



WELLNESS AT YOUR PACE

At Èliva, wellness meets intention. Our approach is elevated and intuitive, where contemporary expertise harmonises with nature's restorative wisdom. We create transformative experiences tailored to your individual journey.

Each experience begins with personal consultation, guiding the selection of botanical blends and therapeutic elements chosen specifically for your needs in the moment. From here, your wellness journey unfolds through advanced body therapies, high performance facials and innovative recovery rituals.

Whether you seek to Rest, Recover or Invigorate, Èliva guides you through experiences that honour your pace while delivering meaningful results.

Discover Èliva - contemporary, connected, and completely your way.

THERMAL SPA

Our modern thermal spa experiences combine heat, cold, and mineral therapies to enhance circulation, reduce inflammation, and support physical recovery.

Available as a standalone ritual or to complement any Èliva treatment.

HOLISTIC RECOVERY

90 minutes **\$100**

A complete Èliva experience combining full thermal spa immersion and access to our recovery lounge wellness technology before or after your thermal spa immersion session.

THERMAL IMMERSION

60 minutes **\$80**

Move through a thoughtfully designed sequence of thermal experiences, including magnesium mineral pools, dry salt sauna, infrared sauna, steam room, cold plunge, and ice fountain.

THERMAL SPA RITUALS

Elevate your thermal spa experience with our Do-It-Yourself Rituals.

SIGNATURE ÈLIVA

Organic Olive Hammam Soap **\$25**

Jute Mitt (yours to keep) **\$25**

Èliva Body Oil **\$25**

EUROPEAN

Dead Sea Salt & Moor Mud Body Scrub **\$35**

Revitalising Scalp Mask **\$35**

Body Cream **\$35**



RECOVERY LOUNGE

Our Recovery Lounge uses clinically informed wellness technologies to restore energy and support full-body recovery.

Select from one of our signature protocols below.

REST \$60

Designed to calm the nervous system and reduce stress. Includes vibroacoustic therapy, smart goggles, and weighted blanket.

RECOVER \$60

Focused on muscle recovery, inflammation and circulation. Includes Infrared PEMF mat, compression boots and LED mask.

INVIGORATE \$60

A stimulating and balanced sequence to re-energise and invigorate. Includes PEMF mat, LED mask and Percussive Therapy.



SIGNATURE EXPERIENCES

Signature experiences include Thermal Immersion access to enjoy pre or post treatment.

ÈLIVA RETREAT

90 minutes

\$624 per duo

This grounding and deeply restorative experience is designed for two in our dual room. Èliva 90min massage of your choice to restore balance and alleviate tension. Experience is complete with a glass of champagne or a premium non-alcoholic beverage in our relaxation lounge.

HERBAL HEALING

120 minutes

\$490

A fusion of stretching, shiatsu, body rocking, acupressure and herbal poultice techniques. Poultices filled with Australian salts and botanicals, all known for its powerful healing effects on the body. Steamed poultices are dipped in warm oil and pressed and pummelled over the body to awaken the senses. The experience concludes with an Èliva facial refresh featuring poultice infusion. A foot therapy with blue gum wood roller finishes the treatment. An ideal treatment for jet lag, mental clarity and muscle recovery.

MOOR MUD DETOXIFIER

120 minutes

\$450

A full body mineral experience showcasing the purifying benefits of Hungarian Moor Mud. Dead Sea Salt exfoliation prepares the skin before a warm moor mud wrap infuses magnesium and trace minerals. A mud scalp treatment is combed through. Deep cleansing facial and energising application of Firming body oil completes the ritual. Herbaceous notes of clary sage, and rosemary supports clarity and relieves fatigue.

WALKING IN NATURE

90 minutes

\$320

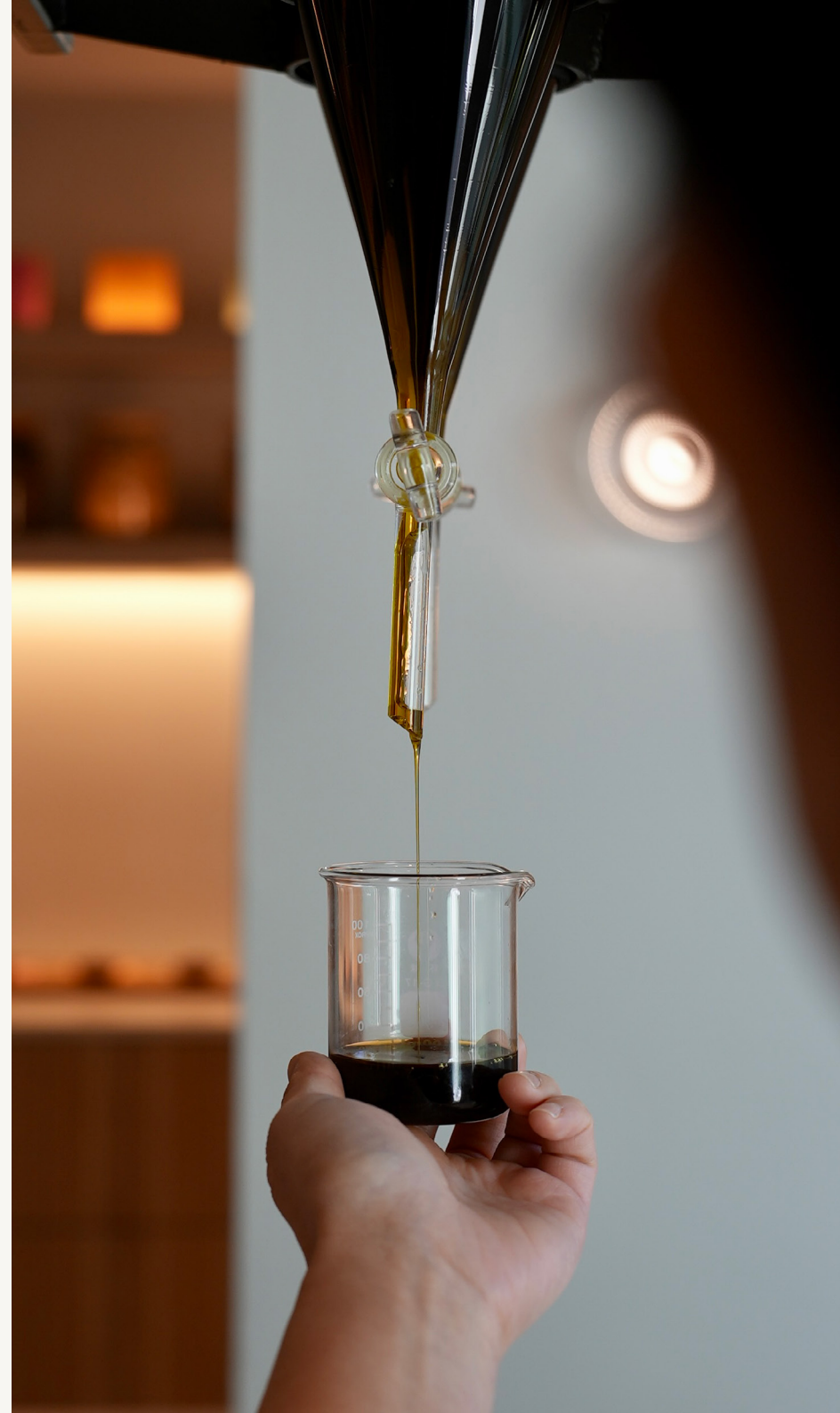
Inspired by the healing benefits of forest bathing in Australia, a naturally cleansing and uplifting longevity biohack. Our handcrafted eucalyptus wood roller is used along the body to stretch fascia, and release tension. The experience includes full body exfoliation with a natural jute mitt to stimulate the lymphatic flow, followed by a nourishing blend of mango seed, jojoba and shea butter body balm to complete the experience.

JOURNEY TO COOGEE

90 minutes

\$350

Inspired by the restorative rhythm of Coogee and the natural benefits of thalassotherapy. This experience begins with a deep cleansing back treatment using Australian sea salts, honey and kelp, followed by warm clay mask to purify and nourish. Legs are exfoliated with a jute mitt to remove stagnation then massaged with a cooling ocean magnesium oil to boost circulation and relieve tired legs. The back is massaged with notes of Jasmine and sandalwood to remind you of an Australian summer. A radiance boosting Èliva facial completes this experience.



FACIALS

BESPOKE

90 minutes

\$350

This facial is \$50 redeemable towards an Omorovicza product purchase.

Your therapist assesses your skin and creates a completely personalised facial using potent actives. This signature experience includes consultation, LED therapy, derma globes and Omorovicza Hungarian facial massage to lift, sculpt and tone facial muscles.

SKIN LONGEVITY

75 minutes

\$280

A brightening and firming facial powered by Omorovicza's Blue Diamond Collection. This treatment blends high performance diamond peptides, copper, multi hyaluronic acids and PHA enzyme exfoliation. A cooling eye treatment, and Hungarian facial massage to energise, lift, and visibly illuminate the complexion for botox like effect.

ILLUMINATING

60 minutes

\$250

A glow-boosting treatment to visibly brighten and revitalise dull or uneven complexions. Beginning with a gentle and effective peel enriched in Copper and Lactic Acid to improve tone and radiance. Double dose of Omorovicza's patented and stable Vitamin C formula Niacinamide for repair. This facial can be enhanced with LED for a brighter, and radiant complexion. Perfect post travel, all skins or before a special event.

DEEP CLEANSING

60 minutes

\$250

A detoxifying facial with mineral-rich Hungarian Moor Mud. This active mud deeply purifies and decongests, helping to smooth skin texture and minimise the appearance of pores. Ideal for congested or blemish-prone skin. Traditional steam and manual extractions are performed as additional 15mins.

ÈLIVA ORGANIC

60 minutes

\$220

90 minutes with botanical poultice

\$280

This restorative, wellness facial resets the skin without compromising the skins microbiome. A lymphatic cleanse, facial cupping, and enzymatic exfoliation prepares the skin. After a facial poultice of native botanicals and plant elixirs, infuses the skin with antioxidants. Followed by an intensive sculpting face, neck and cranial massage with Èliva signature face oil completes this sensorial treatment for a healthy, radiant visage and facial tensions are released.



MASSAGE

ÈLIVA RECOVERY

90 minutes **\$350**

A restorative massage designed to support circulation and physical wellbeing. Flowing, therapeutic techniques to ease fatigue, and support the body's natural recovery process. Includes percussive therapy, ocean magnesium oil, an LED mask to stimulate collagen and infrared PEMF mat to reduce inflammation and accelerate recovery.

TENSION RELEASE

60 minutes **\$220**

90 minutes **\$280**

A deeply focused massage to relieve muscular tension and physical strain. Therapist applies slow, firm techniques to release pressure, reduce stiffness, and restore natural movement. A recovery balm with Kunzea, and Arnica is applied on areas to release muscular tension.

DEEP REST

60 minutes **\$220**

90 minutes **\$280**

A gentle, rhythmic aromatherapy massage using long flowing strokes to restore natural sleep patterns and soothe an overstimulated nervous system. Warmed wheat packs enhances relaxation and balances circadian rhythm.

ENERGY RESET

60 minutes **\$220**

90 minutes **\$280**

A revitalising full-body massage designed to restore circulation. Your therapist uses a fusion of flowing, dynamic strokes and lymphatic drainage techniques to encourage movement and detoxification. Concludes with focused gua sha on face and neck, to stimulate microcirculation and leave you visibly refreshed.

PRE & POST NATAL MASSAGE

60 minutes **\$220**

90 minutes **\$280**

A nurturing massage designed to support the unique needs of expectant mothers. Combination of gentle, rhythmic, pregnancy safe techniques and nourishing organic oils. This treatment soothes tension, eases swelling, strengthens skin elasticity, relieves restless legs and promotes deep relaxation.

Available from the second trimester onwards.

Please consult your healthcare provider prior to booking.



TREATMENT ENHANCEMENTS

Designed to complement any massage, facial, or signature experiences, these enhancements support deeper relaxation, accelerated results, and full-body recalibration.

Available by request at the time of booking or in consultation with your therapist.

LED FACIAL MASK —————

15 minutes **\$40**

Enhance collagen production, reduce inflammation, and restore skin clarity with Omnilux medical-grade LED therapy.

SOOTHING SCALP THERAPY —————

15 minutes **\$40**

A focused scalp massage with warm botanical oil, soothes and nourishes the scalp and hair.

DETOXIFYING SCALP MUD —————

15 minutes **\$40**

Hungarian moor mud is massaged and combed through the scalp for its deep cleansing and detoxifying benefits.

COOLING EYE TREATMENT —————

15 minutes **\$40**

Omorovicza's brightening and de puffing eye treatment to refresh the eye area and relieve any eye strains. Cooling eye globes and Reviving eye cream are applied to soothe, awaken and depuff the eye area.

GUA SHA FACIAL MASSAGE —————

15 minutes **\$40**

Gua sha massage is performed to release any facial tension and sculpt the facial muscles.

FOOT THERAPY —————

15 minutes **\$40**

The feet are warmed with hot towels. Vetiver balm is applied to nourish dry feet. A reflexology inspired massage on the foot is performed.

RECOVERY BALM —————

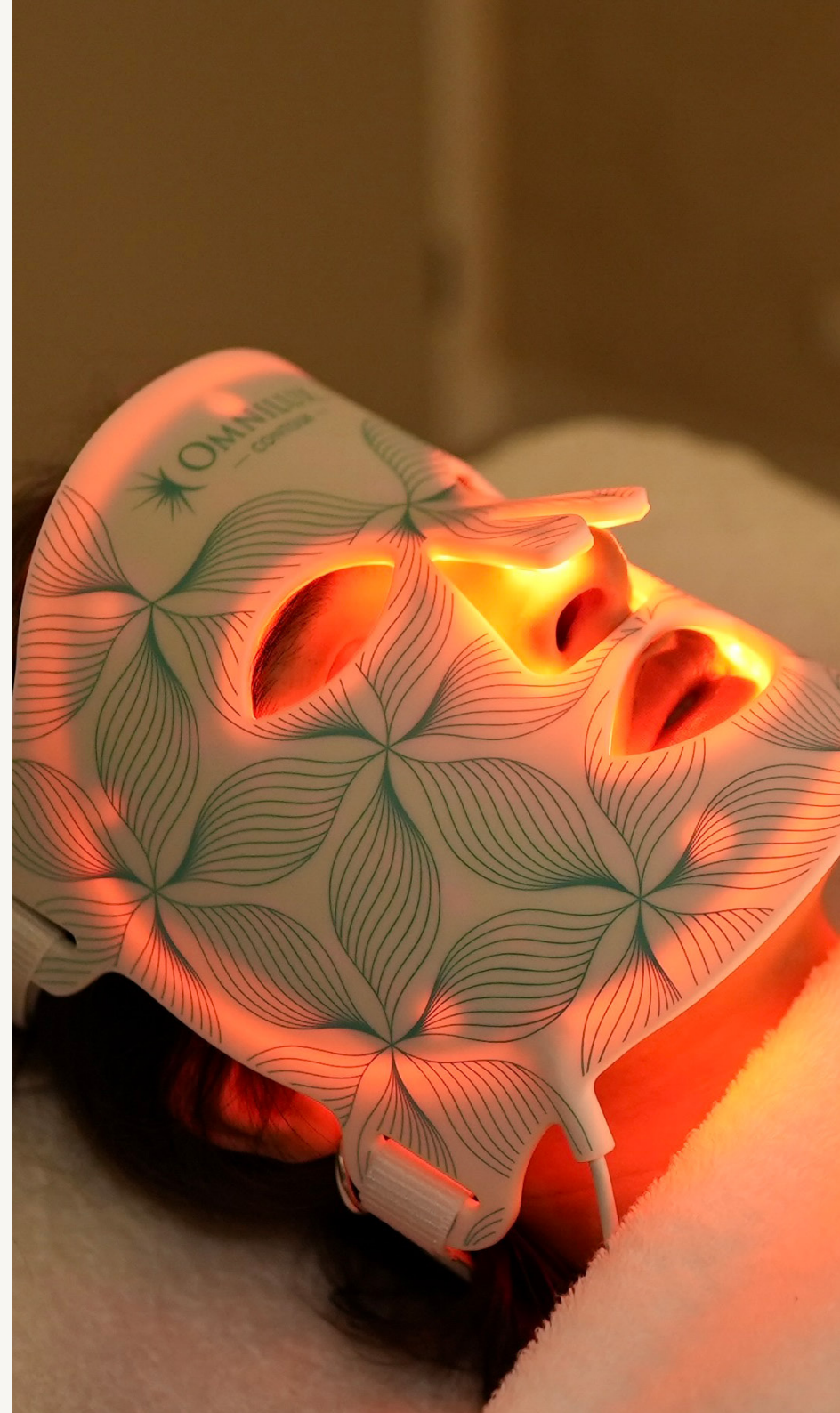
15 minutes **\$40**

Recovery balm is applied and massaged on specific areas of tension. Kunzea, and arnica helps to relieve muscular tension and aid in recovery.

OCEAN MAGNESIUM —————

15 minutes **\$40**

Magnesium chloride flakes in oil, to deliver pure natural ocean minerals. Magnesium is massaged on areas of choice to enhance sleep, relaxation, and focus.



TERMS & CONDITIONS

SPA ARRIVAL

Please arrive 15-30 minutes prior to your treatment time. This gives you time to unwind in our relaxation and select your unique oil blend. If you arrive late, we may have to reduce your treatment time.

HEALTH AND WELLBEING

When making your reservation, please advise us of any medical conditions, allergies, or injuries that might affect your experience.

PREGNANCY

Not all of our treatments are suitable during pregnancy. When you are placing a reservation, please advise our team to assist you in selecting a pregnancy safe experience. Additionally, we do recommend consulting your health professional prior to your treatment with us.

SPA ETIQUETTE

To preserve the relaxed atmosphere of our spa we ask that you please switch your mobile devices to silent. No photography please past reception. For total relaxation we are more than happy to keep your phone in reception if preferred!

WEEKEND AND PUBLIC HOLIDAY SURCHARGE

Please note that any reservations booked on a weekend or public holiday is subject to a 10% weekend surcharge and 15% public holiday surcharge.

CANCELLATIONS

If you need to cancel or reschedule your reservation, please let us know at least 48 hours in advance. Cancellations within this time or no shows will incur the full treatment cost.

AGE POLICY

Spa treatments and facilities are available to guests aged 18 and over.

