

Welcome to spaQ

Just like your mind, your body isn't static. At spaQ we get that, so we decided to do things a little differently to fit in with your individual groove. As well as packing our menu with some serious therapeutic punch, we made room for flexibility and customisation.

For a start, we don't pressure you to select your treatment in advance. Simply let us know the time, date and duration. We call this very unique way of spa-ing, our "freshly picked" concept - meaning you get a bespoke, made-to-measure experience that treats who you are in that very moment. Or feel free to select your treatment when you book.

We highly recommend you stretch out your time with us by taking advantage of our Hammam-inspired steam room, where the juxtaposition of hot and cold therapies has an unwinding effect before your treatment begins. This is thermal relaxation at its finest and is available with our compliments for all guests enjoying spaQ treatments of one hour or longer.

All spaQ treatments include time for a personal consultation and post-treatment recommendations to ensure that you keep the groove going (once we help you get it back, of course).

Goldies

We had a blast creating these signature experiences. These carefully crafted combos are like a string of precious jewels: a harmonious series of treatments sequenced for a monumental bliss boost with serious therapeutic kudos.

SKIN RESCUE

(120 mins / \$265)

Warm Oil Back Massage + Signature Aloe Wrap + Refresh Facial + Hair Treatment + Scalp, Neck & Shoulder Massage

Over exposure, as many a celebrity would attest, is not always a good thing. This treatment operates to penetrate over exposed skin and hair with a moisture explosion, restoring every part of you. You'll be rebuilt from the ground up, starting with a foot ritual followed by a warm oil back massage. Next, a nourishing blend of aloe vera, jasmine & rose geranium is lovingly applied to the skin before you're tenderly swaddled in natural cloth. Now we move our focus to your face & hair, a refresh facial will have your skin cleansed, exfoliated and hydrated ahead of a nourishing hair treatment of coconut oil and china bark extract. Once unwrapped, a neck & shoulder massage will have you back to your beautiful self and ready for your close up.

THE PLUSH PRINCESS

(150 mins / \$325)

Green Tea Salt Scrub + Full Body Massage + Facial Massage

This royal treatment restores inner balance and increases your feeling of wellbeing using a combination of long-practiced techniques. Your skin is cleansed using an exfoliation of therapeutic sea salts with a blend of nourishing oils rich in essential fatty acids and antioxidants. After rinsing, traditional light oils are massaged to balance and soften the skin. The ceremony draws to a close with a facial massage using a specially crafted blend of the purest essential oils and plant extracts.

WEEKEND WARRIOR

(180 mins / \$325)

Coffee & Sea Kelp Scrub + Full Body Massage + Facial Therapy

This treatment is for the warrior: the fearless and the brave. He who lives life to the fullest takes it by the horns and wrestles it to the ground before remembering he needs time out to recharge. This fatigue-fighting sequence of spa therapies starts with an invigorating coffee & sea kelp scrub to slough away unwanted dry and flaky skin. Next on the agenda is a massage to target tension, knotty tissue and tightness. Finally, a facial specially designed to balance out sensitivities, nourish the skin and boost healthy cell regeneration. Now the warrior is back to his full potential he can conquer the world once more.

PURE GOLD

(180 mins / \$385)

Warm Oil Massage + Custom Facial + Mini-Manicure & Mini-Pedicure

A foot bath ritual kick-starts this journey in preparation for the ultimate head-to-heel treat. Soothing away any aches and pains is the next goal thanks to a massage performed using healing immortelle oil infused with a personally-selected elixir. Next, a Uspa Custom Facial and eye mask is designed to transform the look and feel of your skin using highly active, balancing and regenerative plant extracts. Completing the experience, a manicure and pedicure ensures that you'll leave looking and feeling your most glamorous, fabulous, glossy self.

Social Spa-ing

Relax and reconnect – our spaQ social spa-ing packages are designed for couples and groups. These packages include full use of spaQ's facilities including the Hammam-inspired steam room and the vibrant relaxation lounge stocked with the latest glossy magazines and an endless supply of herbal tea.

SPAQ FOR TWO

Take the time to unwind with your special someone. Our packages have been designed for people sharing our couples suite.

(SOUL)MATE ESCAPE

(90 mins / \$205 per person)

Relax Massage + Accessory

Connect and unwind with our 90-minute package for two which includes an hour-long massage and a 30-minute spaQ Accessory treatment of your choice. Relaxed and rejuvenated, the journey concludes in our relaxation lounge with a cup of spaQ's special herbal tea.

THE SUITE RETREAT

(150 mins / \$325 per person)

Wild Thyme Foot Therapy + Relax Massage + Uspa Facial

Soothing and soulful, The Suite Retreat is designed for a twosome seeking smooth, hydrated skin, relief from tension and peaceful connected minds. In the privacy of our spaQ couple's suite, you'll be treated to an invigorating foot scrub, a full body massage with healing jojoba oil and a Uspa Facial.

GROUP PACKAGES

Guests enjoying group treatments will be offered a complimentary glass of bubbly in our relaxation lounge after their treatments. Group packages are designed for a minimum of 3 guests. Advance bookings are required.

GOSSIP GUYS & DOLLS

(60 mins / \$140 per person)*

Uspa Custom Facial OR Relax Massage

Social spa-ing at it's best. Guests are invited to choose from a Uspa Custom Facial or a Relax Massage.

**Allow 120 mins for the total experience.*

DECADENCE

(90 mins / \$195 per person)*

Wild Thyme Foot Therapy + Tension Target Massage + Essential Focus Facial

Ninety decadent minutes of one-on-one treatment time plus some social mingling in the gorgeous surrounds of spaQ – oh yes please! Our Decadence package includes a perfect balance of relaxation and beautifying therapies so you'll leave feeling aligned and party ready.

**Allow 150 mins for your total experience.*

RECHARGE

(90 mins / \$195 per person)*

Tension Target Massage + Uspa Custom Facial

Our eyes may be the mirror to our soul but our face and body is the mirror of our lifestyle. The Tension Target Massage has been designed to melt the most cantankerous knots before a Uspa Custom Facial brings balance and harmony to your skin.

**Allow 150 mins for your total experience.*

Facial Therapy by Uspa



Your face is the autobiography of your life. It's as unique as you are, much like your customised facial!
We use Uspa premium skin care products made from natural plant extracts, many of which are grown in the Australian sunshine. Uspa's carefully blended plant serums, mud therapies and essential oils are of the purest and highest grade, ensuring the nutrients work deeper into the skin's layers.



USPA CONCEPT FACIAL

(90 mins / \$195)

A treatment that's as individual as you are. This bespoke treatment is so sublime, created by your skilled therapist who selects specific products to produce the most tangible and noticeable results for your skin. It runs like this; a welcoming back massage, a deep cleanse, exfoliation, followed by a therapeutic face and scalp massage. A facial mask is applied to the skin before an eye contour wrap takes care of the delicate eye area. Then we complete with an application of potent serums and a hydration treatment to nourish and protect. Seriously, you won't recognise yourself.

USPA CUSTOM FACIAL

(60 mins / \$140)

The Concept Facial's baby sister has all of the above minus the back massage and eye contour wrap. It may be a little less time intensive but it is still power-packed.

SUPERNATURAL MEN'S FACIAL

(60 mins / \$140)

Life and your lifestyle express themselves on your face. This facial is designed to provide you with the checks and balances that bring your skin into harmony. A purifying cleanse and exfoliation using products enriched with birch extract, almond oil and ginseng helps purify the skin ahead of a hydrating face massage which balances sensitivities. A mud mask helps to unclog pores and clean impurities before a hit of moisturiser leaves skin protected and restored.

FAST EDDY FACIAL

(30 mins / \$80 OR \$70 with another treatment)

You're a busy man, but don't let time get in the way of putting your finest face forward. Working from the shoulders up we start with a deep cleanse infused with grapefruit and balancing oils followed by an invigorating exfoliation with bamboo beads and ginseng. A mud mask is applied to remove impurities and balance the skin before a final hit of hydration.

Facial Therapy by Skeyndor



Skeyndor products are all about results. Whether you need remedial, restorative, reparative or rehabilitative effects (we call them the four R's), we know this range delivers. Skeyndor's incredible skin care is rich in active, natural and environmentally sourced ingredients all the way from Spain. Thoughtfully developed, Skeyndor products meet the specific needs of every skin type, rejuvenate the skin, correct imperfections and turn back time to achieve ageless beauty with long-term results.



FEMME FATALE FACIALS

(60 mins or 90 mins / \$150 or \$205)

This seductive range of facials has been developed to arm you...with smiling skin. Our four powerful Femme Fatale Facials are specifically designed to get your skin radiating with that extra boost you know it deserves. Choose your Femme Fatale Facial or your therapist can help you decide:

AQUATHERM

Perfect for sensitive skin, this facial, repairs and rebalances damaged skin, using thermal spring water and magnesium to assist skin recovery.

VITAMIN C+

Vitamin C and antioxidant-rich pomegranate stimulates metabolism and collagen formation, leaving you with a radiant and youthful glow.

HYALURONIC ACID

This super-hydrating treatment captures and retains the skin's moisture, leaving you with luminous, plump and balanced skin.

RETINOL

Repairs and restores the skin's architecture to rejuvenate aged or sun-damaged skin and improve skin tone and texture.

NEED MORE SEDUCTION?

Our 90-minute Femme Fatale Facial includes an indulgent eye contour and eyelash treatment that uplifts, firms and diminishes the look of fine lines and wrinkles.

DERMA PEEL PRO

(60 mins / \$175)

What lies beneath your skin is the true you, waiting to be uncovered. Combining five peeling techniques in one treatment for perfect, softer more radiant skin. This deep cleansing peel with diamond particles, glycolic and lactic acid will renew your skin, soften lines and wrinkles, and unblock pores, while a biomimetic peptide stimulates the creation of new skin cells. This treatment is guaranteed to uncover your skin's true potential.

Massage Therapy



Muscle melting, immune boosting, stress relieving and life-affirming, the power of touch is undeniable. We allocate time before your treatment to customise your massage to how you are feeling in the 'here and now'. Live for the moment and beyond, by accompanying your treatment with a little extra from our "Accessories" menu, giving you something more to look forward to!



RELAX MASSAGE

(60 OR 90 mins / \$145 OR \$205)

With best-of-the-best relaxation techniques, this full body massage is designed to relieve tension, soothe the nervous system and restore energy flow. It's also great for getting the circulation going – making it an ideal choice if you've just stepped off a plane. Using a soothing essential oil blend of jasmine and rose geranium, this treatment promises to rejuvenate and rebalance.

THERMAL MASSAGE

(60 OR 90 mins / \$145 OR \$205)

This cure-all massage uses the warming properties of red pepper balanced with cooling, inflammation reducing essential oils to relieve sore muscles and alleviate aches and pains. Your therapist will focus on the deeper layers of muscle tissue to help release and relieve muscle tension.

PREGNANCY MASSAGE

(60 OR 90 mins / \$150 OR \$215)

A baby! Congratulations! What wonderful news! This safe, nurturing massage has been designed especially for mums-in-waiting, who've passed their first trimester. As your miraculous body is undergoing all sorts of changes, we've developed a therapeutic massage that helps reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, and increase blood and lymph flow. A relaxed mum means a happy baby and vice-a-versa.

THE MASTERY MASSAGE

(60 OR 90 mins / \$150 OR \$215)

Melding the mastery of our intuitive and skilled therapists with the art of Uspa's healing botanical elixirs, spaQ's Mastery Massage provides the ultimate in personalised, restorative nurturing. On arrival, your therapist will work with you to select potent potions that best suit your needs and desires on the day. Then, your therapist calls upon their unique skills and specialist techniques to treat your body to a soul-soothing massage journey designed especially for you.

Accessories



Create your own designer spa experience by accessorising with these lavish embellishments. This is the idea: when you book another treatment, add these fabulous therapies for an opulent flourish to your session. Genius, right? Our spa specialists will gladly curate a complementary program. If you're just after a mini spa break, all items on the Accessories menu can be enjoyed as a single treatment.



WILD THYME FOOT THERAPY

(30 mins / \$80 OR \$70 with another treatment)

Feet. Unappreciated, over-worked and undernourished. Give them the love and appreciation they deserve with an amazing deluxe foot treatment to leave them smooth, revived and happy. Your tootsies will feel exhilarated after a wild thyme foot pumice with eucalyptus oil. Pepped, refreshed and cooled, they'll be rubbed the right way using a capsicum, menthol and wintergreen blend starting from the tip of your toes all the way to your knees. A wild time is guaranteed.

ESSENTIAL FOCUS FACIAL

(30 mins / \$80 OR \$70 with another treatment)

Put your best face forward by topping off your experience with a boutique Uspa facial available with any of our body or massage treatments. Suitable for any skin type, this express facial therapy is a complexion booster that includes cleansing, exfoliation, facial mask, toning and moisturising.

TRIPLE-THE-DELICIOUSNESS

(90 mins / \$195)

If you're having problems choosing, allow spaQ to make it a little easier. Simply choose three accessory treatments to enjoy in one session and we'll sweeten the deal with a triple-the-deliciousness price. Isn't everything better when accessorised to perfection?

TENSION TARGET

(30 mins / \$80 OR \$70 with another treatment)

We all carry tension somewhere in our bodies. This bespoke treatment is targeted to incredible precision and delivered right where you need it most. You know your body, whether it's that annoying muscle ache, middle back tension or neck tightness, our therapist's brief is to turn their full attention and awareness to your tension zone and melt it right away.

CHINA BARK MASK & HAIR TREATMENT

(30 mins / \$80 OR \$70 with another treatment)

Get glossy, healthy locks with this intensely hydrating and restorative hair treatment, designed to strengthen your hair and make it more damage resistant. We'll draw out the whole application process with a mind-melting scalp massage. A steamy head wrap helps the ingredients penetrate the hair. As the goodness sinks in, your therapist will up the pleasure factor with a deeply relaxing neck and shoulder massage.

* The add-on price is applied when the combined treatment time exceeds 60 minutes.

Body Exfoliation & Masks

Here on the Gold Coast, we love to flaunt a bit (okay, a lot) of fabulous skin. Stepping out in great skin is right up there with wearing a pair of Jimmy Choos – and let's face it, together they're a knockout combination.

We use nutrient-rich natural products and mmm-inducing techniques to help get your glow on.

THERAPEUTIC SEA SALT GLOW

(30 mins OR 60 mins / \$70 OR \$145)*

Get a dose of mega-goodness. A rich combination of sea salts and anti-oxidants, including vitamins C and E deeply cleanses and exfoliates your skin, helping to restore a youthful glow. As a finishing touch, the application of tangerine and rose moisturiser, blended with sweet almond and sesame oils, will leave your skin smooth and replenished.

* When added to a massage 60 mins or longer

BAMBOO & GINSENG BODY POLISH

(30 mins OR 60 mins / \$70 OR \$145)*

This all-over body exfoliation treatment uses a potent infusion of revitalising ginseng and ginkgo blended with gentle exfoliating bamboo beads to remove dead skin cells and oxygenate the skin. A full-body application of refreshing tangerine and rose will leave your skin feeling soft, refreshed and smooth. This treatment is effective but still gentle enough for sensitive skin.

* When added to a massage 60 mins or longer

ORGANIC COCO CREAM WRAP

(90 mins / \$205)

Banish the dry skin drag with this nourishing and moisture-rich concoction. The treatment begins with your choice of exfoliation to cleanse the whole body. Next, a nourishing full-body application of warmed coco butter and coconut, infused with aromatic vanilla, feeds your skin while your therapist delivers a divine scalp massage. Unwrap and voilà! Silky smooth, rehydrated skin.

COFFEE & SEA KELP CONTOUR WRAP

(90 mins / \$205)

A true wrap star! It's mood altering, body changing as well as giving you supple, gloriously smooth, toned skin. A vitamin, mineral and anti-oxidant rich infusion of coffee and sea kelp is used to stimulate circulation, detoxify and gently exfoliate the skin, while the subtle scent of orange and vanilla rises like scented clouds lifting your mood. Now your buffed skin is ready to absorb the all over, mineral-rich clay wrap, which has superhero drawing properties to help boost circulation, relieve sluggishness and firm the skin. A nourishing application of evening primrose, camellia and jojoba oil for intense hydration.

Makeup by Issada

Treat your skin to a luxurious beauty experience with Australian-owned boutique makeup range Issada.

Along with cutting-edge colour trends, textures and staying power, Issada is focused on total skin health – their products are bursting with clinical-grade vitamins, antioxidants, minerals and botanicals.

Capture the benefits of science, nature and colour with the unmistakable art of Issada.

PICK ME UP... BEFORE I GO, GO

(15 mins / \$40)

Includes foundation or powder application, blush, mascara and nourishing lip gloss.

Who said you can't have glamour on the run? spaQ's super-speedy makeup session is the perfect pick-me-up or post-treatment touch-up. They'll never guess you've just spent the last couple of hours in a day spa.

GET GLAMMED... OOH LA LA

(45 mins / \$90)

Includes foundation, powder, blush, highlight, 'special occasion eyes' and lipstick.

Out to impress? Whether it's a special event, a night out with the girls or a date with someone special, the spaQ team will customise a special look just for you – Issada style. Looking for some added va va voo? Glam it up with a set of falsies for an extra \$15.

FLAWLESS FALSIES

(10 mins / \$20)

For eye-poppingly gorgeous lashes, choose from either individual or bar lashes.

*Please note: our lashes are for one use only.

Insider knowledge, expert makeup advice and hot tips come with our compliments!

WEDDING BELLS... & WHISTLES

(60 mins / \$115)

With all eyes keenly focused on you, it's extra important to look and feel special. Be your very best with spaQ's Issada bridal makeover. We recommend a trial to help ensure the look is just what you've dreamed of.

- Bridal makeup trial: \$115
- Bridal party: \$90 per person
- Flower girls under 7 years old: complimentary
- False lashes: add \$15 per person for the bridal party, but brides will receive them as a gift from spaQ (the choice is yours, of course).

Nails

Here's one way to nail it: let our amazing therapists beautify your extremities with fashion forward varnishes in a pretty palette of colours.

TWINKLE TOES

(30 mins / \$80 OR \$70 with another treatment)

For all the busy bodies out there, this quick pedi pick-me-up gets you sandal-ready in a twinkle! We shape, buff and beautify the cuticles before polishing your nails to perfection with your choice of spectacular colour.

PETITE HAND PAMPER

(30 mins / \$80 OR \$70 with another treatment)

Pretty nails pronto! Transform your hands in a flash as we shape, buff and beautify your cuticles before applying polish to your nails with artisan flair.

FOOT THERAPY

(60 mins / \$125)

For feet as fancy as your Gucci heels, this one's for you. In the comfort of our spa suites, your foot therapy begins with a cooling wild thyme foot scrub in preparation for your therapist to trim, shape and buff your nails. With nails in tip-top shape, a deeply relaxing foot and leg massage is performed using warm stones. The final flourish involves a nail paint in your choice of fashion-forward colours.

HAND THERAPY

(60 mins / \$125)

Take the future into your own beautifully manicured hands. A gentle bamboo polish on the hands and arms kick-starts proceedings to reveal smoother and more youthful looking skin. Next, comes some serious nail beautification, finishing with a delightful arm and hand massage.

Grooming & Waxing

Great therapists using the best products available. From perfectly arched brows to smooth-as-silk skin, spaQ has you covered.

BROW & LASH GROOMING

Brow wax & shape (\$28)

Brow tidy (\$18)

Brow tint or eyelash tint (\$20/\$25)

Brow & eyelash tint (\$40)

WAXING

Women

Leg: full, half and bikini combo (from \$45 to \$80)

Bikini or Brazilian (from \$35 to \$70)

Arms (\$30 to \$55)

Lip or chin (\$18 each)

Men

Back & shoulders (\$65)

Chest & stomach (\$60)

Men's full leg (\$75)

Men's full arms (\$60)

HAMMAM-INSPIRED STEAM ROOM

Our Hammam-inspired steam room with ice fountain and overhead cooling mist is a fabulous way to relax ahead of a treatment or just to enjoy on its own. Use of the Hammam is complimentary for spaQ guests enjoying treatments of one-hour or longer. Steam experiences can also be enjoyed without a treatment for \$25. Our Hammam is unisex, so don't forget your swimwear.

Need To Know

WHERE WE ARE

spaQ is open daily and is located on level one of QT Gold Coast. To book a treatment or to find out more about the services we offer, call us on 07 5584 1108.

SPA ARRIVAL

Please arrive 15 minutes before your treatment is scheduled. This gives you and your therapist time to plan the perfect experience. If you arrive late, we may have to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

HAMMAM-INSPIRED STEAM ROOM

Use of the uni-sex Hammam is complimentary for spaQ guests enjoying treatments of one-hour or longer. Please let us know at the time of your booking if you'd like to use these facilities. Swimwear is required to be worn in the Hammam.

MEDICAL CONDITIONS

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

PREGNANCY

We have treatments designed especially for mums-to-be and nursing mums needing some 'me' time. Our team will help you select the most suitable treatments to enjoy.

MINIMUM AGE

You'll need to be at least 16 years of age to use the spa facilities and services.

SPA ETIQUETTE

To make things comfortable and relaxing for everyone, spaQ is a mobile phone free environment.

CANCELLATIONS

A 100% charge will apply for any treatments cancelled or rescheduled with less than 24-hours notice. The same applies for no-shows and gift certificate bookings.

Good to Know

OUR 'FRESHLY PICKED' PHILOSOPHY

At spaQ there's no need to stress about which treatment to select – the only decision to make when booking is how much time you'd like to spend with us. On the day, we will help you choose the ideal treatment experience. Naturally you can also choose your selection in advance if that's what you prefer.

ENQUIRIES AND RESERVATIONS

Advance bookings are recommended but if you're a spur-of-the-moment kind of person, do give us a try. All appointments can be guaranteed with a credit card, gift certificate or room number.

GIFT CERTIFICATES

Share the spaQ love! Gift certificates are available for all treatments, products and packages. They can be express posted, emailed or collected from spaQ. Gift certificates are available for purchase online and can be delivered instantly to your inbox. Simply visit our spaQ Gold Coast website.

VISIT US ONLINE

Search for treatments and current promotions and keep in touch with all things spaQ at www.spa-q.com.au

PARKING

Parking is available on the basement level of QT Gold Coast and is complimentary on the day of your spa reservation. Please ask one of the spaQ team for an access card on your departure.

PAY FOR SIX, ENJOY SEVEN TREATMENTS

Purchase any six of the same treatment in advance and you'll receive a seventh one on us. Speak to our team for full details.

Contact Us



spaQ at QT Gold Coast

Level One, 7 Staghorn Avenue,
Surfers Paradise, Queensland, Australia

www.spa-q.com.au

Ph: 07 5584 1108

