



Emirates  
*One&Only*

WOLGAN VALLEY  
*Australia*

SPA, BEAUTY AND FITNESS

# SPA, BEAUTY AND FITNESS

*Discover One&Only Spa, a sanctuary of wellbeing that embraces the essence of Wolgan Valley.*

*In this truly unique environment, we invite you to indulge in our spa experiences, choosing from specialised therapies or personalised spa journeys based on your desired needs.*

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We have created a collection of results-driven experiences to nurture the mind, body and soul. Collaborating with Sodashi, Australia's finest 100% chemical-free spa range, our expert therapists use intuitive touch and the healing qualities of pure therapeutic-grade ingredients, to guide you through a truly holistic experience.

Enhancing your One&Only Spa journey are our hot and cold outdoor pools, steam room, sauna and relaxation areas. Each of our six spa treatment rooms are designed for privacy in a serene setting offering individual baths to take in the peace and comfort of the valley.

## **OPENING HOURS:**

WINTER: 9.00AM TO 7.00PM

SUMMER: 9.00AM TO 8.00PM

FITNESS CENTRE: 6.00AM TO 10.00PM

## ONLY HERE

*Designed exclusively for One&Only guests, these treatments are unique to our spectacular natural surroundings. Our experienced therapists encourage you to embrace the environment and immerse yourself in the serenity of the Greater Blue Mountains.*

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### WHOLENESS (120 mins)

Relieve stress and fatigue with a healing bathing ritual to stimulate circulation, uplift and energise the body. Our therapists will tailor your massage to release muscle tension and aches and pains with your choice of aromatherapy oil, to work in synergy with the body for optimal results.

### PURITY (120 mins)

Clear the mind and rebalance the soul. Unwind with a purifying bathing ritual, preparing the body to detoxify with an invigorating Body Boost exfoliation. Our intensive body mask stimulates the circulatory system helping to remove unwanted toxins, and finishing with a nourishing body moisturiser for ultimate hydration.

### RADIANCE (150 mins)

Treat the body and face. Begin with a soothing bathing ritual, followed by a back massage to relieve muscle tension and then complete the experience with an indulgent facial. Our thermal infusing mask penetrates deep into the skin to nourish and tone. A perfect treatment for the entire body.

### AGE DEFIANCE (180 mins)

Turn back the signs of ageing. Enjoy an invigorating back exfoliation to renew the skin, then journey to another level with our youthful silhouette treatment and age-defying facial. This carefully developed treatment is aimed at improving the health of the face, neck, bust and arms resulting in a firmed, toned silhouette of your body. Luxurious Sodashi body polish and French Pink Clay will delight the body, while age-defying products diminish the appearance of fine lines and restore a youthful glow to the face.

# ONLY BODY

*Through the power of touch and expert knowledge, these massage treatments provide a sensory, therapeutic experience like no other.*

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## MOUNTAIN AROMATHERAPY MASSAGE (60/90 mins)

Our signature massage, Mountain Aromatherapy, encapsulates the essence of Wolgan Valley. Using specialised oils inspired by the natural surroundings, your therapist will ease stress from your muscles using aromatherapy-inspired techniques.

## SACRED STONES MASSAGE (90 mins)

Let the warmth of the heated basalt stones penetrate deep into your body to relieve tired, aching muscles. Take on the energy of the ancient stones and the surrounding mountains to ease the mind and calm the body. Emerge in a state of deep relaxation.

## BUSHMAN MASSAGE (60/90 mins)

Designed with the bushman at heart, this specialised massage alleviates deep-seated tension and muscle stress. Pressure point and stimulating movements on specific areas of concern help to overcome discomfort. A tailored treatment which concentrates on areas such as the neck, lower back and tight shoulders.

## IN THE POUCH (60/90 mins)

A nurturing massage to target areas prone to stress and tension during or after pregnancy. Warm vitamin-rich oils are used to nourish and hydrate the delicate skin during this massage, designed to suit your individual needs. Focus on areas needed to alleviate muscular aches and pain.

## CHAKRA BALANCING (90 mins)

This experience brings the body's physical and emotional being into alignment. A combination of massage, specific essential oils, healing crystals and energy work penetrates the mind and body with profound effects. Leaving the worries of the modern world behind, this truly unique experience provides rebalancing, revitalisation and an overall state of harmony.

## ONLY FACE

*Incorporating massage techniques and nourishing 100% chemical-free products, our facials are more than just a standard beauty treatment. Specialised consultation and innovative therapists ensure your treatment achieves the best results for you.*

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### THERMAL INFUSING FACIAL (90 mins)

An intensive boost of potent vitamins and minerals, with Sodashi's exclusive thermal infusing mask, allows maximum penetration into the deeper layers of the skin. This treatment is tailored to individual needs, and has been designed to purify and nourish, leaving the skin hydrated and toned. Restoring elasticity and radiance, this treatment is a natural face lift.

### PURE RADIANCE FACIAL (60 mins)

Luxurious plant essences work in synergy to leave your skin revitalised and fresh. Enjoy deeply relaxing aromatic compresses to soften and exfoliate, followed by the application of nurturing face masks to purify and hydrate the skin.

### PURITY FACIAL (60 mins)

The deep cleansing properties of Argiletz Clay, rich in minerals, cleanse congested and imbalanced skin types. A pressure point massage restores the skin's natural radiance, refining the pores and leaving the skin refreshed, vibrant and clear.

### CALM FACIAL (60 mins)

A beautifully calming treatment to soothe and nourish skin that has been exposed to the elements. Cooling mists and aromatic gels nurture and protect the skin while unique plant-essence blends serve to strengthen and repair. The skin is left with an even complexion and revitalised glow.

### SAMADARA ULTIMATE AGE-DEFYING FACIAL (105 mins)

A sequence of timeless, anti-ageing techniques are used to reawaken the skin. Turn back the hands of time and transform your skin with this intensely hydrating and nourishing treatment designed to increase firmness and elasticity, diminish the appearance of fine lines and restore youthful skin.

# ONLY VITALITY

*A collection of treatments designed to renew the body, combining invigorating techniques and purifying ingredients. Carefully selected plant essences and mineral rich masks relax, revitalise and restore creating the feeling of total relaxation.*

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## BODY BALANCE SALT GLOW (60 mins)

Bring the body back to balance with the application of warm soothing oils, followed by a Himalayan salt and plant essence exfoliation. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment will leave the skin vibrant and replenished.

## PURIFYING BODY BOOST (60 mins)

Boost energy levels and re-energise the entire body with this cleansing treatment beginning with an invigorating dry body brushing. A natural purifying mask is then applied to stimulate the circulatory system helping to remove unwanted toxins, enhanced with an enlivening body moisturiser.

## REFINING BODY TONER (75 mins)

A luxurious experience, this rejuvenating treatment begins with a jojoba-bead body polish, followed by the application of a nurturing full-body mask. Rich in French Pink Clay to firm, tone and condition the skin, the refining body mask is perfect for during and after pregnancy.

## DETOXIFYING MARINE BODY WRAP (90 mins)

Deeply detoxifying at all levels, a full body exfoliation softens the skin for a warm marine body mask. The richness of sea plants, algae, marine minerals and plant essences purify and detoxify, before a luscious lotion leaves the whole body rejuvenated.

## JET LAG RECOVERY (90 mins)

This treatment is perfect for the weary traveller, beginning with a relaxing back massage followed by a Himalayan salt exfoliation. A refreshing facial finishes this treatment, designed to refresh and revive the entire body.

## SOUL TO SOLE (60 mins)

Designed to work on the body's main areas of stress and tension, this treatment incorporates specialised techniques for the scalp, hands and feet. Warm compresses, enriching scalp masks, and exfoliating jojoba beads provide total relief and relaxation.

## ONLY MORE

*We invite you to enhance your spa journey,  
with sensory additions to your selected treatments.*

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### REFRESH FACIAL (30 mins)

An express facial treatment designed to deeply cleanse and boost the complexion, complete with nourishing rich moisturisers for the face, neck, eye and lip areas.

### DE-STRESS BACK TREATMENT (30 mins)

This focused back massage and invigorating salt exfoliation relieves muscle tension and leaves the skin revitalised.

### SCALP TREATMENT (15 mins)

Release pressure and tension with a luxurious moisture-rich scalp treatment. Infused with warm aromatic compresses, specialised massage techniques deeply nourish the scalp leaving the hair silky and shiny.

### SOOTHING FOOT THERAPY (30 mins)

Soothe tired and sore feet. Salt therapy and exfoliating polish refreshes the skin, and removes dry skin to improve circulation. A rich treatment moisturiser is massaged into the lower legs and feet to relieve tension while leaving feet feeling fresh and revitalised.

### GENTLE TOUCH HAND THERAPY (30 mins)

A nurturing treatment beginning with gentle exfoliation of the hands and arms followed by a vitamin-rich mineral mask to smooth the skin. A soothing massage will leave the hands feeling soft and smooth.

## ONLY FOR THE 'JOEYS'

*Designed for our spa-savvy younger guests, these treatments are suitable for those aged 12 to 16. Guardians are asked to accompany our younger generation guests.*

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### RELAXING MINI MASSAGE (30 mins)

Focusing on the back, neck and scalp, gentle but effective massage techniques help to relieve tightness and tension appropriate for the developing body.

### DELICATE HANDS AND FEET (30 mins)

Express Manicure and Pedicure for delicate hands and feet. Aromatic compresses will soothe the hands and feet before nails are shaped and choice of polish is applied.

### TAILORED FACIAL (30 mins)

A gentle cleanse followed by nourishing moisturisers to address the needs of young skin. This tailored facial will soothe, purify and hydrate the skin.

## ONLY COUPLES

*An indulgent package designed for two.*

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### COUPLES RETREAT (150 mins)

Escape with a spa retreat just for two. Unwind with a serene bathing ritual ready for an all over body polish. Continue your journey cocooned in a purifying body wrap, rich in algae and marine extracts to assist in the removal of accumulated toxins, while your scalp is massaged with a luxurious mask. Choose between an express massage or facial to complement your experience.



## ONE&ONLY SALON

*Enjoy salon essentials at your leisure enhanced by our serene spa setting.*

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### SPA MANICURE (60 mins)

Classic manicure techniques are applied to shape and form your nails. Plant essences exfoliate to revitalise and a nourishing mineral mask smooths the skin followed by a relaxing arm and hand massage. Your choice of polish complements your treatment.

### SPA PEDICURE (60 mins)

Classic pedicure techniques are applied to shape your nails and recondition your feet. A rejuvenating foot bath and hydrating plant extracts soften your feet with a specialised massage to relieve tension and stress. Your choice of polish complements your treatment.

### EXPRESS (30 mins)

Your choice of express manicure or pedicure concentrating on improving nail condition and presentation. Your choice of polish complements your treatment.

### HAIR SERVICES (45 mins)

Hair blow-dry and style services are available upon request.  
Booking in advance will ensure availability.

### MAKE-UP (45 mins)

Make-up consultation and services are available upon request.  
Booking in advance will ensure availability.

## ONE&ONLY FITNESS

*Our state-of-the-art Fitness Centre welcomes you to begin or continue your healthy lifestyle choices. Specialised Technogym cardio and functional equipment is complemented with sauna, steam room and indoor plunge pool facilities for your convenience.*

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### OPENING HOURS

Located adjacent to our signature outdoor pool, the Fitness Centre is open between the hours of 6.00am and 10.00pm daily.

# SPA ETIQUETTE

## HOW TO SPA

To make the most of your spa experience and enjoy the full benefits of your treatment, we recommend you arrive 15 minutes prior to your scheduled appointment. We invite you to utilise our Fitness Centre, sauna, steam room and plunge pool facilities before your spa experience.

For your convenience, our treatment rooms have full changing facilities where a robe, towels and slippers will be provided. We recommend that you leave any valuables in your guest room safe. One&Only Spa does not assume liability for any valuables.

The One&Only Spa environment is one of tranquility and relaxation. We kindly ask that you refrain from using your mobile phone or tablet while enjoying the facilities. Smoking is prohibited throughout the spa.

We recommend that alcohol not be consumed prior to spa usage. One&Only Spa reserves the right to refuse any guests that are under the influence of alcohol.

## PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa service. Certain treatments and techniques may not be available during pregnancy.

## HEALTH CONDITIONS

A detailed consultation is completed prior to your spa treatment. Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities or products.

## RESERVATIONS

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The One&Only Spa provides walk-in bookings based on availability. We welcome spa guests from the age of 16 for all treatments and use of the spa and fitness facilities. Any guest below the age of 16 must be accompanied by a parent or guardian.

## GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion.

## CANCELLATION AND CHANGE POLICY

A 50% cancellation charge will be incurred for any treatment not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.



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