



The White Lotus Spa  
at  
Kewarra Beach Resort



For Appointments

Phone:  
(07) 4057 2300

or check with  
Resort Reception

Website: [www.kewarra.com](http://www.kewarra.com)

Email: [whitelotusspa@bwelloasis.com.au](mailto:whitelotusspa@bwelloasis.com.au)



Spa Menu

Phone: (07) 4057 2300

or check at reception  
for appointments



KEWARRA BEACH  
RESORT & SPA

**dermalogica**<sup>®</sup>  
a skin care system researched and developed by The International Dermal Institute

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## OUR SPECIAL PRODUCTS

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# dermalogica®

a skin care system researched and developed by The International Dermal Institute

We also retail, use and recommend Dermalogica, which is a skin care system researched and developed by The International Dermal Institute.

Dermalogica's formulas have pioneered new standards for product performance. Using only the finest ingredients available, all products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance, and no drying S.D. alcohol or formaldehyde.

Developed with the environment in mind, Dermalogica also ensure that all ingredients are from eco-safe sources and are packed in recyclable containers. Always cruelty-free, and not tested on animals.

Get the most out of your skin care regime by seeking advice from our qualified skin care professionals, who can design a targeted program for your skins specific needs.



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## LOTUS PURE RANGE

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The White Lotus produces and features our own signature range of Natural Spa products. Lotus Pure is a tropical inspired range of skin, spa & body products exclusively produced by The White Lotus.

These products add a unique tropical touch to your body treatments as the ingredients are organically sourced where possible and contain fresh fruits, flowers & herbs. Simply a natural way to benefit the skin, mind, body & soul.

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## HOW TO SPA

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### Making a Booking

To ensure we can allocate space for your spa treatment, please book ahead to avoid any disappointment. Phone the spa direct on 4057 2300 or check with the resort reception.

### When to Arrive

We suggest you arrive at least 15 minutes before your allocated treatment time. This will allow you time to change, plus consultation time, before your spa experience. All treatments are completed as on time so that the next guest is not delayed. If you are late your treatment time will be reduced.

### What to Wear

Please wear comfortable clothing to the spa. We suggest that you leave your valuables & jewellery in your room. We provide a Bali style wrap to change into before your treatment. Under wear may be worn in spa packages, and we provide disposables, however our therapists are trained to drape accordingly to protect your privacy at all times.

Mobile Phone Policy...we would appreciate if all mobile phones were silent during your treatment, we want you to relax and destress during your time here.

### Health Considerations

During pregnancy please notify the staff member at time of booking to discuss available options. Also during your consultation let your therapist know any health concerns, so treatment can be customized accordingly.

We also do not recommend the consumption of alcohol before, during or directly after your spa treatment.

### Cancellation Policy

Cancellations can be made before 7pm the day before without penalty. After this time a 50% fee is charged. Full price will be charged for no show appointments. Thank you for your consideration.



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## SPECIALISED TREATMENTS

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### THE MAGIC OF SHIRODHARA AYURVEDIC SCALP & HAIR TREATMENT

The soothing warmth of **Shirodhara** is translated Shiro (head) and Dhara (flow). It's perfect for anyone in search of extreme calm. Warmed medicated oil is poured over the forehead and 'third eye', **Shirodhara** can melt away years of tension and stress held in the mind in mere moments. It includes a relaxing face, scalp and neck massage.

60 mins \$130



### WHITE LOTUS WEDDING PREPARATION PACKAGE \$290

**Day before choice of:**

- \* Customised Dermalogica Facial or Tropical Full Body Polish with
- \* Monsoon Vichy Shower
- \* Plus Express Manicure or Pedicure

**Day of Wedding:**

- \* Customised Wedding Make-up by our professional make-up artist



# Welcome to The White Lotus Tropical Spa at Kewarra Beach Resort

Our day spa is designed to reflect the beautiful tropical environment of the Kewarra Beach Resort, with its unique beachfront and rainforest setting.

The spa is situated next to the Resort Lagoon, set amongst tropical foliage and cooling water features. We invite you to enjoy the peace & tranquility of our pamper packages, inspired by our tropical location, featuring Australian native fragrant oils, clays, herbs and fruits. Feel the warmth of the tropics with a Monsoon Vichy Shower, or experience a cooling body wrap, relaxing massage or customized facial.

The White Lotus Spa "A Sanctuary for the Senses" is renowned for its ambience and its attention to detail for visitors and locals alike.

We invite you to take a stroll through our gardens and experience a level of relaxation that is unique to the **Kewarra Beach Resort & Spa.**



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## BODY MASSAGE

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*As part of your treatment*

*All Massages include a relaxing floral foot soak & scrub*



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### **Pure Relaxation Lotus Body Massage** 75 mins \$130

A pure relaxation massage incorporating our very own soothing techniques and signature aromas to relieve muscular tension, and repair your body through the sensitive touch of healing hands.

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### **Deep Tissue Body Massage** 75 mins \$140

Release deep tension, adhesions and tightness, while strengthening & elongating the muscles back to their original length, a customized firm pressured massage for specific areas.

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### **Aromatherapy & Wild flower Essence Body Massage** 90 mins \$175

Allow your mind & body to find harmony with an aromatherapy body massage, designed to suit your needs. Traditional massage techniques and the natural healing qualities of essential oils and Australian wild flower essences combine to ease fatigue and rebalance the body and mind.

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### **Bali Style Body Massage** 90 mins \$175

This Style of Massage uses a variety of techniques which bring a release to tense and tired muscles. It reduces stress, anxiety and promotes mind & body health. It's a medium to firm treatment using pressure points and long smooth strokes.

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### **Ayurvedic Chakra Balancing Massage** 90 mins \$175

Immerse yourself in the healing world of Ayurveda - a sacred space where your mind, body, soul and skin are blissfully nurtured and united. We balance the body's diverse energies using your personal Australian wildflower essence remedy, the purest aromatherapy and the ancient power of Chakra Balancing. Restore the body's natural flow of energy to release stress, re-align and achieve balance.

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## CUSTOMIZED DERMALOGICA FACIALS

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*Dermalogica at The White Lotus, a fresh approach to skin care*

Based on your consultation your therapist will **customize** a specialized facial treatment specifically designed for 'your' skin. Armed with a thorough Face Mapping™ skin analysis, years of training and Dermalogica products, your therapist will pinpoint exactly what your skin needs (and what it doesn't). It's one treatment suited to your needs, that's different every time.



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### **Renew**

#### **Customized Treatment Facial & Stress Relief Back Massage**

Our Dermalogica customized facial treatment. Plus a stress relieving back massage and invigorating coconut and lime salt glow exfoliation to renew and refresh the skin.



**75 mins \$155**

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### **Refresh**

#### **Customized Treatment Facial & Revitalizing Foot Massage**

Our Dermalogica customized facial treatment. Plus a soothing foot massage and revitalizing peppermint foot exfoliation.



**75 mins \$155**

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### **Restore**

#### **Customized Treatment Facial & Conditioning Hair Masque**

Our Dermalogica customized facial treatment. Plus a restoring hair and scalp massage and conditioning hair masque.



**90 mins \$180**

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**The Treatment Customized includes the following:**

- \* **Double Cleansing**
- \* **Power Exfoliation**
- \* **Customized Facial Massage**
- \* **Treatment Masque**
- \* **Moisture & Solar Defence**



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## BEAUTIFUL HANDS & FEET

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### **Deluxe Spa Paraffin Manicure**      60 mins    \$120

Relax and renew with the warming sensation of **natural paraffin wax** to nourish and beautify the hands and nails. Includes: nail shape, cuticle trim & tidy, hand exfoliation, customized hand treatment masque, paraffin infusion, deluxe hand and arm massage, nail buff and polish.

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### **Deluxe Pedicure & Ionic Foot Spa**    75 mins    \$145

The ultimate pampering for tired and neglected feet. The Deluxe spa pedicure will help to renew overworked feet. Start with our fabulous ionic foot spa to detoxify, cleanse & rejuvenate. The treatment includes, nail shape & file, cuticle trim & clean, dead skin cell removal, heel refinement, foot exfoliation, cooling foot masque, deluxe foot massage, buff & polish of your choice.

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### **Happy Hands & Feet**                      90 mins    \$170

Traditional express pedicure and manicure

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## TROPICAL BODY TREATMENTS

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### **BODY EXFOLIATIONS & POLISHES**    60 mins    \$120

Shimmer and Shine with one of our revitalizing body exfoliations. Relax & renew as dead skin cells are gently buffed from the body. Finish with a restoring Monsoon Vichy shower and a luxurious customized body gloss or body creme.

*Make your choice from:*

- \* **Revitalizing & Cleansing**  
Bali Kopi, Revitalizing  
Cinnamon, Vanilla, Walnut  
& Coffee Body Polish
- \* **Detoxifies & Refines**  
Lime, Coconut &  
Ginger Detoxifying  
Salt Glow
- \* **Hydrating & Relaxing**  
Lavender & Sweet Almond  
Soothing Salt Glow

## ADD

### **BODY WRAPS**                                      90 mins    \$185

Surrender to the **deep relaxation** and healing benefits of a warm enveloping body wrap. This treatment added to your exfoliation is the ultimate in spa treatments. Finishing with a gentle water massage under our **Monsoon Vichy Shower**.

*Make your choice from:*

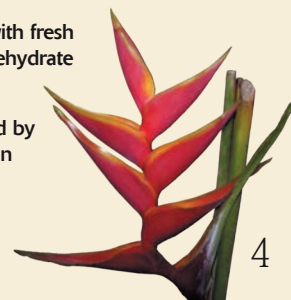
- \* **Purifying Tropical Clay Wrap**  
Experience a taste of the tropics with this Pink Clay Wrap, purifying Papaya & Grapefruit, with the added antioxidant of Green Tea purifying the body & mind.
  - \* **Fragrant Flowers White Clay Wrap**  
A gorgeous fragrant flower White clay wrap with Shea nut butter and the floral oils of Frangipani, Jasmine & Rose, to soothe the senses and hydrate the skin.
  - \* **Native Australian Revitalizing Clay Wrap**  
Australian inspired Yellow clay wrap uses pure native Australian botanicals and essential oils of Lemon Myrtle, Eucalyptus and Australian Sandalwood, fantastic for rejuvenating and revitalizing the senses and the skin.
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### **AFTER SUN ALOE VERA & CUCUMBER INFUSION BODY WRAP**

A sunburn soothing body wrap infusion, with fresh Aloe Vera and cucumber to help calm & rehydrate damage from exposure to UV sunlight.

Soothing monsoon Vichy shower followed by a cooling lavender body spritz and after sun repair treatment balm.

**60 mins    \$160**





# WHITE LOTUS SIGNATURE TREATMENTS



A tropical inspired range of pamper packages featuring fresh herbs, fruits & fragrant flowers, which rejuvenate the mind, body & spirit.



## BALI STYLE LULUR 3 hrs \$350

The queen of treatments in Indonesia, the Lulur (Lulur is Javanese for coating the skin) was traditionally administered each day during the week prior to ones wedding day. An aromatic spice journey that is gorgeous for the skin & body, leaving you looking and feeling relaxed and refreshed Bali Style.

- \* Floral Foot Soak
- \* Warm Spice Body Exfoliation
- \* Cooling Yoghurt Body Blitz
- \* Conditioning Botanical Hair Mask
- \* Monsoon Vichy Shower
- \* Floral Oil 90min Massage Bali Style



## PURIFY & REVIVE 2¼ hrs \$260

A unique spa package designed to help detoxify and regenerate the body. Surrender to the warmth of the tropics as your body is purified, hydrated and refreshed and tensions melt away from the mind body & spirit.

- \* Floral Foot Soak
- \* Bali Kopi Body Polish
- \* Tropical Body Wrap
- \* Monsoon Vichy Shower
- \* 60min Pure Relaxation Lotus Body Massage
- \* Conditioning Hair Mask



## DEWI SARI AYURVEDIC GODDESS 2½ hrs \$290

Awaken and strengthen all the elements of your spirit. Release stress, soothe your senses and re-define your wellness journey. Worship the temple in which you live.

- \* Floral Foot Soak
- \* Wildflower Essence Remedy
- \* Aromatherapy Massage
- \* Lavender & Hibiscus Salt Glow
- \* Monsoon Vichy Shower
- \* Conditioning Hair Mask
- \* Express Customized Facial

## RESORT RESTORE & RELAX 90 mins \$180

Customised Dermalogica Facial plus a Tranquility Body Massage



## RENEW & DE-STRESS KEWARRA STYLE 75 mins \$160

Ocean Mineral Salt Exfoliation & Monsoon Vichy Shower followed by a relaxing Tropical coconut oil body massage.