of Winter, the passing of the seasons reflects our mood, our health and all our motivations of life. Through this connection to our unique environment AKORAH for all seasons was born.

AKORAH is used in all our body therapies.



SUMMER

a zesty blend of citrus, mint and juniper to cleanse and detoxify.



AUTUMN

a warming blend of black pepper, sandalwood and spice to balance and regenerate.



WINTER

a relaxing blend of lavender, chamomile and cinnamon to unwind and restore.



SPRING

a fragrant blend of ylang ylang, rosewood and lemongrass to uplift and energise.



GPS Satellite Co-ordinates lat - 33.7119 lon - 150.3150

9 Penault Ave Katoomba NSW 2780

Phone: 02 4782 3113



www.spasublime.com.au



All prices include GST and are valid until 30/06/2014.

Please arrive 15 mins prior to treatment time. Treatments are conducted free of jewellery, so please remove any valuables before entering Spa Sublime. No responsibility will be taken for any lost or damaged property.

Cancellation Policy

Spa Sublime is a busy professional environment which operates to a time schedule for the benefit and comfort of clients. All treatments require a 50% deposit at the time of booking. We understand that plans change but if you need to cancel for any reason we require 48 hours notice. Less notice will result in your deposit being non-refundable.