



Spa Philosophy

At Stephanies® our commitment to unsurpassed guest experiences and unparalleled spa therapies has earned us our Award Winning reputation for excellence in the Australian Beauty Industry. Passionate about spa life, our philosophy is a simple one:

"Embrace new technologies, respect ancient rituals, step away from the ordinary and create breathtaking spa journeys combined with authentic skincare." We provide exquisite environments for our guests so that every visit to Stephanies® is a memorable and treasured time.

Welcome to Stephanies® Wellness Spa

Stephanies® Wellness Spa is situated within the iconic Q1 Resort & Spa - Gold Coast; a prestigious address inspired by the spirit and lifestyle of Australia. Stephanies® Wellness Spa is set amongst pristine tropical landscapes and pool terraces, offering an eco-elegant space where guests can rejuvenate in style.

Breathing tranquility and relaxation, our Wellness Spa is alive with an abundance of lush garden greenery, airy light filled spaces, and natural finishes. The contemporary design of our retreat offers eight wellness treatment suites including single and dual Vichy suites, Hydrostorm shower suite; all offering a grounding spa experience.

Stephanies® Wellness spa provides the perfect getaway for holidaymakers, families and friends. Every guest is encouraged to further recover in our Tranquility Lounge to enjoy a seasonal sorbet or Signature herbal tea following your spa journey.

Looking for some extra self-care? Our Signature Spa Shop offers an exclusive selection of bespoke spa essentials, organic tea infusions, skin care, and luxury candles. If you're looking to bring the Stephanies® experience into your own home, be sure to stop by - a little luxury goes a long way.

Spa Rituals

Native Australian Acoustic & Spa Awakening Ritual

2 HOURS | \$305 PER PERSON (DUAL SUITE AVAILABLE)

Intention Ceremony | Lemon Myrtle Foot Immersion | Aromatic Body Exfoliation | Hydrostorm | 60 Minute Massage

Inspired by Australian Native Botanicals this treatment begins with a Stephanies® Intention Ceremony and Acoustic Meditation. Enjoy a signature aromatic body exfoliation made from organically sourced sugar from far North Queensland and healing cold pressed botanicals. Enjoy a cleansing Hydrostorm experience where micro water mists and Swiss shower jets wash away the sugar smoother, exposing beautiful soft skin. Melt tension away with our essential Wellness massage which combines soothing rhythmic strokes with Stephanies® signature blend.

Spa Taster

2 HOURS | \$305

Rose Petal Foot Immersion | 60 Minute Massage | Head Massage | Classical Facial

Escape solo or with a friend for some precious spa time. Your Stephanies® Spa Taster begins with a rose petal foot immersion and soothing signature massage to release tension and dissolve any symptoms of stress. To finish, enjoy a customised Classical Facial and relaxing head massage to complete this beautiful spa journey.

Signature Body Ritual

2.5 HOURS | \$405

Rose Petal Foot Immersion | Skin Brushing & Aromatic Signature Body Exfoliation | Signature Body Masque
60 Minute Massage | Head Massage

Allow us to take you on a journey with our signature spa body collection. Begin with a rose petal foot immersion to welcome you to your spa time. Invigorate with a rhythmic body brushing followed by a delicious smoothing body exfoliation. You will then be cocooned in our signature botanical body masque whilst enjoying a blissful head massage. To complete your journey, enjoy an infusing warm massage using our botanical beauty balm.

Native Australian Acoustic & Spa Immersion Ritual

3 HOURS | \$480 PER PERSON (DUAL SUITE AVAILABLE)

Intention Ceremony | Lemon Myrtle Foot Immersion | Aromatic Body Exfoliation | Signature Body Masque
Vichy Shower Experience | 30 Minute Heated Stone Back Massage

Using Native Australian ingredients to represent nature's elements, this luxurious body treatment brings to life a concept inspired by the Australian Bush. This treatment begins with a Stephanies® Intention Ceremony and Acoustic Meditation. Enjoy a signature aromatic body exfoliation made from organically sourced sugar from far North Queensland and healing cold pressed botanicals. Melt away with our healing signature Australian Native body masque followed by our cascading Hydro Vichy Shower experience. Conclude this heavenly immersive journey with a warm heated stone back massage.





Signature Spa Therapies

Signature Skin Treatment

100 MINUTES | \$225

Rose Petal Foot Exfoliation | Heated Stone Back Massage | Classical Facial

Enjoy the soothing feeling of a rose petal infusion washing over your feet, before soles are invigorated with an aromatic cleansing exfoliation. Drift to a supreme level of relaxation as warm, smooth stones deeply massage your back and neck. Rejuvenate the skin with a customised facial and complete your signature journey with a foot and relaxing scalp massage.

Hot Stone Crystal Massage

100 MINUTES | \$215

Rose Petal Foot Exfoliation | Skin Brushing | Crystal Chakra Balancing | Heated Stone Massage | Head Massage

Your treatment journey will begin with a rose petal foot immersion and exfoliation. Lay back and enjoy skin brushing to prepare your body. Melt away with ancient body massage techniques using warm, soothing volcanic Basalt stones to release aches and dissolve stress, including a deeply relaxing head massage. Balancing Chakra crystals, intuitively selected by you, are then placed on your body to restore energy and balance to mind, body and soul.

Sacred Queen Journey

90 MINUTES | \$200

Rose Petal Foot Exfoliation | Back Therapy & Herbal Poultices | Foot Reflexology | Indian Head, Neck & Facial Massage

This ancient treatment combines Ayurvedic inspired practices and modern spa techniques. Begin your journey with a rose petal foot immersion and exfoliation, followed by a heated herbal poultice back massage. Finish your spa journey with our signature Ayurvedic head, neck and facial massage. This sacred queen ritual will melt away any stress and will leave with a complete sense of wellbeing.

Divine Princess Ritual

60 MINUTES | \$150

Rose Petal Foot Exfoliation | Foot Reflexology | Indian Scalp, Neck & Facial Massage

Energise your mind and body and allow tension to disappear with this divine spa ritual. Your journey begins with a rose petal foot immersion and exfoliation and foot reflexology; followed by ancient Indian scalp, neck and facial massage releasing pressure points to restore balance to mind and body.

Water Therapies

Vichy Shower Hydro Suite Rituals

DUAL AND SINGLE SUITES AVAILABLE

Drift away with these luxurious Vichy Shower hydrotherapy rituals which will provide you with an invigorating and relaxing water cleansing and combined spa experience. Our Vichy tables are hand made from 100% reclaimed 100 year old Acacia Cedar from the Northern Australian rainforests.

Hydro Cleanse

50 MINUTES | \$185

Skin Brushing | Aromatic Body Exfoliation | Vichy Shower Water Massage

Hydro Spa Ritual

60 MINUTES | \$195

Skin Brushing | Botanical Body Masque | Vichy Shower Water Massage

Hydro Wellness Ritual

90 MINUTES | \$225

Skin Brushing | Vichy Shower Water Massage | 60 Minute Massage

Customise your Wellness Massage & Body Therapies

Select your Signature blends for Essential Massage and Body Exfoliations:

Wellness Blend

Melaleuca Nerolina, Blue Cypress, Lemon Scented Eucalyptus, Blue Gum, Myrtle and Australian Lavender.

Urban Blend

Sweet Orange, Lime Rind, Mandarin Rind, French Lavender, Bergamot and Frangipani.

Vintage Blend

Rose Geranium, Ylang Ylang, Moroccan Rose, Neroli Blossom, French Lavender and Lime Peel.

Ocean Blend

Pink Grapefruit, Lime Rind, Lemon Rind, Sweet Fennel, Ylang Ylang and Bergamot.



Body Therapies

Sugar Smoother

40 MINUTES | \$115

Skin Brushing | Aromatic Body Exfoliation | Intense Body Hydration

A deliciously intoxicating exfoliation ritual infusing organic Australian sugar cane with a cold pressed blend of nourishing plant oils to create a body smoothing treatment to redefine tone, hydration and texture. Results are intensified with pure Vitamin E and will be customised with our signature aromatic essential oil blend leaving skin luminous, revitalised and silky soft.

Sun Soothing Body Masque

60 MINUTES | \$160

Skin Brushing | Signature Body Masque | Luxe Crème Body Hydration

An instant moisture surge delivered in a quenching skin drink with a hydrating dose of hyaluronic acid, Vitamin B5, Vitamin E, all drenched in organic aloe vera. An active herbal infusion of sandalwood, chamomile and French lavender targets barrier repair and inflammation to deeply soothe, repair and nourish the skin for the ultimate full body ritual. Ideal for sun kissed skin, dryness, dehydration, sensitivity, irritation and pregnancy.

Australian Native Body Masque

60 MINUTES | \$160

Skin Brushing | Signature Body Masque | Luxe Crème Body Hydration

Combining the bush alchemy of native Australian essential oils, including melaleuca nerolina, blue cypress, lemon scented eucalyptus, blue gum, myrtle and Australian lavender. This skin quenching body masque is laden with organic cocoa butter, white volcanic clay, vitamin E and nutrient rich cold pressed oils including macadamia nut, apricot, almond and calendula flower, leaving your skin hydrated, restored and revitalised.

Ocean Body Masque

60 MINUTES | \$160

Skin Brushing | Signature Body Masque | Luxe Crème Body Hydration

This Oceanic body masque encapsulates the healing powers of the sea. This deep blue re-mineralising masque is synergistically blended with marine algae, nutrient rich vitamins and minerals containing fucus, kelp and spirulina in a sea water concentration. Breathe in the detoxifying and rejuvenating essential oil blend of lavender, cypress, grapefruit and lavender.

Botanical Body Masque

60 MINUTES | \$160

Skin Brushing | Signature Body Masque | Luxe Crème Body Hydration

The Botanical body masque is a nutritionally rich blend of precious plant extracts in a mineral French clay mousse to remodel, refine and re-nourish skin. Laden with organic cocoa butter, calendula, apricot kernel and vitamin B5 to lock in moisture while protecting skin tone and texture. Finished with an exquisite blend of pure essential oils of jasmine, ylang ylang, lime and rose geranium this aromatic skin ritual will leave your skin feeling supple, rejuvenated and balanced.

Rare Diamond Body Masque

60 MINUTES | \$160

Skin Brushing | Signature Body Masque | Luxe Crème Body Hydration

A luxurious and precious elixir of liquid diamonds and pure silk peptides are steeped in an opulent blend of omega rich serums to exquisitely nourish the body. A skin nurturing infusion of argan oil, anti-ageing vitamins and calendula flower, soothe and hydrate the skin. Scented oils of blackcurrant flower, rose geranium and roman chamomile gently enhance tone and lock in essential moisture, leaving skin nourished and hydrated.



Bespoke Facial Therapies

Your skin can be healthy, balanced and beautiful at any age. Our Facial Therapy treatments offer deeply relaxing sensory experiences with remarkable results. Each Facial Therapy treatment begins with a personal consultation and an in depth skin analysis, so your facial experience can be tailored to your precise needs.

Express Facial

40 MINUTES | \$120

Double Cleanse | Exfoliation | Steam | Extractions Optional | Masque | Head Massage

If you are pushed for time, then this quick skin refresher is the perfect solution. Enjoy a double cleanse and exfoliation, detoxifying steam and a customised masque. This Express Facial is the perfect cleansing and hydration boost.

Classical Facial

60 MINUTES | \$170

Double Cleanse | Exfoliation | Extractions Optional | Steam | Facial Massage | Masque | Head Massage

Instantly brighten and revitalise your complexion with this highly effective 60 minute facial. Your therapist will address your specific skin concerns with carefully selected skincare, addressing any signs of ageing, or dry and dehydrated skin including impurities or sensitivities. This classic maintenance facial includes a 20 minute face, back, neck and décolletage massage, plus a head massage and your choice of a hand or foot massage.

High Performance Facial

60 MINUTES \$190 | 90 MINUTES \$220

Double Cleanse | Exfoliation | Extractions Optional | Steam | Facial Massage | Specialised Serum and Masque
Head Massage | Hand and Foot Massage

This high performing treatment firms, repairs and nourishes the skin to correct signs of ageing. Specifically selected concentrated serums and specialised masques are carefully chosen to give your skin immediate rejuvenation. Your skin journey will begin with our Stephanies® signature welcome ritual and also includes an indulgent relaxing and nourishing hand and foot massage.

PLEASE NOTE Our 90 minute High Performance Facial includes a luxurious extended face, back and décolletage massage.





Wellness Massage

Under the skillful intuitive touch of our professional beauty and spa massage therapists, you will be treated to a soothing and re-energising experience. Our nurturing and customised full body massages are designed to relieve built up tension, soothe the nervous system and restore energy flow. Using Stephanies® signature aromatic essential oil blends this treatment will restore vitality and wellbeing to your mind and body.

Essential Massage Therapy

60 MINUTES \$150 | 90 MINUTES \$190

Warm Foot Bath | Sensory Journey | Customised Massage

Social Spa-ing

Stephanies® social spa-ing is a fun way to connect, celebrate and create spa memories with friends, family and work colleagues. We have curated a selection of traditional spa therapies for you to experience or speak with our Stephanies® team to create your very own bespoke spa ritual from our full spa menu.

Girls Just Want to Have Fun

60 MINUTES | \$190PP (MIN 4 OR MORE)

Rose Petal Foot Bath | 30 Minute Petite Facial | 30 Minute Back Massage | Spa Gift to Organiser
Glass of Sparkling Wine & Chocolate

Soul Sisters

90 MINUTES | \$260PP (MIN 4 OR MORE)

Rose Petal Foot Bath | 60 Minute Massage | 30 Minute Petite Facial | Spa Gift to Organiser
Glass of Sparkling Wine & Chocolate

Spa Signatures Mother & Baby

At Stephanies® we have handpicked selected spa experiences that are perfect for mums to be. These wonderful, nourishing and pampering treats benefit mums by promoting deep relaxation and rest for when those bumps are blossoming.

Baby Moon Massage

60 MINUTES | \$150

After first trimester only | Foot Immersion & Exfoliation | Baby Moon Massage | Head Massage

Be comfortable lying on your tummy with our specialised pregnancy pillow topper and enjoy the benefits of pregnancy massage. Ease pressure and reduce stress and strain on your back, legs and ankles. This massage is nurturing, safe and deeply relaxing, designed for mums to be and new mums.

Beautiful Bump Therapy

100 MINUTES | \$220

After first trimester only | Rose Petal Foot Exfoliation | Botanical Body Masque | Pregnancy Massage | Head Massage

The ultimate in pregnancy pampering, you will feel nothing but bliss after a soothing foot immersion and exfoliation, lie back and enjoy a gentle back massage. Envelop your body in a soothing and cooling aloe vera body masque application, followed by nourishing your feet and legs with our botanical beauty balm, finishing with a comforting head massage.

“Spa Founder, Stephanie Shepherd, had a vision and desire to combine beauty therapies with peaceful spaces of harmony and balance. She dreamt of creating more than a small beauty salon. Stephanie wanted to design and build bespoke day spas where people could cocoon themselves from the outside world.”





“Our commitment has always been to deliver luxurious guest experiences and unparalleled beauty therapies. Earning the Stephanies® Luxury Spas team an international, award-winning reputation.”

Spa Enhancers

Upgrade any of the below to your Skin or Body Therapies to enhance your wellbeing.

Hydrating Lip Treatment \$30

Hydrating Eye Treatment \$30

Hydrating Lip and Eye Treatment Duo \$50

Add Heated Stones \$30

Back Exfoliation addition \$30

Short Escapes

30 MINUTES

Elixir Scalp Therapy Ritual \$90

Back, Neck & Shoulder Recovery Massage \$100

Sole Healing Foot Ritual \$90

Hydro Vichy Drench (Vichy shower jets only) \$110

Beauty Therapies

Brow Bar Couture

50 MINUTES | \$79

Brow Sculpt | Eyelash Tint | Brow Tint | Hydrating Eye Treatment

We specialise in creating beautiful eyebrows to bring out your natural beauty and individual features. We take the time to assess your face shape, check the balance of brows and advise on shape and colour. Our eyebrow specialists can also teach you the tricks of the trade to maintaining your beautiful eyebrows between sculpting.

Luxury Spa Pedicure

90 MINUTES | \$165

Rose Petal Foot Immersion | Signature Head Massage | Foot and Leg Exfoliation | Heated Stones | Warm Paraffin Professional Polish

Take a deep breath, inhale the surroundings and exhale all tension. Refresh your feet with a rose petal foot immersion including foot and leg exfoliation. Total care is then given to nails and soles to relieve and refine. Tension will ease with our unique heated stone massage before feet are immersed into a warm paraffin infusion. Enjoying a deeply soothing signature scalp massage sending you into a mindful and balanced state. Discover this divine treatment for yourself or with a friend.

Spa Etiquette

COVID-19 POLICY

The wellbeing of our guests and staff is our first priority. Please take the time to read our Health & Wellness statement and Stephanies® COVID-19 protocols that we have implemented across our spa locations. You can find these at www.stephanies.com.au

SPA ARRIVAL

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your spa treatment time. This will allow time for you to complete your wellbeing form, change and relax prior to your spa treatment. For social distancing please keep 1.5 metres between other spa guests. You will need to enter via Q1 pool gates and press day spa button to be given access to enter if you do not have your room key.

WHAT HAPPENS IF I'M LATE?

Arriving late will simply limit the length of your spa treatment and unfortunately lessen your time spent with us. Treatments will always finish as scheduled to not delay and inconvenience our next spa guests.

SPA PARKING & ENTRY TO RESORT

Q1 Resort & Spa has a visitor car park, located underneath the Q1 building. The visitor car park is complimentary and open daily. Visitors must park their car in a Q1 Resort signed park and register their car with Q1 reception to collect a parking pass if parking for more than 2 hours.

MEDICAL CONDITIONS

Please inform spa reservations of any health concerns that you may have when making your booking and when completing your health and wellbeing form. This allows us to design a suitable treatment plan for your specific needs. Some spa therapies may be contraindicated due to certain medical conditions or medications you may be taking. You may also be asked to seek prior approval from your health care practitioner before your appointment if you are undergoing medical treatment.

PREGNANCY

Second trimester in your pregnancy is the safest time to enjoy specific massages and body therapies. There may be some water therapies that you will not be able to experience throughout your pregnancy. However, you can relax and enjoy some skin therapies and hand and foot therapies at any time during your pregnancy. Please inform our spa reservations at time of booking regarding your pregnancy. We are happy to recommend our Signature Mother and Baby Therapies or a suitable alternative.

SPA PARTIES & GROUP BOOKINGS

Allow us to host your spa party in luxurious spa style. Whether a spa soiree with friends, a bridal hens party or a corporate group outing. Stephanies® Luxury Spa destinations are the perfect locale for your bespoke spa experiences. Ask about our exclusive group experiences or corporate offers today.

SPA TIPS

Please keep your valuables at home or in your room. If having foot therapies please remember to bring open toed shoes to keep your polish fresh and neat. For the men, please shave prior to any skin therapy. Our spa footwear is not for you to keep upon completion of your treatment.

MY SPA REWARDS

This FREE program is designed to reward you every time you visit Stephanies®. As a special thank you, spa points are accumulated in any of our spa locations or when you have logged into your personal online portal. On your first visit, Stephanies® My Spa Rewards will join you up automatically unless you choose to opt out. For our spa reward members we will keep in touch with you via our Stephanies® newsletters and exclusive offers via sms or email.

GIFT CARDS & E-CARDS

Stephanies® offers the perfect gift of wellness. Our spa gift cards have a 3 year expiry, unless they are a promotional experience which has a 1 year expiry. Please call 1300 DAY SPA or email reservations@stephanies.com.au and we will be happy to assist you.

PRODUCTS WE LOVE

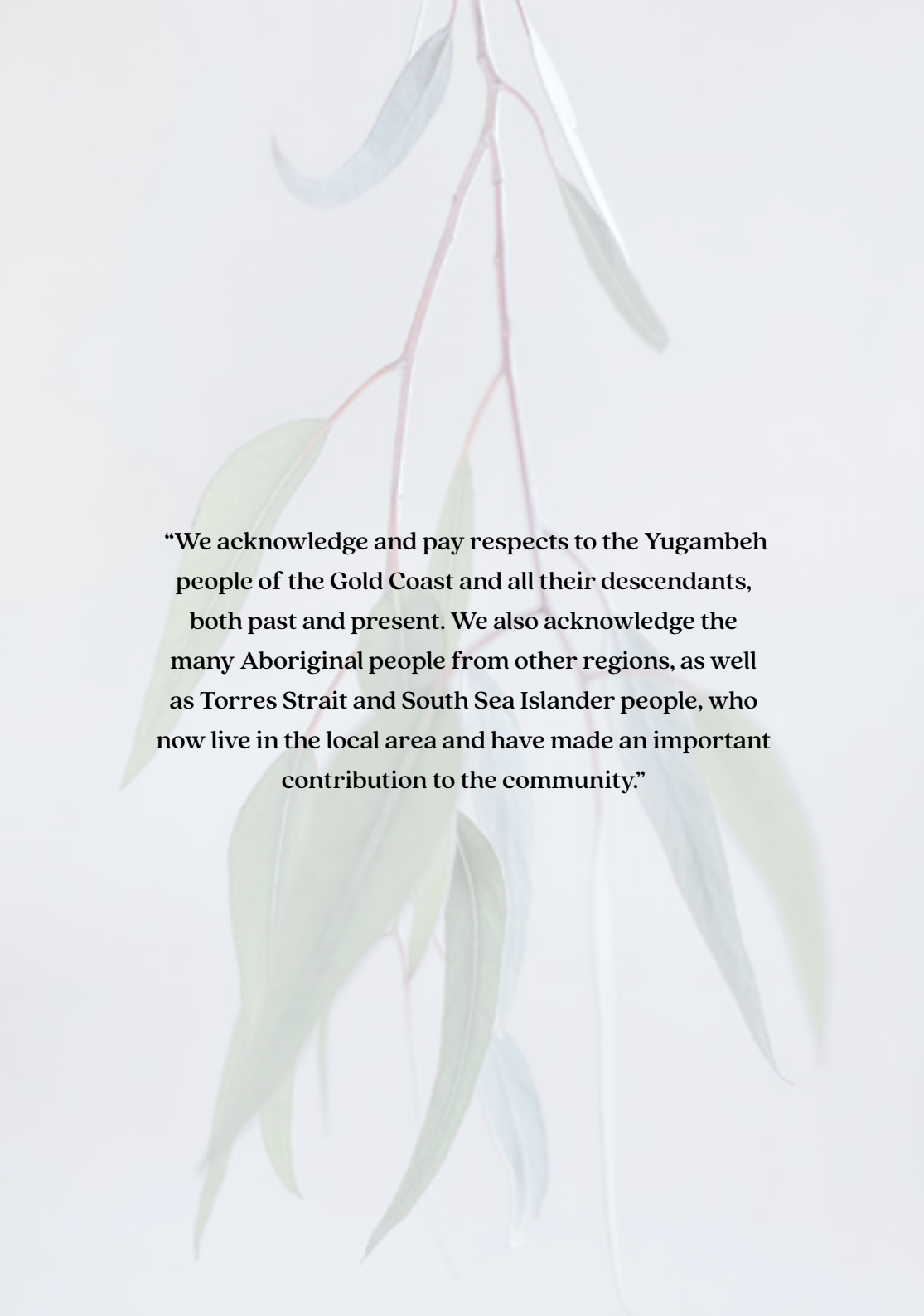
Stephanies® uses only the highest quality, results driven skincare, lifestyle and wellness products. Please enjoy shopping online or visit us in-spa for some luxurious spa retail therapy. We are proud to introduce you to Stephanies® skincare collection where plant chemistry, science and sensorial beauty meet. We have also carefully selected a range of skincare suppliers that share our dedication to quality, sustainability and wellness.

STEPHANIES® BOOKING POLICY

Cancellations, rescheduling or changing your spa bookings are free of charge if made 24 hours in advance. Group bookings seven days in advance. A credit card number is required at the time of booking to secure your spa appointment. If you fail to show for your appointment without 24 hours notice to Stephanies®, the total treatment cost will be charged to your credit card.

TERMS & CONDITIONS

Stephanies® Luxury Spas reserves the right to amend any prices and treatments at any time.



“We acknowledge and pay respects to the Yugambeh people of the Gold Coast and all their descendants, both past and present. We also acknowledge the many Aboriginal people from other regions, as well as Torres Strait and South Sea Islander people, who now live in the local area and have made an important contribution to the community.”

Bookings & Enquiries

Stephanies® Wellness Spa

Q1 Resort & Spa
9 Hamilton Avenue
Surfers Paradise Qld 4217

(07) 5551 0910
info@stephanieswellnessspa.com.au
www.stephanies.com.au

Our Spa Locations

Stephanies® Urban Spa

9/77 Oxford St
Bulimba QLD 4171
(07) 3899 5333
info@stephanies.com.au

Stephanies® Spa Retreat

Sofitel Brisbane Central
Level 3/249 Turbot St
Brisbane City QLD 4001
(07) 3221 8800
info@stephaniessparetreat.com.au

Stephanies® Mountain Spa

Mercure Clear Mountain Lodge & Spa
564 Clear Mountain Rd
Clear Mountain QLD 4500
(07) 3298 6622
info@stephaniesmountainspa.com.au

Social Spa

FACEBOOK
@stephanieswellnessspa

INSTAGRAM
@stephaniesluxuryspas

Trading Hours

Refer to our website for spa trading hours.

Stephanies® Ocean Spa

Peppers Noosa Resort & Villas
21 Little Hastings St
Noosa Heads QLD 4567
(07) 5473 5353
info@stephaniesoceanspa.com.au

Stephanies® Vintage Spa

200 Middle St
Cleveland QLD 4163
(07) 3488 0300
info@stephaniesvintagespa.com.au

Stephanies® Head Office

5/58 Metroplex Ave
Murarrie QLD 4172
1300 DAY SPA
reservations@stephanies.com.au

