

spa 





WELCOME

Your relaxation ritual begins here. spaQ is a suspension of life's demands, an indulgent moment to retreat, and return renewed.

Enter your cocoon of calm, leaving obligation at the door. Commit to simply being, and trust our therapeutic touch to work wonders. Weariness shimmers away, restfulness awakens to unleash your iridescence.

Let the busy body and mind find serenity in stillness. This is where soreness is soothed, mental loads are lightened, and all tension released. Completely relieved, revived and energised, you'll emerge anew in an evolution of you.

Let's get the unwinding underway.

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GOLDIE SIGNATURES

Our spaQ packages play out seamlessly, like a carefully curated narrative. You're the hero of the story, in search of inner peace and transformation. The tale begins with a euphoria-inducing footbath ritual and unfolds across a series of wondrous experiences, as you transcend deeper into the land called "bliss". In the finale, you emerge renewed and gloriously transformed.

SKIN RESCUE

120 mins | \$315*

Warm Oil Back Massage + Signature Aloe Wrap + Refresh Facial + Hair Treatment + Scalp, Neck & Shoulder Massage

Over exposure, as many celebrities would attest, is not always a good thing. This treatment comes to the rescue with a moisture explosion, restoring every part of you along the way. You'll be rebuilt from the ground up, starting with a foot ritual and a straight-to-bliss-town back massage. Next, a nourishing blend of aloe vera, avocado and jojoba oils is lovingly applied to the skin before you're tenderly swaddled in natural cloth. Then, our focus turns to your face and hair, with a refresh facial to cleanse, exfoliate and hydrate, and a nourishing hair treatment of coconut oil, China bark extract and essential oils applied with a mmm-inducing scalp massage. Once unwrapped, a neck and shoulder massage will have you back to your beautiful self and ready for your close-up.

THE PLUSH PRINCE(SS)

150 mins | \$385*

Therapeutic Salt Scrub + Massage + Gua Sha Facial Massage

Rule your life with regal mastery with this royal treatment to restore inner balance and elevate your wellbeing. A lavish progression of prince(ss)-worthy techniques begins with a full-body exfoliation using Australian sea and Himalayan salts blended with nourishing, antioxidant-rich oils. After rinsing, prepare for another dose of nourishment as high-nutrient plant oils are massaged into your skin for a balancing and softening effect. The ceremony draws to a close with the crowning glory—a rose quartz gua sha facial massage using a specially crafted blend of pure essential oils and plant extracts to promote lymphatic drainage, reduce puffiness and increase circulation.

*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.

WEEKEND WARRIOR

150 mins | \$385*

Coffee and Sea Kelp Scrub + Massage + Uspsa Facial

This treatment is for the warrior; for the fearless and the brave. Those who live life to the fullest, take it by the horns and wrestle it to the ground before remembering they need time-out to recharge. This fatigue-fighting sequence of spa therapies starts with an invigorating coffee and sea kelp scrub to slough away unwanted dry and flaky skin. Next on the agenda is a massage to target tension, knotty tissue and tightness. Finally, a facial specially designed to balance out sensitivities, nourish the skin and boost healthy cell regeneration. Now the warrior is back to their full potential and ready to conquer the world once more.

PURE GOLD

180 mins | \$455*

Massage + Femme Fatale Facial + spaQ Foot Therapy

A foot bath ritual kick-starts this journey in preparation for the ultimate head-to-heel treat. Soothing away any aches and pains is the next goal thanks to a massage performed using a personal selection of nourishing oils. Next, a 60-minute Femme Fatale Facial will brighten and energise your skin before completing the experience with a spaQ foot therapy. Feeling transformed, nurtured and renewed, celebrate your goddess-like transformation with a glass of bubbly.



SOCIAL SPA-ING

Relax and reconnect with our spaQ packages designed for two or a few. These salubrious packages include full use of spaQ's facilities including the hammam-inspired steam room and the relaxation lounge stocked with an endless supply of herbal tea. Post-treatment, a chilled glass of bubbly awaits.

SPAQ FOR TWO

Take the time to unwind with your special someone. Our packages have been designed for people sharing our couple's suite.

SOULMATE ESCAPE

90 mins | \$240* per person

Relax Massage + Accessory of your choice

Connect and unwind with our 90-minute package for two which includes an hour-long massage and a 30-minute spaQ Accessory treatment of your choice. Relaxed and rejuvenated, the journey concludes in our relaxation lounge with a cup of spaQ's special herbal tea.

Please refer to the [Accessories](#) page for options.

THE SUITE RETREAT

150 mins | \$385* per person

Wild Thyme Foot Therapy + Relax Massage + Uspa Facial

Soothing and soulful, The Suite Retreat is designed for a twosome seeking smooth, hydrated skin, relief from tension and peacefully connected minds. In the privacy of our spaQ couple's suite, you'll be treated to an invigorating foot scrub, a full-body massage with healing jojoba oil and a Uspa Facial.

GROUP PACKAGES

Group packages are designed for a minimum of 3 guests—booking in advance is recommended.

DECADENCE

90 mins | \$240* per person

Wild Thyme Foot Therapy + Tension Target Massage + Essential Focus Facial

Ninety decadent minutes of one-on-one treatment time plus some social mingling in the gorgeous surrounds of spaQ—oh yes please! Our Decadence package includes a perfect balance of relaxation and beautifying therapies so you'll leave feeling aligned and party ready.

Allow 150 mins for your total experience.

RECHARGE

90 mins | \$240* per person

Tension Target Massage + Uspa Custom Facial

Our eyes may be the mirror to our soul but our face and body is the mirror of our lifestyle. The Tension Target Massage has been designed to melt the most cantankerous knots before a Uspa Custom Facial brings balance and harmony to your skin.

Allow 150 mins for your total experience.

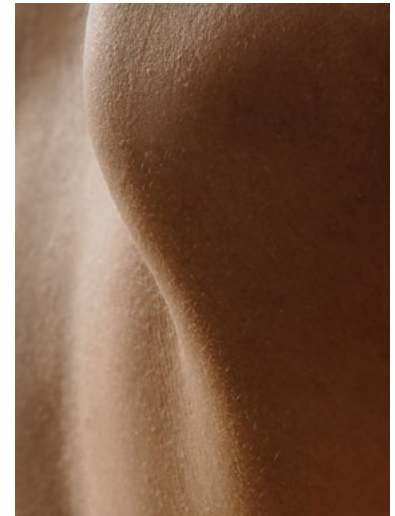
GOSSIP GUYS & DOLLS

60 mins | \$180* per person

Uspa Custom Facial or Relax Massage

Social spa-ing at its best. Guests are invited to choose from a Uspa Custom Facial or a Relax Massage.

Allow 120 mins for your total experience.



*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.

FACIAL THERAPY BY USPA

Your face is the autobiography of your life. It's as unique as you are, just like your customised facial!

We use Uspa premium skincare products, made from natural high-grade plant extracts that are mostly grown in the Australian sunshine. Uspa's carefully blended plant serums, mud therapies and essential oils work together harmoniously to deliver nutrition deep into the skin's layers for ultimate nourishment.

USPA CONCEPT FACIAL

90 mins | \$240*

A sublime treatment, as individual as you. This bespoke treatment is conceptualised by your skilled therapist who chooses highly active plant extracts to produce the most tangible and noticeable results for the skin you're in. It runs like this: a welcoming back massage, a deep cleanse, exfoliation, followed by a therapeutic face massage. You may have drifted off by now, but your therapist is just getting started. Moving on to a facial mask, eye contour wrap, potent serums and a hydration treatment to nourish, repair and protect your skin. Seriously, you won't recognise yourself.

USPA CUSTOM FACIAL

60mins | \$180*

The Concept Facial's baby sister has all of the above minus the back massage and eye contour wrap. It may be a little less time intensive but it is still power-packed.



GENTLEMAN SKIN CARE SERVICES

SUPERNATURAL FACIAL

60 mins | \$180*

Life and your lifestyle express themselves on your face. This facial is designed to provide you with the checks and balances that bring your skin into harmony. A purifying cleanse and exfoliation using products enriched with birch extract, almond oil and ginseng helps purify the skin ahead of a hydrating face massage which balances sensitivities. A mud mask helps to unclog pores and clean impurities before a hit of moisturiser leaves skin protected and restored.

FAST EDDY FACIAL

30 mins | \$105* or \$95* with another treatment

You're a busy man, but Fast Eddy is here to ensure that time doesn't get in the way of putting your best face forward. Working from the shoulders up, we start with a deep cleanse infused with grapefruit and balancing oils followed by an invigorating exfoliation with bamboo beads and ginseng. There's a mud mask to remove impurities, balance the skin and improve tone and texture, followed by a final hit of hydration to complete your restoration.

*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.

FACIAL THERAPY BY SKEYNDOR

Skeyndor's incredible Spanish-made skincare is rich in active, natural and eco-sensitive ingredients. Skeyndor products are thoughtfully developed to meet the needs of every skin type with rejuvenating effect and long-term results, correcting imperfections and revealing luminous, ageless beauty.

FEMME FATALE FACIALS

60 mins or 90 mins | \$190* or \$250*

This seductive range of facials has been developed to arm you...with smiling skin. Our four powerful Femme Fatale Facials are specifically designed to get your skin radiating with that extra boost you know it deserves. Choose your Femme Fatale Facial or your therapist can help you decide:

AQUATHERM

Perfect for sensitive skin, this facial repairs and rebalances damaged skin using thermal spring water and magnesium to assist skin recovery.

VITAMIN C+

Vitamin C and antioxidant-rich pomegranate stimulate metabolism and collagen formation, leaving you with a radiant and youthful glow.

HYALURONIC

This super-hydrating treatment captures and retains the skin's moisture, leaving you with luminous, plump and balanced skin.

RETINOL

Repairs and restores the skin's architecture to rejuvenate aged or sun-damaged skin and improve skin tone and texture.

Need more seduction? Our 90-minute Femme Fatale Facial includes an indulgent eye contour and eyelash treatment that uplifts, firms and diminishes the look of fine lines and wrinkles.

*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.

ANTI-GRAVITY FACIAL

60 mins | \$215*

Prepare for uplift, using award-winning active ingredient technology to reinvigorate your cells and help get them back into prime lifting shape. An activating gel with firming and tightening properties is attentively massaged into the skin before an anti-gravity serum—containing biomimetic peptides and collagen—produces a universal lifting effect. Next, your skin is taken to another dimension with immediate and spectacular firming results using a lifting mask for the face and neck. A magnitude of firming, lifting, tightening, energising, sculpting, strengthening, and wrinkle-ironing—everything your skin needs to rise and shine.

PROBIOME PEEL

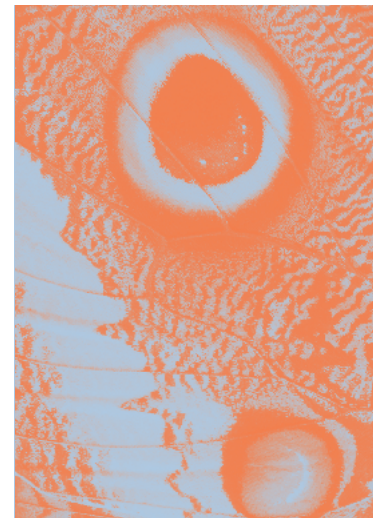
60 mins | \$205*

Unveil the vital life hidden within by restoring the skin's microbiome with an innovative professional range of chemical peels formulated for skin renewal. Say farewell to damaged and aged cells, courtesy of a synergistic pairing of a powerful peel—chosen for your skin type—and a revitalising multi-vitamin serum that together, create skin magic. Uncover your complexion's true potential and marvel at the feeling of renewed, refreshed and rejuvenated skin.

PERFECTLY UNIQUE FACIAL

30 mins or 60 mins | \$105* or \$180*

Being unique is better than being perfect—true—but with this customised facial, we can help you be both! Tailored to meet the specific needs of your skin type, this facial treatment will improve your skin's wellbeing and appearance. An exfoliating scrub teamed with a facial massage promotes circulation and decreases facial tension, while the mask balances and nourishes your skin. Signs of aging will be softened, leaving your skin looking and feeling smoother and supremely hydrated.



MASSAGE THERAPY

Muscle-melting, immune-boosting, stress-relieving and life-affirming; the power of touch is undeniable. A brief pre-treatment consult ensures a customised massage that matches how you are feeling in the here and now. Raise the feel-good factor by teaming your massage with an extra dose of therapeutic perfection from our Accessories menu!

RELAX MASSAGE

60 or 90 mins | \$180* or \$240*

Take a load off. De-frag your system and reboot your mind with this full-body therapy that is all about giving your overworked nervous system a long-deserved break. We'll ebb away tension and get your circulation and energy flow moving again —making it perfect for recovery. A sedative yet ultimately reviving blend of essential oils ensures you'll be restored to your true self in no time.

THERMAL MASSAGE

60 or 90 mins | \$180* or \$240*

Do you need a D&M? That's exactly what you'll get with this massage that soothes sore muscles and eases aches and pains to leave you feeling loose and limber. Your therapist will focus on the deeper muscle layers to relieve tension, using a clever essential oil blend that contrasts warming and cooling properties to help reduce inflammation and restore vitality.



THE MASTERY MASSAGE

90 mins | \$245*

Melding the mastery of our intuitive and highly-skilled therapists with the art of healing botanicals, spaQ's Mastery Massage provides the ultimate in personalised, restorative nurturing. On arrival, your therapist will work with you to select a potent blend to include in the therapy to best suit your needs and desires on the day. Then it is time for your therapist to use all their unique skills and specialist techniques to treat your body to a soul-soothing massage journey designed especially for you.

PREGNANCY MASSAGE

60 or 90 mins | \$185* or \$245*

A baby! Congratulations! What wonderful news! This safe, nurturing massage has been designed especially for mums-in-waiting, who've passed their first trimester. As your miraculous body is undergoing all sorts of changes, we've developed a massage that helps reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, and increase blood and lymph flow. A relaxed mum means a happy baby and vice versa.

*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.

BODY EXFOLIATION & MASKS

We use nutrient-rich natural products and some inspiring therapeutic techniques so your skin will glow with amazing vitality. But beyond making your skin look and feel beautiful, our body treatments are designed to harmonise your skin with your body, your body with mind and your mind with soul.

THERAPEUTIC SEA SALT GLOW

30 mins[†] or 60 mins | \$95* or \$180*

Get a dose of mega-goodness. A rich combination of sea salts and antioxidants, including vitamins C and E, deeply cleanses and exfoliates your skin, helping to restore a youthful glow. As a finishing touch, the application of tangerine and rose moisturiser, blended with sweet almond and sesame oils, will leave your skin smooth and replenished.

REJUVENATING COFFEE SCRUB

30 mins[†] or 60 mins | \$95* or \$180*

A coffee fix whisked to perfection! Starting with a blend of coffee and macadamia to stimulate and detoxify, this all-over exhilarating body exfoliation has the added benefits of rich antioxidants and minerals to leave the skin smooth and replenished. After a rinse, a soothing and uplifting fusion of coconut oil and vanilla will have you feeling de-stressed, revitalised with high flavour and good body.

SOOTHING BAMBOO & GINSENG POLISH

30 mins[†] or 60 mins | \$95* or \$180*

Return your skin to its natural balance with a body exfoliation treatment that is tender enough for the most sensitive skin. An exotic infusion of revitalising ginseng and ginkgo blended with bamboo beads sloughs away dead skin cells and oxygenates your skin. Finally, a full-body moisture drench tinged with tangerine and soothing rose will leave your skin feeling baby soft and looking vital and radiant.

ORGANIC COCO CREAM WRAP

90 mins | \$240*

Banish the dry skin drag with this nourishing and moisture-rich concoction. The treatment begins with your choice of exfoliation to cleanse the whole body. Next, a nourishing full-body application of warmed coco butter and coconut, infused with aromatic vanilla, feeds your skin while your therapist delivers a divine scalp massage. Unwrap and voilà! Silky smooth, rehydrated skin.

COFFEE & SEA KELP CONTOUR WRAP

90 mins | \$240*

A true wrap star! It's mood-shifting, body-changing and artfully concocted to give you gloriously smooth, toned skin. A mineral and antioxidant-rich infusion of coffee and sea kelp stimulates circulation, detoxifies and exfoliates the skin, as your mood lifts to the subtle scent of orange and vanilla. Only then, are you ready to absorb the remineralising clay wrap, with superhero drawing properties to help boost circulation, relieve sluggishness and firm the skin. A light application of intensely hydrating coconut, avocado and jojoba oils, and it's a wrap!

[†]When added to a massage 60 mins or longer.

*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.



ACCESSORIES

As Lenny Kravitz so aptly put it, “It ain’t over ‘til it’s over!” We agree—and so does our Accessories menu. Here’s the idea: Complement your one-hour treatment, say a massage, with your own version of spa bliss by adding an opulent 30-minute treatment to extend your pleasure. Genius, right? Decide yourself or ask one of our spa mavens to help you curate a complementary program. Here’s how to keep the pleasure rolling on...

WILD THYME FOOT THERAPY

30 mins | \$105* or \$95* with another treatment

Feet. Unappreciated, over-worked and undernourished. Change it up with this deluxe foot treatment that showers your feet with love, appreciation and TLC, leaving them amazingly smooth, revived and happy. Your tootsies will feel exhilarated after a wild thyme foot pumice with eucalyptus oil. Pepped and refreshed, they’ll be rubbed the right way from the tip of your toes to the bend of your knees with a thermal oil blend that combines warmth and coolness for an uber-soothing effect. A wild time is guaranteed.

ESSENTIAL FOCUS FACIAL

30 mins | \$105* or \$95* with another treatment

Put your best face forward by topping off your experience with a boutique Uspa facial, available with any of our body treatments. This express therapy is a complexion booster and includes cleansing, exfoliation, facial mask, toning and moisturising. Suitable for any skin type, powerful plant serums are combined with mud therapies and essential oils.

TENSION TARGET

30 mins | \$105* or \$95* with another treatment

We all carry tension somewhere in our body. This bespoke treatment is targeted to incredible precision and delivered right where you need it most. You know your body, whether it’s that annoying muscle ache, middle back tension or neck tightness, our therapist’s brief is to turn their full attention and awareness to your tension zone and melt it right away.

The add-on price is applied when the combined treatment time exceeds 60 minutes.

*A \$10 surcharge applies to spa treatments on Sundays and 10% on Public Holidays.

CHINA BARK MASK & HAIR TREATMENT

30 mins | \$105* or \$95* with another treatment

Get glossy, healthy locks with this intensely hydrating and restorative hair treatment that works wonders, strengthening your hair so it’s better able to repel damage and everyday pollution. You’ll swoon over a mind-melting scalp massage, then descend into bliss with a divine neck and shoulder massage while your luscious locks are tucked into a steamy head wrap. The result is red carpet worthy glossy locks and an inner glow that will light up a room.

TRIPLE-THE-DELICIOUSNESS

90 mins | \$240*

If you’re having problems choosing, allow spaQ to make it a little easier. Simply choose three accessory treatments to enjoy in one session and we’ll sweeten it further with a triple-the-deliciousness price. After all, isn’t everything better when it is accessorised to perfection?



WHERE WE ARE AND WHEN WE ARE OPEN

Check our website for our opening hours. We are located on level one of QT Gold Coast, which is located at 7 Staghorn Avenue, Surfers Paradise.

SPA ARRIVAL

Please arrive 15 minutes before your treatment is scheduled. This gives you and your therapist time to plan your perfect experience. If you arrive late, we may have to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

HEALTH AND WELLBEING

When making your reservation, please advise us of any health conditions, allergies or injuries that might affect your experience.

PREGNANCY

While some treatments are not suitable for the first trimester of pregnancy, we have treatments designed especially for mums-to-be and nursing mums needing some 'me' time. Our team will help you select the most suitable treatments to enjoy.

SPA ETIQUETTE

To keep the vibe mellow and relaxed, we ask that mobile phones are switched to silent.

SUNDAY AND PUBLIC HOLIDAY SURCHARGE

Please note any treatment booked on a Sunday will incur a \$10 surcharge and Public Holidays will incur a 10% surcharge.

DEPOSITS AND CANCELLATIONS

To secure your spot, we require either a deposit or gift certificate at the time of booking or your QT reservation number or hotel room number if you are a hotel guest.

If you need to cancel or reschedule your appointment, please let us know 24 hours in advance to avoid any cancellation charges, the same applies to no-shows and gift certificate bookings.

ENQUIRIES AND RESERVATIONS

Life is already full of decisions, often leading to analysis paralysis, i.e. it all looks so fabulous what should I possibly book? So we make it incredibly easy for you. All you have to do is designate the date, time, and duration. Then on the day, your therapist will gladly assist you in choosing the ideal treatment experience. Naturally, you can also choose your selection in advance if that's what you prefer. While we definitely recommend booking in advance, if you're a "spur of the moment" kind of person do give us a try.

HAMMAM-INSPIRED STEAM ROOM

Use of the unisex hammam is complimentary for spaQ guests enjoying treatments of one-hour or longer. Please let us know at the time of your booking if you'd like to use these facilities. Swimwear is required to be worn in the hammam.

GIFT CERTIFICATES

Share the spaQ love! Gift certificates are available for all treatments, products and packages. They can be express posted, emailed or collected from spaQ. Gift certificates are available for purchase online and can be delivered instantly to your inbox. Simply visit our spaQ Gold Coast website.

MINIMUM AGE

You'll need to be at least 16 years of age to use the spa facilities and services.

VISIT US ONLINE

Search for treatments and current promotions and keep in touch with all things spaQ at spa-q.com.au/goldcoast.

PARKING

Parking is available on the basement level of QT Gold Coast. Please ask one of the spaQ team for more information.

PAY FOR SIX, ENJOY SEVEN TREATMENTS

Purchase any six of the same treatment in advance and you'll receive the seventh one on us. Speak to our team for full details.



