



# endota spa four seasons sydney treatment menu

## endota spa four seasons sydney

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## massage

### duration

relaxation massage

45 mins

1 hour

1 hr 30 mins

remedial or pregnancy massage

45 mins

1 hour

1 hr 30 mins

hot rock massage

1 hr 30 mins

## body

### duration

**detox** Dry body exfoliation, clay cocoon, moisturise.

1 hr 15 mins

**smooth** Organic salt & herb body scrub, all-body moisturising.

1 hr 15 mins

**moisturise** Honey exfoliation, yoghurt cocoon, moisturise.

1 hr 15 mins

**back** Deep cleansing back scrub & mask. back massage.

1 hr 15 mins

**any body treatment plus full body massage or facial**

2 hr 15 mins

## relax ready-made spa packages

### duration

**the be-all-end-all**

4 hours

4 seriously sublime spa hours. Body exfoliation. Yoghurt cocoon or hot oil wrap, full body massage. Organic one hour facial and pedicure.

**layabout**

2 hr 30 mins

2 and a half hours of spa delirium. Footbath, body scrub & clay wrap or hot oil body treatment. 1 hour massage, 30 minute facial.

**spa mix**

1 hr 45 mins

The 1 hour + 45 minute spa sampler. Footbath, half hour organic facial. Half hour massage & half hour pedicure.

**endotarama**

1 hr 15 mins

Our mini superspa package; 1 hour + 15 minutes.

Footbath, half hour organic facial and half hour massage.

**with full hour massage or facial**

1 hr 45 mins

**pregnancy pick-me-up**

1 hr 15 mins

A magical 1 hour + 15 mins for the mmm-mum to be

Footbath, pregnancy-safe organic facial. Head, neck & shoulder massage.

## uniquely four seasons sydney spa

### duration

**couples end'ulgence** billabong footbath,

2 hours

lemon & organic sugar body scrub, relaxation massage & organic facial

**girls day out** (groups of 4 to 20)

2 hours

billabong footbath and choice of mini facials, massages, manis, pedis...

(refreshments and canapés available as add ons)

**sauna, steam & pool** single use

**hotel valet parking**

up to 4 hours

face starter facials	duration
endota organic facial	1 hour
dermalogica® face treatment	1 hour
dermalogica® customised facials AGE Smart, PowerBright, mediBac or Ultracalming	1 hr 15 mins

face age-defying facials	duration
glycolic peel facial	30 mins 1 hour
glycolic fresh start series 1 x 1 hour + 5 x 30 mins	multi
glycolic skin refine series 6 x 1 hour	6 x 1 hour
ceuticals customised facial collagen or brightening	1 hour
HydroPeptide® customised facial Anti-wrinkle or brightening	1 hour
hydro-microdermabrasion customised facial Acne, brightening or hydrating	45 mins 1 hour
hydro-microdermabrasion series 6 x 1 hour	multi
dermalogica® BioSurface Peel incl 1 x BioSurface Peel post treatment kit course of 6 treatments	1 hour multi
incl 1 x BioSurface Peel post treatment kit	

hands + feet	duration
deluxe mani or pedi	1 hour
billabong footbath	15 mins

### lashes with hand massage

lash tint	\$35	brow tint	\$25	lash + brow tint
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### waxing

face (side)	\$20	half leg	\$45	bikini
lip + brow	\$50	full leg	\$70	g-string
upper lip	\$25	half arm	\$40	brazilian first time
eyebrow	\$35	full arm	\$50	brazilian maintenance
		underarm	\$35	back

### endota spa gift vouchers

**the massage** back, head, shoulder & scalp massage **30 mins \$65**  
**the feet treat** footbath, foot stretch & mask, file, shape & polish **45 mins \$90**  
**the facial** tailored organic endota facial **45 mins \$95**  
**the cocoon** footbath, dry body brushing & cocoon **1 hour \$120**  
**the classic** footbath, targeted facial or massage **1 hr 15 mins \$150**  
**the bloke** footbath, targeted massage **1 hr 15 mins \$150**  
**the 90 minute treatment** footbath, choose a one hour & a 30 min treatment **1 hr 30 mins \$185**  
**the two hour spa package** footbath, choose 2 x one hour treatments **2 hours \$240**  
**the three hour spa package** footbath, choose 3 x one hour treatments **3 hours \$360**  
**the all day spa package** footbath, body scrub & wrap, massage, facial, mani & pedi **5 hours \$550**