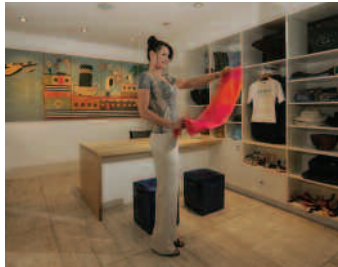


## How to Spa

The Capella Spa reflects an environment of relaxation and harmony. We recommend that you arrive 5 minutes prior to your appointment to allow time to relax. For your comfort we suggest that you shower before all treatments. Lockers and robes are provided within the spa. Please wear casual attire & feel free to enjoy your treatment without clothing as our therapist is highly trained to drape correctly to ensure your comfort & privacy. Please inform your therapist of any health concerns that you may have or if you are, or may be, pregnant. We understand that sometimes you may need to change your appointment, but we kindly ask that you give us 5 hours notice so someone else may visit, otherwise the treatment cost may be charged. Arriving late will unfortunately limit the time allocated for your treatment. As a courtesy to other clients all treatments are completed as scheduled.



The Capella Spa  
exclusively chooses  
Li'Tya spa care  
products.

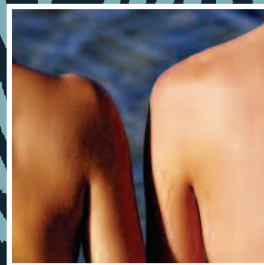
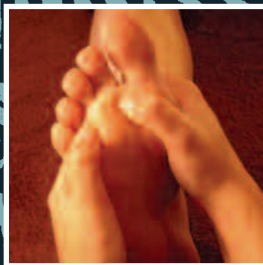
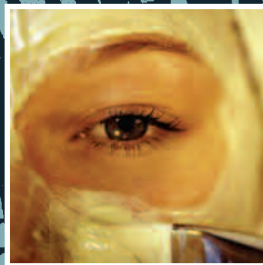
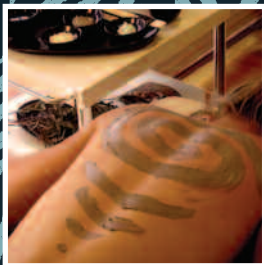


Li'Tya meaning "of the earth" is a unique range of natural spa care treatments that integrate the precious qualities of the Australian earth, sea & spirit. Li'Tya is expressed as a way of being – each treatment assists you to generate your own health and balance with use of the profound wisdom of ancient Aboriginal medicines, spirituality & healing modalities.

Capella Lodge  
LUXE LORD HOWE

Spa Bookings 02 6563 2008  
Capella Lodge Reservations 02 9918 4355  
capella@lordhowe.com  
www.lordhowe.com

Capella  
Spa



### Capella Kamarl — 75 minutes \$140

#### Our signature facial

An indulgent facial individually tailored to restore balance & natural radiance to your skin. Enjoy the aromas of native plants such as wattle, lillypilly & lemon myrtle as they infuse nutrients deeply into the skin. A soothing facial massage encourages you further into a state of tranquillity before a natural clay mask is applied to purify & rebalance. An aromatic herbal quandong hair mask will then nourish the scalp; regenerating & restoring lustre to your hair whilst you surrender to age-old Aboriginal head massage techniques. A hand mask & massage to finish will leave you feeling nurtured & beaming with clarity.

### Beyond the Big Blue — 75 minutes \$140

#### Facial, hand & foot treatment

Recharge the body & enhance overall equilibrium with this rejuvenating therapy. Begin with a Jiga Jina foot soak, then exfoliate & stimulate the feet with ancient sea salt, nourish with an aromatic peppercorn foot mask & smooth with a foot massage. Next, the Ocean Renew facial is designed as a skin revitalization using native ingredients such as marine algae, bull kelp, crushed mother of pearl, wild rosella & macadamia. Then nurture your communicative hands, which are constantly exposed to the elements, with a Jiga hand soak, invigorating pearl polish & hydrating mask. Finally, nourish & soothe the skin & cuticles with a Munthari lotion & massage.

### Kodo Massage — 60 or 90 minutes \$120 / \$160

#### The ultimate de-stress massage

Meaning 'melody', this rhythmical body massage has been inspired by Australian Aboriginal techniques to tone & re-align energy flow, enhancing mind & body balance & wellness. Incorporating pressure point therapy & spiralling movements to ground, balance & uplift, leaving the body's energies dancing with joy & lightness. Native aromatic oils are selected to address individual needs – Macalla Full Moon oil blend to rejuvenate, Pekiri Dream oil blend to harmonize or Koora Detox oil blend to eliminate sluggishness & toxins.

### Buruwang Dreaming — 120 minutes \$240

#### Exfoliation, facial & Kodo massage

Meaning 'island dreaming', this refreshing treatment is designed to nourish & nurture & has been created exclusively for the Capella Spa. A complete head to toe enriching kelp exfoliation incorporating a nourishing hair mask, revitalising skin booster & indigenous pressure points massage to body, head, hands & feet – designed to balance & align.

### Mala Mayi — 120 minutes \$240

#### Exfoliation, body mud & Kodo massage

Meaning 'skin food,' awaken the senses & renew the body, mind & soul with this complete rejuvenation experience. First, energise & nourish the skin with a full body aromatic oil & desert salt exfoliation. Then relax & nurture the spirit, cocooned in warm Mapi body mud, which cleanses & delivers essential nutrients to the skin. Next, experience Aboriginal massage techniques in the Paudi scalp massage & hair mask to release tension & soothe the mind. Refresh with rain shower water therapy & then surrender the body & soul to a rhythmic Kodo massage.

### The Dreaming/Ocean Dreaming — 3 hrs \$350

#### Complete face & body treatment

This therapeutic spa journey reconnects mind, body & soul. You will experience the power of renewal from head to toe & from outside in, through ancient Aboriginal techniques. The Dreaming includes Mala Mayi exfoliation & body wrap, Kodo massage & Capella Kamarl facial, whilst Ocean Dreaming includes the pearl & kelp body wrap, Kodo Susu Dew body massage, & Beyond the Big Blue facial. Surrender yourself to the potency of this experience through the power of native plant essential oils & marine extracts, & either earth ochres & desert salts, or sea kelp & ancient sea salts.

**Our therapist also brings their own professional specialties.**

**Please inquire as to what other treatments are available.**

Capella Lodge Spa

Appointments 6563 2008

### Capella Signature Massage — 75 minutes \$130

#### Therapeutic massage

This personalised massage incorporates a firmer technique combining acupressure, Swedish & deep tissue with particular attention to any problem areas. Your therapist will customise your massage to your individual needs, either in our climate-controlled therapy room or under the palms in our Kentia Pavilion.

### Sacred Stone Therapy — 90 minutes \$170

#### Hot basalt stones massage

This unique therapeutic treatment draws upon the power of heated basalt stones from Lord Howe Island's windward beaches to melt away tension & bring body, mind & soul back into balance. Warm basalt stones & crystals are laid upon the body in a sequence that follows the ancient chakra system. Massage techniques utilising heated stones are used to help iron out tense muscles & effectively assist in dissolving blockages.

### Gower's Foot Therapy — 60 minutes \$110

#### Post-climb feet treat

Relief for those aching legs & tired feet, soak away tensions & treat your soul to this wonderfully relaxing & grounding treatment. Start with a Jiga Jina foot soak & then an exfoliation with desert salts. Next, a nourishing foot mask of Tasmanian kelp & native peppercorn will be applied as warm Lord Howe Island basalt stones are placed between the toes. A Munthari foot lotion massage leaves you feeling refreshed, revitalised & light on your feet.

### Mountain Man — 75 minutes \$130

#### Especially for him

A revitalising therapy for men, this treatment starts with an invigorating desert salt back exfoliation followed by a back & scalp massage using Kodo techniques. Your face is deeply cleansed & exfoliated, then a relaxing facial massage restores tone leaving your skin looking fresh & revitalised.