

A photograph of a person's legs sitting on a concrete ledge by a pool of water. The water is clear and blue, with ripples and reflections. The person's feet are resting on the ledge, and one foot is partially submerged in the water. The overall mood is serene and relaxing.

AUORA

SPA — BATHHOUSE



IDYLIC EXPERIENCES AND TRANSFORMATIVE RESULTS

Merging over two decades of wellness expertise with the latest in evidence-based wellness, Aurora brings you a refined immersive wellness experience in calm, contemporary comfort.

Designed for deeply restorative, high impact wellness outcomes, every Aurora experience is served with a perfect measure of sublime bliss.

Come to Aurora to enjoy evidence-based remedies, therapeutic massages, skin health facials, body rituals, wellness coaching, mindfulness, meditation and powerfully regenerative hot and cold contrast therapy in the elegant serenity of our bathhouse.

Come to Aurora and take the time... to pause, replenish, thrive.

TAKE THE
— TIME TO
PAUSE



BATHING

Pause. Reset. Replenish.

Enhance your wellbeing and refresh your mind with all-weather year-round bathing in our subterranean bathhouse, a refined retreat bringing you an array of curative water therapies and immersive contrast therapy in creatively designed contemporary comfort.

Enjoy a languid dip in our sky-lit daydream pool. Turn up the heat in our timber-lined nordic sauna, halotherapy room and aroma steam or simply recline on one of the centella thermal lounges. Cool down in the glacial mist chamber, the invigorating cold plunge pool or step under one of the sensory showers. Rest and recover in the interconnecting vitality pool or the magnesium mineral pool.

Explore at your leisure or follow our Bathhouse Ritual, a bathing circuit designed to deliver specific therapeutic outcomes and optimal wellbeing benefits.

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

Ease into the refined luxury of our state-of-the-art bathhouse and follow our ten-step immersive bathing journey, designed to optimise results. You're also welcome to let your curiosity lead the way discovering your own path to vibrant wellbeing. Either way, your bathhouse session will help to wash away stress and induce deeply restorative relaxation. Locker, robe, towel and botanical salt scrub are included.



BODY TREATMENTS

Our body therapies are designed for impactful results, using a customised mix of botanically active lotions, serums, elixirs, muds, clays, polishes and therapeutic oils paired with sophisticated techniques to detoxify, tone, tighten, lift, refine and revitalise your skin.

We have treatments that use our own ASPAR products, formulated to bring you nature in a bottle with botanically active extracts, and exclusive French skin care from Biologique Recherche that feature specialised techniques developed by physiotherapists for dramatic results.

For an extended wellbeing experience, add on our Aurora Bathhouse Ritual or a treatment Enhancer.



BODY TREATMENTS

ASPAR

Detoxifying Body Wrap ————— 1.5hr/\$250

Detoxify, revitalise, refine.

Combining potent botanicals with therapeutic techniques to detoxify, tone and revitalise your skin, this treatment begins with a grapefruit infused salt exfoliant to sweep away dull, flaky skin cells. Your perfectly primed skin is then masked with a lemon myrtle green clay, containing organic Australian bentonite to draw out toxins, calm inflammation and regenerate your skin with healing minerals. The clay is left to activate, while you drift away with a scalp massage. The treatment concludes with an electro-mechanical lymphatic drainage massage, a gold-standard clinical tool to boost circulation, improve skin contour and enhance detoxification.

Wattleseed Body Smoother ————— 1hr/\$205

Smooth, hydrated skin.

Your path to smooth, healthy skin begins with dual-action body exfoliation, using a wattleseed and walnut scrub that combines manual and enzymatic exfoliation to dissolve dead skin, encourage cell renewal and boost skin radiance. After removing the body scrub, your freshly buffed skin is primed to absorb nourishment. So, close your eyes and settle in as we apply a blend of essential oil infused body oil and rich body cream for intense hydration and skin nutrition. The end result is soft, smooth, radiant skin, and the sweet feeling of complete relaxation.

Radiant Pregnant Pause ————— 1.5hr/\$250

Prenatal relief and rejuvenation.

A nourishing and soothing treatment to relieve prenatal tension, support healthy circulation and revitalise your skin. We start with a tension-easing scalp massage and a belly sheet-mask drenched in hyaluronic acid and sea plant extracts to deliver hydration and sustained skin protection. Next, a skin revival body exfoliation combining manual and enzymatic exfoliation with aloe and vitamin E to soothe and hydrate. Now, settle in for a soothing full body massage using pregnancy-safe plant oils, nourishing body cream and tailored techniques to relieve tension and discomfort, boost circulation and calm the nervous system.

BIOLOGIQUE RECHERCHE

Body Lift Therapy ————— 1.5hr/\$375

Tighten, tone and lift.

Tone, tighten and firm your skin with advanced French techniques and a magical melange of active ingredients. We first prepare the skin with an enzymatic exfoliation using the coveted Gommage P50 Lotion. A second exfoliation follows, using a mechanical scrub with a customised mix of active products applied with Biologique Recherche's signature Bio-Reflex massage. This unique massage incorporates kneading and vigorous lifting techniques that target fascia, muscles and ligaments to dramatically increase circulation, redefine contours and relax surface skin. After showering, your skin will be treated to the intense nutrition of customised serums on targeted areas and a full body application of hydrating lotion. The combination of potent botanicals and specialised lifting techniques helps to restore skin vitality for a visibly firmer and lifted look and satin-soft feel. With this energising treatment, you can also expect to find the uplift effect at play in your revitalised mood.

Contouring Algae Wrap ————— 1.5hr/\$375

Firm, tone and slim.

A powerful cocktail of Biologique Recherche products and techniques to detoxify the epidermis, firm and tone the skin, eliminate impurities and alleviate water retention for a slimming and contouring effect. Opening with a full body fruit acid exfoliation, using the acclaimed Gommage P50 Lotion to stimulate cell renewal, we then move on to a customised body wrap. Cocooned in a heated blanket and covered in the algae gel, the combination of heat and energising, concentrated active marine ingredients band together to promote detoxification, reduce 'orange peel' effect and improve micro-circulation. Since our legs are prone to fatigue and water retention, we place emphasis here with a unique leg bandaging technique to drain fluids and bring lightness to the legs. An application of personalised serums and creams, and your treatment is beyond complete.

SPA FACIALS

Rejuvenate your skin and reveal your inner radiance with our Spa Facials, using natural nourishment from the botanically active ASPAR skin care line.

Botanical Spa Facial ————— 1hr/\$205

Radiant beauty.

The perfect foundation facial to hydrate and nourish all skin types, using botanically active products from the ASPAR range with native ingredients like Kakadu plum and wattleseed extract for brightening and refining. The facial includes a double cleanse, botanically active exfoliation, a treatment mask and an acupressure facial massage. The massage includes jade rollers to reduce puffiness, lift, tone, and restore healthy circulation for a luminous glow.

Holistic Facial Therapy ————— 1.5hr/\$280

Deluxe skin rejuvenation.

A complete wellbeing experience, this facial begins with a back, neck and shoulder massage to relieve tension and encourage total relaxation. What follows is a blend of customised botanically active products to deep cleanse, exfoliate, nourish and revitalise your skin. Special facial acupressure techniques and Kansa wands, the ancient Ayurvedic beauty tool for balancing pH and promoting lymphatic drainage, are used to reduce puffiness, lift, tone and boost circulation for visibly improved skin. Citrine, rose quartz and blue quartz crystals are placed to create a shift on the subtle energetic level for an energising, healing and balancing effect. Experience dramatic results with a smoother and more contoured appearance and relaxed, radiant glow.





MASSAGE

Proven to benefit the circulatory, immune, nervous, cardiovascular, respiratory and digestive systems, massage is an immensely enjoyable addition to any wellness routine. Choose your favourite from our selection of results-focused massages, or ask one of our team to help you find one that best meets your goals.

Every massage begins with a grounding mindfulness practice and warm foot compress to pave the way for peak results.



MASSAGE

Soothing Bliss Massage ————— 1hr/\$205 1.5hr/\$280

Complete body and mind bliss.

Our most popular massage, for good reason. Informed by over 24 years of hands-on expertise, this treatment brings you physical, mental and emotional therapy in one exquisite massage experience. Combining long, sweeping strokes with a mix of firm and gentle pressure to assist lymphatic drainage, improve circulation, relieve stress, ease tension, soothe the nervous system and calm the mind. Choose your preferred massage oil blend, let your therapist know where you need extra attention, and then surrender to bliss.

Deep Tissue Recovery Massage ————— 1hr/\$210 1.5hr/\$285

Intense release bodywork.

An intensely therapeutic massage that focuses on the deeper layers of muscle and connective tissues to relieve strains, sports injuries and chronic musculoskeletal issues. Sustained pressure, deep strokes, kneading and friction techniques help to reduce tension in the muscle fibres and encourage healing by delivering vital oxygen and nutrition to the tissues. Particularly tense areas find relief from the penetrating warmth of our rosemary and clove muscle balm. Treatment results are enhanced with an opening session of percussive massage using clinical physiotherapy equipment to target the deepest layer of fatigued, tight muscles. With relief from physical pain, tightness and tension, your mind will also be free to unwind.

Precision Power Percussion Massage ————— 1hr/\$205

Targeted and deep relief.

Using a clinical electromechanical percussive massage machine, this treatment uses deep and targeted manipulation of the muscles and soft tissue to bring you tangible results. The unique and patented Directional-Stroking® technology – medically designed to mimic the action of a therapist's hands, with an intensity impossible to achieve manually – helps to remove lactic acid from sore muscles, eases tightness and enhances local and general circulation of blood and lymphatic fluids for peak healing. Both powerful and soothing, this treatment is used by professional athletes to achieve maximum results in minimum time.

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

Balancing and restorative.

This unique treatment uses three elements of percussion sound and warm Himalayan pink salt stones to bring next level results to your massage experience, including intense skin nourishment from 84 natural minerals. Employing specific techniques to stimulate the body's meridian lines, the treatment aims to balance the entire system and help unblock areas of congestion. By restoring balance to the meridian pathways, we help to promote maximum vitality and enhance the body's natural healing ability. You can expect deep relaxation and a feeling of emotional and physical wellbeing.

Aurora Prenatal Massage ————— 1hr/\$205

Baby bump bliss.

A nurturing massage created for expectant mothers, and their precious cargo, in the second and third trimester. Using safe and effective techniques to improve circulation, ease muscle discomfort, calm the nervous system and promote peaceful sleep, this soothing and relaxing massage uses support pillows and is adjusted with gentle precision to match your stage of pregnancy.

Bespoke Massage ————— 1.5hr/\$290

Your perfect massage match.

A customised massage, where your therapist will craft a massage experience to match your personal preferences. A massage devotee's dream, it allows you to direct your therapist's skills so that the focus lands exactly where you feel the most need. Tension is dissolved beneath warm oils and adept hands, as you drift into deep relaxation. A warming Rosemary & Clove Thermal Balm can be used to ease particularly tight spots.



SKIN HEALTH MEDI-FACIALS

Our medi-facials are clinical-strength, holistic facial treatments using products and techniques prescribed by a skin specialist for visibly transformative results. Every Biologique Recherche medi-facial is completely customised to target multiple concerns in one luxurious experience.

Adored by beauty editors and celebrity facialists around the world, Biologique Recherche medi-facials use raw, cold-formulated active ingredients in high concentration with French draining and lifting massage techniques and the physiotherapist-designed Remodelling Face machine to lift, tone, sculpt, oxygenate and increase penetration of active ingredients. The results; clearer, calmer more luminous skin.



SKIN HEALTH MEDI-FACIALS

Skin Instant Lab — .5hr/\$90

Diagnostics for precision skin care.

The Skin Instant Lab diagnosis machine uses state-of-the-art laboratory equipment to measure hydration, barrier function, elasticity, pigmentation and sebum output. With this in-depth analysis, your skin specialist will identify your Skin Instant® and make customised recommendations for treatment and home care. Able to monitor changes over time, Skin Instant Lab provides the ability for dynamic recommendations that lead to progressive skin transformation.

Bespoke Skin Health Facial — 1.25hr/\$330*

Customised skin nutrition.

After a thorough analysis, your skin specialist will prescribe a selection of clinical-strength highly active products to nourish, repair and heal your skin. Your bespoke Biologique Recherche facial includes a draining and lifting facial massage, exfoliation, personalised booster and mask, and finishes with personalised serum and cremes. After just one treatment, you'll understand why the world has fallen in love with Biologique Recherche's transformative skin care.

Bio Lift Facial — 1.75hr/\$405*

Lift, firm and rejuvenate.

We begin with Skin Instant Lab diagnosis to customise the product selection. This facial includes all of the steps featured in the Bespoke Skin Health Facial, with an emphasis on products and techniques to tone and lift muscles and plump the skin. The Remodelling Face machine's lifting module uses a combination of currents to assist ingredient penetration for cellular renewal and to tone and lift the facial muscles with electro stimulation. The result is lifted, redefined contours and plump, glowing skin.

Triple Lift Facial — 2.25hr/\$490*

Age-defying revitalisation and lifting.

The ultimate bespoke luxury facial for age-defying skin revitalisation and rejuvenation. This revolutionary treatment takes the Bespoke Skin Health Facial to the next level, efficiently targeting loss of elasticity with triple action force to re-define facial contours, including the neck and jowl areas. At the same time, we will employ a personalised selection of boosters, serums, co-factors, masks and cremes to promote cellular renewal and repair for glowing, healthy and luminous skin. The Remodelling Face machine's lifting module tones and lifts the facial muscles with electro stimulation. You will be amazed by the natural face lift effect of this stellar treatment.

*Add-ons — \$120 per zone

Take your skin transformation even further with our add-ons, targeting a specific facial zone or skin concern such as redness, pigmentation or elasticity. Your skin specialist will recommend the best add-ons for achieving the results you want.

BATHE AND SPA

Choose one of our Bathe & Spa packages to amplify the wellbeing impact of your visit. A pre-treatment bathing session helps you to fully unwind and relax, priming body and mind for elevated treatment results.

Soothing Bliss Massage ————— 2.5hr/\$290

+ Bathhouse

Deep Tissue Massage ————— 2.5hr/\$295

+ Bathhouse

Botanical Spa Facial ————— 2.5hr/\$290

+ Bathhouse

Soothing Bliss Massage ————— 3hr/\$400

+ Express Glow Facial + Bathhouse





SPA TOGETHER

Designed for couples and groups, these packages and rituals are for friends, families and loved ones wanting to deepen their connection while enjoying a luxury wellbeing experience. The perfect way to celebrate a special occasion, or create one.

COUPLES

Wellbeing experiences to share with your loved one or friend.

Suite Serenity ————— 1.5hr/\$300 pp

Soothing Bliss Massage + Express Glow Facial.

In the serene sanctuary of our deluxe couples suite, surrender to a soothing, tension-relieving massage followed by our Express Glow Facial that hydrates and nourishes your skin with active botanicals. Your body massage is customised to ensure your therapist's focus lands where you need it most. Finish your experience with refreshments in the refined comfort of our relaxation lounge.

Couples Calm ————— 2.5hr/\$290 pp

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

Begin your journey to calm with a Bathhouse Ritual for two. With an array of hot and cold bathing experiences, thermal lounges and rest areas, this is the perfect prelude to your one-hour treatment experience where you will each have the choice of either a Soothing Bliss Massage or Botanical Spa Facial.

RETREATS AND COACHING



Radiance Ritual Retreat ————— 4hr/\$670

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

A head-to-toe combination of Aurora experiences for glowing, healthy skin and inner calm. We begin with an ASPAR skin refining scrub that combines manual and enzymatic exfoliation to revitalise your skin.

Our fan-favourite Soothing Bliss Massage is next, drenching your skin in nourishing essential-oil laden goodness while improving circulation, relieving stress and tension and soothing the nervous system. Finish with an Express Glow Facial and Intensive Hair and Scalp Revival treatment to leave you radiant and relaxed.

Immersion Retreat ————— 6.5hr/\$795

Bathhouse Ritual +1.5 hour Soothing Bliss Massage + Private Salt Therapy Float + Wholefood spa lunch + Sparkling wine + Botanical Spa Facial + Intensive Hair and Scalp Revival + Wholefood snack.

Layer upon exquisite layer of wellbeing therapies for a completely rejuvenating experience that will leave you feeling relaxed, revived and full of vitality. Begin with the Aurora Bathhouse Ritual, where you can follow our curated bathing circuit or explore the array of curative water therapies at your leisure. Your day will be scheduled when you arrive, following a consultation to ensure a customised experience that matches your goals. From there, it is complete body, mind and soul rejuvenation with a Soothing Bliss Massage, Private Salt Therapy Float, Botanical Spa Facial and Intensive Hair and Scalp Revival. In between experiences, you will be nourished with a wholefood spa lunch, sparkling wine and a healthy snack.

Private Retreat ————— POA

Wellbeing Coaching ————— 1hr/\$550



PREPARING FOR YOUR EXPERIENCE

OUR LOCATION

Aurora Spa and Bathhouse is located in the Continental Sorrento precinct at 23 Constitution Hill Road, Sorrento. You will find us opposite the Atrium.

RESERVATIONS

For your convenience, we offer three booking options:

Book online [here](#).

By phone. Please call **(03) 5935 1222**

In person at our spa reception.

All reservations must be secured with credit card details at the time of booking. Payment will be processed upon check-in at spa reception.

Credit card details are also required to secure a gift card redemption. On arrival at spa reception, the gift card will be redeemed and no credit card transaction will apply.

To avoid disappointment, particularly during weekend and evening peak periods, we recommend advance booking. We are happy to accommodate walk-in guests, subject to availability.

PUBLIC HOLIDAY SURCHARGE

Please note a 20% surcharge applies on public holidays.

CANCELLATION POLICY

We understand circumstances change. Please give at least 48 hours notice to avoid cancellation or rescheduling fees.

A 100% charge will apply for any treatment or bathhouse booking that is cancelled or rescheduled with less than 48 hours notice.

ARRIVALS

Please arrive 20 minutes before your scheduled reservation time to allow for check-in and consultation.

To maintain a relaxing, tranquil environment and ensure the privacy of all guests, the spa and bathhouse are mobile phone, electronic tablet, computer, pager, camera and smoke free zones. Please turn your devices to silent mode before storing in your locker.

Treatments and bathing sessions will commence and complete at the scheduled time. If you arrive late, your treatment time may be reduced to finish at the scheduled time.

Please note that Bathhouse guests are required to wear swimwear.

PARKING

Limited on-site parking is available. Enter next to InterContinental Sorrento Mornington Peninsula porte cochère on Constitution Hill Road. There is also ample free street parking along Ocean Beach Road.

PREGNANCY AND MEDICAL CONDITIONS

We have a range of experiences suitable for expectant mothers in the second and third trimesters. Please consult with our reservations team for guidance.

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment. Please complete your guest health and medical form prior to your arrival.

Aurora Spa & Bathhouse is open daily as follows:

Spa Treatments

Monday to Thursday 9am – 6pm

Friday & Saturday 9am – 7pm

Sunday 9am – 5pm

Bathing

Monday to Friday 9am – 9pm

Saturday 8am – 9pm

Sunday 8am – 7pm

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THE
CONTINENTAL
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