

Welcome to Amrita Spa

Facilities

We have three treatment rooms, a relaxation area, gymnasium, sauna and steam rooms, hot jet spa, and a swimming pool with a pool bar at Amrita Spa, a place to enjoy and improve your quality of life.

Location

Amrita Spa is located on level-10 of the Swissotel Sydney on Market Street directly opposite the State Theater



Hours of operation

Amrita Spa is open daily from 9am to 7pm. The swimming pool and gymnasium are open from 6am to 9pm also daily

Admission

Amrita Spa is also open patrons not necessarily staying in the hotel.

Reservations

We recommend all spa treatments and services are reserved in advance to avoid disappointment. Treatments may be purchased individually or as a package.

Checking In

Please check in at the reception of Amrita Spa at least 15 minutes prior to your scheduled appointment. As part of our personalized service, all guests will receive a health questioner on their first visit. We strongly encourage patrons to be on time as late arrival may be subject to reduced treatment time.



Amenities

We have separate men's and women's changing areas with locker and shower facilities. Our attendants will provide complimentary bathrobes & towels. Herbal teas are always available.

Amrita Spa Cuisine

Amrita Spa menu is ideal for Lunching or dining by the pool. Amrita Spa cuisine is creatively designed with your good health in mind. Enjoy.

Amrita Spa products

Amrita Spa works with professionals in the Spa field to bring you a product range that is natural and safe for sensitive skin and balanced for the body and mind. Dermalogica, Germani de Cappucini and Uskincare are used in our treatments and are also available for purchase.

Special conditions

Guests, who are pregnant, have high blood pressure, fever, diabetes or heart conditions are advised to consult their doctor before using any of the spa services.

Smoking and alcohol

Smoking and the consumption of alcohol within the spa treatment rooms are strictly prohibited. Alcohol consumption before any spa treatment is not advised.

Cancellation policy

The treatments you select are reserved especially for you with one of our professional practitioners. A 24-hour cancellation notice is kindly requested to help us reschedule your appointment. Any cancellations short of six hours notice will incur a 50% cancellation fee. We regret that full charge will be imposed in a "no-show" situation.

Payments

If you are staying with us, all treatments and services can be charged directly to your room. Otherwise all major accepted credit cards are welcomed.

Refund policy

Treatment services, packages and products are not refundable, transferable or exchangeable once purchased.

Etiquette

To ensure that our guests can enjoy the peaceful sanctuary of Amrita Spa, we respectfully request all visitors keep noise to a minimal level in the spa areas. Cellular phones, pagers and other devices are discouraged.





MENU OF SERVICES



MASSAGE THERAPY

ANTI-STRESS MASSAGE

\$65, \$120 OR \$180

(30-MIN, 60-MIN OR 90-MIN)

Reduces tension, relieves negative effects of everyday stress and restores your overall sense of well-being.

REMEDIAL MASSAGE

\$120 OR \$180

(60-MIN OR 90-MIN)

An oil massage in which the therapist will deal with problem areas of the body using therapeutic massage suited to your individual needs, this massage will help re-balance the body while giving total relaxation.

SHIATSU OR THAI MESSAGES

\$120 OR \$180

(60-MIN OR 90-MIN)

Shiatsu restores the body's energy balance to its normal state. This may promote maximum energy circulation resulting in the optimum functioning of the internal organs and immune system. Thai massage stretch every single muscle and relieves tension in the spine. Generally oil is not used in both massages and can be given over loose clothing. Both are available upon request only.

AROMATHERAPY MASSAGE

\$130 OR \$190

(60-MIN OR 90-MIN)

It is a whole body treatment with use of a wide range of pre-blended essential oils. These will affect the mental and physical state of the body, resulting in total relaxation and well-being.

PRE & POST NATAL MASSAGE

\$120

(60-MIN)

Let our therapists do a sequence of massages focusing on your lower back, legs and all those tired parts of your body. Let us help you soldier on.

SPECIAL TREATMENTS



TO DIE FOR MAJESTIC GOLDEN BODY TREATMENT

\$190

(90-min)

A unique golden sea alga known for its anti-aging properties is applied to the body. The body is then cocooned and a continuous Thai massage is systematically performed with ancient Thai Pindas. The therapist does not leave your side as you are escorted into a deep state of relaxation. Golden nectar is enriched to the skin and assists to prevent ageing, restoring tissue tone, vitality, and elasticity.

SHIRODHARA (15-MIN)

\$60

The pouring of oil on the head and forehead

DUO-INDULGENCE MASSAGE

\$230

(60-MIN)

Two therapists working simultaneously to a rhythm of energy could be considered the ultimate indulgence in massage. Include Amrita's pre-blended Aromatherapy oil of your choice and this will be an experience to remember.

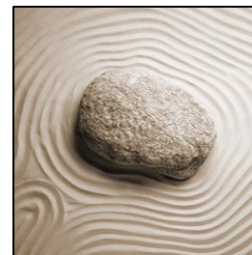
SCRUBS & WRAPS TREATMENTS

DEAD SEA SALT SCRUB

(30-MIN-TREATMENT)

This exfoliating treatment uses a mixture of our pre-blended essential oils & pure salt from the Dead Sea. Ideal for removing dead skin cells & for detoxification.

\$80



TRANQUILITY HYDRO & BODY WRAP

(60-MIN)

Essential oils of lavender, geranium, bourbon and sweet orange help to relax the central nervous system. In this treatment, you enjoy a massage with our Amrita Spa tranquility oil. Then, we wrap you to induce heat while we gently massage your face and head with our Ayurvedic marma point techniques to make you feel totally tranquil.

\$130

CLAY BODY WRAP

(30-MIN)

Clays are enriched with minerals such as silica, magnesium, potassium, calcium, zinc and more. The withdrawal properties will assist in the elimination of skin toxins. As a result you will have your skin smooth & healthy.

\$80

COFFEE / KELP BODY WRAP

(30-MIN)

The antioxidants will help with the detoxification by increasing cellular metabolism. And the nanah leaves, vanilla and grapefruit extracts for a glowing skin result. Simply irresistible!

\$80

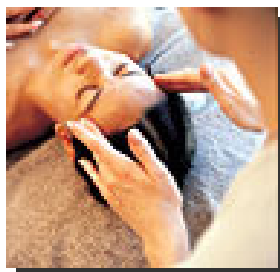
DELUXE CHOCOLATE SCRUB

(30-MIN)

Say good bye to stress and welcome harmony from chocolate! Chocolate scrub, made of natural cocoa bean particles not only improves the silhouette but also has been proven to be responsible for the production of endorphins, "happiness hormones" therefore making it a great way to start any spa therapy treatment and leave your skin silky smooth.

\$80

FACIAL SKIN CARE FOR MEN & WOMEN



EXPRESS SKIN CARE FACIAL

(30-MIN)

Ideal for a quick pick-me-up. This treatment will leave your skin with a vibrant healthy glow.

\$80

CLASSIC SKIN CARE FACIAL

(60-MIN)

Classic facial, two cleanses, exfoliation, mask with a neck & shoulder massage.

\$130

MULTI VITAMIN POWER TREATMENT (45-MIN)

\$120

A skin care treatment is specially formulated to combat the signs of aging by improving skin elasticity, tone & texture while restoring softness & suppleness. A treatment series composing of six sessions is recommended for maximum results.

ADVANCED CORRECTING PROGRAM FOR LINES & WRINKLES

(90-MIN)

Visible results after just one treatment. Inspired by micro-injections this facial is a fast and effective solution especially for expression wrinkles. Using Germaine de Capuccini's unique

\$190

peptide formula Micro-Dermoxine, this treatment helps to correct and fill in expression lines, diminishing the depth & length of wrinkles to prevent further development.

AMOUR FOR MEN

\$140

(60-MIN) Germaine de Capuccini

This treatment rich in vitamin C eliminates toxins and enhances skin luminosity, fighting wrinkles, skin fatigue & the symptoms of premature aging. Including a 24 step Zen-Shiatsu massage followed by a detoxifying rubber mask this treatment gives balance to your body, mind and skin.

HYDRATING FACIAL THERAPY WITH 100% COLLAGEN

\$140

(60-MIN)

Using Germaine de Capuccini's 100% marine collagen and an array of plant and marine ingredients this treatment hydrates and protects the skin helping restore the skins optimum water level and revive your skin back to it's natural healthy state. The result is dewy, glowing skin! This treatment is fantastic after long flights!

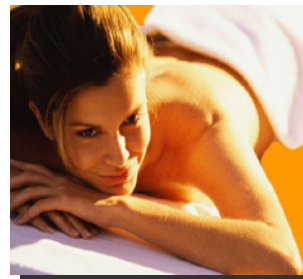
SPA PACKAGES & RITUALS

BODY BEAUTIFUL

\$150

(60-MIN)

30-min Dead Sea Salt Scrub and your choice of body wrap. And while you relax and de-stress, a pressure point facial massage.



BEYOND HEAVEN

\$185

(90-MIN)

This includes 30-min back massage, 60-min classic skin care treatment, an eye treatment and foot massage.

AROMA RETREAT

\$260

(ESTIMATED 2-HRS)

60-min Aromatherapy massage, followed by 60-min Aromatherapy skin care treatment. Included in this retreat is a pressure point scalp & facial massage with a foot reflexology massage.

AMRITA SPA TOTAL WELLNESS

\$390

(ESTIMATED 3-HRS)

You will enjoy a 30-min Dead Sea salt scrub, a 60-min classic facial, and a further 30-min sea mud wrap. And when you think what more can one have, a scalp massage with a facial acupressure point massage and a full 60-min body massage.

THE ULTIMATE ANTI – AGING INDULGENCE

\$390

(ESTIMATED 3-HRS)

This treatment combines one of Europe's most advanced anti-aging treatments (with visible results after just one treatment) and a golden body wrap containing natural particles of gold. It is the ultimate indulgence!

ULTIMATE AMRITA SPA SANCTUARY

\$460

(ESTIMATED 3.5-HRS)

This ultimate package starts with a 30-min Dead Sea salt scrub. The pampering continues with a 60-min therapeutic body massage and a 60-min Aromatherapy essential skin care treatment with a reflexology foot massage and an express manicure & pedicure.

CLASSIC BREAK PACK

\$140

(ESTIMATED 1-HRS)

Start with a hot sauna, then a 30min clay body mud wrap treatment and a 30min massage. Ideal for when you just want to take a break and have someone take care of you.

- REVIVE PACKAGE** \$195
 (ESTIMATED 1.5 HRS)
 Includes the use of Spa & sauna, a 30min Wild Thyme foot treatment followed by a 60min massage. Ideal to get the blood circulation from top to bottom.
- BLISS PACKAGE** \$360
 (ESTIMATED 3HRS)
 Total bliss starts when you warm up in the sauna, then a 60min massage, a 60min classic facial, an express manicure and a pedicure.
- HEAVENLY PACKAGE** \$260
 (ESTIMATED 2HRS)
 Includes: Use of pool - spa - sauna - 30min Dead Sea salt scrub - 30min Green or Red Clay Mud Wrap followed by a 60min Swedish or remedial massage. After this you will feel like if you were in heaven.
- THE RECOVERY PACKAGE** \$190
 (ESTIMATED 1.5HRS)
 This package Includes a spa, sauna & pool use. A 30min Coffee/Kelp Body Wrap followed by a 60min Swedish or Remedial massage. If you've had a big night out, this is the best way to recover!
- MEN'S RETREAT PACKAGE** \$130
 (ESTIMATED 1-HRS)
 Look & feel fresh before that important meeting. Start with a hot spa, sauna or splash in the pool. You will get a 15min apricot facial scrub followed by a 45min hard remedial massage. Continue your day with a boost and look at life from a different perspective.
- CHOCOLATE DECADENT SPA FOR COUPLES** \$335 p/couple
 (ESTIMATED 1.5-HRS)
 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 which is combined with pure collagen milk, leaving the skin feeling silky soft. The chocolate exfoliation is then removed with heated towelling gloves and this most indulgent treatment finishes with full body chocolate butter and the final touch is a body balance performed with ancient Thai pinda's.
- JUST FOR MEN** \$245
 (ESTIMATED 1.5-HRS)
 Indulge your body with a 60min Aromatherapy Massage followed by our 60min Amour For men facial treatment especially designed to energise the male skin. This treatment rich in vitamin-C eliminates toxins and enhances skin luminosity, fighting wrinkles, skin fatigue&the symptoms of premature aging. Including a 24 step Zen-Shiatsu massage followed by a detoxifying rubber mask this treatment gives balance to your body, mind and skin.
- MOISTURE BURST** \$245
 (ESTIMATED 2-HRS)
 The most refreshing spa combination for a full body moisture burst. Your moisturizing treatment combines a full body exfoliation treatment to remove dead skin cells and the skin hydrating essences of Geranium, Patchouli and Coriander. The body is cocooned and the essences are infused into the whole body while your therapist performs a Hydrating facial Therapy with 100% Collagen Mask. When you come out of your moisture cocoon your entire body is spritzed with vitamin-enriched seawater to protect it from further moisture loss. The result is soft, healthy dewy skin – total body hydration. Great after flying!

HAND & FOOT THERAPY



GROUNDING FOOT MASSAGE \$80
 (30-MIN)
 A luxurious treatment for your feet using Organic Wild Thyme pumice that will invigorate your whole being. This will enliven your senses and create grounding with your soul.

LUXURY PARAFFIN SPA PEDICURE OR MANICURE \$130
 (60-MIN)
 Includes a mineral salt exfoliation, paraffin wax treatments for either your hands/arms or feet/legs massage.

LUXURY SPA PEDICURE OR MANICURE \$120
 (60-MIN)
 Includes a purifying mineral and exfoliation treatment, reflexology massage to the feet/legs or a pressure point massage to the hands/arms.

EXPRESS PEDICURE OR MANICURE \$65
 (30-MIN)
 Nail Trimming, cuticle conditioning and polish.

WAXING AND SHARPING NEEDS

TINING EYEBROW \$25
 EYELASH \$30
 EYEBROW SHAPING \$25

<p>WAXING HALF LEG \$45 LIP OR CHIN \$20 BIKINI from \$40 MEN'S CHEST OR BACK from \$60</p>	<p>FULL LEG \$65 UNDERARM \$30 MEN'S FULL LEG \$80</p>
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Amrita Spa

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