



Capella Spa

Nestled among the gently swaying kentia palms endemic to Lord Howe Island, the Capella Spa is a private sanctuary offering a balm to the bustle of every-day life.

The serene retreat welcomes guests like a warm embrace. Island-inspired spa treatments unite body and soul under the magnetic energy of Mounts Gower and Lidgbird's twin peaks which rise majestically from the ocean. Aboriginal massage techniques combine with island botanicals to calm and sooth. Guests emerge to soak in the pristine beauty of Lord Howe Island. This truly is a paradise lost in time...



Lord Howe Island Journeys

A signature menu of rejuvenating and relaxing treatments embrace the island's endemic kentia palms and marine environment. The ultimate indulgence is the three-hour 'Dreaming', a complete face and body treatment, or for a local touch, the 'Sacred Stone Therapy' draws upon the power of heated basalt stones collected from the island's windward beaches.

Indigenous Spa Journeys

The Capella Spa exclusively features Li'Tya spa care products and massage techniques. Meaning 'of the earth', Li'Tya is a body of healing rituals and spa treatments that integrates the ancient aesthetics of the Australian earth and spirit.

The Li'Tya spa experience combines a range of sensory therapies designed to purify, nourish and harmonise the body using the profound wisdom of ancient Aboriginal medicines, spirituality and healing modalities.

To ensure the Aboriginal teachings remain true within the spa environment, all Capella Spa therapists have been trained by Li'Tya professionals on the traditional use of Australian native ingredients.

Relax and let the journey begin...





Facial Therapies

Capella Karmal

75 minutes \$170

Signature facial treatment

An indulgent facial treatment individually tailored to restore balance and natural radiance to the skin. Drift away while enjoying the aromas of wattle, lillypilly and lemon myrtle, traditionally used in Aboriginal medicines. Surrender to a soothing facial massage before a natural clay mask is applied to purify and rebalance. A hair mask nourishes the scalp, regenerating and restoring lustre to your hair. A nourishing clay mask soothes hands, whilst a head massage leaves you feeling nurtured and refreshed.

Sea Spirit

60 minutes \$140

Rejuvenating facial

The Sea Spirit is designed to revitalise and replenish, to set your soul adrift for a short while. This anti-aging facial uses powerful marine nutrients and potent native plant extracts along with a high concentration of amino acids, to refine and clarify skin. Relax with your choice of hand and foot massage. An Aboriginal-inspired pressure-point massage for the face and shoulders invigorates facial muscles. The serene ritual is complete with a Li'Tya Paudi scalp massage.

Face Fuel

60 minutes \$140

Facial designed for men

This facial utilises the properties of grass lily to heal and soothe, Kakadu plum to restore skin cells and a blend of essential oils to nurture and hydrate. A herbal kelp hydrating polish detoxifies and remineralises the skin, leaving it free of impurities while achieving a smooth look and feel.



Body Elements

Kodo Massage

60 minutes \$140 | 90 minutes \$190

Li'Tya relaxation massage

This rhythmic body massage is inspired by traditional Aboriginal techniques, which work to balance and realign energy flow, enhancing mind and body wellness. Muscular aches and pains are relieved by massaging pressure points with swirling movements to ground and uplift, leaving the body renewed and refreshed. A choice of native aromatic oils is prescribed to address your personal needs, to rejuvenate, harmonise or detoxify.

Capella Signature Massage

75 minutes \$170

Therapeutic massage

A strong, full-body massage combines acupressure, Swedish massage and focussed techniques with particular attention given to any problem areas. A series of more gentle massages calms the body and soul, enhanced of a signature blend of Australian essential oils.

Sacred Stone Therapy

90 minutes \$200

Hot stone massage

This nurturing and therapeutic treatment integrates massage with warmed basalt stones sourced from Lord Howe's winward beaches. The magic of the rocks works with the body's pressure points to leave your body and soul uplifted and dancing with joy.

Marma Kodo

60 minutes \$140 | 90 minutes \$190

Pregnancy massage

This specifically designed nurturing and rhythmic body massage is inspired by the Aboriginal Dreamtime to tone and realign energy flow, enhancing balance and wellness for mother and child. Supported by the Capella Spa purpose-designed massage table, mothers have the opportunity to both centre and completely relax, soothed by a macadamia and camellia pregnancy oil blend.



Body Rituals

Beyond the Big Blue

75 minutes \$170

Facial, hand and foot treatment

An anti-aging facial treatment designed to revitalise and replenish the skin using marine minerals and potent native plant extracts such as marine algae, bull kelp and mother of pearl to smooth skin and restore vitality. An indigenous-inspired pressure point massage for the face invigorates muscles. While your skin is purified and hydrated, hands and feet are treated with masks and massage oils using the native munthari berry to heal and protect.

Gower's Foot Therapy

60 minutes \$140

Post-climb feet treat

Soak away tensions in both soul and soles with this relaxing foot therapy treatment. Begin with a warm foot soak and gentle mineral salt exfoliation. Next, a nourishing mask of Tasmanian kelp and native pepperberry is applied to gently exfoliate and polish, while warm basalt stones gathered from local shores are placed between the toes. Neck and shoulders are massaged as the mask is infused and softens the feet. Finish with a foot massage and application of nutrient-rich munthari lotion. Step out feeling revitalised and light on your feet!

Mountain Man

75 minutes \$170

All round exfoliation, massage and facial especially for men

A revitalising therapy designed especially for men, this complete treatment begins with an invigorating desert salt back exfoliation. Unwind with a back and scalp massage using Li'Tya signature massage techniques and native oils. Enjoy a gentle face cleanse and deeper exfoliation treatment before a pressure-point massage, mask and relaxing facial massage restore tone to the skin. Native spa ingredients include wattle seed, Tasmanian bull kelp, wild rosella, Boronia and lemon myrtle, leaving skin refreshed and calm.



Signature Ceremonies

The Dreaming

3 hours \$390

Complete face and body treatment

The ultimate spa journey. Experience ancient rituals used by Aboriginal Australians for thousands of years. Using traditional healing techniques this deeply therapeutic treatment encourages you to embrace the escape of a body wrap, followed by a Kodo massage, indulgent facial and scalp massage. Alternatively, enjoy a pearl and kelp body wrap, Kodo massage and treatments focusing on the hands and feet. Yield to the potency of each remedy through the power of nourishing Australian native plant essential oils and extracts, cleansing earth ochres and purifying desert salts.

Mala Mayi

2 hours \$270

Body exfoliation, mud wrap and Kodo massage, hair and scalp treatment

Desert salts combined with native botanicals including peppercorn, Tasmanian bull kelp, peat and native sandalwood are used to invigorate your body and soul in a full body exfoliation. The pure embrace of a warm body mud wrap leads your mind on its own journey while indelible traces of fingertips massage a warm quandong mask into your scalp. Following a cleanse under the rain shower, the rhythmic Kodo massage leaves you spiritually invigorated. Meaning 'skin food', emerge from this treatment feeling alive and rebalanced with refreshingly smooth skin.

Buruwang Dreaming

2 hours \$270

Exfoliation, facial and Kodo massage

Created exclusively for the Capella Spa, this refreshing treatment meaning 'island dreaming' is designed to nourish and nurture. A complete head to toe enriching kelp exfoliation incorporates a nourishing hair mask, revitalising skin booster and indigenous pressure points massage to body, head, hands and feet - to balance and align.





Spa Essentials

Select an enhancement therapy from the menu below for a more tailored approach to your spa treatment. *(Available in combination with a minimum 60 minute treatment only).*

Royal Banyan

15 minutes \$30

Hair and scalp ritual

Surrender your senses to ancient Aboriginal massage techniques that invoke spiritual balance and contentment. A luxurious infusing hair mask set with warm towels conditions and deeply nourishes the scalp and hair.

Island Renewal

30 minutes \$80

Nourishing facial

Designed to revitalise skin with the use of marine nutrients, marine algae, bull kelp, and finally crushed mother of pearl, your skin is cleansed, exfoliated and hydrated before being treated with a deeply relaxing pressure point facial and shoulder massage. A prescriptive mask, designed to purify or nourish the skin is used while you relax with a Li'Tya Paudi scalp massage. Island Renewal is a nurturing facial to complete a massage or body treatment, relieving stress and clearing the mind.

Jina Foot Therapy

15 minutes \$30

Foot pamper

Cleanse tired feet with a foot soak infused with the scent of eucalyptus followed by a rejuvenating exfoliation using pink desert salts to encourage balanced health and enlightenment.



Considerations...

The Capella Spa reflects an environment of relaxation and harmony. We recommend arriving 5 minutes prior to your appointment to allow time to settle into the experience. For your comfort we suggest showering before all treatments. Lockers and robes are provided within the Spa.

Each Capella Spa treatment is a personal journey. Select a therapy that resonates most with your mood or desired focus.

Please inform your therapist of any health concerns that you may have or if you are, or may be pregnant.

Your treatment has been reserved especially for you, however, we understand that plans change. We require five hours' notice to change or cancel a booking - without notice the full charge may still apply.



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