



Chateau Royale Beach Resort

(07) 54430300

Our Day Spa is one of relaxation & harmony,
please wear clothes you find comfortable.

Out of consideration to others we require a minimum of 24hrs
notice if you need to change & cancel your appointment. If less
than 24hrs notice is given 50% of the treatment cost applies.

If less than 2hrs notification is given or you miss your
appointment we will have to charge you the full treatment price.



the
lotusdayspa



Using the resort facilities

A great start to your Lotus Day Spa Experience

SPA BATH:

Enjoy the relaxing, soothing & gentle massaging effects of the warm spa

STEAM ROOM:

Relaxing in a steam room is a great way to unwind & relieve stress. A perfect, soothing atmosphere for calming your mind.

SAUNA:

Great for enhancing detoxification. Opens pores to allow deep seated grime & dead skin cells to be flushed out, creating a beautiful healthy glow.



EAR CANDLING

A fantastic way to reduce build up of pressure around your ears, nose & face. The treatment stimulates the circulatory & lymphatic systems thus aiding the body's own immunity. The warmth of the candle creates a gentle vacuum which draws wax, other secretions & debris from the ear canal. Ear Candling is a very relaxing, non-invasive treatment.

30mins

45

RELAXING

Please feel free to enjoy our relaxation area situated in the pool area after treatment for as long as you like. A complimentary herbal tea will be served during this time.





MASSAGE

SWEDISH MASSAGE:

Put your body & mind at ease. Helps you slip away from the daily tension. Promotes a wonderful feeling of well-being & total relaxation.

60min 85

DEEP TISSUE MASSAGE:

A firmer massage for the relief of tension, aches & pains. Loosens fibrous thickening around the joints to keep them mobile. Also aids nourishment & cellular activity to all organs.

60mins 85

LYMPHATIC MASSAGE:

This specialised massage with drainage techniques helps to detoxify the body removing toxins & reducing swelling by stimulation of the Lymphatic System. Helps boost vitality.

60mins 85

KIDS MASSAGE:

Children store stress too. Treat the kids to a massage. Relaxing for them, relaxing for you!

15mins 20



MASSAGE

HOT STONE MASSAGE:

Imagine a warm room, dimly lit with soft music playing. A heated, oiled stone glides across your skin, another follows. Feel yourself relax, take a deep breath & your stress just melts away. Feel the hands of the therapist massaging you or is it another stone? As the heat penetrates, tight knotted muscles are loosened. You have no choice.... let the tension melt away!

75mins 120

TRADITIONAL BALINESE MASSAGE:

The Balinese Massage provides the complete sensory experience by combining techniques of palming, kneading, stretching & pressure point massage to immerse the body in relaxation & well-being. Exotic aromas & nourishing oils leave you feeling calm & renewed.

75mins 120

