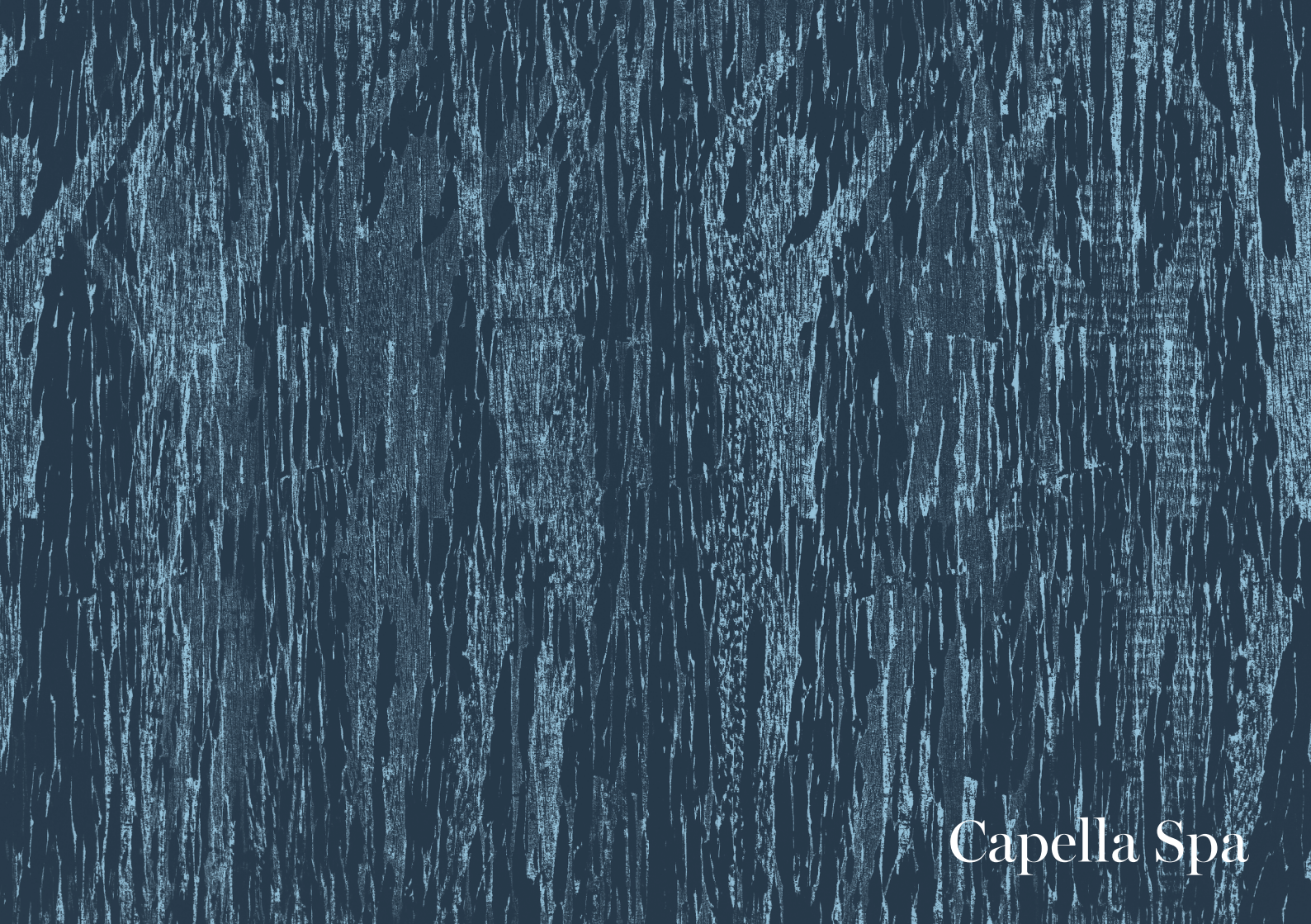




Capella Spa

Nestled among the gently swaying kentia palms endemic to Lord Howe Island, the Capella Spa is a private sanctuary offering a balm to the bustle of everyday life. The serene retreat welcomes guests like a warm embrace. Island-inspired spa treatments unite body and soul under the magnetic energy of Mounts Gower and Lidgbird's twin peaks which rise majestically from the ocean. Age-old massage techniques combine with island botanicals to calm and sooth. Guests emerge to soak in the pristine beauty of Lord Howe Island.

This truly is a paradise lost in time...



Lord Howe Island Journeys

A signature menu of rejuvenating and relaxing treatments embrace the island's endemic kentia palms and marine environment. The ultimate indulgence is the three-hour 'Dreaming', a complete face and body treatment, or for a local touch, the 'Sacred Stone Therapy' draws upon the power of heated basalt stones collected from the island's windward beaches.

Healing Spa Journeys

The Capella Spa exclusively features spa care products from alkeme, created in fresh, small batches by modern-day alchemist Aphra Skye Heron. Inspired by her upbringing in wellness, the all-natural, Australian-made range embraces the age-old practises of alchemy, 'making magic from nature' using a blend of native botanicals and sustainable, often wild-sourced ingredients and is guided by ancient lore gifted from Australia's First Nations people and global healing remedies.

Relax and let the journey begin...



Facial Therapies

Capella Karmal 75 minutes \$270

Signature facial treatment

An indulgent facial treatment individually tailored to restore balance and natural radiance to the skin. Drift away while enjoying the aromas of wattle, lilly pilly and fragonia, traditionally used in Aboriginal medicines. Surrender to a soothing facial massage before a natural clay mask is applied to purify and rebalance. A hair mask nourishes the scalp, regenerating and restoring lustre to your hair. A nourishing clay mask soothes hands, whilst a head massage leaves you feeling nurtured and refreshed.

Sea Spirit 60 minutes \$220

Rejuvenating facial

The Sea Spirit is designed to revitalise and replenish, to set your soul adrift for a short while. This anti-aging facial uses powerful marine nutrients and potent native plant extracts along with a high concentration of amino acids, to refine and clarify skin. Relax with your choice of hand or foot massage. A healing pressure-point massage for the face and shoulders invigorates facial muscles. The serene ritual is complete with an alkeme scalp massage.

Face Fuel 60 minutes \$220

Facial designed for men

This facial utilises the properties of grass lily to heal and soothe, Kakadu plum to restore skin cells and a blend of essential oils to nurture and hydrate. A wattle seed and reef sand polish detoxifies and remineralises the skin, leaving it free of impurities while achieving a smooth look and feel.



Body Elements

Melody Massage 60 minutes \$220 | 90 minutes \$310

alkeme relaxation massage

Experience a rhythmic body massage inspired by ancient healing techniques designed to restore balance and realign your energy flow. Gentle, flowing motions focus on pressure points to melt away tension and leave you feeling grounded and uplifted. A choice of aromatic oils is prescribed to address your personal needs to rewild, revitalise or bring stillness. The perfect holiday massage to leave your body and mind feeling refreshed and deeply relaxed.

Capella Signature Massage 75 minutes \$270 | 105 minutes \$370

Therapeutic massage

Designed for those who appreciate regular bodywork our signature massage delivers a deeply therapeutic experience. A strong, full-body massage combines acupressure, and focussed techniques to address specific concerns. Our expert therapist tailors each session to suit your individual needs, taking into account injuries, health conditions, and lifestyle. The extended treatment is enhanced by the use of hot stones to support deeper healing and relaxation.

Sacred Stone Therapy 90 minutes \$320

Hot stone massage

This nurturing and therapeutic treatment integrates massage with warmed basalt stones sourced from Lord Howe’s windward beaches. The magic of the rocks works with the body’s pressure points to leave your body and soul uplifted and dancing with joy.

Mother Melody 60 minutes \$220 | 90 minutes \$330

Pregnancy massage

This nurturing body massage is specifically designed for mums-to-be. Gentle, swirling motions tone and realign energy flow, enhancing balance and wellness for mother and child. Supported by purpose-designed cushioning, mothers have the opportunity to centre themselves and relax, soothed by a macadamia and camellia pregnancy oil blend.



Body Rituals

Beyond the Big Blue 75 minutes \$270
Facial, hand and foot treatment

An anti-aging facial treatment designed to revitalise and replenish the skin using marine minerals and potent native plant extracts such as marine algae, bull kelp and mother of pearl to smooth skin and restore vitality. A healing pressure-point massage for the face invigorates muscles. While your skin is purified and hydrated, hands and feet are treated with masks and massage oils using native buddha wood to nourish and protect.

Gower's Foot Therapy 60 minutes \$220
Post-climb feet treat

Soak away tensions in both soul and soles with this relaxing foot therapy treatment. Begin with a warm foot soak and mineral salt exfoliation. Next, a nourishing mask of native pepperberry and mint is applied to gently exfoliate and polish, while warm basalt stones gathered from local shores are placed between the toes. Neck and shoulders are massaged as the mask is infused and softens the feet. Finish with a foot massage and application of nutrient-rich pedi lotion. Step out feeling revitalised and light on your feet!

Mountain Man 75 minutes \$270
All round exfoliation, massage and facial especially for men

A revitalising therapy designed especially for men, this complete treatment begins with an invigorating magnesium salt back exfoliation. Unwind with a back and scalp massage using alkeme signature massage techniques and essential oils. Enjoy a gentle face cleanse and deeper exfoliation treatment before a pressure-point massage, mask and relaxing facial massage restore tone to the skin. Native spa ingredients include wattle seed, Tasmanian bull kelp, honey myrtle, boronia and fragonia, leaving skin refreshed and calm.



Signature Ceremonies

The Dreaming 3 hours \$600
Complete face and body treatment

The ultimate spa journey. Using traditional healing techniques this deeply therapeutic treatment encourages you to embrace the escape of a body wrap, followed by a Melody Massage, indulgent facial and scalp massage. Alternatively, enjoy a pearl and kelp body wrap, Melody Massage and treatments focusing on the hands and feet. Yield to the potency of each remedy through the power of native plant extracts, cleansing earth ochres and purifying magnesium salts.

Ocean Song 2 hours \$420
Body exfoliation, mud wrap, full body massage, hair and scalp treatment

Magnesium salts combined with native botanicals including pepperberry, Tasmanian bull kelp, hematite and native sandalwood are used to invigorate your body and soul in a full body exfoliation. Rest easy in the warm embrace of a body mud wrap while a native frangipani mask is massaged deeply into your hair. Following a cleanse under the rain shower, a rhythmic Melody Massage works to tone and realign energy flow. Emerge from the spa glowing with beautiful smooth skin.

Capella Renewal 2 hours \$420
Exfoliation, facial and full body massage

Created exclusively for the Capella Spa, this refreshing treatment is designed to nourish and nurture. A complete head to toe enriching kelp exfoliation incorporates a nourishing hair mask, revitalising skin booster and pressure-point massage to body, head, hands and feet to balance and align.





Spa Essentials

Select an enhancement therapy from the menu below for a more tailored approach to your spa treatment.

(Available in combination with a minimum 60 minute treatment only).

Royal Banyan

15 minutes \$50

Hair and scalp ritual

Surrender your senses to ancient healing massage techniques that invoke spiritual balance and contentment. A luxurious infusing hair mask set with warm towels conditions and deeply nourishes the scalp and hair.

Island Essence

30 minutes \$100

Nourishing facial

Designed to revitalise skin with the use of marine nutrients, marine algae, bull kelp, and finely crushed mother of pearl, your skin is cleansed, exfoliated and hydrated before being treated with a deeply relaxing pressure-point facial and shoulder massage. A prescriptive mask, designed to purify or nourish the skin is used while you relax with an alkeme scalp massage. Ideal as an add-on to a massage or body treatment.

Foot Therapy

15 minutes \$50

Foot pamper

Cleanse tired feet with a foot soak infused with the scent of eucalyptus followed by a rejuvenating exfoliation using wattle and wood salts to encourage balanced health.



Considerations...

The Capella Spa reflects an environment of relaxation and harmony. We recommend arriving 5 minutes prior to your appointment to allow time to settle into the experience. For your comfort we suggest showering before all treatments. Lockers and robes are provided within the Spa.

Each Capella Spa treatment is a personal journey. Select a therapy that resonates most with your mood or desired focus.

Please inform your therapist of any health concerns that you may have or if you are, or may be pregnant.

Your treatment has been reserved especially for you, however, we understand that plans change. We require five hours' notice to change or cancel a booking - without notice the full charge may still apply. Pricing is subject to change without prior notice.



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