

# L.M. SPA

LANCEMORE SPA

Spa Menu at  
Alamanda Palm Cove  
by Lancemore



## WELCOME TO LM SPA

L.M. Spa offers a holistic approach to health and wellbeing that fills your senses with ambient tones, rhythmic symmetry, and purified air. This harmonious atmosphere invites you to immerse yourself in the surroundings and open your soul to inner peace, connection, and happiness.

It's a place that promotes and educates physical, nutritional, mental, and social wellbeing — a space to escape from city stressors.

## MASSAGES

### Melting Back Massage

30 minutes | \$110

45 minutes | \$145

60 minutes | \$170

Add our Hot Stone Enhancement for increased results | \$25

Using soft, medium or firm pressure this massage combats tension, aches and pains in the back and shoulders.

### Alamanda Signature Massage

60 minutes | \$170

90 minutes | \$215

Tailored to your needs, the Alamanda signature massage is a well-known favourite. Designed to relieve muscle tension and increase circulation, this full body massage uses medium to firm pressure and will leave you feeling revived and relaxed.

### Private Sanctuary In-House Privilege Treatment

60 minutes | \$190

90 minutes | \$240

We treat you in the comfort of your suite, bringing the joy of relaxation to your doorstep.

### Beach Front Retreat

60 minutes | \$220

90 minutes | \$270

Allow nature to heal your soul. Using customised light to firm pressure with focused and deep flowing techniques, this treatment restores balance to the body. This treatment is performed outside on the Beach Front at Alamanda.

### Hot Stone Massage

60 minutes | \$185

90 minutes | \$225

Using heated stones, this treatment allows you to enter a deeper state of relaxation. The penetrating heat from the stones relaxes muscles and releases tension. Some of the benefits include relief from chronic pain, relaxation, stress reduction, detoxification and reduced neck and back pain.

### Couples Massage

60 minutes | \$305

90 minutes | \$395

Experience a full body relaxation massage with a loved one performed in our candlelit couple's suite.

## FACIALS

### **Alamanda Ultimate Facial**

90 minutes | \$215

A facial tailored to suit your needs, your therapist will consult with you to discuss your skin concerns and select the perfect Eminence products to ensure the best results. This facial is followed by a full neck and shoulder massage and full arm and hand massage to leave you feeling completely relaxed and rejuvenated.

### **Age Corrective Facial**

60 minutes | \$170

This age-defying facial plumps and hydrates the skin to minimise the appearance of fine lines and wrinkles. Using an extensive range of organic ingredients, this facial stimulates cellular repair and evens the complexion.

### **Precious Calming Facial**

60 minutes | \$170

(Suitable during any stage of pregnancy including 1st Trimester)

This vitamin rich facial soothes sensitive skin reduces irritation and promotes healing for a more balanced complexion. The skin is left feeling smooth and nourished.

### **Clear Skin Balancing Facial**

60 minutes | \$170

For combination skin types prone to uneven areas and breakouts, this facial cleanse and revitalizes with gentle, effective, natural and organic ingredients that transport essential nutrients to the skin. A stimulating lime mask brings instant results. Perfect for people of all ages.

### **Beach Cheeks**

30 minutes | \$110

45 minutes | \$145

Gently buff and nourish dry skin with this replenishing and hydrating facial. Designed for all skin types, this facial will leave your skin feeling soft, smooth and glowing.

## SPA PACKAGES

### Feet Retreat

30 minutes | \$110

Give your tired feet the holiday they deserve with a 10-minute invigorating foot soak and scrub followed by a 20-minute lower leg and foot massage.

### Spa and Lunch Package

60 minutes | \$215pp

One of our most popular packages, choose from any of our 60-minute treatment or allow one of our experienced spa professionals to recommend one for you. Conclude your Alamanda experience with a beachfront lunch at the award-winning Nu Nu restaurant.

### Footprint

60 minutes | \$170

Put the spring back into your step with this indulgent foot treatment.

Includes:

- 10-minute foot soak and scrub
- 30-minute foot and leg massage
- 20-minute foot mask

### Glow

90 minutes

Single | \$245

Couples | \$215pp

Time to let your skin shine, choose any of our rejuvenating body polishes before a 60-minute massage.

Includes:

- 30-minute Body Polish
- 60-minute massage

Glow premium upgrade to 90-minute massage | \$20

### Equilibrium

2 hours

Single | \$279

Couples | \$259pp

A balance for body and mind, choose any 60-minute massage and 60-minute facial.

Equilibrium premium upgrade to 90-minute massage | \$20

### Utopia

2.5 hours

Single | \$309

Couples | \$279pp

For a completely revitalizing experience choose from:

- 30-minute body polish
- 60-minute body massage
- 60-minute facial

Or

- 30-minute body polish
- 90-minute body massage
- 30-minute facial

## SPA PACKAGES

### Alamanda Signature Treatment

3 hours

Single | \$385

Couples | \$325pp

Delight your senses and indulge in all Alamanda's signature therapies. Using hand-crafted treatments and oils, unwind and reconnect while enjoying a skin-brightening body polish followed by a bespoke body wrap, a body massage tailored to our preferences and a personalised facial.

- 30-minute body polish
- 30-minute body wrap
- 60-minute body massage
- 60-minute facial

### Palm Cove Escape

Allow 4.5 hours

Single | \$565

Couples | \$505pp

Lunch included at Nunu Restaurant

The ultimate DAY spa experience. This package incorporates only the best from our award-winning day spa and renowned Nunu restaurant. Embark on your relaxation journey with a 90-minute massage, personalised body polish and wrap. Teatime with warm foot soak. Reconnect your journey with a refreshing facial treatment and our Alamanda hair and scalp treatment, followed by a delicious lunch.



## BODY POLISHES

Enjoy a skin-brightening experience using only the finest natural ingredients. Our selection of body polishes eliminates toxins, combat cellulite, improving circulation and tone.

### **Vanilla Bean and Lavender**

45 minutes | \$105

A smooth salt exfoliation enriched with calming lavender and vanilla.

### **Spearmint Twist Salt Glow**

45 minutes | \$105

An uplifting salt exfoliating blend. This polish draws out impurities and leaves skin feeling refreshed and renewed.

### **Coconut Sugar Scrub**

45 minutes | \$105

For a more invigorating full body exfoliation, warm coconut oil is drizzled over the skin then a raw sugar blend is sprinkled over and massaged in. Your skin is buffed to perfection with a hydrating coconut infusion.





## BODY WRAPS

Our natural nutrient rich body wraps are designed to feed the skin and restore harmony to the mind, body and soul.

### **SOS Sunburn Rescue — Aloe Soothe**

45 minutes | \$105

Feeling the tropical heat? Our aloe vera infused wrap will soothe and calm the skin. A must for sun-damaged skin, this wrap will assist with healing and aide recovery.

### **Creamy Coconut**

45 minutes | \$105

A tropical favourite for dry skin, this creamy wrap provides hydration and nutrition leaving the skin silky smooth.

### **Mango Enzyme**

45 minutes | \$105

A luscious treat for your skin, this wrap assists with evening out skin tone and balancing hydration.

### **Herbal Mud**

45 minutes | \$105

This thermal muddy treatment will deeply cleanse, detoxify and balance the skin. Paprika, sage and cinnamon provide a warming cocoon increasing circulation and soothing tired, fatigued muscles.

## MOTHER-TO-BE

### **Mother-To-Be Package**

Only suitable after the first trimester  
90 minutes | \$225

The perfect package for an expectant mum begins with a relaxing 60-minute rhythmic massage using warm nourishing oil, followed by our organic Beach Cheeks Facial to rehydrate and refresh your skin.

### **Rhythmic Massage**

Only suitable after the first trimester  
60 minutes | \$170

A nurturing massage using light flowing strokes and soothing pressure, this massage targets sore and aching muscles while heated stones provide relief from deeper muscle pain.

### **Pregnancy Facial**

Suitable at any stage of pregnancy including the first trimester  
60 minutes | \$170

This vitamin rich facial is perfect for all skin types. Working to repair and hydrate the skin is left feeling smooth and nourished.

### **Add on any or all of the below to your treatments**

Neck and shoulder massage 15 minutes | \$30

Scalp massage 15 minutes | \$30





## SPA ETIQUETTE

The spa is a retreat for your body, mind and spirit. For the consideration of all guests we request that visitors keep the noise to a minimum. Children under 15 years old are not permitted in the spa. We ask that you respect other guests' privacy by speaking softly. We request cellular phones and electronic devices to be placed on silent mode or switched off.

### **When should I arrive?**

Please arrive at least 15 minutes before your scheduled time to complete a client card, relax in our lounge and allow time to change prior to your treatment. This ensures you receive your full treatment time.

### **What should I wear?**

Please arrive at the spa wearing comfortable light clothing or a bathrobe. Disposable underwear is available.

### **What if I am late for my appointment?**

Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your relaxation. Your treatment will end on time so that the next guest is not delayed.

Please note, if you are late, the full treatment charge remains applicable.

### **Should I reserve my treatments?**

Yes, either by phone or visit the spa to book a reservation at your earliest convenience to avoid disappointment. We recommend booking at least two weeks in advance for a weekend appointment.

**Is there a minimum age?**

All spa guests must be at least 16 years of age. Teenagers must be accompanied by an adult.

**Special Consideration**

If you are pregnant you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart condition, allergies or other medical conditions, we advise that you consult your doctor before receiving any spa treatment. Please inform your therapist of any medical conditions. Guests who have received any form of cancer treatment must provide a doctor's clearance before having treatment.

**Smoking**

Smoking anywhere within and around the spa is prohibited.

**Refund Policy**

Treatment and packages are non-refundable, non-transferable and nonexchangeable. Unused portion of packages are non-transferable or nonexchangeable for another time.

**What if I need to cancel?**

We request at least 72 hours' notice to change or cancel any spa booking. Cancelling within 72 hours of your appointment will incur a 100% cancellation fee. A 100% cancellation fee is applicable if you do not arrive for your appointment.

Please note that credit card details are required at the time of the booking.

**Valuables**

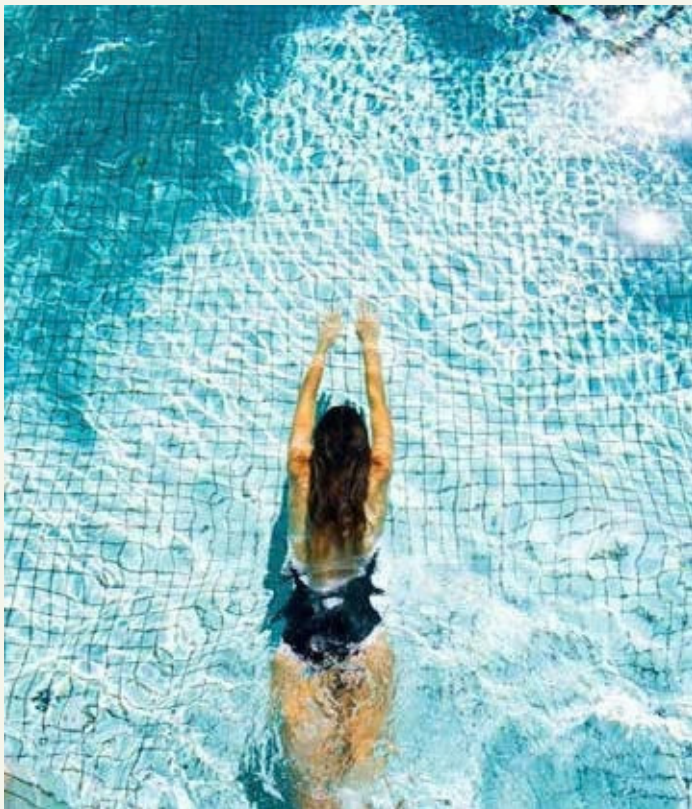
We recommend that no jewellery is worn at the spa. Management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**Payment**

We accept cash and all major credit cards. All prices are net, quoted in Australian Dollars inclusive of GST (Goods and Services Tax). Prices are subject to change without prior notice.

**Disclaimer**

Spa treatments, services and our facilities received or utilised at the L.M. Spa are intended for general purposes only and are not professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless L.M. Spa, its holding suppliers, from and against all liabilities, claims, expenses, damage and connections with the spa treatments, services and our facilities.



**For bookings and enquiries telephone:  
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