THE SPA

MILLBROOK
QUEENSTOWN | NEW ZEALAND
We understand that a visit to The Spa should be a retreat from daily life, a moment of calm in a busy world, a revitalisation of skin and senses. We strive to create a welcoming and tranquil space and understand the importance of consistency and professionalism to ensure we not only meet your expectations, but exceed them.

The Spa menu includes an extensive range of beauty and body treatments and indulgent day packages. With 10 treatment rooms available, we are able to offer experiences for individuals or larger groups.

The vision of our multi-award winning spa is to uplift, replenish and create an experience of wellness for your mind, body and soul. We trust your visit will embody these values and leave you feeling pampered and energised.
Your skin, your body and your wellness lie at the heart of ELEMIS. Having over 25 years of wisdom, ELEMIS was born out of the vision to bring together the power of nature, science and aromatics. To harness the dynamism of the highest-grade actives and create a skincare line that would transform the frontline of the beauty industry. The experience is exceptional, the results are real.

PRODUCTS WE USE IN OUR TREATMENTS:

**ELEMIS**

Gorgeous colour starts with the right foundation. Nails have their own biology, just like hair and skin. For every nail type and every problem, there is a solution for the best care and most beautiful outcome. Jessica Cosmetic nail products are designed with this in mind. With the help of nurturing botanicals, antioxidant vitamins, and proteins, the products work to improve nails at the source - the foundation.

**JESSICA®**
Complimentary to all spa guests

Use of our Health & Fitness Centre with every 60 minute plus treatment booked.

Escape the pressures of a hectic lifestyle for just a little longer and enjoy access to the Health & Fitness Centre before or after your treatment. Our facilities include a fully equipped gym, a 25m indoor heated lap pool, two outdoor spa pools and one hot tub, spacious changing rooms with separate male and female saunas. Check in at The Spa and make your way over to the Health & Fitness Centre reception.

Shuttle Service

Complimentary shuttle service is available to all spa guests and runs seven days a week. Please call our Concierge Team on +64 (0)3 441 7000 or 0800 800 604 to reserve your seat.

Arrive 15 minutes before your treatment starts to ensure you have enough time to relax before your treatment.

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<th>Departs Queenstown</th>
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(*1 Oct - 30 Apr only)
“Close your eyes, let your mind be free”
Your facial will begin with our unique aromatic welcome ritual, designed to calm your mind and body. Then your choice of our range of beautiful facials will begin, each using products tailored to your skin's personal requirements. We further enhance your experience with a head and shoulder massage, leaving you feeling balanced, calm and soothed.

**SKIN SPECIFIC**
$150 | 1 hr

Customised to your skin type, this facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed for more radiant, nourished and balanced skin.

**SKIN BOOSTER**
$89 | 30 mins

If time is precious, this is the perfect quick treatment or add-on to a massage. A soothing facial aimed at rebalancing, normalising and reducing any signs of irritation. The skin is smoother, relaxed, moisturised and revitalised.
TRI-ENZYME RESURFACING
$175 | 1 hr

Peel away the years for smoother, renewed skin. Pioneering precision layering of Tri-Enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.

PRO-COLLAGEN QUARTZ LIFT
$175 | 1 hr 15 mins

Anti-wrinkle facial with proven results. This treatment tackles fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel off mask encourages the highest cellular function. Results show improved firmness and elasticity for beautifully nourished, younger looking skin.

PRO-DEFINITION LIFT AND CONTOUR
$175 | 1 hr 15 mins

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines. This facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra cellular matrix. The structure of the skin is boosted through a unique deep, muscle toning massage from the head to the neckline. The skin appears plumper and revitalised, creating a sculpted, youthful effect.

Unsure of what facial you'd like?
Simply book a time slot that suits you and our therapists will start with a skin consultation to help identify which facial will suit your skin.

WE RECOMMEND
MASSAGE

“Breathe deeply, let the tension slip away”
Relax, unwind and feel the tension slip away with one of our wonderful massages. To maximise your treatment, pre-book and experience our steam room or swiss shower to prepare your body and mind for complete relaxation. Your massage will begin with an aromatic welcome ritual, your choice of pre blended aromatherapy oil, then move on to the massage of your choice below.

**EXPRESS MASSAGE**
$79 | 30 mins

This massage will ease tension from stressed and tired muscles. Swedish and effleurage movements focusing on the neck, shoulders and lower back will relieve stressed muscles and tension.

**SIGNATURE MASSAGE**
$100 | 45 mins  /  $140 | 1 hr  /  $155 | 1 hr 15 mins  /  $190 | 1 hr 30 mins

A truly aromatic journey for the mind, body and soul. Starting with your choice of aromatic oil blends. This is a full body relaxation massage focusing on areas of tension and stress.

**DEEP TISSUE MASSAGE**
$110 | 45 mins  /  $155 | 1 hr  /  $175 | 1 hr 15 mins  /  $210 | 1 hr 30 mins

Release tension with a deep tissue massage using pressure techniques and Swedish movements for exceptional muscle relief. This tension releasing massage works to ease any pain and stiffness, helping you feel refreshed and revived.

**AROMA STONE THERAPY**
$200 | 1 hr 30 mins

This ancient treatment uses the therapeutic heat from stones to slowly release heat into the heart of the muscle for a complete new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.
PEACEFUL PREGNANCY
$155 | 1 hr 15 mins

Carefully performed to give you comfort and relaxation, this unique treatment helps to relieve back tension, swollen hands and feet, easing the mind and lifting spirits. Good for you and your baby from the first trimester.

SOLE DELIGHT
$90 | 45 mins

Beautiful relaxing foot and leg treatment leaving your feet hydrated and feeling silky smooth. This treatment includes a foot exfoliation and massage using hot stones to help alleviate tension and soreness.

MASSAGE TREATMENT ADD-ONS
Optimise your treatments with one of the below options:

SOAK BATH
$80 | add 30 mins

Drift away in our candlelit soak bath with added milk bath lotion to rehydrate and soften your skin.

PRE-STEAM
$30 | add 15 mins

The benefits of steam are extensive; increases metabolism and weight loss, lowers blood pressure, relieves tension and stress, clears the skin, unblocks sinuses and clears lungs, removes toxins, promotes blood flow and post workout relaxation.

STEAM EXFOLIATION
$79 | add 30 mins

Leave your skin feeling soft and supple by combining a pre-steam with a cleansing full body salt scrub.

SWISS SHOWER
$40 | add 15 mins

A Swiss Shower is one of the most invigorating treatments available and utilises powerful shower jets to create the feeling of massage through hydrotherapy. An important component of the Swiss Shower is the oscillating motion of the water, which stimulates blood and lymph circulation, increases metabolism, relieves pain and discomfort of sore muscles.
“Health is a state of body. Wellness is a state of being”
Surround your senses with fresh mountain air for an overall feeling of wellbeing. Your body treatment will begin with our unique aromatic welcome ritual designed to calm your mind and body, with a warm towel cocooning your feet. Prepare yourself for an exceptional experience.

**DEEP CLEANSING BODY SCRUB**

$85 | 30 mins

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently remove dead skin cells, encouraging the regeneration of new cells and perfectly preparing the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin. For added luxury why not combine with a massage for the total spa experience.

*Salt choice: Energising Lime and Ginger or Relaxing and Luxurious Frangipani.*

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**NOURISHING BODY WRAP**

$165 | 1 hr

This fragrant, intensely moisturising body wrap will transport you to paradise. The velvety texture of the Monoi Oil offers super hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work. During this time you will enjoy a nourishing face and head massage. An emotionally grounding experience leaving your skin feeling renewed and silky.

*Fragrance choice: Luxurious Frangipani or Sweet Orchid.*

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*The benefits of body brushing*

Dry body brushing is a wonderful addition to your treatment that can achieve much more than you would expect. Speak with one of our Spa Therapists to find out more.
THOUSAND FLOWER DETOX WRAP
$170 | 1 hr

Enriched by Somerset soil, packed with tree, flower and grass rich nutrients. This treatment provides super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium. Omega-rich green tea seed oil is massaged into the skin, followed by a super nutritious earth wrap encouraging the body to release its toxins. A nourishing green tea balm, rich in minerals, proteins and omegas is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

TARGETED TONING TIGHTENER
$220 | 1 hr 30 mins

A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kickstart the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling mask, rich in super detoxing caffeine and green clay is applied to problem areas, whilst clinically proven red algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels toned and refreshed.
“Everything falls away and all that is left is you”
WE RECOMMEND

Vichy Hydro Bliss $140 | 45 mins

The Spa is one of only a handful of spas in New Zealand to offer this Vichy treatment. Our stunning exotic Acacia Cedar wooden table was sourced from Northern Australian rainforests.

This sublime treatment features water therapy and a full body massage performed simultaneously by your massage therapist.

During a Vichy treatment, you lie down with the shower jets above you. A therapist will control the pattern, placement and temperature of the jets to achieve a whole body water massage treatment.

The effect of so much water movement on your skin not only feels incredible, but it also increases circulation, hydrates the skin and soothes the nervous system, enabling your body to balance and your muscles to relax.

Considered by many the ultimate in spa treatments, this is a must for your spa wish list.
SPA RITUALS

“Remember this time is for you”
FACE AND BODY SENSATION
$155 | 1 hr

The perfect duo when time is of the essence. A sensational massage, combined with an Anti-Aging Booster facial. Helps smooth wrinkles and restore youthful radiance.

ABSOLUTE SPA RITUAL
$250 | 2 hrs

The ultimate introduction to all spa therapies. This ritual combines a full body massage with an intensive anti-aging or skin specific facial, prescribed to suit your needs.

SIGNATURE SPA RITUAL
$260 | 2 hrs

This unique spa experience combines all the best we have to offer to create the ultimate in relaxation. Your skin is first gently exfoliated using a body brush. Following this the body is wrapped in a nourishing, beautifully scented blend of aromatic cream and oil. While this is working its magic, warm stones are placed around the body, as you relax and enjoy a facial and hair treatment. This package is then completed with a full body Vichy Hydro Bliss treatment using a blend of grounding aromatherapy oils with almond oil.
“Health is a state of complete harmony of the body, mind and spirit”
SKIN ENERGISING FACIAL
$150 | 1 hr

This is the hard working facial for aging, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels.

SKIN IQ FACIAL
$175 | 1 hr 15 mins

The ultimate skin overhaul for maximum anti-aging results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

HAND NAIL GROOMING
$65 | 45 mins

Nail tidy, cuticle trimming and choice of buff or nail hardener. Enjoy a hand exfoliation and massage.

WAXING:

EYEBROWS $20 | 15 mins

EARS OR NOSE $20 | 15 mins

BACK OR CHEST $60 | 30 mins

MEN'S PACKAGES

Millbrook Man
Vichy Hydro Bliss Skin energising facial $250 2 hrs

Man Time Signature massage Skin energising facial $250 2 hrs
“Embrace and love your body. It’s the most amazing thing you will ever own”
EXPRESS MANICURE OR PEDICURE
$45 | 30 mins for manicure    $65 | 45 mins for pedicure

A quick fix to tidy your nails. This manicure or pedicure is for people on the go. The nails are soaked and cuticles tidied, followed by an application of your favourite polish.

CLASSIC MANICURE
$80 | 45 mins

For total elegance, we file and tidy the nails to perfection. Then enjoy a relaxing massage and heated mitts to ensure your skin has fully absorbed the nourishing creams. To finish choose a polish to highlight your perfect nails.

CLASSIC PEDICURE
$95 | 1 hr

Rough skin is smoothed over, and an enzyme scrub is applied and left to work its magic while we file and nail tidy. A moisturising foot mask is applied and enhanced with the use of heated booties. To finish choose a polish of your choice.

LUXURY MANICURE OR PEDICURE
$125 | 1 hr 15 mins for manicure    $140 | 1 hr 30 mins for pedicure

All the benefits of the classic treatment with the added luxury of a warm, moisturising paraffin wax mask. Finished off with your choice of polish, you’ll leave with exceptionally soft, supple skin.

ADD ON:

NATURAL FRENCH POLISH  $20 | 15 mins

GEL POLISH  $20 | 15 mins

GEL REMOVAL  $20 | 30 mins

GEL FRENCH  $30 | 15 mins
FINISHING TOUCHES

“Be your own kind of beautiful”
## Essentials

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<td>EYE BROW TINT</td>
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<td>EYE LASH TINT, BROW TIDY &amp; TINT</td>
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## Waxing

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<td>UNDER ARM</td>
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<td>LIP, CHIN OR EYEBROW WAX</td>
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<td>HALF LEG &amp; BIKINI OR UNDERARM</td>
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PACKAGES

“Relax, indulge, beautify and spoil yourself”
The ultimate escape. Indulge yourself or someone special with a day in our award-winning spa. Surrounded by serene beauty and majestic mountains, enjoy the tranquil environment that is Millbrook Resort.

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ADD ON:

| FRUIT PLATTER       | $17.50 per person          |
| FRUIT & CHEESE PLATTER | $22 per person             |
| BOTTLE OF BUBBLES    | 200ml (2 glasses) $25      |
Spa Information

RESERVATIONS
Bookings are essential for all treatments. Our friendly spa therapists are available to guide you and make your reservation to suit your individual needs. Your credit card details will be requested to secure your reservation.

CANCELLATION POLICY
Cancellations are/or rescheduling of a reservation requires a minimum of 24 hours notice for any single service. 48 hours notice is required for any multiple service or spa package cancellation. Seven days notice is required for any group cancellations. The full service will be charged on any late cancellations or no-show appointments.

PAYMENT
We accept cash, Visa, MasterCard, AMEX and Millbrook Resort gift cards/vouchers. Guests staying at the resort may charge their treatment to their room. All prices are in NZ dollars and are inclusive of GST.

ARRIVAL
Please arrive 15 mins prior to your treatment. Late arrival may result in your treatment time being reduced.

VALUABLES
Please endeavour not to wear or bring any jewellery or valuables with you. The Spa cannot take responsibility for any valuables lost or damaged.
ATTIRE
Your modesty during treatment is important to us. You will be provided with a robe plus disposable underwear for body treatments. You may however wear your own bikini bottoms for body wraps if you feel more comfortable.

MOBILE PHONES
Please ensure all mobile phones are switched off prior to entering The Spa.

CHILDREN AT THE SPA
To allow you and other guests to enjoy complete relaxation, we recommend you utilise the babysitting service we can organise for you, for all children under six years of age. Children between six and 16 years of age must be accompanied by an adult.
The Spa

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