



Relax, Restore &
Rejuvenate

BEECHMONT

ESTATE



Image: Tourism and Events Queensland.

Beechmont Estate Day Spa

Perfectly situated at the heart of Beechmont Estate, our serene wellness sanctuary offers an exquisite range of massage, organic facials and body treatments.



Massage

Our day spa is the ideal place to relax and restore.

TIME TO UNWIND RELAXATION MASSAGE
(60 mins \$120 | 90 mins \$170)

A soothing relaxation massage designed to nurture the body, mind and spirit. Offered as a full body treatment or tailored to suit your needs, this is the perfect remedy for those needing to rest and rejuvenate.

DEEP TISSUE MUSCLE RELEASE
(60 mins \$140 | 90 mins \$190)

A deeply restorative treatment designed to relieve and release those tight, aching muscles. Using firm pressure and a remedial approach your therapist will be happy to address any specific areas of discomfort.

BACK AND SHOULDERS
(60 mins \$140)

Suffering from tight shoulders, lower back pain, or just love a good back massage? We'll use therapeutic oils, gentle heat and different massage techniques to release the constricted muscles, increasing mobility and movement.

SOOTHING FOOT THERAPY
(60 mins \$120)

The perfect remedy for those tired, aching feet! Combining the healing powers of reflexology with Swedish massage techniques, therapeutic balm, and aromatic hot towels, this divinely relaxing and rejuvenating foot treatment is the perfect way to de-stress. Add an optional head and/or arm and hand massage for a complete head-to-toe healing. This is also an ideal treatment for those who experience discomfort when lying face down.

HOT STONE HEALING
(90 mins \$190)

Take on the healing energy of this ancient ritual and emerge in a state of deep relaxation. The careful placement of heated basalt stones upon the body will aid in relieving muscle aches and pains as they radiate warmth deep into your core. Your therapist will then gently massage away any remaining tension using a combination of heated stones and warm hands, leaving you with a peaceful glow from the outside in.

PERFECT SCENTS AROMATHERAPY
(60 mins \$155 | 90 mins \$205)

Calm the mind, ease the body, awaken the soul and nourish the skin with the endless healing powers of aromatherapy. We use only the highest quality, pure essential oils, carefully blended to provide optimum sensory and topical benefits. Our 90-minute treatment includes a gentle dry brush, warm towel cleanse and optional aroma-steam therapy.

Choose from our four unique aromatherapy blends or let us know if you have a specific blend request.

- Vitality - a zesty, citrusy blend to uplift, energise and improve focus
- Serenity - a comforting, sleepy blend to evoke peace of mind and tranquility
- Balance - a grounding, earthy blend to promote calmness, connection and harmony
- Native Dreaming - a healing blend harnessing the unique properties of Australian botanicals

BABY BLISS PREGNANCY MASSAGE
(60 mins \$140)

Our pregnancy massage is suitable for expecting mums at any stage of pregnancy. We understand the extra strain that pregnancy places on both body and mind and your experienced therapist will ensure a safe and comfortable, individualised treatment, so you can enjoy some much-needed respite and relief.

Please note our pregnancy massage is performed side lying from the second trimester onwards.



Packages

Feel your cares melt away when you experience our immersive and holistic treatments.

FACE AND BODY FUSION
(120 mins | \$270)

A delightful fusion of our Time to Unwind Relaxation Massage and an Eminence Organic Custom Facial.

TOTAL BODY BLISS
(120 mins | \$270)

A blissful combination of our Time to Unwind Relaxation Massage and a Deluxe Body Scrub and Wrap Treatment.

BEECHMONT ESTATE SIGNATURE SPA MASSAGE
(150 mins | \$330)

A beautifully curated and well-rounded treatment for the ultimate in pampering and indulgence. Inspired by the local flora of our idyllic estate, this full body relaxation massage features a special blend of native Australian essential oils, an artisan back scrub made from locally sourced, organic ingredients, a stimulating scalp treatment and a bespoke mini facial.

Organic Facials

Collaborating with Eminence Organic Skin Care, our facial treatments are immersive, holistic and blissfully relaxing, while providing outstanding results for your skin.

Eminence are leaders in natural, healthy skin care, advocating sustainable farming and green practices to create certified organic and biodynamic products.

All our facial treatments include a unique Eminence ultra-lift face massage, hydrating arm and hand treatment and heavenly scalp massage.

Choose our 90min deluxe option to add on any combination of neck, shoulders and feet.

EMINENCE ORGANIC FACIAL TREATMENTS
(60 mins \$160 | 90 mins \$210)

FOREVER YOUNG

Lift, plump, firm and hydrate with Eminence's collagen boosting, advanced anti-ageing range. This natural retinol-alternative treatment includes a 3-step professional grade peel that will leave your skin smooth, supple and incredibly luminous. The perfect remedy for mature and stressed skin.

BERRY BRIGHT GLOW

Spice things up with this powerful blueberry detox peel, infused with fiery paprika. You'll feel a warm, tingling sensation as the blueberry peel creates heat, stimulates blood flow, and increases circulation.

This deeply cleansing, pore refining and resurfacing treatment is designed to give dull skin an instant boost and leave behind a radiant, youthful glow. Not recommended for rosacea or sensitive skin types.

COOL AND CALM

Using the Eminence Calm Skin range our Cool and Calm facial treatment is specially tailored to sensitive skin types and those who experience redness and rosacea. Soothe, repair and protect your skin while adding hydration and evening out skin tone.

BALANCE AND RENEW

This complete facial rejuvenation treatment is designed to increase skin vitality for a fresh-faced, silky-smooth complexion. Containing fresh fruit and natural plant extracts it's supercharged with vitamins and rich in antioxidants to help decongest, purify and nourish the skin. Maximum results and gentle enough for all skin types; the perfect all-rounder!



Deluxe Body Treatments

Indulge and pamper your skin with our luxurious, three-step, exfoliating, cleansing and nourishing scrub and wrap treatments.

Once cocooned in warm blankets, you'll enjoy a heavenly scalp massage while an all-natural, healing body mask soaks deeply into the epidermic layers. Complete the ritual with hot towels and a gentle hydrating massage to leave your skin feeling loved, renewed, and silky smooth.

BODY BOOST (90 mins \$220)

Lemon Myrtle, Ginger, Australian Sandalwood and Honey
Invigorate and revitalise with this powerful tonic inspired by the riches of the Scenic Rim. Lemon Myrtle, a natural anti-depressant, is also a known anti-inflammatory that can help ease muscle pain. Combined with Ginger, for improved circulation, Sandalwood, to balance the skins natural oils, the antibacterial properties of our raw, local Honey and soothing Aloe Vera, this super powered body boost is sure to have long lasting benefits.

BODY GLOW (90 mins \$220)

Coconut and Vanilla
This rich, nourishing treatment is the perfect way to hydrate and replenish dry, thirsty skin. Coconut will improve skin elasticity and suppleness while vanilla, high in antioxidants, will neutralise free radicals and help repair skin damage. Guaranteed to leave your skin positively glowing and smelling divine! Perfectly suited to all skin types including sun damaged skin and those prone to sensitivity, irritation, or redness.



Spa Appointments

BOOKINGS

For all enquiries, email -
spa@beechmontestate.com.au

Bookings are essential. A 10% surcharge applies to all treatments booked on public holidays.

