



AMRITA SPA

Amrita Spa at the Swissotel provides a comprehensive health and wellness care in an environment that integrates conventional and holistic methods with a definitive sensorial experience. Amrita's therapists will nurture your spa needs and well-being, providing the ultimate experience.

REVITALIZING BODY MESSAGES

30MIN \$65 - 45MIN \$90 - 60MIN \$120 - 90MIN \$180

SWEDISH MASSAGE

A relaxing anti-stress massage to reduce tension, relieve stress and restore your overall sense of well-being.

REMEDIAL MASSAGE

A therapeutic massage in which the therapist will deal with problem areas and tailor to your individual needs.

SHIATSU OR THAI MASSAGE

These are traditional treatments and they are "only" available up on request.

PRE & POST NATAL MASSAGE

Let our therapists customized massage sequences focusing on your lower back, legs and all those tired parts of your body.

Amrita Signature Treatments

AROMATHERAPY MASSAGE (60MIN) 165
A soothing massage using a range of "pre-blended essential oils".

CHOCOLATE DECADENT TREATMENT (90MIN) \$165
This decadent treatment begins with an aromatherapy ritual to relax the mind, body and soul, followed by a massage with our decadent Chocolate body scrub. The treatment finishes with a chocolate balm applied to the entire body and the final touch is a body balance performed with ancient Thai Pindas.

DUO-INDULGENCE MASSAGE (60MIN) \$230



This could be considered the ultimate indulgence - two therapists working simultaneously using Amrita's pre-blended Aromatherapy oils making this an experience to remember.

ULTIMATE AMRITA SPA SANCTUARY (3.5HRS) \$450
This ultimate package includes a 30-min Sea salt scrub, a 60-min therapeutic body massage, a 60-min Aromatherapy Essential skin care treatment, an express manicure & express pedicure

Nourishing Skin Care Facials

NOURISHING EYE TREATMENT (30MIN) \$65
The perfect complement to a facial or a luxuriant refresher for your eye area.

EXPRESS SKIN CARE FACIAL (30MIN) \$80
This Dermalogica treatment will nourish and brighten the skin – a perfect pick-me-up!

CLASSIC SKIN CARE FACIAL (60MIN) \$120
This classic skin care facial includes two cleanses, exfoliation and mask with a neck & shoulder massage - ideal for everyday needs.

AMOUR FOR MEN (60MIN) \$130
This skin treatment is especially tailored for a man's needs – designed to eliminate toxins, reduce wrinkles and improve and strengthen skin elasticity.

MULTI VITAMIN POWER TREATMENT (60MIN) \$130
A Dermalogica skin care treatment specially formulated to combat the signs of aging by improving skin elasticity, tone & texture while restoring softness & suppleness.

AROMA ESSENCE SKIN CARE TREATMENT (60MIN) \$140
Natural aroma essential oils are used in this facial to moisturize, purify, desensitize and revitalize depending on your skin type

Hand & Foot Treatments

EXPRESS PEDICURE OR MANICURE (30MIN) \$65
Includes nail trimming, cuticle conditioning and polish.

LUXURY SPA PEDICURE OR MANICURE (60MIN) \$120
WITH PARAFFIN \$130
These treatments incorporate a purifying mineral exfoliation along with a massage for the feet and legs and a pressure point massage for the hands/arms.



GROUNDING WILD THYME FOOT MASSAGE (30MIN) \$80
A luxurious treatment for your feet using an Organic Wild Thyme Pumice this treatment will invigorate your whole being and create grounding within your soul.

Body Scrubs & Wraps

SEA SALT SCRUB (30MIN) \$80
Combining sea salt and a mixture of our pre-blended essential oils - this beautiful salt scrub exfoliates and moisturizes the skin.

COFFEE CONTOUR SCRUB WITH MICRO-ALGAE (30MIN) \$80
A natural scrub containing high levels of caffeine-rich ground coffee beans that promises to increase circulation and reduce cellulite. The combination of Coffee Beans and Volcanic Pumice remove dead skin cells and soften the skin and the sweet blend of Vanilla & Coffee soothes the spirit and stimulates the mind.

DELUXE CHOCOLATE - HONEY SCRUB (30MIN) \$80
Say goodbye to stress and welcome harmony from chocolate! Chocolate scrub made of natural cocoa bean particles has been proven to produce endorphins "happiness hormones" therefore making it a great way to start any spa therapy treatment and leave your skin silky smooth.

DELUXE CHOCOLATE- HONEY IONIC WRAP (30MIN) \$80
A moisturizing Ionic body wrap rich in vitamins with a rich aroma of chocolate and Australian honey. Ideal to relax your senses while Aloe Vera, cucumber and Crystal Ion 120 soothe and detoxify.

GREEN TEA SCRUB GEL (30MIN) \$80
A rich blend of sea Minerals & Green Tea Extract make this Natural Body Scrub a revitalizing experience. Finely ground walnut and volcanic pumice gently remove dead skin cells leaving the skin clean and smooth while Sea Mineral and Green tea Extracts revitalize the skin.

GREEN TEA IONIC WRAP (30MIN) \$80
This IONIC Wrap detoxifies the skin on a cellular level. A rich blend of Australian Clays & Green Tea Extract makes this natural body wrap a revitalizing experience. Crystal ION-120 actively cleanses the skin of free radicals and leaves it feeling clean and silky smooth.

TRANQUILITY HYDRO & BODY WRAP (60MIN) \$130
Starting with a massage using essential oils of lavender, geranium, bourbon and sweet orange to relax the central nervous system followed by a body wrap to induce heat. Whilst cocooned the therapist will gently massage your face and head with our Ayurvedic marma point techniques.



Amrita Spa Treatments

MEN'S RETREAT PACKAGE (60MIN) \$120
Look & feel fresh before that important meeting. Includes a 15min facial scrub followed by a 45min remedial massage.

CLASSIC BREAK PACK (60MIN) \$135
This package includes a 30min clay body mud wrap and a 30min anti-stress massage.

BODY BEAUTIFUL (60MIN) \$150
A 30-min sea salt scrub, your choice of body wrap and a pressure point face massage whilst you relax.

BEYOND HEAVEN (90MIN) \$185
A 30-min back massage, a 60min classic skin care facial and pampering foot massage whilst you relax.

REVIVE PACKAGE (90MIN) \$190
A 30min wild thyme foot treatment and a 60min massage of your choice.

THE RECOVERY PACKAGE (90MIN) \$190
30min Coffee Contour scrub followed by a 60min Swedish massage.

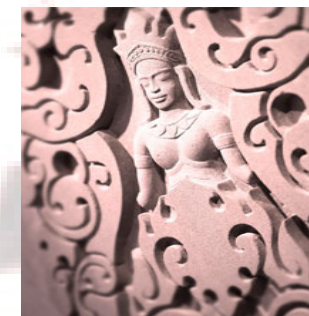
AROMA RETREAT (2HRS) \$250
A 60min Aromatherapy massage and a 60-min aromatherapy facial including pressure point scalp and a foot massage.

Just For Men (2HRS) \$250
The perfect combination - a 60min skin care treatment and a 60min therapeutic massage.

HEAVENLY PACKAGE (2HRS) \$260
A 30min Green Tea scrub, 30min Green Tea IONIC body wrap and a 60min massage of your choice – heaven!

BLISS PACKAGE (3HRS) \$360
A 60min Swedish massage for relation, a nourishing 60min classic skin care facial and an express manicure and pedicure for total bliss.

AMRITA SPA TOTAL WELLNESS (ESTIMATED 3HRS) \$390
You are invited to take pleasure in a Dead Sea salt scrub, a Dead Sea mud wrap, a 60min full body massage including scalp massage and a 60min skin care treatment for total wellness.



Waxing & Tinting

WAXING

BIKINI	\$40
UNDERARM	\$30
EYEBROW	\$25
LIP OR CHIN	\$20
HALF LEG	\$45
FULL LEG	\$65
MEN'S FULL LEG	\$80
MEN'S CHEST OR BACK	\$60

TINTING

EYELASH	\$30
EYEBROW	\$25
EYELASH & EYEBROW	\$45

Men's Packages

MEN'S RETREAT PACKAGE (60min) \$130
Mini introductory facial followed by a 45min remedial massage. Finish the day with a boost and look at life from a different perspective.

ULTIMATE BLISS TREATMENT (60min) \$220
Two therapists working simultaneous to a rhythm of energy could be considered the ultimate massage indulgence. Include Azul's signature Aroma oils and this will be an experience to remember. Beware! It is addictive.

UNWIND & REVIVE FOOT TREATMENT (60min) \$130
Start with a 30min Back, Neck & Shoulder massage and then a 30min Foot Ritual. Simple and as effective as it is addictive.

ADD-ON A any Body Scrub to any of the above for only \$40

Couples Treatments

CHOCOLATE DECADENT SPA FOR COUPLES (90min) \$335
This decadent treatment for two people begins with an aromatherapy ritual to relax the mind, body and soul. Followed by a massage with our decadent Chocolate body exfoliation. The chocolate exfoliation finishes with a complete body chocolate butter application and the final touch is a body balance performed with ancient Thai Pinda's.

HIS & HERS PACKAGE - 2hrs \$390
Designed to indulge, this treatment starts with a Foot Ritual to invigorate your senses. Add a Body Scrub of your choice and a 60min Aromatherapy Massage using hot Thai Pindas and the experience will be one to remember.

ADD-ON
Express pedicure to any of above \$60
Manicure \$40

Gymnasium Membership

Amrita Health Club offers a unique level of service and professionalism that you would come to expect when you enter the five star environment of the superb Swissôtel Sydney. Here is where you will experience a friendly and motivational atmosphere. Our Health Club allows you to train in luxurious but not pretentious surroundings, where our aim is to make all members feel at ease and make their workout program as enjoyable and rewarding as possible. If you are a beginner or simply need motivation, our fitness instructors will provide you with the personal training you need.

OPENING HOURS

MONDAY	9am – 7pm
TUESDAY	9am – 7pm
WEDNESDAY	9am – 7pm
THURSDAY	9am – 7pm
FRIDAY	9am – 7pm
SATURDAY	9am – 7pm
SUNDAY	9am – 7pm
PUBLIC HOLIDAYS	10am – 4pm



HOW TO SPA

- Please arrive 10-min prior to treatment time unless otherwise advised at the time of your booking.
- If you are unable to make it to your treatment on time we understand and we will do our best to accommodate your original booking time. However in respect of previously allocated bookings, we may have to reduce your treatment time at the original cost.
- We require 24 hours notice of cancellation if you are unable to attend and a minimum of 2 hours notice if the booking was made on the same day. This enables us to continue providing the level of service you will come to expect. Cancellation fees are applicable. Group bookings require a minimum of 5-days notice.
- We assume you have come to relax as have your fellow spa goers. As such we request that all mobile phones are switched off while in the spa area.
- Please inform at the time of booking if you are pregnant or have any health conditions or special requirements so we may prepare to make you as comfortable as possible or ascertain if your treatment request is suitable for you.
- You will be provided with a consultation form prior to your treatment, this form helps us to determine the best possible treatment for your individual needs. Please fill this form honestly and accurately.
- A 15% surcharge applies on Public Holidays.



AMRITA
SPA & WELLNESS



DISCOVER
A SANCTUARY
OF BLISS AND WELLNESS

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