

AURORA

SPA — BATHHOUSE

TREATMENT MENU





A PLACE TO RETREAT A MOMENT TO RETURN

In the stillness between doing and being, there is a space to retreat.
A place to unwind, to restore, to begin again.

At Aurora, we offer more than treatments — we create transformative experiences that invite you to slow down and reconnect. Grounded in over two decades of wellness expertise and guided by evidence-based care, each experience is a modern-day ritual designed to restore vitality, balance the nervous system, and nourish the whole self.

Through regenerative massage, advanced skin therapies, elemental bathing and immersive body rituals, Aurora becomes your personal retreat — a sanctuary where rest is revered and presence is reclaimed.

This is not luxury.
This is your return to self.
And we are here to guide the way.

TAKE THE
— TIME TO
PAUSE



BATHING

Where Water Becomes Ritual

Step into a subterranean sanctuary where water becomes a sacred guide — cleansing, calming, and calling you back to the gentle rhythm of your breath.

Inspired by the timeless tradition of European bathing and reimagined with an Australian sensibility, Aurora's bathhouse invites you into a curated journey of restoration. Rooted in the philosophy of balance, this journey harmonizes tradition with the natural rhythm of the Australian landscape. Follow the rhythm of hot, cold, and rest — or let your own intuition lead the way.

11-Step Self-Guided Ritual

Embark on a tranquil journey through our serene bathing landscape:

Aurora Signature Cleansing Ritual • Daydream Pool • Aroma Steam • Cold Plunge Pool • Centella Thermal Lounge • Reflexology Pool • Glacial Mist Room • Halotherapy • Vitality Pool • Nordic Sauna • Sensory Showers

Bathhouse Ritual ————— 1.5hr/\$110 Friday - Sunday
1.5hr/\$95 Monday - Thursday
1.5hr/\$85 with Spa Treatment

Immerse yourself in the calming embrace of our state-of-the-art bathhouse. Let your curiosity guide you as you explore a personal journey to vibrant wellbeing. Your session is a gentle invitation to release stress and awaken a deeply restorative relaxation.

Mindful Mornings ————— 1.5hr/\$95 Monday - Thursday

Embrace the serenity of our Mindful Mornings, where the quiet hours invite you into deeper stillness. These moments of tranquility, between 9am and 11am from Monday to Thursday, offer a gentle pause, allowing you to fully immerse in the present.



BODY TREATMENTS

Where rejuvenation meets the art of unwinding, our body rituals are a journey for your entire being. Experience the gentle embrace of ASPAR's skin-loving formulations, expertly paired with techniques that detoxify, tone, and awaken the skin's natural vitality.

Detoxifying Body Wrap ————— 1.5hr/\$290

Detoxify. Revitalise. Refine.

Embark on a journey of detoxification and renewal. Start with a grapefruit-infused salt exfoliation to awaken your skin. Wrapped in lemon myrtle green clay, enriched with organic bentonite, impurities dissolve while minerals calm and replenish. Drift into stillness with a soothing scalp massage. Conclude with an electro-mechanical lymphatic drainage massage to stimulate circulation and enhance contour. Emerge renewed in body and spirit, grounded and glowing.

Wattleseed Body Smoother ————— 1hr/\$210

Smooth. Hydrated. Radiant.

Reveal luminous skin with dual-action exfoliation. A wattleseed and walnut scrub refines and encourages cellular renewal. Once polished, your skin is drenched in ASPAR's essential oil-infused body oil and rich cream, restoring hydration and vitality. The result is radiant, smooth skin and a lingering sense of relaxation.

Radiant Pregnant Pause ————— 1.5hr/\$290

Prenatal Relief. Reconnection. Calm.

A nurturing ritual for mothers-to-be, designed to soothe and restore. Begin with a tension-releasing scalp massage and a hydrating belly mask with hyaluronic acid and sea plant extracts. A gentle body exfoliation follows, calming with aloe and vitamin E. Finally, surrender to a full-body massage with pregnancy-safe botanical oils and ASPAR's nourishing cream. This treatment supports circulation, eases discomfort, and invites peace and connection, leaving you replenished for the journey ahead.



SPA FACIALS

Step into a haven of calm, where each facial gently nurtures your skin with the botanically active ASPAR skincare. Our treatments harness the power of native ingredients to restore balance and reveal your natural radiance, leaving you refreshed and renewed.

Botanical Spa Facial

1.5hr/\$210

Radiant. Harmony. Renewal.

Retreat into a sanctuary of gentle renewal, where each step is a soothing embrace of nature's finest. Our Botanical Spa Facial invites your skin to soften and glow with the nurturing power of ASPAR's botanically active ingredients, including the brightening Kakadu plum and refining wattleseed extract. Begin with a gentle double cleanse that refreshes, followed by a calming exfoliation and deeply nourishing mask. An acupressure facial massage, enhanced by the tranquil glide of jade rollers, works to lift and tone, restoring a natural, luminous glow to your skin.

Holistic Facial Therapy

1.5hr/\$290

Serene. Rejuvenation. Balance.

Find your haven of tranquility and transformation with our Holistic Facial Therapy. Your journey begins with a soothing massage for the back, neck, and shoulders, dissolving tension and inviting a sense of calm. A bespoke blend of botanically active products follows, cleansing, exfoliating, and nourishing your skin. Through expert acupressure and the gentle wisdom of Ayurvedic Kansa wands, we lift and invigorate, while citrine, rose quartz, and blue quartz crystals balance energies, creating a cocoon of healing. Awaken to a refreshed and naturally radiant complexion, enveloped in a serene glow, as you gently return to a state of inner peace and renewal.



SKIN HEALTH MEDI-FACIALS

Unveil the true potential of your skin with a transformative Osmosis facial. Crafted by Dr. Ben Johnson, this skin health treatment offers medical-grade results through the use of all-natural, optimally formulated ingredients. Designed to support dermal remodelling, Osmosis works at a cellular level to restore balance and vitality across all skin types.

Vitamin Infusion Facial ————— 1hr/\$225

Revitalise. Strengthen. Illuminate.

A gentle, restorative treatment that harnesses the synergy of nature and innovation. This non-invasive Osmosis facial supports the skin's natural healing ability with liposomal retinaldehyde, a pioneering form of retinol that strengthens the barrier, softens signs of ageing, and promotes cellular renewal. The RevitaPen Pro creates microchannels that allow bioactive nutrients to penetrate deeply, enhancing repair and resilience. The result is luminous, fortified skin, refreshed from within.

Skin Health Medi Facial ————— 1.5hr/\$320

Restore. Rejuvenate. Transform.

Where clinical skin science meets holistic care. This extended Osmosis facial is tailored to suit all skin types, even the most sensitive. With the RevitaPen Pro, microchannels are gently created to enhance absorption of active ingredients, promoting improved firmness, hydration, and clarity while visibly softening pigmentation and uneven tone. A cooling rose quartz massage soothes inflammation, reduces puffiness, and encourages circulation. The experience is deeply restorative, inviting a cellular reset and a lasting, radiant glow.



MASSAGE

In the gentle embrace of massage, the body finds its natural rhythm once more. This ancient practice is a gateway to balance, offering profound benefits that ripple through every system — circulatory, immune, nervous, cardiovascular, respiratory, and digestive. It is a purposeful journey of release and renewal, inviting you to step into a space of tranquility and healing.

Each massage begins with a grounding mindfulness moment and a warm foot compress, gently drawing you into presence and preparing the body to receive.

Soothing Bliss Massage ————— 1hr/\$220
1.5hr/\$290

Calm. Restore. Ease.

Our most beloved massage, refined over decades of practice. Long, flowing strokes combine with your choice of pressure, from light to medium, to encourage lymphatic drainage, improve circulation, ease muscular tension, and calm the nervous system. Your therapist will customize the experience to your focus areas, using your chosen ASPAR oil blend to guide you into a state of complete ease.

Recovery Massage ————— 1hr/\$210
1.5hr/\$290

Rejuvenate. Restore. Revive.

Designed to gently ease the body into recovery, this massage offers a nurturing touch to relieve stress and tension. With medium to firm pressure, it focuses on soothing fatigued muscles, especially in the back, neck, shoulders, and head. The warmth of rosemary and clove muscle balm enhances circulation and promotes a sense of renewal. Perfect for those seeking a comforting embrace that revitalizes both body and mind, without the intensity of deep tissue work.

MASSAGE (CONT.)

Himalayan Sound and Stone Massage —————— 1.5hr/\$290

Balance. Restore. Resonate.

A deeply grounding experience that draws on the healing properties of Himalayan salt stones and sound therapy. Warm, mineral-rich stones glide over the body, nourishing the skin with 84 trace elements, while the rhythmic tones of percussion help dissolve tension. Meridian line techniques are used to unblock energetic stagnation, restoring vitality and balance from within. Ideal for those seeking deep relaxation, emotional recalibration, and energetic realignment.

Bespoke Massage —————— 1.5hr/\$290


Personalise. Focus. Relax.

Designed for those who know exactly what they need or simply want their massage deeply personalized. This treatment allows you to direct your therapist's focus, pressure, and techniques to meet your body's needs in the moment. Warm oils ease tension while our signature Rosemary & Clove Thermal Balm can be applied to release deeply held tightness. Perfect for massage devotees seeking both precision and presence.

Aurora Prenatal Massage —————— 1hr/\$210

Nurture. Support. Soothe.

A restorative ritual tailored for expectant mothers in their second and third trimesters. Using safe and gentle techniques, this massage helps improve circulation, ease muscle tension, calm the nervous system, and promote restful sleep. Your therapist will adjust positioning and pressure to suit your stage of pregnancy, offering support pillows and care designed for you and your growing baby. A moment to reconnect, rest, and simply be.





BATHE AND SPA

Immerse yourself in a sanctuary of calm with our Bathe & Spa packages. Begin your journey with a serene bathing ritual, where the gentle embrace of warm waters invites you to release and unwind. This prelude to your treatment not only soothes the spirit but also prepares the body and mind to receive the full spectrum of benefits from our transformative therapies. Here, every moment is an invitation to deepen your connection to self and awaken a profound sense of wellbeing.

Soothing Bliss Massage	2.5hr/\$295
+ Bathhouse	
Recovery Massage	2.5hr/\$295
+ Bathhouse	
Botanical Spa Facial	2.5hr/\$295
+ Bathhouse	
Soothing Bliss Massage	3hr/\$375
+ Bathhouse	

SPA TOGETHER

Craft a shared journey of renewal with our thoughtfully curated packages for two. Whether celebrating a special moment or simply cherishing time together, these experiences offer a blissful escape into wellbeing.



Suite Serenity

3hr/\$380pp

Bathhouse Ritual + Soothing Bliss Massage + Express Glow Facial.

Escape into a shared sanctuary of renewal. Your journey begins with 1.5 hours in our Bathhouse, where the healing power of water invites your bodies to unwind. In the serenity of our deluxe couples suite, enjoy a customised Soothing Bliss Massage, designed to melt tension and restore balance. An Express Glow Facial follows, infusing your skin with the vitality of active botanicals. Emerge nourished and reconnected, and complete your ritual with refreshments in the calm of our relaxation lounge.

Couples Calm

2.5 hr/\$295

Bathhouse Ritual + 1 hour Soothing Bliss Massage or Botanical Spa Facial

Your journey to tranquility begins with a Bathhouse Ritual for two, offering a harmonious blend of hot and cold bathing experiences, thermal sanctuaries, and peaceful retreats. This serene introduction sets the stage for your one-hour treatment, where you can choose either a Soothing Bliss Massage or a Botanical Spa Facial, each designed to envelop you in a cocoon of relaxation and renewal.



RETREATS

Step into a sanctuary of tranquillity with our thoughtfully designed retreats. Each offering is a curated journey, harmonising therapies to nurture both body and soul. Whether you seek immersive experiences or gentle moments of stillness, our retreats provide the perfect sanctuary for your journey back to self. Embrace rest as a path to balance and let the gentle art of renewal guide you.

Radiance Ritual Retreat ————— 4hr/\$620

Body Exfoliation + Soothing Bliss Massage + Express Glow Facial + Intensive Hair and Scalp Revival.

Embark on a head-to-toe journey through Aurora's signature experiences, crafted to reveal your natural glow and cultivate inner serenity. Begin with an ASPAR skin-refining scrub, combining manual and enzymatic exfoliation to refresh your skin. The Soothing Bliss Massage follows, enveloping you in nourishing essential oils that enhance circulation and ease the nervous system. Conclude with an Express Glow Facial and an Intensive Hair and Scalp Revival treatment, leaving you feeling radiant and at peace.

Immersion Retreat ————— 7hr/\$830

Bathhouse Ritual + 1.5 hour Soothing Bliss Massage + Private Salt Therapy Float + Wholefood Lunch + Wholefood Juice + Botanical Spa Facial + Intensive Hair and Scalp Revival + Wholefood Snack.

Embark on a journey of renewal with a series of nurturing therapies in this deeply restorative retreat. Begin with the Aurora Bathhouse Ritual, where you can engage in our thoughtfully designed bathing circuit or explore a variety of healing water therapies at your own pace. Your day gracefully unfolds with a Soothing Bliss Massage, Private Salt Therapy Float, Botanical Spa Facial, and Intensive Hair and Scalp Revival. Between these enriching experiences, savor a wholefood spa lunch, sparkling wine, and a nourishing snack, ensuring you leave feeling relaxed, rejuvenated, and brimming with vitality.

3-Day Private Retreat ————— POA

Design your own sanctuary of rest and renewal with a bespoke three-day retreat. Tailored to your unique aspirations, this private journey offers a rare opportunity to fully engage in the art of wellbeing. Please contact us for a personalised consultation and pricing.

PREPARING FOR YOUR EXPERIENCE



OUR LOCATION

Aurora Spa & Bathhouse is nestled within the Continental Sorrento precinct at 23 Constitution Hill Road, Sorrento — just opposite the Atrium. We invite you to arrive with ease and settle into the experience.

RESERVATIONS

To make your journey seamless, we offer three simple ways to reserve your visit:

- Book online
- Call us on (03) 5935 1222
- Visit our spa reception in person

To confirm your reservation, full payment is required at the time of booking. If you're redeeming a gift card, this will be applied at the time of booking.

To avoid disappointment — particularly during weekends and evenings — we recommend booking in advance. Walk-in guests are always welcome, subject to availability.

PUBLIC HOLIDAYS

A 15% surcharge applies to all bookings on public holidays.

CANCELLATIONS

We understand that plans can change. To honour the time held for you, we kindly ask for at least 48 hours' notice should you need to cancel or reschedule. Bookings changed or cancelled within 48 hours will incur a 100% fee.

ARRIVAL

To begin your visit without rush, we recommend arriving 20 minutes prior to your scheduled booking. This allows time to check in, complete your consultation, and transition into a restful state of mind.

In the spirit of quietude and presence, we kindly ask that all mobile phones, tablets, cameras, and other electronic devices remain switched off or in silent mode and stored in your locker. Our spaces are smoke-free to preserve the clarity of the air and the senses.

Your experience will begin and end at the scheduled time. Should you arrive late, your treatment may be adjusted to respect other guest reservations.

BATHHOUSE ATTIRE

For all bathhouse sessions, swimwear is required.

PARKING

Limited on-site parking is available via the InterContinental Sorrento Mornington Peninsula entrance on Constitution Hill Road. Additional free parking is available along Ocean Beach Road.

PREGNANCY & MEDICAL CONDITIONS

We offer a selection of nurturing experiences designed especially for expectant mothers in their second and third trimesters. Please speak with our team to find the most supportive option for you.

If you have any medical conditions, injuries, or sensitivities, we ask that you inform us when booking and complete your health form prior to arrival — this ensures your treatment is both safe and deeply beneficial.

Aurora Spa & Bathhouse Is Open Daily As Follows:

Monday To Friday 9am - 7pm

Saturday 8am - 7pm

Sunday 8am - 6pm

auroraspacom.au

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