



BOTANICA
day spa

SPA TREATMENT MENU



a sanctuary for wellness and relaxation

Located within the grandest heritage hotel, InterContinental Hotel, Botanica Day Spa offers a tranquil escape for those looking to relax, re-balance and restore a sense of well-being.

The spa menu, spa rituals and time for men packages have been carefully crafted to cater for each individual's lifestyle. Our goal is to ensure all clients experience a unique and customised treatment with one of our professional therapists, focusing on their specific needs. At the end of each treatment, your therapist will carry out homecare recommendations to ensure maximum results are maintained at home.

The spa consists of four treatment rooms including a dual treatment room perfect for couples and friends. Guests are invited to enjoy the private relaxation suite before and after treatments where they can indulge in some of Botanica's signature herbal tea blends.



body therapy

BOTANICAL ESCAPE

Begin with a relaxing foot soak and massage followed by a hot stone massage to the back of the body and end with an Elemis anti-ageing customised facial.

2 hours

AROMA STONE THERAPY

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

75 minutes

MUSCLE MELT MASSAGE

Smooth flowing techniques used with light to moderate pressure, reducing tension and stress leaving you feeling balanced and calm.

30 / 60 / 90 minutes

DEEP TISSUE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

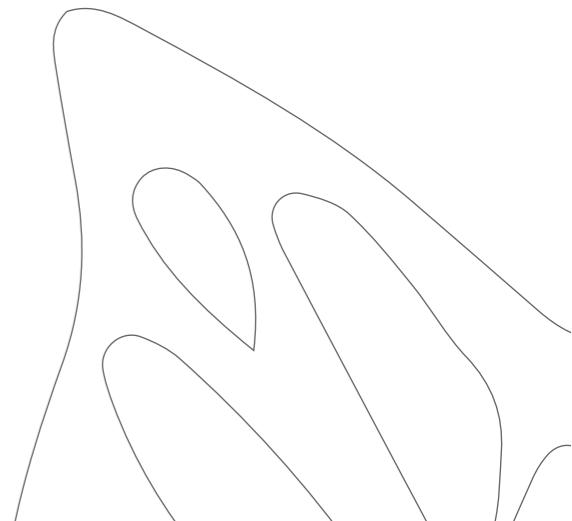
60 / 90 minutes

COUPLES MASSAGE

Experience your choice of our massages side by side. Share this experience with your partner, friend or family member.

60 minutes

90 minutes





body therapy

MOTHER-TO-BE MASSAGE

Award winning therapy that's good for you and your baby from the first trimester. This unique therapy helps relieve back tension, swollen hands and feet and introduces comfort and relaxation. Eases the mind and lifts the spirit.

75 minutes

EXOTIC COCONUT SCRUB

This indulgent therapy gently polishes and nourishes your skin whilst soothing the senses for smooth, soft skin. Warmed skin nourishing milk bath is drizzled over your entire body, followed by a softening balinese coconut scrub.

45 minutes

SOLE DELIGHT FOOT TREATMENT

Warmed aroma-therapeutic oils nourish and super-condition neglected feet. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

30 minutes

EXOTIC FRANGIPANI BODY NOURISH WRAP

Aromatic tahitian coconut and frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

45 minutes

FACE & BODY SENSATION

A sensational hot stone massage to the back of the body, combined with an anti-ageing booster facial.

60 minutes



facial therapy

SKIN BOOSTER FACIAL

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time.

30 minutes

SKIN SPECIFIC FACIALS

Fruit Active Glow

Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Recommended: 1 treatment every 2 weeks

60 minutes

PRO-COLLAGEN QUARTZ LIFT FACIAL

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Recommended: 1 treatment every 3 weeks – course of 6

75 minutes

TRI-ENZYME FACIAL

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%* and increase smoothness by up to 32%* after just one treatment, this unique facial targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

Recommended: 1 treatment every 3 weeks – course of 6

60 minutes

VISIBLE BRILLIANCE FACIAL

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61%* and elasticity by 40%* after just one treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase amino active mask help smooth, sculpt and restore skin radiance.

75 minutes

URBAN CLEANSE MENS FACIAL

This super-grooming facial decongests the skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the effects of daily pollutants, leaving the skin clean and clear.

Recommended: 1 treatment every 4 weeks

75 minutes



hand & foot therapy

EXPRESS MANICURE

A complete treatment to soothe dry, chapped hands and nails. The experience will hydrate the nails and skin leaving it smoother, more radiant and younger looking.

30 minutes

EXPRESS PEDICURE

A complete treatment to soothe dry, chapped feet and nails. The experience will hydrate the nails and skin leaving it smoother, more radiant and younger looking.

30 minutes

LUXE MANICURE

The ultimate anti-ageing treatment and manicure that soothes dry, chapped hands and nails, as well as maintaining healthy skin all the way up to the elbows. Conditioning and strengthening nails, this 'facial for your hands' targets age spots and leaves hands beautifully smooth and youthful looking.

60 minutes

LUXE PEDICURE

The ultimate anti-ageing treatment and pedicure that soothes dry, chapped feet and nails, as well as maintaining healthy skin all the way up to the knees. Conditioning and strengthening nails, this 'facial for your feet' targets age spots and leaves feet beautifully smooth and youthful looking.

60 minutes

SHELLAC MANICURE

The Shellac system features a base coat, colour coat and top coat. Together with a UV Lamp, they comprise the breakthrough in resilient colour that remains flawless for two weeks and dries instantly.

30 / 60 minutes

SHELLAC PEDICURE

The Shellac system features a base coat, colour coat and top coat. Together with a UV Lamp, they comprise the breakthrough in resilient colour that remains flawless for two weeks and dries instantly.

30 / 60 minutes

SHELLAC REMOVAL

Fingers are wrapped in foil whilst being soaked with specific shellac removal.

30 minutes



aesthetics

WAXING

Lip or Chin Wax	15 minutes
Eyebrow Wax	15 minutes
Half Leg Wax	30 minutes
Full Leg Wax	45 minutes
Half Arm Wax	30 minutes
Full Arm Wax	45 minutes
Underarm Wax	30 minutes
G-String Wax	30 minutes
Bikini Wax	15 minutes
Brazilian Wax	45 minutes
Back or Chest Wax	45 minutes

TINTING

Lash Tint	30 minutes
Eyebrow Tint	30 minutes
Lash & Eyebrow Tint	45 minutes

SPRAY TANNING

With a finish more flawless than ever before this anti-oxidant rich formula with Kakadu Plum, Vitamin E and Allantoin will leave your skin glowing with absolutely no fake tan odor or orange tones.

Proudly made in Australia to the highest standards and free of alcohol, parabens, propylene glycol and synthetic fragrance. You'll love the light and refreshing scent created with pure essential oils of Frangipani, Geranium and Vanilla.

OZTAN (DEVELOP TIME 2 hours)

Full Body	30 minutes
Half Body	15 minutes

OZTAN (DEVELOP TIME 1 hour)

Full Body	30 minutes
Half Body	15 minutes



spa rituals / time for me

FLIGHT REVIVER

15 minute sole delight foot treatment
30 minute massage
30 minute skin booster facial

75 minutes

ABSOLUTE MOTHER-TO-BE EXPERIENCE

60 minute pregnancy massage
75 minute anti-ageing facial

150 minutes

BOTANICA DE-STRESS

15 minute sole delight foot treatment
60 minute massage
15 minute scalp massage

120 minutes

PURE INDULGENCE

60 minute massage
60 minute skin specific facial

120 minutes

ABSOLUTE SPA EXPERIENCE

60 minute customised massage
60 minute anti-ageing facial

120 minutes

BOTANICA COUPLES RITUAL

15 minute sole delight foot treatment for two
60 minute tailored massage for two

75 minutes

INSTANT ENERGIZER

15 minute sole delight foot treatment
30 minute deep tissue massage

45 minutes

PRE-BUSINESS TRIP

30 minute skin booster facial
30 minute express manicure
15 minute eyebrow wax

75 minutes

POST-BUSINESS TRIP

60 minute deep tissue massage
30 minute skin booster facial

90 minutes

PRE-DATE POLISH

75 minute urban cleanse facial
30 minute express manicure or pedicure
15 minute eyebrow wax

120 minutes





BOTANICA
day spa

InterContinental Hotel Melbourne

495 Collins Street, Melbourne VIC 3000
Phone +61 3 9620 5992
Email enquiries@botanicadayspa.com.au

Hours of Operation

Monday to Wednesday 10am – 7pm
Thursday to Friday 10am – 8pm
Saturday to Sunday 10am – 6pm
