

Nabea spa



TREATMENTS MENU

INFORMATION & RESERVATIONS

Tel +61 2 9290 4772

E-mail: reservations@nabeaspa.com

Monday to Sunday 09:00 AM to 07:00 PM

Public holidays 10:00 AM to 05:00 PM



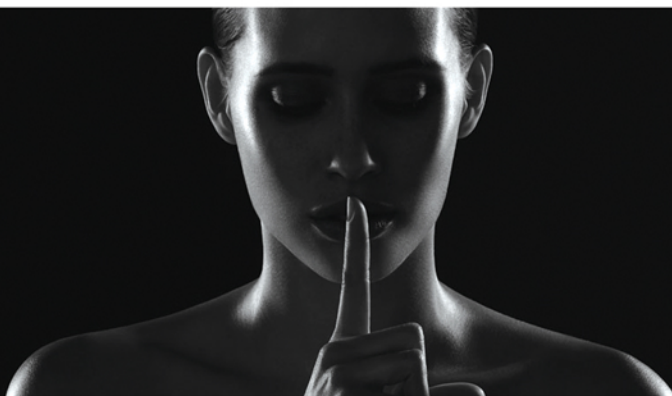
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WELCOME TO THE NABEA SPA AT HYATT REGENCY SYDNEY

Here at Nabea you will have the opportunity to enjoy uninterrupted time to yourself. Take a step back, regenerate, refresh and reward yourself with some well-earned rest and relaxation.

Enjoy a carefully crafted range of signature face and body treatments that use an exclusive range of Sothys products.



OUR SPA

ARRIVAL

Please arrive at least 20 minutes prior to your first scheduled appointment to complete your health consultation form. To expedite your check-in process, you have the option to complete your health consultation form online. If you arrive late, your appointment may be shortened out of consideration for the next client. Please note that the start times of services may be subject to a 10-minute change. When completing the health questionnaire, please advise us of any health conditions and medication you are taking. For certain medical conditions we will require written permission from your doctor to proceed. We are proud to offer specialised maternity treatments, however we cannot perform treatments in the first 13 weeks of pregnancy.

CANCELLATIONS

Please note that we request credit card details to secure bookings. If you need to change or reschedule an appointment, we will require 24 hours notice otherwise the full amount of the treatment will be charged. If you wish to cancel your booking, we will require 48 hours notice, barring any exceptional circumstances.

ESSENTIAL MESSAGES

Nabea Wellness Massage

This customised relaxation massage uses long, smooth strokes to relax muscles and aid both the lymphatic and circulatory system. Deep breathing with our signature aromatherapy blend starts the relaxation process and prepares you for this nourishing skin and body massage

60 MIN / 90 MIN | \$185 / \$240

Sensorial Aroma Massage

A customized, relaxing body massage using Sothys aromatherapy blends of essential oils hand selected by you to enhance your massage experience. This sensorial massage with a delicate aromatic essence offers an "Escape to wellbeing..." Stimulate the senses | relax mind and body | nourish your skin

60 MIN / 90 MIN | \$195 / \$250

Nabea Relaxing Hot Stone Massage

A massage incorporating smooth, heated stones to create deep internal heat, while a luxurious aromatherapy blend of essential oils is massaged deeply into the body for maximum relaxation

60 MIN / 90 MIN | \$200 / \$255



Remedial Massage

An exceptional massage created exclusively by our experienced team of Spa therapists that blends the techniques of native Australian aromatherapy and remedial massage. Pressure is applied to your muscles through a variety of trigger point methods to release tension.

60 MIN / 90 MIN | \$210 / \$260

Deep - Tissue Massage

A massage tailored to your needs using specialized techniques which promote energy balance, increase suppleness, stimulate lymph and blood circulation. Ease muscle stiffness and tension, while also inducing a state of therapeutic relaxation and stress relief. This therapeutic massage uses a dynamic blend of essential oils to suit your individual needs. Alternates between deep and firm pressure | encourages blood flow

60 MIN / 90 MIN | \$210 / \$260

MASSAGE ENHANCEMENTS (Add-On Only)

ORANA (welcome) Vitality Foot Treatment

This foot cleansing and exfoliating ritual, combines the use of warm towels and exfoliant infused with native essential oils to conditions and soothe your feet.

15 MIN | Add +\$40

Body Brush

A traditional technique that has been used for centuries to gently exfoliate dead skin cells, bringing blood and oxygen to the skin. This technique helps to speed up the process of eliminating waste via lymph stimulation and assist with the prevention of dry skin and premature ageing.

15 MIN | Add +\$45

Paraffin Treatment

A warm lotion is applied while gently massaging your hands and/or feet. Then warm paraffin is applied, utilizing a plastic liner. After the paraffin is removed, your hands and/or feet are left soft and nourished.

10 MIN / 20 MIN | Add +\$40 / Both +\$70

Body Mask

Regulate healthy cell function while replenishing and hydrating your skin with natural oils that help improve skin elasticity and plumpness. Customise your treatment by choosing from our Detoxifying & Balancing, Revitalizing & Rejuvenating or Native Botanical body masks.

30 MIN | \$95

SOTHYS PROFESSIONAL FACIALS

Alleviate stress and enjoy a moment of deep relaxation with a Sothys professional facial treatment tailored to you. A customized selection of Sothys products address the current needs of your skin and leaves you feeling radiant and refreshed. Choose a Sothys professional facial or consult with one of our qualified therapists.

Essential - suitable for all skin types, this facial maintains a healthy and clear complexion through cleansing, ampoule application, and a treatment mask.

Organic - this organic certified facial immerses you in head-to-toe relaxation with a face & scalp cocooning massage and a hand and foot treatment.

Soothing - perfect for sensitive skin, spa thermal water and calming botanicals are combined with chilled porcelain spoons to instantly calm and soothe skin.

Clarifying - treat oily or blemished skin with triple exfoliation, anti-bacterial actives and a cooling mask balancing the skin and restoring a clear complexion.

Radiance - target hyperpigmentation and ageing with a collagen boosting treatment using Vitamin C and Sothys GL peel resulting in a youthful glow to your skin.

60 MIN | \$200

Sothys Intensive Eye Treatment

Combining science and nature, this intensive spa-only treatment uses a cryogenic massage technique and active ingredients to assist in alleviating the visible signs of ageing around the eye area. Fine lines are smoothed by re-hydrating and protecting this delicate area. Dark circles appear lightened, and puffiness is reduced. The association of the therapist's hands with the massage porcelains specially designed for Sothys, makes this a unique and targeted treatment for the area surrounding your eyes..

45 MIN | \$140



SOTHYS ADVANCE FACIAL TREATMENTS

Breathe new life into your skin by combining a scientific and holistic rejuvenation approach. Sothys Advanced Facial Treatments are carefully crafted to unveil the beauty within your skin. Choose a Sothys advanced facial or consult with one of our qualified therapists.

Pro-Youth – this scientifically proven facial treatment uses BP3 tri-com plex to restore, exfoliate, stimulate and plump your skin with a double dermo-filling mask leaving you feeling fresh and youthful.

Hydrating – reactivate the skin's natural hydration levels to reveal a more youthful complexion by combining moisturizing serums, hyaluronic acid, patented Boletus extract and an enveloping mask to restore natural suppleness.

Energizing – A six-phase treatment utilizing a detoxifying massage, triple action scrub combined with an oxygenating serum and energizing mask helping to rebalance skin and achieve a luminous, glowing complexion.

90 MIN | \$300

FACIAL ENHANCEMENTS (Add-On Only)

Sothys GL Peel

A gentle, yet effective dual-action exfoliation using an active combination of glycolic and salicylic acids to help remove dead surface cells to reveal a clearer, more even complexion.

10 MIN | +\$80

LED Spa Treatment

Refresh and revitalise with this non-invasive skin rejuvenation system. Photo-dynamic LED therapy, using light of varying wavelengths, penetrates the skin to improve its overall appearance and texture. LED therapy tends to use three different light sources – green, blue, and red light. Completely painless, this therapy rebalances and heals cells, improves skin tone, and diminishes fine lines.

20 MIN | +\$85

Paraffin Treatment

A warm lotion is applied while gently massaging your hands and/or feet. Then warm paraffin is applied, utilizing a plastic liner. After the paraffin is removed, your hands and/or feet are left soft and nourished.

10 MIN / 20 MIN | +\$40 / Both +\$70

SIGNATURE BODY RITUALS

Hanakasumi Ritual

A unique experience of Japanese inspiration, this enchanting sensorial journey is filled with floral notes of cherry blossom and lotus flower to relax the body and nourish the skin. Our signature body treatment incorporates a warm exfoliating cream to soften and smooth your skin. A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind, body and soul.

Body exfoliation with Japanese inspired technique | relaxing & aromatic massage with Asian essence

90 MIN | \$300

Oriental Sensations Ritual

Inspired by the orient, this aromatic body ritual features hypnotic notes of amber and myrrh. Immerse yourself in this exotic ritual featuring an exclusive body exfoliation with handmade Moroccan pumice stone and enzymatic exfoliation nectar for soft, smooth skin. A relaxing massage with warmed amber oil entices the senses with warm, sweet, and woody notes for an unforgettable sensorial experience. To recreate the Oriental ambiance at home, the Moroccan pumice stone is gifted to each guest post treatment.

A Body exfoliation with Moroccan terracotta stone | relaxing & aromatic massage with Amber – myrrh modelling oil

90 MIN | \$300

Sensorial Escape by Sothys

A personalised sensorial experience tailored to your needs with your choice of fragrant escape. Choose from Frangipani & Plum, Cinnamon & Ginger, Lemon & Petitgrain or Orange & Cedarwood. Sweet/salty exfoliation combining sea salt and sugar customized with a selection of botanical essences for velvety, smooth skin followed by a relaxing massage to nourish and hydrate your skin. Experience the comforting sensation of our warm hydrating/nourishing wrap and let your body and your mind indulge in pure escape with the fragrance you have chosen.

Personalised body exfoliation | personalised relaxing aroma massage | warm nourishing body wrap

110 MIN | \$340

EXFOLIATING BODY TREATMENTS / ENHANCEMENTS

Salt Scrub with Geranium and Lavender

A blend of mineral salts from the Himalayas, France and the Dead Sea enriched with uplifting essential oils of lavender, geranium, rosemary and chamomile.

30 MIN / 50 MIN | \$95 / \$180

Salt and Sugar Scrub

A customised exfoliation combining sea salt and natural sugar grains. Personalised with your choice of fragrant escape:

Lemon and Petitgrain / Invigorating fresh citrus, floral

Orange and Cedarwood / Citrusy, woody and warm

Cinnamon and Ginger / Spicy and tonic

30 MIN / 50 MIN | \$95 / \$180



PREGNANCY SPA TREATMENTS

Pregnancy Massage - MANANGA (mother & child)

A calming and soothing massage experience provides relaxation and helps relieve physical discomfort during this beautiful time of change. Improve skin elasticity, increase energy levels and circulation (supportive cushions available).

Relaxing, soothing | stimulates blood circulation | eases fluid retention and swollen feet

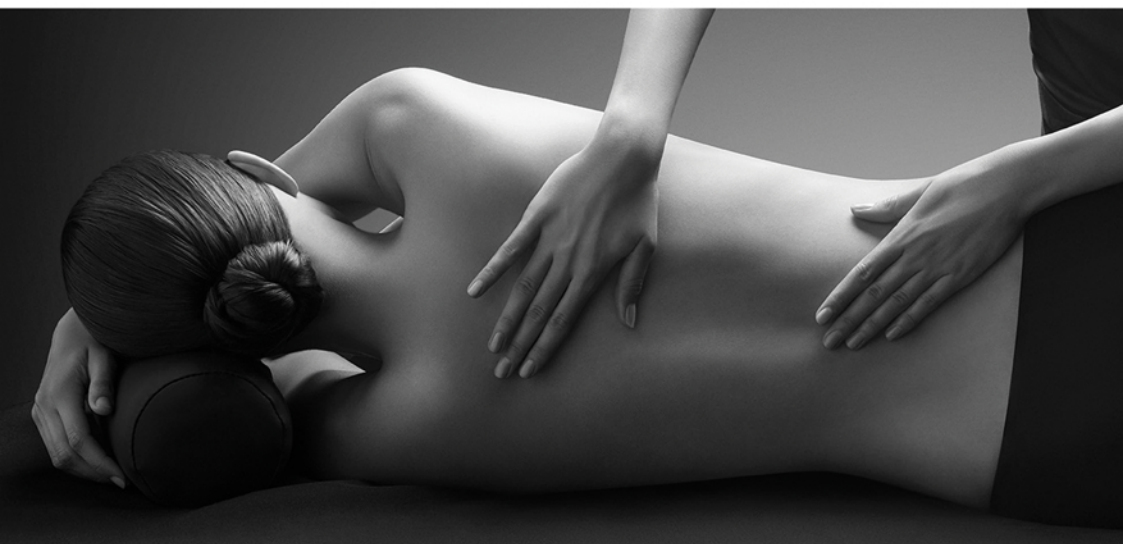
60 MIN / 90 MIN | \$190 / \$240

Mums Head-to-Toe Indulgence

Gently and safely target the areas prone to stress and tension with a gentle body exfoliation which is followed by a soothing massage, easing aching muscles while relaxing and restoring. Finish with an essential express facial to suit your skins needs. This indulgent treatment leaves your body relaxed and skin glowing.

Body exfoliation | body massage | essential express facial | scalp massage

120 MIN | \$370



COUPLES PACKAGES

NOWRA (you and me) Couple Bliss

Enjoy side-by-side indulgence with a wellness massage using aromatic oils and freestyle techniques, combined with an essential express facial to suit your skin care needs. Complete your pampering with a cheese/fruit platter and two glasses of chilled sparkling wine.

Orana (welcome) vitality foot treatment | wellness massage | essential express facial | cheese/fruit platter | sparkling wine

110 MIN | \$680

MALBAR (magic stone) Ritual

Unravel tension, instantly boost your complexion and relax your body and mind with our most renowned treatment. A full body salt and oil exfoliation, back, neck, shoulder and legs massage with hot stones. Included is a focused express facial tailored to your skin's unique needs and is finished off with a stress reducing scalp massage to revive and recharge. The powerful oils, heat and the soothing rhythm of stones on your skin will help you to unwind, switch off and relax. Complete your pampering with a cheese/fruit platter and two glasses of chilled sparkling wine.

Full body exfoliation | back and legs massage with hot stones | essential express facial | scalp massage | cheese/fruit platter | sparkling wine

130 MIN | \$790

THOORUNA (together) Couples Sensorial Relaxing Package

Indulge in a sensorial escape with a customized relaxing body massage using Sothys essential and fragrant oils, personally selected by each guest to enhance their massage experience. This wonderfully soothing and rejuvenating experience is ideal for sharing that special time together in our couples spa room. Enjoy a cheese /fruit platter and two glasses of chilled sparkling wine. Take your experience home with a complimentary Sothys nourishing body elixir.

Full body exfoliation | 90min sensorial aroma relaxing body massage | warm nourishing body wrap | cheese/fruit platter | sparkling wine | sensorial spa gift

150 MIN | \$950

SPA PACKAGES

Australian Discovery

Begin the ritual with a personalized sensorial experience by Sothys tailored to the needs of your wellbeing. Then, experience a sweet & salty exfoliation customised with a selection of botanical essences followed by a relaxing massage to nourish and hydrate your skin. Finally, the comforting sensation of a hydrating/nourishing wrap is applied, warm, onto your skin with an essential facial by Sothys to complete the experience and leave you with radiant and glowing skin.

Personalized body exfoliation | personalized relaxing aroma massage | warm nourishing body wrap | Essential Facial by Sothys | lifting eye treatment

180 MIN | \$570

Men's Executive Rescue

Specially designed for men, this package includes an energizing and deep cleansing exfoliation, Remedial Massage and Essential Facial.

Body exfoliation | Remedial massage | Men's Essential Facial

150 MIN | \$490

Sensorial Spa Indulgence

A luxurious package with all the basic spa treatments, including an essential Sothys facial, sensorial relaxing aroma massage and a welcome vitality foot treatment. The ultimate treat that pampers your body and soul.

Orana (welcome) vitality foot treatment | sensorial relaxing aroma massage | essential facial by Sothys

130 MIN | \$400

Reviving Hot Stone Escape

Unravel tension, instantly boost your complexion, relax your body and mind with our most renowned treatment. A full body salt & oil exfoliation, legs, back, neck and shoulder massage with hot stones, a focused express facial tailored to your skin's unique needs and finished with a stress reducing scalp massage. Our experienced therapist will soften and warm target muscles to ease aches and pains as well as help to relieve muscle tension.

Full body exfoliation | back and leg massage with hot stones | essential express facial | scalp massage

120 MIN | \$370

Purifying Back Ritual

Refresh and renew with this stress-relieving back treatment. Beginning with a welcome touch ritual, followed by a deep cleansing exfoliation across your back combined within an aromatherapy and balancing mask to purify and refine skin. While the back mask takes effect, tension and fatigue in the back of the legs is released with a targeted massage.

Back exfoliation | back massage | balancing mask | leg massage

60 MIN | \$210

Soul Retreat

Revitalize and recharge your body with this rejuvenating treatment. It begins with a foot cleansing and exfoliating treatment that combines the use of warm towels and an exfoliant infused with essential oils. Relax as your therapist gently soothes fatigue away with a stress relief back and neck massage, relaxing scalp massage and an intensive personalised express facial to revitalise tired skin.

Orana (welcome) foot treatment | back and neck massage | essential express facial | lifting eye treatment | scalp massage

70 MIN | \$240

The Urban Escape

Choose any of the following 30min treatment options and build your own spa package:

Two Treatments: 60min | \$195

Three Treatments: 90min | \$290

Four Treatments: 120min | \$360

Five Treatments: 150min | \$450

- Back, Neck and Shoulder Massage
- Exfoliating Body Treatment of your choice
- Warming Body Wrap of your choice
- Nourishing Full Body Moisturising massage
- Essential Express Facial
Deep cleanse | exfoliation | personalised mask | scalp massage
- Soothing Hand Treatment
Hand exfoliation | nourishing mask | hand massage
- Invigorating Foot Treatment
Orana foot treatment | peppermint mask | foot and lower leg massage
- Hair and Scalp Treatment
Massage the hair and scalp with nourishing warm oil and mask



Nabea Spa at Hyatt regency Sydney Lev 1, 161 Sussex Street, Sydney NSW 2000
www.nabeaspa.com | reservations@nabeaspa.com
Voice. +61 2 9290 4772 Text. +61 478 658 995