



Ruffles

LODGE & SPA



Welcome to Ruffles Day Spa GOLD COAST HINTERLAND

Ruffles Lodge and Spa fuses cosmopolitan luxury with decadent rituals and intimate escapes. Sensory elements deliver an opulent journey offering a complete Spa Wellness experience. Stunning rituals, the latest techniques and meticulously formulated skin while delivering a slice of relaxation heaven in the hinterland. Be nurtured by our professionally trained and dedicated Spa Therapists dedicated to tailoring each Spa Wellness visit to your exacting requirements. Your Spa Wellness Journey begins today.



Waterlily is a professional Australian Spa Collection formulated exclusively for exquisite Day Spas using purest Aromaceuticals and Phytonutrients to create a performance driven sensory journey. Our spa treatments are designed to assist in rebalancing the subtle energies of the mind and body. Sequence your spa experience together in our couple's room or unwind in one of our single treatments rooms. Our Day Spa is open every day from 9am to 6pm subject to availability.

Signature Spa Rituals

FOR HIM AND FOR HER

Ruffles Lodge Signature Spa Ritual – 120min \$275

Full Body Exfoliating Massage, Seasonal Botanical Spa Facial

An intoxicating rejuvenation ritual stepped in vitamins, omega serums, essential oils with exquisite extracts and fresh seasonal botanicals. Begin with an aromatic infusion of organic cane sugar, molten nut butters and cold pressed oils. Once removed surrender to a full body moisture locking hydrating massage. The face is then treated to Waterlily's Seasonal Performance Spa Facial.

Couples Treatment – 150min \$499

For Him: 90 minute Relaxation Massage and Back Treatment.

For Her: 60 minute Relaxation Massage with your choice of Express Facial, Anti-aging Eye Treatment and Hair Treatment or Express Pedicure & Manicure.

Unwind and indulge together with our signature couples package. Intended to nurture your body, mind and soul whilst muscle tension melts away and your skin is left revitalised.

Complete Indulgence - 270min \$495

Relaxation Massage, Facial, Deluxe Manicure and Pedicure.

Melt away tensions from head to toe. Experience deep relaxation as we ease away any aches and pains with a full body relaxation massage. Receive a customised Botanical Facial to focus on purifying or hydrating the skin and complete your indulgence with a Deluxe Moroccan Rose Manicure and Deluxe Pedicure. Includes lunch.

Body Bliss - 150min \$295

Relaxation Massage, Body Polish and Wrap, Hair treatment, and Hydration Lotion.

Nurture your body, mind and soul. The ritual begins with a warm aromatherapy foot bath. Receive a Relaxation Massage followed by a luxurious Waterlily body polish and wrap, hair treatment, scalp massage and face massage finish the treatment with full body hydration lotion leaving you feeling refreshed and revitalised.

Mother of Pearl – 120 min \$265

Pregnancy Massage, Seasonal Botanical Spa Facial.

A nurturing massage to relieve aches and unite mother and child leaving you refreshed and energies realigned. Followed by Waterlily's limited edition Botanical Spa Facial to energise and transform the skin. Available from 12 weeks gestation.

Mankind - 125min \$265

Back Massage, Clarifying Back Treatment and, Express Facial.

A therapeutic treatment designed to energise and revitalize the skin. The ultimate gentleman's escape for relaxation and results.

Massage Rituals

Aromatherapy Massage \$10

Upgrade any of our Massage Rituals to an Aromatherapy Massage for deeper relaxation.

Relaxation - Balance and realign your energy flow, relieve stress and tension and leave the body feeling renewed and refreshed. - **60min \$130 / 90min \$180**

Deep Release - Deep tissue massage to loosen deep layers of muscle tension and release toxins for a deep therapeutic effect on the body. - **60min \$140 / 90min \$190**

Pregnancy - Nurturing massage relieves aches and unite mother and child leaving you refreshed and energies realigned. From 12 weeks gestation. - **60min \$135**

Hot Stone - Surrender with this warm stone therapy. Allow the ancient elemental powers of the earth to dissolve stress, fatigue and deep tension. - **90min \$195**

To improve the therapeutic effects of the massage we recommend you book in for a 20min session in the Infrared Sauna or Steam room prior to your massage.

Enhancements:

Enhance your spa experience with an added indulgence to satisfy the senses.

Express Facial	45 mins	\$99
Clarifying Back Treatment	45 mins	\$99
Luxurious Body Polish	45 mins	\$99
Hot Stone on Your Concerned Area		\$30
Full Body Hydration		\$30
Back Exfoliation Treatment		\$15



Waterlily's Professional Exclusive Spa Facials are formulated harnessing pure Aromaceutical concentrates with premium dilutions of active botanicals, vitamins and omega rich infusions to deliver a sensory spa ritual that promises visible results. Regenerative and corrective treatments targeting remedial indications while surrendering to the ultimate aromatic journey to calm the senses and induce deep relaxation.

Youth Elixir Spa Facial – 75min \$170
Anti-ageing | Replenishing | Enriching
For mature, dry and sensitive skin types

The ultimate anti-ageing treatment offering an infusion of precious omega serums, collagen and opulent essential oils to deeply rejuvenate replenish and renew. Enriched with exquisite essential oils of rose balsam, crushed nut butters and anti-ageing vitamins to deliver the ultimate hydration treatment to reveal a dewy youthful complexion.

Fruit Enzyme Spa Facial – 75min \$170
Exfoliating | Brightening | Smoothing
For pigmentation, fine lines and sun damage

An exfoliating and refining facial treatment rich in enzymatic exotic tropical fruits, pink French clay, crushed citrus rind and a blend of antioxidant berries to revitalize the duller of skin types. Drench in natural carotenes, fruit enzymes, and premium fruit concentrates to smooth and brighten leaving skin luminous, glowing and refreshed.

Seasonal Botanical Spa Facial – 60 min \$150

Waterlily's limited edition Botanical Spa Facial celebrates the changing seasons by capturing a botanical harvest bursting with active nutrients to target skin concerns while deeply hydrating and visibly revitalizing the complexion. This 6 minute facial features a deep reconditioning cleanse, mineral crème clay exfoliation followed by an intense massage emulsion layered with Vitamin A, carotenes and pure essential oil concentrates. Once infused the Spa Facial is finished with a performance contour masque steeped in 2,000mg of active seasonal ingredients along with 500mg of pure Vitamin C to energise and transform the skin. Each spa facial finishes with a rebalancing moisturizer for face, eyes and lips.

Enhancements

Enhance your spa experience with an added indulgence to satisfy the senses.

Intense Hair Treatment	15mins	\$30
Antiaging Eye Treatment	15mins	\$30
Moroccan Rose & Guava Hand Treatment	15mins	\$30
Spearmint and Ginkgo Foot Smoothing Ritual	15mins	\$30

Facial Rituals

Ruffles facials include cleansing, compresses, scrubs, masks, hand massages, facial massages, concentrates and moisturisers.

Body Rituals

Warm Volcanic Clay Body Wrap - 75min \$170

This Ritual is an indulgent spa facial for the entire body. Begin with a crème and clay exfoliation massage to smooth and remineralise skin. Follow with the ultimate French clay cocoon mousse steeped in vitamins, precious oils and exquisite botanical extracts. Organic Honey & Cocoa Australian Honey, Cocoa Butter, Hazelnut, Vanilla Bean Purifying Marine Kelp, Spirulina, Cypress, Lemon, Grapefruit, Blue Clay

Botanical Sugar Smoother – 60 min \$140

Enjoy an intensely invigorating treatment to not only effectively smooth the skin but stimulate circulation to gently detoxify the body. Begin with a full body exfoliation massage with an aromatic infusion of organic cane sugar, molten nut butters and cold pressed oils. Once removed surrender to a full body moisture locking hydration massage enriched with this seasons botanical harvest to deeply hydrate. Choose between our indulgent Pink Champagne or refreshing Basil and Mint Sugar Smoother.

Moroccan Rose Deluxe Manicure - 60min \$130

Replenish hands and nails with an essential oil hand soak followed by a raspberry crème and walnut exfoliation, French clay and cocoa butter masque, luxurious guava and Moroccan rose cream, cuticle work and a polish.

Deluxe Botanical Pedicure - 60min \$130

Ancient techniques of massage, aromatherapy and pure botanicals are used to relieve stress and enhance relaxation. Feet will be treated to a bamboo and pineapple exfoliation followed by a stimulating French clay masque. Finished with rich spearmint and ginkgo foot treatment, cuticle work and polish.



Relation Back Massage - 30min \$60

This therapeutic massage will dissolve, relax and relieve tension in your back, neck and shoulder muscles.

Heavenly Scalp Massage - 15min \$30

Let go of reality and drift beyond your everyday stresses with massage techniques to invoke peace and calm.

Grounding Foot Massage - 30min \$60

Reward tired feet and ankles with a massage dedicated to releasing blocks and re-opening energy channels.

Express Facial - 45min \$99

A cleansing Waterlily facial designed to offer a quick pick-me-up to brighten, nourish and revitalise.

Anti-aging Eye Treatment - 30min \$60

A revitalizing layered Waterlily treatment dedicated to firm, tone, plump and recondition the delicate eye area.

Luxurious Body Polish - 45min \$99

Your choice of Vanilla Bean or Lemongrass Crème Body Polish. A full body exfoliation to reveal new, glowing and refreshed skin. Finish with a full body hydrating treatment.

Intense Hair Treatment - 15min \$30

Restore brilliance and enjoy a soothing head massage while this infused orange masque of oils, marine collagen, spices and French clay condition and shine.

Mini Manicure - 40min \$80

Raspberry walnut scrub, Moroccan Rose cream, cuticle work and polish.

Mini Pedicure - 40min \$80

Bamboo pineapple exfoliant, spearmint ginkgo treatment, cuticle work and polish.

Bath Soak Ritual - 20min \$35

Surrender to complete relaxation in our opulent carved stone plunge bath with candles, rose petals, aromatherapy oils and Australian salts.

Infrared Sauna/Steam - 20min \$20

Melt away stress and tension, warm muscles and release toxins.

Clarifying Back Treatment - 45 min \$99

A facial for neglected backs. Decongest with a cleanse, steam, exfoliation, masque and hydrating treatment.

Additional Indulgences

Add an extra touch of pampering to your spa ritual by selecting an additional indulgence.

