

# SPA MENU



**REMEDIAL LAB**  
Massage & Spa

# Our Specials

## The Standard

### MONDAY SPECIAL with Chom

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

**Relaxation Massage**

\$ 119

**Remedial Restore Massage**

\$ 129

**Remedial Athlete Massage/ Myotherapy**

\$ 139

Optional dry needling add-on: \$10

### FIRST Massage SPECIAL

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

now only  
**\$119**

### FIRST Facial SPECIAL

Treat yourself to glowing skin with our 45-minute facial. Perfect for a quick refresh, this tailored treatment will leave your skin feeling rejuvenated and radiant.

now only  
**\$129**

# Our Specials

## Upper House

### TUESDAY SPECIAL with Sabrina

Enjoy a 60 minute massage of your choice with Sabrina. Only available on tuesdays at Upper House (claimable).

**Relaxation Massage**

\$ 119

**Remedial Restore Massage**

\$ 129

**Remedial Athlete Massage/ Myotherapy**

\$ 139

Optional dry needling add-on: \$10

### FIRST Massage SPECIAL

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

now only  
**\$119**

### FIRST Facial SPECIAL

Treat yourself to glowing skin with our 45-minute facial. Perfect for a quick refresh, this tailored treatment will leave your skin feeling rejuvenated and radiant.

now only  
**\$129**



# Services

## Remedial ATHLETE Massage/ MYOTHERAPY

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**

Optional dry needling add-on: \$10

### WELLNESS TIPP

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

# Services

## 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 healing heat packs will be added.

Claimable with your private health insurance.

**60 mins**

**75 mins**

**90 mins**

**120 mins**

Optional hot stones add-on: \$10

**\$ 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

75 mins

90 mins

\$ 130

\$ 155 - \$ 175

\$ 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**

**\$ 130 - \$ 150**

**75 mins**

**\$ 160 - \$ 180**

### Feet Addict

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

**75 mins**

**\$ 165**

**90 mins**

**\$ 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

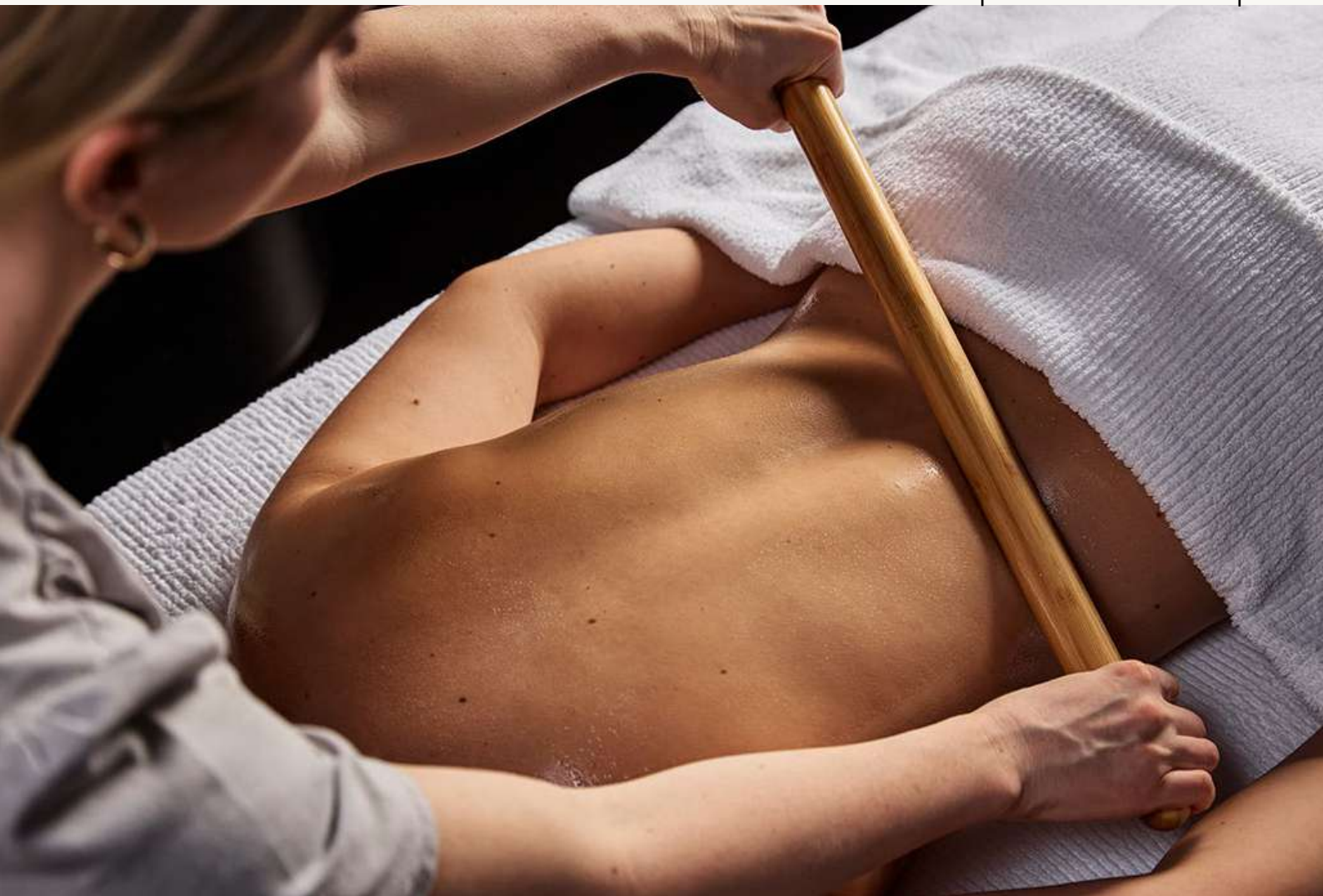
75 mins

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 Remedial Massage 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**

# 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





# 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.

# FIRST FACIAL SPECIAL

Treat yourself to glowing skin with our 45-minute facial. Perfect for a quick refresh, this tailored treatment will leave your skin feeling rejuvenated and radiant.

now only  
**\$129**



Self Discovery

# Radiance FACIALS

## Purifying Facial

### Ideal for oily/ combination skin

Experience a customised organic facial tailored for oily/ combination skin, designed to balance, purify, and enhance your natural glow. This treatment includes a gentle deep cleanse, targeted exfoliation, and lightweight hydrating serums to regulate oil production. A calming facial massage and mattifying mask leave your skin refreshed, clear, and perfectly balanced.

**45 mins**

**\$ 159**

**60 mins**

**\$ 189**

Includes deep exfoliation with steam and an extended facial massage tailored to your specific needs.

**75 mins**

**\$ 219**

Includes deep exfoliation with steam, a Gua Sha lifting and sculpting facial massage, followed by an extended neck and scalp massage.

### WELLNESS TIPP

Balance your skin by using a lightweight, oil-free moisturiser to hydrate without clogging pores. Focus on gentle exfoliation once or twice a week to manage excess oil and maintain a clear, even complexion.

# Self Discovery

# Radiance FACIALS

## Ultra Calming Facial

### Ideal for sensitive skin

Experience a gentle, personalised organic facial designed to soothe, hydrate, and enhance the radiance of sensitive skin. Enjoy a calming facial massage, detailed skin analysis, and carefully selected products, including mild exfoliators, restorative serums, and nourishing masks, for a balanced and refreshed glow.

**45 mins**

**\$ 159**

**60 mins**

**\$ 189**

Includes deep exfoliation with steam and an extended, customised facial massage tailored to your needs.

**75 mins**

**\$ 219**

Includes deep exfoliation with steam, a Gua Sha lifting and sculpting facial massage, followed by an extended neck and scalp massage.

### WELLNESS TIPP

Protect your skin daily by using a gentle, fragrance-free cleanser and a broad-spectrum SPF to shield against environmental stressors. Keep hydration levels high by drinking plenty of water and applying a soothing moisturiser tailored for sensitive skin.

# Self Discovery

# Radiance FACIALS

## Intensive Hydra Veil Facial

### Ideal for dry skin

Experience a nourishing organic facial designed for dry skin, tailored to restore hydration, comfort, and radiance.

This soothing treatment includes gentle exfoliation, deeply hydrating serums, and a rich moisturising mask to replenish and revitalise. A calming facial massage enhances absorption, leaving your skin soft, radiant, and perfectly hydrated.

**45 mins**

**\$ 159**

**60 mins**

**\$ 189**

Includes deep exfoliation with steam and an extended, customised facial massage tailored to your needs.

**75 mins**

**\$ 219**

Includes deep exfoliation with steam, a Gua Sha lifting and sculpting facial massage, followed by an extended neck and scalp massage.

### WELLNESS TIPP

Nourish your skin by using a rich, hydrating moisturiser immediately after cleansing to lock in moisture. Incorporate a humidifier into your daily routine to combat dryness and keep your skin feeling soft and supple.

# Facial and Massage COMBOS

## Euphoria Blend - 90 mins

The Express Facial features a double cleanse, exfoliation, a relaxing facial massage, and finishing products, including an eye mask and moisturiser.

**Note:** Add your skin type in the comments (oily, combination, sensitive, or dry) to customise your products before your visit.

**30 mins Express Facial/  
60 mins Remedial Massage**  
Optional hot stones massage add-on: \$15

\$ 275

**30 mins Facial/  
60 mins Relaxation Massage**  
Optional hot stones massage add-on: \$15

\$ 260

**30 mins Facial/  
60 mins Thai Massage**

\$ 275

**60 mins Facial/  
30 mins Remedial Massage**  
Optional hot stones massage add-on: \$15

\$ 275

**60 mins Facial/  
30 mins Remedial Massage**  
Optional hot stones massage add-on: \$15

\$ 275

### WELLNESS TIPP

Prepare for your massage and facial by avoiding heavy meals and alcohol beforehand to ensure your body is ready to fully relax and detoxify.



# Facial and Massage COMBOS

## Blissful Balance - 75 mins

The Express Facial features a double cleanse, exfoliation, a relaxing facial massage, and finishing products, including an eye mask and moisturiser.

**Note:** Add your skin type in the comments (oily, combination, sensitive, or dry) to customise your products before your visit.

**30 mins Express Facial/**

**45 mins Remedial Massage**

Optional hot stones massage add-on: \$15

**\$ 240**

**30 mins Express Facial/**

**45 mins Relaxation Massage with Hot Stones**

**\$ 235**

**30 mins Express Facial/**

**45 mins Relaxation Massage**

**\$ 225**

**45 mins Facial/**

**30 mins Back, Neck, Shoulder Massage**

**\$ 235**

### WELLNESS TIPP

To maximise results, gently cleanse your skin and apply a nourishing serum or moisturiser after your facial and massage to maintain hydration and promote healing.

# Facial and Massage COMBOS

## Glow & Flow - 60 mins

The Express Facial features a double cleanse, exfoliation, a relaxing facial massage, and finishing products, including an eye mask and moisturiser.

**Note:** Add your skin type in the comments (oily, combination, sensitive, or dry) to customise your products before your visit.

**30 mins Express Facial/**

**30 mins Massage**

Back, Neck and Shoulder Massage with Hot Stones

**\$ 189**

### WELLNESS TIPP

Extend the benefits of your session by drinking plenty of water and avoiding harsh skincare products or vigorous exercise for at least 24 hours.



VOYA

BIO RETINOL  
CONCENTRATE SERUM



# 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 and Sabrina – 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

## FIRST Reformer Pilates SPECIAL

### 45 Minute Private Session

**Caroline** Exercise Physiologist

now only  
**\$119**



# Meet Paulina

Owner / Remedial Expert / Myotherapist

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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

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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

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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

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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



Massage & Spa  
**REMEDIAL** LAB

[www.remediallab.com.au](http://www.remediallab.com.au)