



TRUMPS SPA

HOMME FEMME COIFFURE BEAUTE

SKINTHERAPY

TRUMPSSPA SIGNATURE FACIAL 90MINS

A decadent facial beginning with a relaxing back massage followed by an aromatic foot soak and leg compress. Your skin is then taken to paradise with a unique facial using a tailored skincare solution based on your specific needs. Enjoy a double cleanse, exfoliant, double masks, an eyebrow wax and eyelash tint or eyebrow tint, face décolletage and scalp massage, then finish with serums, eye cream and moisturisers.

REVITALISING FACIAL 60MINS

Rejuvenate and revitalise your skin with this indulgent facial. Your treatment begins with an aromatic foot soak and leg compress. Now for your customised skin solution, enjoy a double cleanse, exfoliant, double mask, face and décolletage, arm and scalp massage, then finish with serums, eye cream and moisturisers.

DEEP CLEANSE FACIAL 45MINS

An ideal facial leaving your skin feeling clean, fresh and revived. We focus on your specific skin concerns by using a tailored skincare solution. Enjoy a double cleanse, exfoliant, steam and extractions if required, a mask and then finish with serums, eye cream and moisturisers.

EXPRESS FACIAL 30MINS

A pick me up facial perfect for guests on the go. Enjoy a double cleanse, exfoliant, mask, serums, eye cream and moisturisers.

PRE-PARTY FACIAL 60MINS

Illuminate your skin with an instant glow thanks to PAYOT's unique radiance mask with superfruits power. Perfect to have on the day of a special occasion or when your skin is feeling dull and sluggish.

BEAUTIFYING EYE FACIAL 20MINS

A treat which will diminish fine lines, firm, hydrate and instantly brighten your eye area.

SMOOTH YOUR SKIN FACIAL PEELS 45MINS

Paired with the Deep Cleanse facial, gently resurface your skin with either of the following facial peels:

- Luzern Pumpkin Enzyme Exfoliator (mild)
- Luzern AHA Chardonnay Grape Peel (medium)
- Payot Techni Liss AHA Peel (strong)

INTENSIVETHERAPY

COLLAGEN: PLUMP & BOOST COLLAGEN 75MINS

A beautifying and hydrating facial containing pure collagen enabling true plumping of the skin. Perfect for brides and special occasions.

TECHNI LISS: SMOOTH & RESURFACE 75MINS

An immediate “new skin” effect thanks to an AHA peeling treatment that smoothes deep wrinkles and fine lines. After the facial massage, the rebalancing mask restores the skin’s pH for an amazing rejuvenating effect.

ULTRALIFT: ANTI-AGEING & INSTANT LIFTING 75MINS

An anti-ageing care to treat lack of firmness and elasticity. Paired with a unique modeling massage, the combination of an innovative biomatrix formulated on a base of purified seaweed and a firming and regenerating serum will sculpt the facial contour and instantly smooth, firm and plump the skin.

NUTRI SOLUTION: TO NOURISH DRY SKIN 75MINS

A nutritive care that brings suppleness & softness to dry skins that lack comfort. Immediately, the skin is soft and plumped. and radiance is revived.

PURI SOLUTION: PURIFIES COMBINATION-OILY SKIN 60MINS

A purifying, balancing treatment for combination or oily skin. Combining a heating scrub with a peel off mask, this treatment will deeply clean, purify and matify the skin.

PAYOT SIGNATURE FACIALS

DOUCEUR ESSENTIELLE: SOOTHE & CALMS 75MINS

The ideal treatment will soothe and comfort sensitive skins. The calming mask enriched with allantoin and rice bran oil will calm redness and soothe the skin.

CICAEXPERT: POST SURGERY OR SKIN TRAUMA 75MINS

This recovery facial is recommended for treating alterations to the skin’s surface following external aggressions or aesthetic skin treatments.

HYDRA EXPÉRIENCE: INTENSE HYDRATION 60MINS

A ‘fresh-hydrating’ mousse mask with cornflower petals is applied to the entire face, neck and decollete to stimulate all the senses and thoroughly restore the skin’s hydration. A unique moment for a complexion that radiates the skin.

PERFECT EXPÉRIENCE: INTENSE RADIANCE 90MINS

An anti-ageing delight allies Masque Gold with gold pigments and hibiscus extracts to illuminate the complexion. A specific acupressure modeling massage on the face, the arches of the feet and scalp, as well as hand treatment. This facial simultaneously treats wrinkles, skin slackening and loss of radiance.

PURE WHITE: BRIGHTNESS & LIGHTNESS 75MINS

An exclusive experience to instantly brighten the skin. Using rice extract, an exquisite gift from nature. A gentle exfoliation and mask paired with the specific facial massage leaves the skin glowing and flawless.

INTENSIVETHERAPY

SAMADARA: ULTIMATE AGE-DEFYING 105MINS

This anti-ageing facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. This intensely hydrating and nourishing treatment increase firmness and elasticity, diminishes the appearance of fine lines and restore a youthful glow. A rose quartz facial massage enables the powerful Samadara Ultimate Age defying crème to penetrate deeply into the skin.

CRYSTAL OPULENCE: HEALING & BALANCING 80MINS

You are taken on a deeply relaxing journey as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate the skin, preparing you for a truly unique facial experience. Combining the healing energy of Carnelian, Rose Quartz and Green Adventurine crystals with a nutrient rich plant essence synergy designed to bring new life and radiance to the complexion. The results are impressive and help to bring balance to the physical, emotional, mental and spiritual self.

THERMAL INFUSING: NATURES FACE LIFT 90MINS

An intensive boost of nature's most potent vitamins and minerals. Sodashi's exclusive thermal infusing mask maximizes penetration of essential ingredients into the deeper layers of the skin. This indulgent treatment is tailored to individual skin needs, to purify, deeply cleanse or nourish, leaving skin hydrated and toned. Restoring forgotten elasticity and radiance - it's natures face lift.

SODASHI SIGNATURE FACIALS

MARINE MINERAL: OXYGENATES & TONES 60MINS

This facial uses the intelligence of marine plants to restore radiance and glow to the complexion. Tailored for every skin type, it's the perfect treatment to oxygenate, tone and revitalise skin.

PURE RADIANCE: REVITALISING & RADIANT 60MINS

This facial begins with aromatic warm facial compresses that soften and exfoliate, followed by a nurturing face mask rich in herbal extracts, to purify and hydrate the skin.

PURITY: DECONGESTING & REBALANCING 60MINS

The plant essence synergy with deep cleansing properties of Argiletz Clay, rich in minerals to deeply cleanse congested and imbalanced skin types. Completed by a pressure point facial massage to restore the skins radiance. This treatment leaves the pores refined and skin fresh and balanced.

CALMING: SOOTHES & STRENGTHENS 60MINS

Cooling mists and soothing aromatic gels nurture the skin while plant essences and herbal extracts strengthen capillaries and de-sensitise. Skin is revived with a calm, even complexion.

BODYMASSAGES

TRUMPSSPA SIGNATURE MASSAGE 90MINS

This treatment will transport you to another level. Performed by two therapists using unique techniques inspired by the traditional Hawaiian Lomi Lomi. Experience the feeling of pure bliss.

SODASHI CRYSTALUS BODY MASSAGE 90MINS

A sensory experience designed to influence the mind, body and spirit. Using ancient Australian healing stones and crystals. Through the power of massage and intention, the vibrations of the Australian plant essences and crystals resonate deeply with our beings, bringing total relaxation and rejuvenation.

SODASHI CHAKRA BALANCING MASSAGE 90MINS

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 of overall wellbeing.

AROMATHERAPY MASSAGE 30MINS, 60MINS OR 90MINS

This treatment is the perfect relaxation massage to exhilarate your mind, body and soul. Aromatherapy oils are selected and tailored to your desired mood.

PRE-NATAL BODY MASSAGE 30MINS OR 60MINS

Tailored specifically to the needs of a pregnant woman (after the first trimester).

DEEP TISSUE MASSAGE 60MINS OR 75MINS

This deeper pressure is beneficial in releasing chronic muscle tension or after intense workouts. Pair this massage with a session in the steam room or sauna to achieve maximum results.

HOT STONE MASSAGE 60MINS

A luxurious remedy for tight muscles and knots. Strong, deeply relaxing massage strokes are applied with warm oil. Hot basalt lava stones applied to specific points enable a deeper massage to leave your muscles feeling loose and relaxed.

SIDE BY SIDE COUPLES MASSAGE 75MINS OR 105MINS

Unwind in the Sauna or Steam Room before enjoying a full body massage side by side in our luxurious couples room.

HEAVY LEGS REVIVAL MASSAGE 30MINS

Tired and heavy feeling legs are reinvigorated and relaxed. Perfect before/after a long journey or an intense workout session.

INDIAN SCALP MASSAGE 30MINS

This relaxing massage technique focuses on energy centres of the head, neck, scalp and face by using key acupressure points. This will relieve tension and stress.

PAYOTBODY

PAYOT EXFOLIATION GOURMANDE 30MINS

A delicious flavour of pistachio and almond body scrub. Eliminate dead cells and impurities. Finishing with Payot's Hydration 24 Corps or Nutricia Intense, the skin feels regenerated, velvety soft and smooth.

PAYOT GOMMAGE ELIXIR 30MINS

A luxurious mix of Caviar, Myrrh and Amyris extracts. The skin is revitalised, circulation is stimulated and tension is relieved. This treatment will hydrate and nourish dry and damaged skin.

PERFORMANCE MINCEUR 60MINS OR 90MINS

Slimming body treatment. The figure seems slimmer, tighter and smoother. Consisting of a massage and body wrap (60mins) or exfoliation, massage and body wrap (90mins).

PERFORMANCE FERMETE 60MINS OR 90MINS

Firming body treatment. The figure looks firmer and toned. Skin feels hydrated and plumped up. Consisting of a massage and body wrap (60mins) or exfoliation, massage and body wrap (90mins)

PERFORMANCE HYDRATION 60MINS OR 90MINS

Relaxing and moisturising body treatment. The skin is deeply hydrated, soft and velvety smooth. Consisting of a massage and body wrap (60mins) or exfoliation, massage and body wrap (90mins).

SODASHIBODY

ORGANIC GREEN TEA SALT THERAPY EXFOLIATION 60MINS

Combining Sodashi's organic green tea and Himalayan salt deeply cleanses and exfoliates the skin. Soothing and relaxing blend of antioxidants, vitamins C & E helps to repair and hydrate. Finished with a richly scented Sodashi moisturiser leaves skin vibrant and replenished.

JOJOBA BEAD BODY POLISH 45MINS

This treatment removes dead skin cells and oxygenates the skin. The skin is then nourished and hydrated with the application of an aromatic Sodashi body moisturiser leaving the entire body silky smooth and refreshed.

DETOXING MARINE BODY WRAP 80MINS

Combining the richness of sea plants, algae, marine minerals and plants essences, this treatment is deeply detoxifying. Following the organic green tea exfoliation, a warm Sodashi mineral mask is then applied and the body is cocooned in a comforting wrap. A soothing scalp massage is performed for complete relaxation. Finishes with a luscious lotion.

REFINING BODY TONER 60MINS

Beginning with a full body exfoliation with Jojoba bead body polish, followed by a refining body mask is applied. Rich in French Pink Clay and herbal extracts, this wrap firms, tones and conditions the skin. A soothing scalp massage is performed for complete relaxation. This therapy is extremely beneficial in the treatment of scar tissue and stretch marks.

HANDS&FEET

Manicure/with Gelish 30MINS/45MINS

Pedicure/with Gelish 45MINS/60MINS

Gelish/Shellac Removal 15MINS

Acrylic Full Set 60MINS

Acrylic Infills 30MINS

PAYOT HANDS TREATMENT

45MINS OR 60MINS

Performed in 45 minutes or 60 minutes when combined with nail polish application, this treatment nourishes, softens and beautifies the hands while reducing the intensity of pigmentation spots.

PAYOT FEET TREATMENT

45MINS OR 60MINS

Performed in 45 minutes or 60 minutes when combined with nail polish application, this treatment restores skin suppleness, reactivates microcirculation, nourishes and strengthens the nails. The feet regain softness and beauty. This treatment offers a real sensation of lightness.

WAXING

½ Leg 20MINS

¾ Leg 30MINS

Full Leg 45MINS

Full Leg & Bikini 60MINS

Bikini 15MINS

G-String 25MINS

Brazilian 30MINS

Brazilian (first time) 45MINS

½ Arm 15MINS

Full Arm 30MINS

Eye Brow 15MINS

Lip 15MINS

Eyebrow & Lip 20MINS

Underarm 15MINS

Chin 15MINS

Face (sides) 15MINS

FINALTOUCHES

Day Make Up/With lashes 30MINS/45MINS

Evening Make Up/With lashes 45MINS/60MINS

MINK EYELASH EXTENSIONS

½ Set 30MINS

¾ Set 45MINS

Full Set 60MINS

Eyelash Infills 30MINS OR 60MINS

LASH & BROW TINTING

Eye Lash Tint 15MINS

Eye Brow Tint 15MINS

Eye Lash and Brow Tint 20MINS

TANNING

BONZA BRONZ 20MINS

Using the purest botanical extracts and highest quality DHA, experience the perfect UV free tan by Bonza Bronz without having to spend any time in the sun.

WOMENSHAIR

Shampoo & Blowdry (short/medium/long)

Extra Irons or Tongs

Shampoo, Precision Cut & Blowdry

Upstyle

Fringe trim

Teen Girls Cut

Girls Cut (under 12)

HAIRCOLOURING

Tinting

INOA (Ammonia Free)

Semi Permanent

Highlights

Root Lift

Balayage/Ombre

Colour Correction

HAIRSTRAIGHTENING

Using an exclusive Keratin Treatment imported from Brazil, this protein treatment will reduce frizz up to 95% and leave your hair smoother, more manageable, stronger and super shiny.

For guests who would like a more permanent solution, we also provide chemical straightening for a longer lasting result.

HAIREXTENSIONS

Using Great Lengths Hair Extensions, this all natural hair will give you instantly thicker, longer and shiny hair to transform your look and suit your mood.

Great Lengths Hair Extensions offers over 50 colours from the lightest blondes to the darkest browns and blacks. Created from the highest quality of 100% human hair, Great lengths will provide you with the volume and length you have been dreaming of in a couple of hours.

Applied by a highly trained technician, we can easily match your existing colour or give you a total change whilst leaving your hair feeling healthy, longer and fuller.

MENSTHERAPY

PAYOT OPTIMALE FACIAL 45MINS

Using Payot's Optimale range, this facial is specifically designed for men. Your skin will be left feeling clean, fresh and revived.

SODASHI MANKIND FACIAL 60MINS

Designed to treat specific skin concerns, it begins with a relaxing Sodashi Himalayan salt therapy back massage followed by a deep cleansing and exfoliating facial that balances skin and assists in preventing ingrowns. Soothing mists with woody aromas de-sensitise skin, a relaxing facial massage leaves the face looking toned, fresh and revitalised.

EXPRESS FACIAL 30MINS

A pick me up facial perfect for guests on the go. Enjoy a double cleanse, exfoliant, mask, serums, eye cream and moisturisers.

SMOOTH SKIN FACIAL PEELS 45MINS

Paired with the Deep Cleanse facial, gently resurface your skin with either of the following peels:

- Luzern Pumpkin Enzyme Exfoliator (mild)
- Luzern AHA Chardonnay Grape Peel (medium)
- Payot Techni Liss AHA Peel (strong)

INTENSIVETHERAPY

PAYOT SIGNATURE FACIALS

TECHNI LISS 75MINS

An immediate "new skin" effect thanks to an AHA peeling treatment that smoothes deep wrinkles and fine lines. After the facial massage, the rebalancing mask restores the skin's pH for an amazing rejuvenating effect.

PURI SOLUTION 60MINS

A purifying, balancing treatment for combination or oily skin. Combining a heating scrub with a peel off mask, this treatment will deeply clean, purify and matify the skin

SODASHI SIGNATURE FACIALS

THERMAL: NATURES FACE LIFT 90MINS

An intensive boost of nature's most potent vitamins and minerals. Sodashi's exclusive thermal infusing mask maximizes penetration into the skin. This indulgent treatment is tailored to purify, deeply cleanse or nourish.

MINERAL: OXYGENATING 60MINS

This facial uses the intelligence of marine plants to restore radiance and glow to the complexion. Tailored for every skin type, it's the perfect treatment to oxygenate, tone and revitalise skin.

PURITY: REBALANCING 60MINS

Plant essence synergy with cleansing properties of Argiletz Clay, rich in minerals to deeply cleanse congested and imbalanced skin. Completed by a pressure point facial massage, leaving the face refined.

CALMING: SOOTHING 60MINS

Cooling mists and soothing aromatic gels nurture the skin while plant essences and herbal extracts strengthen capillaries and de-sensitise. Skin is revived with a calm, even complexion.

MENSWAXING

Chest 15MINS	Full Arm 45MINS
Shoulders 15MINS	Eye Brows 15MINS
Back 30MINS	Ears 10MINS
Stomach 15MINS	Nose 10MINS
Full Leg 50MINS	Neck 15MINS
Bikini (Speedo) 20MINS	Underarm 15MINS
½ Arm 20MINS	

HANDS&FEET

Mens Manicure 30MINS
Mens Pedicure 45MINS

FINALTOUCHES

Eye Lash Tint 15MINS	Lash & Brow Tint 20MINS
Eye Brow Tint 15MINS	Spray Tan 20MINS

MENSHAIR

STYLING

Shampoo & Style
Extra Irons or Tongs
Shampoo, Style Cut & Style
Teen Boys Cut
Boys Cut (Under 12)

HAIR COLOURING

Tinting
INOA (Ammonia Free)
Semi Permanent
HOMME (Camouflage Greys)
Highlights

BEARD CARE

Beard Shave
Beard Shaping
Beard Trim

STRAIGHTENING

Keratin Straightening
Permanent Chemical Straightening

SPAPACKAGES

ULTIMATE PAMPERING EXPERIENCE 7HRS

Hydrotherapy Spa, Full Body Exfoliation, Steam Room, Full Body Massage, Full Body Wrap, Trumps Spa Signature Facial, Manicure, Pedicure, Shampoo with Blowdry or Style for men. Includes a light lunch.

DIAMOND PACKAGE 4HRS

Hydrotherapy Spa, Full Body Massage, Revitalising Facial, choice between Manicure or Pedicure, Shampoo with Blowdry or Style for men. Includes a light lunch.

EMERALD PACKAGE 3HRS

Full Body Exfoliation with Spa Jet Vichy Shower, Full Body Massage, Revitalising Facial and a Shampoo with Blowdry or Style for men.

RUBY PACKAGE 2.5HRS

Revitalising Facial, Manicure, Pedicure and Shampoo with Blowdry or Style for men.

PEARL PACKAGE 1.5HRS

Indian Scalp Massage, Relaxing Back Massage and a Beautifying Eye Facial.

SIDE BY SIDE COUPLES PACKAGE 3HRS

Escape reality with someone special. Choose between the Sauna or Steam Room then enjoy a Full Body Massage, Revitalising Facial and a Pedicure.

MENS EXECUTIVE BLACK PACKAGE 2HRS

Undercover men's pamper package including, Steam Room or Sauna, Sodashi Green Tea Salt Body Exfoliation, Back Massage, Sodashi Mankind Facial and men's manicure.

SODASHI JET LAG RECOVERY 60MINS

This Sodashi balancing treatment for the face and body boots and re-energise the body's systems after travel. Beginning with a relaxing back massage followed by a full body Himalayan salt exfoliation and warm aromatic compress. The treatment finishes with a refreshing facial and application of Sodashi's signature Jet Lag Tonics.

AQUASERVICES

HAMMAM RITUAL 105MINS

Enjoy the healing powers of combining hot steam, therapeutic salts, oils and massage. This treatment detoxifies, stimulates circulation removes rough dry skin and offers multiple wellness benefits. Escape reality and experience our modern Hammam Ritual. *Couples Hammam, Rituals also available.*

STEAM ROOM 20MINS

Escape reality in this oasis. Benefits include, detoxification, improved circulation, increases metabolism aiding in weight loss, relieves tension. The steam room is perfectly paired with our body treatments, massage or after an intense workout.

SAUNA ROOM 20MINS

The heat from a sauna soothes your nerve endings, warms and relaxes muscles. Benefits include: relieves arthritis, joint pain and headaches. The dry heat calms the body relieving it of stress.

HYDROTHERAPY SPA 20MINS - 40MINS

Experience the healing power of water in the hydrotherapy tub, incorporating powerful underwater massage jets and colour therapy it will not only help to relieve aches and pains but also assist the body in eliminating wastes, stimulating the metabolism and immune system.

SPA JET VICHYSHOWER 20MINS - 40MINS

Combined with steam, light therapy and massage, this is a Vichy shower like no other. It's multiple programs will allow the treatment be tailored to your needs. You will feel relaxed and rejuvenated.

SHOWERS 20MINS

Cool off and freshen up for your next destination.

BRIDAL SKIN & BODY

Every girl wants beautiful, glowing and soft skin for her wedding day. Our specific treatments and packages will pamper you whilst giving you gorgeous smooth and glowing skin.

This customised facial solution will become your staple skin treatment every three weeks until your package of four treatments is complete.

On your first visit, your therapist will match a Payot Intensive Therapy facial to suit your skins needs. This course combined with your prescription homecare will bring you truly amazing results.

Now your body is just as important as your face. This customised body care solution will become your staple skin treatment every three weeks until your package of 4 treatments is complete.

On your first visit, your therapist will match a Payot Body Therapy treatment to suit your skins needs. This course will bring you extra smooth, evened skin tone and super soft skin.

Combine your skin care facial treatment course with your body care treatment course and receive 2 free Payot products of your choice (excludes AOX Range and Ampules).

BRIDAL MAKE UP/WITH LASHES 60MINS/75MINS

BRIDAL HAIR (INCLUDING TRIAL) PRICE ON CONSULTATION

FOUR PAYOT INTENSIVE THERAPY FACIALS 60-90MINS

FOUR PAYOT BODY THERAPY TREATMENTS 60MINS

BRIDES PACKAGE 3.5HRS

Recommended for the day before your wedding day.

Full Body Exfoliation, Trumps Spa Signature Facial with Collagen Mask to plump and brighten the skin, Manicure and Pedicure.



INTERCONTINENTAL SYDNEY DOUBLE BAY
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