

SPA MENU



REMEDIAL LAB
Massage & Spa



Services

Posh Remedial ATHLETE

This signature REMEDIAL LAB treatment is designed for busy professionals who:

- are regularly working out
- have acute or chronic injuries/pain
- suffer with postural imbalances
- athletes in training cycle

You will receive a holistic and personalised myotherapy massage with deep or extra deep pressure to correct all muscular imbalances. Cupping, dry needling, heat packs or fascia tools could be added to achieve maximum results.

60 mins

\$ 165

75 mins

\$ 195

90 mins

\$ 225 - \$ 240

120 mins

\$ 300 - \$ 325

WELLNESS TIPP

We recommend an infrared sauna session or soaking in heated magnesium plunge prior to your treatment, for optimal results.

Services

Posh Remedial RESTORE

This second Signature REMEDIAL LAB treatment is designed for anyone who needs deep work and attention to overworked muscles yet still wants to relax and unwind during a massage. To achieve the best results Himalayan hot stones and healing heat packs will be added.

Claimable with your private health insurance.

60 mins

75 mins

90 mins

120 mins

\$ 150

\$ 180

\$ 200 - \$ 225

\$ 270 - \$ 295



Services

Complimentary Perks

Choose two or let us select them for you to personalise your Remedial Journey:

- full body dry brushing - lifting up lymphatic system and exfoliating dead skin, gentle detox
- your favourite aromatherapy
- clearing aura ritual

White Sage – the most powerful toxic energy cleaner. By emitting negative ions the human aura (which holds positive ions) will be neutralised, enhancing intuition and encourages protection

Moldavite Incense – accelerate spiritual growth, clearing blockages and opening the chakras to higher frequencies of energy

Palo Santo Wood – removes negative energy, calming the mind and mental ailments and bringing deeper connection to the divine source

- active remedy on areas of concern - warming up or cooling finish effect

WELLNESS TIPP

If you are in acute pain or suffer from a chronic injury and specific muscle tension, we recommend to put a heat pack on your concern area just before your massage. This will allow your body to start circulating blood to the concern area. We do not recommend ice baths before the appointment.



Services

Relaxation Lab

Hot Oil Intuitive Relaxation Journey

Full body and mind pure relaxation with Lomi-Lomi strokes and luscious hot oil which brings your experience to the highest level. Soft to medium pressure.

60 mins

\$ 150

75 mins

\$ 155 - \$ 175

90 mins

\$ 200 - \$ 220

WELLNESS TIPP

Best unwinding results will be achieved with a short Reiki healing at the end of your massage. Even just few minutes can drop you to meditation state which allows your brain to restore and unwind.

Services

Hot Stone Relaxation

Muscle melting Himalayan Hot Stone relaxation massage with healing alkaline mineral properties. You are going to be deeply rejuvenated while the minerals will be absorbed throughout your body.

60 mins

75 mins

90 mins

\$ 140 - \$ 155

\$ 170 - \$ 185

\$ 200 - \$ 220

WELLNESS TIPP

Best results will be achieved with 10 Reflexology sessions with treatments twice a week. You will receive 10% off regular price with this healing journey.



Services

Feet LAB

Reflexology Foot

Healing pressure point foot massage which starts with rejuvenating foot soak. This treatment will gently stimulate your nervous system and synchronise with all the organs and the systems of the body. Promotes deep relaxation and inner calm.

60 mins

75 mins

\$ 130 - \$ 150

\$ 160 - \$ 180

Feet Addict

Mineral foot soak and scrub, reflexology, relaxing foot massage, nourishing foot mask, scalp indulgence.

75 mins

90 mins

\$ 165

\$ 185

WELLNESS TIPP

Best results will be achieved with 10 Reflexology sessions with treatments twice a week. You will receive 10% off regular price with this healing journey.



Services

Standard Specials LAB

Stress Fix

Back, neck and shoulder massage for your needs which will leave your muscles relaxed and rejuvenated.

30 mins

\$ 90

Quick Fix

Perfect to relieve day to day tension. Based on remedial and myotherapy techniques with signature REMEDIAL LAB healing tools to achieve best results.

45 mins

\$ 125

WELLNESS TIPP

If you are in acute pain or suffer from a chronic injury and specific muscle tension, we recommend to put a heat pack on your concern area just before your massage. This will allow your body to start circulating blood to the concern area. We do not recommend ice baths before the appointment.



Services

Therapeutic LAB

Pregnancy Massage

Perfect for soon to be mothers in their second and third trimester. Pressure and techniques will be customised after your personalised consultation.

60 mins

\$ 150

75 mins

\$ 180 - \$ 180

90 mins

\$ 200 - \$ 200

Lymphatic Drainage

Post-surgery fluid retention management with full body dry brushing which awakens lymph flow. Best recommended after: long flights, liposuction, breast cancer surgery or lymphedema.

60 mins

\$ 150

75 mins

\$ 180 - \$ 195

90 mins

\$ 210 - \$ 225

120 mins

\$ 275 - \$ 295

WELLNESS TIPP

Always remember to hydrate your body. Especially before a Lymphatic Drainage treatment. If you wish us to work on your abdominal area- please fast for minimum 2 hours before your massage.

Services

Hot Bamboo Sport

Deep tissue sports massage with hot bamboo sticks. Perfect for those who enjoy deep pressure. Great for runners or cyclists with overworked legs muscles.

60 mins

75 mins

90 mins

\$ 155 - \$ 165

\$ 185 - \$ 195

\$ 210 - \$ 225



Services

Detox Cellulite LAB

Brazilian Slimming Massage

The best kept secret by celebrities is the slimming massage with complex dynamic techniques and lymphatic drainage. To speed up results maderotherapy tools, FasciaBlaster and silicon cups are used to break up stubborn fascia. Best results are achieved with a series of 10 treatments within 5 weeks, regular exercise and balanced nutrition.

60 mins max. 2 body parts

\$ 155 - \$ 165

75 mins max. 2 body parts

\$ 185 - \$ 195

90 mins max. 2 body parts

\$ 225 - \$ 240

WELLNESS TIPP

We recommend a long walk or workout prior to the treatment. Activity will boost your metabolism and activate the lymphatic system, which helps us evacuate more toxins during the treatment.

Services

Brazilian Slimming Massage with Hot Algae Wrap

Best European cellulite killer – Algae wrap will be applied to your chosen areas – legs, bottom, belly and/or under arms. This tightens the skin and elevates microcirculation with the latest INFRARED technology. To achieve best results the wrap – full of active ingredients – will be followed by the Brazilian Slimming Massage.

90 mins

\$ 225

120 mins

\$ 325

Detox Infrared Wrap

Best treatment for anyone who loves an infrared sauna and expects proper detox effect with deep relaxation. You will be covered with alkaline algae and wrapped for 30-40 mins with a heated infrared sauna blanket which reaches up to 85 degrees. Scalp massage or reiki will be performed while you detox. Perfect as a single relaxation wrap- treatment or as an add on before Posh Remedial to prepare your body for deep body work.

75 mins

\$ 195

WELLNESS TIPP

Always remember to hydrate your body. Especially before detox treatments we recommend to add extra glasses of water to allow your body eliminate toxins easier.

Water with lemon is an excellent addition pre and post treatment.

Services

Spiritual LAB

Reiki

Japanese form of energy healing which leads you into a deep meditative state and allows your body to restore and lift the weight of heavy energy. Great way to help relieve anxiety and negative self-talk. Gentle palm healing or hands on healing techniques will be applied to transfer energy. Crystals and chakras healing are part of our journey. Clearing aura ritual will be added at the beginning and end. You can stay fully clothed for that treatment.

60 mins

\$ 135

75 mins

\$ 170 - \$ 180

Crystal Chakra Relaxation

Perfect combination of Lomi-Lomi hawaiian style massage and soft balancing chakras with healing crystals. Guarantees deep meditation and smoothly allows you to disconnect with the outside world, leaving you light and calm.

90 mins

\$ 200- \$ 225

WELLNESS TIPP

Formulating an intention before your Reiki healing session will elevate the energy to work on your specific needs in addition to balance your chakra and calm your mind.



Services

Exfoliating Rituals LAB

Our Exfoliating Ritual 'Scrub Me Up' is created to bring you a truly deep spa experience with your personalised choice of massage and the highest quality of pampering.

Scrub Me Up

Full body exfoliation with soothing skin finishing touch

60 mins

\$ 140

MONDAY SPECIAL with Chom

Enjoy a 60 minute massage of your choice with Chom.
Only available on Mondays at The Standard (claimable).

now only

\$119

Services

Add On LAB

Quick Polish

extra 30 mins full body exfoliation

\$ 75

Deep Meditation

with REIKI and balancing chakras - extra 15 mins

\$ 35-40

Gua Sha

face modelling massage - extra 15 mins

\$ 35

Hot Compress & Back Exfoliation

\$ 35

Nourish or Refreshing Feet Mask

\$ 35-40

FIRST Massage SPECIAL

Indulge in a 60-minute massage with Chom or Sabrina, exclusively for Upper House Residents on their first massage (claimable).

now only

\$119



Services

Thai Treatments

Thai Therapeutic Massage

In a traditional Thai massage Chom uses her hands, thumbs, elbows, forearms, and sometimes even her feet to reduce tension in your muscles. Thai massage is based on the idea that energy moves through your body along predictable lines or pathways known as sense which if stimulate properly will nourish your body with new vital energy.

To increase the flow of energy along the sense, Chom will move your body into "yoga-like" positions in addition to pulling and rocking your body in various ways.

Thai massage is a combination of stretching, movement, and pressure point. It may be a good option for you if you want a more active type of massage, where you move and participate instead of lying down throughout your treatment.

60 mins

\$ 125

75 mins

\$ 150

90 mins

\$ 175

120 mins

\$ 210



Services

Thai Treatments

Traditional Thai Abdominal Healing Massage

This treatment works mainly on the abdomen area with deep, soft and gentle touches and acupressure that are designed to re-teach your internal organs to work more efficiently. Unprocessed emotional charges are also treated in the same manner, along with all of the body systems: digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular- skeletal and the meridian system. Perfect choice for everyone who are experiencing digestive complaints and for those looking to rebalance their body systems.

We advise to not eat for 2-3 hours before this treatment.

30 mins

\$ 70

45 mins

\$ 99

60 mins

\$ 120

WELLNESS TIPP

This treatment is the perfect preparation for any Colonic Treatments- Colonic Irrigations or during Colon Cleansing nutrition plans.



Reformer Pilates

Private 1:1 Reformer Pilates Session

At REMEDIAL LAB, we believe in the transformative power of Pilates. Our exclusive 1-on-1 Reformer Pilates sessions are designed to help you achieve your fitness and wellness goals with the guidance of our experienced coaches. Whether you are looking to improve your strength, flexibility, or overall well-being, our team of expert coaches – Caroline, Sabrina, and Cathy – are here to support you every step of the way.

Private Session Including Written Program

Caroline Exercise Physiologist | 45 minutes

\$ 169

45 Minute Private Session

Caroline Exercise Physiologist

\$ 139

Sabrina Reformer Pilates Coach

\$ 99

Cathy Reformer Pilates Coach

\$ 99

FIRST Reformer Pilates SPECIAL

45 Minute Private Session

Caroline Exercise Physiologist

\$ 119

Sabrina Reformer Pilates Coach

\$ 69

Cathy Reformer Pilates Coach

\$ 69



Meet Paulina

Owner / Remedial Expert / Myotherapist

Paulina brings a wealth of knowledge and passion for wellness, health and body, to deliver a truly luxurious, holistic spa experience at The Standard. A skilled therapist, Paulina has a master's degree in physiotherapy, diploma of remedial massage and advanced diploma of myotherapy, in addition to her many years in the spa industry.

In 2018 Paulina re-educated herself in Australia and received a Remedial Massage Diploma and Myotherapy Advanced Diploma. Working with Brisbane's best spas the W Hotel and Callie Hotel as well as 2 full seasons with the Brisbane Broncos and Queensland Reds, as well as the Queensland State of Origin rugby league team, before starting her own business.

Paulina and her team welcome you to enjoy a restorative, luxurious and truly personalised spa experiences.

Meet Chom

Remedial Expert / Myotherapist

Chom is originally from Thailand where she graduated Bachelor's Degree of Applied Thai Traditional Medicine. Chom promotes holistic healing treatments with her unique Thai skill massages as well as great Remedial Massages. When Chom relocated to Brisbane she graduated with a Diploma from the Mastery Institute Australia.

When performing a traditional Thai massage, Chom uses her hands, thumbs, elbows, forearms and sometimes feet to release muscle tension. Thai massage is based on the idea that energy travels through the body along predictable lines or pathways known as sensations and, when properly stimulated, nourishes the body with new life energy. To increase the flow of energy, Chom puts the body in a "yoga-like" position and pulls the body in various ways.

Thai massage is a combination of stretching, movement and pressure points. It is suitable for those who prefer a more active type of massage rather than lying down throughout the treatment.





Meet Sabrina

Remedial Expert / Reformer Pilates Coach

Sabrina is a holistic health expert with over 5 years experience in helping people achieve their wellness goals. She has a degree in clinical psychology, which gives her a deep insight into the mind-body connection and the emotional aspects of healing.

Sabrina is also a certified myotherapist and nutrition coach, as well as a Reformer Pilates instructor.

Sabrina believes in the transformative power of exercise and food as medicine, and embraces a holistic approach that addresses the physical, mental, and spiritual needs of her clients. Sabrina helps her clients develop long-lasting, sustainable habits that improve their quality of life and well-being.

Sabrina shares her passion for mindful nutrition, cooking, hiking, and scuba diving. She seeks to discover nature's beauty, challenge herself, and explore new flavors, while also embracing meditation and a love for travel.adventure.

Meet Caroline

Exercise Physiologist

Introducing Caroline, our dynamic new team member, a dedicated exercise physiologist with over seven years of experience in private practice across Brisbane. With a fervent passion for Reformer Pilates, women's health conditions, and musculoskeletal and cardiovascular rehabilitation, Caroline is committed to delivering the highest level of service through a patient-centered care approach. Her compassionate and supportive nature creates a safe space for clients to pursue their goals and find joy through movement on their wellness journey.

Caroline is a strong advocate for the Exercise is Medicine® movement which uses exercise as a tool to manage physical and mental health. She has a wealth of experience working with:

- Chronic Pain
- Chronic Disease Management
- Injury Rehabilitation
- Pre & Postnatal Care
- Strength and Conditioning
- Hydrotherapy
- Mental Health
- Guillain-Barré Syndrome





Meet Cathy

Reformer Pilates Coach

With over 15 years of dance experience, Cathy transitioned to fitness instructing after discovering pilates in 2005. Her journey led her to Zumba Fitness, CrossFit, and eventually Reformer Pilates, where she continually enhances her expertise. Trained under Master Coach Marina Perry, Cathy is dedicated to ongoing self-improvement, ensuring she brings the best to her clients.

Cathy is passionate about helping others achieve their health and fitness goals, she creates personalised and enjoyable classes. Cathy's belief in the mind-body-soul connection drives her to provide a supportive and uplifting environment for her clients, making her feel privileged to contribute to their health and wellness journey.

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www.remediallab.com.au