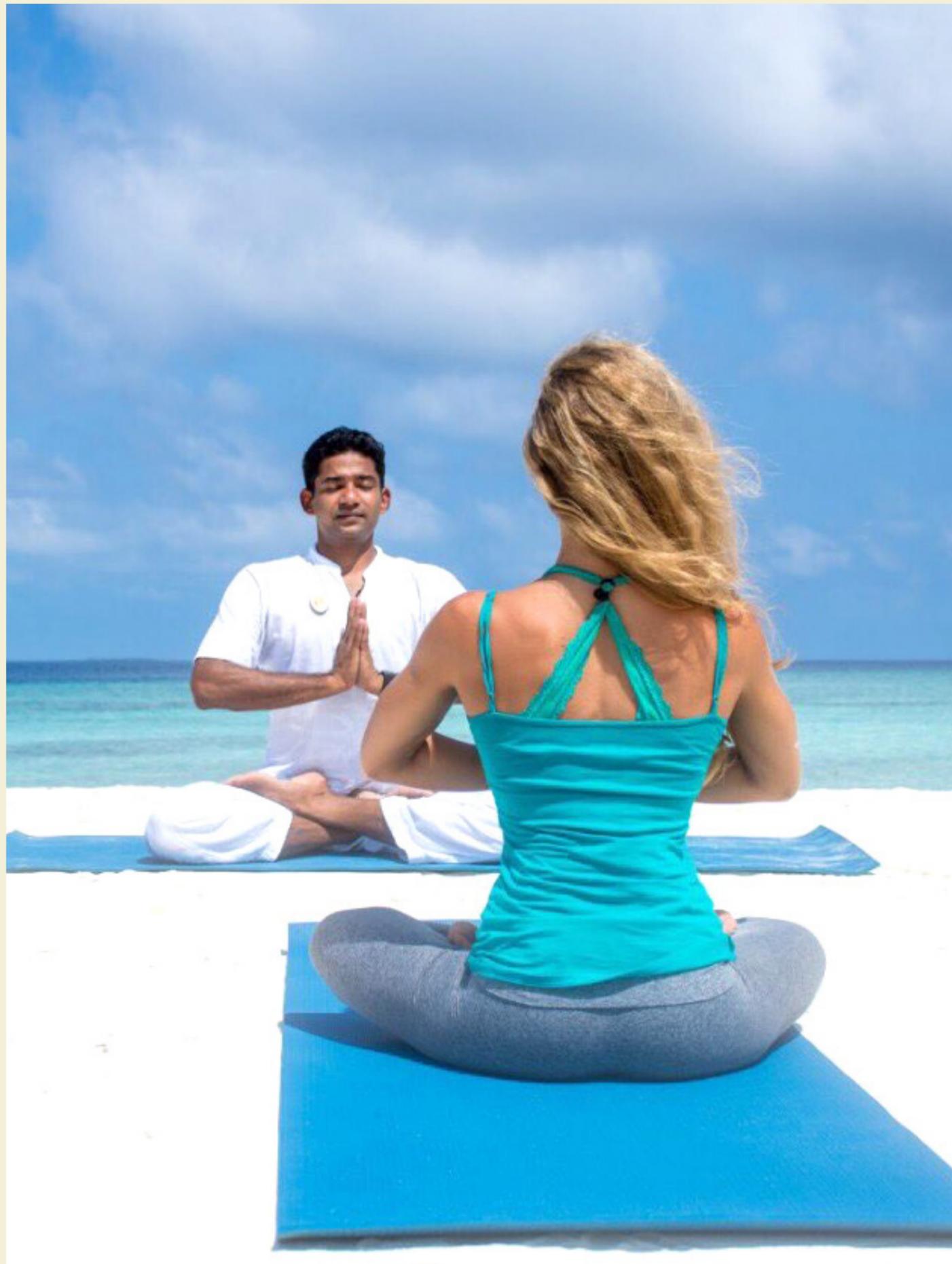




Spa Menu





Prepare to be Fabulous!

Ready for some serious chillaxin', or pampering fit for a rock star? Then rock on over to The Cove Club for a little slice of cloud nine. We've got 10 chandelier-lit treatment huts, each celebrating an iconic diva of the 60s and 70s. To make your spa treatment perfecta-mundo, we've got some outta-sight treatment room tunes – glam rock, ambient, divas, disco, soul or soft jazz. We've also got a fab fitness centre, groovy movement pavilion and a swell outdoor gym.

The great Finolhu outdoors inspires our fitness activities, whatever your bag is – capoeira class, paddle-boarding, ballet or kickboxing. Need to mellow out after a killer workout? No sweat. Soak in dreamy beach views from the relaxation area, lounge in the sauna or steam room, get decked out at the salon, or shop 'til you drop at the retail pavilion.

The Cove Club opens from 10am – 8pm and The Cove Club Fitness Centre & Movement Pavilion is open from 6am – 11pm.



Makin' the Massage Scene

By Pure Massage

Pure Massage is a therapeutic, progressive massage that combines different massage techniques such as deep tissue, Swedish massage, myofascial release, trigger point therapy, Thai stretches and energy work, addressing the natural rhythms and self-healing abilities of the body. You'll dig Pure Massage's philosophy, deeply rooted in both Eastern and Western traditions. Pure Massage founder and teacher Beata Aleksandrowicz designed The Cove Club's massages, mixing top techniques and structures for an unreal wellness experience.

Revitalising Face Massage

50/75 Minutes

\$125/155

Botox-free but more effective than Botox. Say goodbye to puffiness and uplift your complexion while improving your beauty sleep. Far out!

Jet Lag

50 Minutes

\$125

Tell your jet lag it's time to split! Reset your body clock with dynamic stretching and targeted massage strokes.

Baby Mama

75 Minutes

\$170

The most important months of your life filled with groovy love, joy and care! This dreamy massage was specially designed for mums to be.

Body Massage

60/75/90 Minutes

\$150/160/180

Did someone say #relax? Bag this full-body treat for 60, 75 or 90 minutes to get rid of tension and feel completely chilled out.





Perfecta-mundo Massages

By *ilā*

Tibetan Massage

90 Minutes

\$180

You'll dig this traditional Tibetan-style massage that draws on many modalities and includes acupressure elements.

Karuna Kaya Deep Tissue Treatment

90 Minutes

\$190

This deep-tissue massage with Buddhist roots will leave you feeling light all over and help you get your groovy energy flowing.

Manipura Body Massage

60 Minutes

\$160

The ultimate chillout massage for all you cats seeking cool calm and ultimate anxiety release. It's good for digestive disorders too!

Deep Tissue Potali Body Massage

75/90 Minutes

\$170/200

This mellow Ayurvedic massage is the antidote to feeling uptight. Heated herbal pouches relax and nourish the body along with a fluid, rhythmic massage.

Traditional/Classic Massages

Thai Massage

75 Minutes

\$190

Also called Thai Yoga Massage, this totally awesome treatment improves flexibility, posture and balances energy channels. Techniques include acupressure, stretching and meridian work. Guests remain fully-clothed and no oil is used.

Swedish Massage

60 Minutes

\$135

Feeling all wound up? Bag this swell massage that soothes sore muscles, improves circulation and leaves you with a peaceful groovy feeling. As an extra-nifty add-on, this massage also improves skin and muscle tone.

Balinese Massage

60/90 Minutes

\$135/\$160

Originating on the island of Bali, this treatment is a far-out combination of Asian techniques including acupressure, stretching and cupping. Treat yourself to a slice of another island paradise.

Hot Stone Massage

75 Minutes

\$190

With the use of smooth water-heated stones, this fab treatment will melt away tension, ease stiffness and increase circulation. You'll leave feeling blissed-out and completely stress and anxiety free.



An Outta-sight Treatment

CBD Signature Massage

75/90 Minutes

\$240/265

This is one souped-up massage, baby! We use Mother Nature's groovy healing gift of CBD oil and work deep into the body to enhance your natural ability to relieve pain, anxiety and depression. To get you mellowed to the max, we work the left side of the body to stimulate the logical brain and the right side of the body to relax the creative mind. This deeply relaxing massage combines long strokes, lomi lomi and rolling to leave you floating up to cloud nine!





Funky Facials

Hollywood Facials by !QMS Medicosmetics

Founded by Dr Schulte from Germany, !QMS products and treatments are rooted in science and driven by results, giving you cool cats healthier, stronger and younger-looking skin.

Red Carpet Facial

50 Minutes

\$140

Getting ready for the red carpet was never so easy! Try this face treat to get your skin glowing with a movie-star shine. Jazz it up with these add-ons:

+Oxygen Boost

+15 Minutes

\$35

A high-tech cool jet of pure oxygen smoothens fine lines and plumps up the skin.

+Eye Reviver

+15 Minutes

\$35

Complete rejuvenation for the delicate eye area.

+Lip Zone Repair

+20 Minutes

\$45

Smooth over fine lines and wrinkles on the upper lip area for a perfect pucker.

+Lift & Contour

+15 Minutes

\$35

Immediate lift and tone effect using advanced skin care methods.

Collagen Rejuvenating

90 Minutes

\$165

We've made it our mission to revitalise your skin and restore its elasticity. Can you dig it?

Radiance Boost

90 Minutes

\$165

An intense facial to stimulate micro-circulation, giving an instant boost and leaving the skin visibly more radiant.

Ultra Lift

90 Minutes

\$175

A firming, toning and anti-ageing treatment designed to get mature skin glowin' and groovin'.

Skin Renewal

100 Minutes

\$200

Enjoy a makeover with this exclusive facial. Achieve smoother, firmer and brighter skin. Perfecta-mundo!

Jazzy Facials for Men by Gentlemen's Tonic

Gents' Anti-ageing Facial

60 Minutes

\$165

Bag this groovy time warp facial that'll leave your skin looking and feeling youthful.

Gents' Detox Facial

60 Minutes

\$160

Say 'later alligator' to toxins with this hella-good skin detox treatment and emerge with a fresh and healthy glow.

Gents' Hydration Facial

60 Minutes

\$150

Skin dried out from too much sun and salty sea water? This hydrating facial treatment will get your skin moisturised to the max!





Bodacious Body Treatments

Friday Nite Body by ilā

We dig ilā products because they are totally organic, founded on natural, ethical integrity and hand blended in the heart of the English countryside. Their products are renowned for beautifully bridging the gap between body and soul.

Beach Body Polish (scrub)

60 Minutes

\$140

You'll flip for our nourishing and soothing body polish that'll get your skin ready for a radiant suntan. Jazz it up with a finishing touch:

+Nourishing Wrap

+40 Minutes

\$95

A perfecta-mundo combination of rose and sandalwood helps hydrate and rejuvenate your skin.

Detox Body Polish (scrub)

60 Minutes

\$140

This Himalayan salt crystal scrub helps purify and reduce the appearance of cellulite. The result? A vibrant and polished look that's off the hook. Make it even better with:

+Detox Wrap

+40 Minutes

\$90

Take your skin detox to the max with this firming detox seaweed wrap for improved hydration and skin texture.

Sun Cooler

90 Minutes

\$170

Skin a little too sunkissed? We have the perfect blend to rehydrate and refresh your body and face.

I Love You

120 Minutes

\$440 (per couple)

Together is always better! Share your love and a top-to-toe treatment with your better half.

(scrub + chakra balancing massage + face massage + third eye pouring oil)

Body & Mind De-stress

120 Minutes

\$440 (per couple)

The only way to start a stress-free day! This #chillout and #relax journey will get your energy and vitality back in no time!

(scrub + tibetan body massage + adreno pack application)





Souped-up Salon Treatments

Goldfinger by Margaret Dabbs

First-class therapy for the sole (and hands), baby! All the cool cats are stoked about these nifty treatments that fuse health and beauty. Our fabulous nail technicians are professionally trained by Margaret Dabbs London to give you far-out results.

Margaret Dabbs Pedicure **60 Minutes** **\$95**

Give your feet a dazzling makeover with this swell combo of a foot massage, skin hydration and pedicure. Pick a super colour from tropical coral to turquoise blue or fire engine red to jazz up your toenails.

Margaret Dabbs Manicure **60 Minutes** **\$85**

Groovy shiny fingernails to match tonight's dress? We've got the goods to get you glammed up!

Gel Polish Pedicure	90 Minutes	\$155
Gel Polish Manicure	90 Minutes	\$145
Mini Gel Polish Manicure or Pedicure	60 Minutes	\$110
Mini Pedicure or Manicure	30 Minutes	\$50
Shape & Polish	30 Minutes	\$40
Nail Art	30 Minutes	\$40
Gel Polish Removal	30 Minutes	\$40
Nite Nite Foot Massage	20 Minutes	\$30
Nail Polish	20 Minutes	\$30

Wicked Waxing

Eyebrow/Upper Lip	\$10
Underarm	\$20
Bikini	\$30
G-string	\$40
Hollywood	\$50
Full Leg	\$55

Man Cave By Gentlemen's Tonic

Calling all hip cats and daddy-os who want to look smart and feel snappy! The Cove Club's got a lineup of Gentlemen's Tonic barber and grooming treatments you'll flip your lid for.

Traditional Wet Shave	20 Minutes	\$65
Royal Wet Shave	30/40 Minutes	\$80
Luxury Bespoke Shave	60 Minutes	\$110
Eyebrow Threading	15 Minutes	\$35
Indian Head Massage	30 Minutes	\$95
Gentlemen's Mini Facial	30 Minutes	\$55
Hair Cut & Finish	30/40 Minutes	\$50
Scalp Shave	30/40 Minutes	\$50
Beard Design	30/40 Minutes	\$50
Children's Cut	20/30 Minutes	\$35
Father & Son Cut & Finish	20/60 Minutes	\$80





Hip, Happenin' Hair

Dashing Diva by Louise Galvin

Louise Galvin knows the key to luscious locks can be found in nature. That's why her range of hair products contains no silicone, SLS, PGI, parabens or synthetic polymers. Let our stylists work their natural mojo to make your hair shimmer and shine.

Blow Dry

+30 Minutes

From \$50

Vitox™ Highlight Brightener

30 Minutes

From \$55

Word from the bird, this awesome vitamin C treatment will leave you with happening highlights.

Beach Gloss for Blondies

30 Minutes

From \$45

Do blondes really have more fun? With this translucent conditioning golden beach gloss they certainly will. This treatment adds a lustrous golden gleam for blondies.

Beach Gloss for Brunettes

30 Minutes

From \$55

Brunettes can have as much fun as blondes! We haven't left you out of the beach gloss action. This treatment is designed to enrich sun-faded colour, nourish and gloss up your brunette locks.

Nourishing Intensive with Micro Steamer

30 Minutes

From \$55

Salty sea water and the sun's intense rays can be a drag for hair and leave it dry and dull. Never fear, the solution is here - a luscious hair mask and #relaxing full head massage leave your hair looking fresh and fab.

Sunrise to Sunset Nourishing

20 Minutes

From \$50

Bag this intensive nourishing mask in the morning to keep your hair groovin' through to sunset.

The Perfect Look (with Blow Dry)

It varies

From \$60

Turn heads with a chic new coif! A nourishing wash and conditioner are polished off with a lux photo-finish blow dry for a glammed-up 'do.

Treatment timing and prices vary depending on hair length.



Far-out Fitness

Movement Menu

"A wise man ought to realise that his health is his most valuable possession." - Hippocrates

Yoga	30/60/90 Minutes	\$50/95/140
Meditation	30/60 Minutes	\$60/110
Pilates	60 Minutes	\$110
Beach Workout	60 Minutes	\$110
HIIT	60 Minutes	\$110
Functional & Core Training	60 Minutes	\$110
TRX	60 Minutes	\$110
Swimming Class	60 Minutes	\$110
Personal Training	60 Minutes	\$110





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