

FRANKS
GYM

NOOSA HEADS
MOTEL

NOURISH
SKIN CLINIC

noosa
junction
wellness
wrap

SUMMER 2024/25



ONE SPA at
RACV NOOSA
RESORT

SANCTUM
MEDICAL
NOOSA

STEPHANIE
OCEAN SPA,
NOOSA HEADS

TH7 NOOSA

FRANKS GYM

FOUNDATION MEMBERSHIPS AVAILABLE

Join everyone's favourite local fitness centre, Franks Gy, with foundation membership available for just \$49.90 per week.

Your membership includes unlimited 24/7 gym access, group fitness including yoga, Pilates & cycle, infrared sauna, ice baths, magnesium hot tub, red light therapy, body scans and onsite cafe - that's a whole lot of fun and fitness.

\$49.90 per week

07 5447 3040

info@franksgym.com.au

@franksgymnoosa

www.franksgym.com.au



NOOSA HEADS MOTEL

15% WELLNESS DISCOUNT

Your next Noosa Junction staycay couldn't be better with a 15% discount for stays of two nights or more at the relaxing Noosa Heads Motel. With all our local restaurants, bar, shops and wellness centres right at your doorstep, it's the perfect place to stay and play.

BOOK BETWEEN 18th December 2024 to 31st January 2025 FOR STAYS BETWEEN 1st February 2025 to 30th April 2025
2 NIGHT MINIMUM STAY

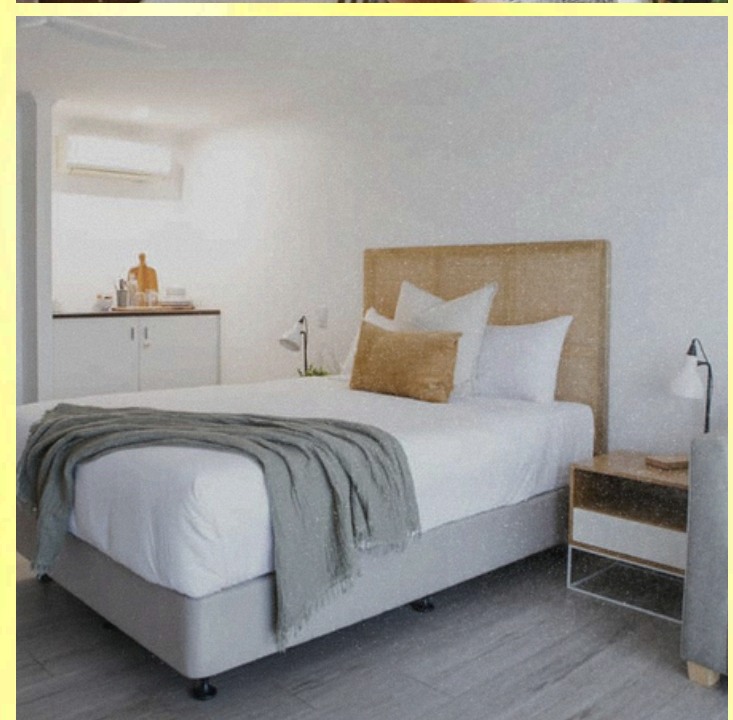
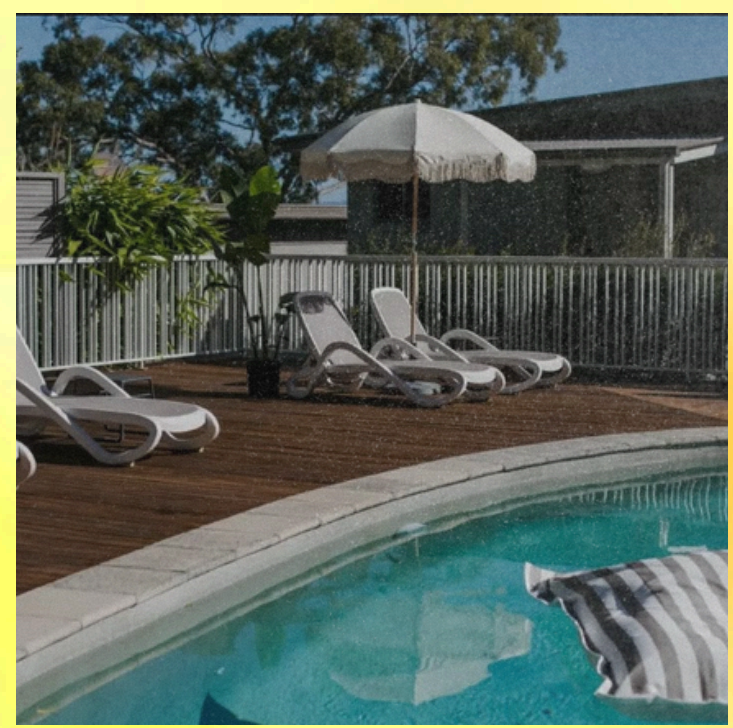
BOOK VIA WEBSITE, PHONE OR EMAIL
Online booking code WELLNESS15

07 5440 4550

0437 438 851

daniel@noosaheadsmotel.com.au

www.noosaheadsmotel.com.au



NOURISH SKIN CLINIC

FACE SCULPTING FACIAL WITH BUCCAL MASSAGE

Reclaim your radiance at Nourish Skin Clinic.

Tired of gravity taking over? Discover the secret to a lifted, youthful appearance with our Face Sculpting Facial with Buccal Massage.

Our expert therapists gently massage and sculpt the muscles of your face and inside your mouth, bringing blood, oxygen and nutrients back into your face.

- + Skin looks plump and hydrated
- + Sculpting enhances and lifts your cheekbones, eyes and jawline
- + You will leave feeling relaxed, fresh and glowing.

\$260 per person

BOOKINGS: call/text 0474 440 777 or
via link below

<https://bit.ly/buccalfacial>

@nourishskinclinicnoosa

www.nourishskinclinic.com/





SANCTUM MEDICAL NOOSA

SAY HELLO TO RADIANT, PARTY-READY SKIN THIS SUMMER AT SANCTUM!

Get your glow on with our Summer Skin Specials - designed to keep your skin looking fresh, firm, and healthy all summer long. Whether you're prepping for a night out or looking for that summer glow-up, our tailored treatments have you covered!



THE GLOW-UP

Purchase a Sanctum Signature Facial and receive 50% off a second one.

Why You'll Love It: A glow that just keeps getting better, with firmer and healthier skin, tighter pores and smoother texture for the ultimate festive prep.

PARTY-READY RADIANCE

Purchase a deep dermal hydrating (bio-remodelling) treatment and receive a complimentary Pico Genesis treatment (valued at \$350).

Why You'll Love It: Deep hydration, boosted collagen, smoother texture for skin that's prepped to party all season long..



BOOKINGS:

www.sanctummedical.com.au/contact-us/sanctum-medical-noosa

@sanctummedicalnoosa

07 52319799

STEPHANIES OCEAN SPA RESORT, NOOSA HEADS @ PEPPERS NOOSA RESORT

OCEAN CALM RITUAL 70 MINS

Rediscover your calm and experience pure serenity with our Ocean Calm Ritual, a 70 minute escape inspired by the soothing essence of Noosa's tranquil shores. Designed to release tension, revive your skin, and calm your spirit, this ritual will immerse you in a state of deep relaxation and renewal. With every gentle touch and aromatic infusion, stress melts away, leaving you grounded and radiant.

YOUR RITUAL INCLUDES;

- Breathe Ritual
- Back, Neck and Shoulder Massage
- Express Facial
- Hand and Foot Massage
- Grounding Scalp Massage

\$165 per person

FOR BOOKINGS CALL 07 5473 5353 or email reception.sos@stephanies.com.au
www.stephanies.com.au

Terms and Conditions

Valid 1st December 2024 to 28th February 2025. Cannot be used with any other spa offer, discount or spa pass. Promotional offer cannot be purchased as gift card. Offer valid at Stephanies Ocean Spa, Noosa only



ONE SPA @ RACVNOOSA RESORT

90 MINUTE MIX 'N' MATCH

Build your own sensational 90 minute package by choosing any three of the following options:

YOUR RITUAL INCLUDES;

Resurface & Refresh Facial
Hair & Scalp Therapy
Unwind Back Massage
Body Glow Exfoliation
Gua Sha Facial Massage
Foot & Leg Relief
Hand & Arm Therapy

\$230 per person

FOR BOOKINGS please call 5341 6900 or email noosa@onespa.racv.com.au



TH7 NOOSA

THREE RELAXING, RESTORATIVE NORDIC PROTOCOLS FOR JUST \$99

The perfect combination of hot and cold therapies working together to leave you feeling your summer best. Whether you're winding down after a busy year or need to recover from the holiday festivities, this protocol will help you recharge, reduce stress, and boost energy

Stage 1: Traditional sauna (20 mins)
Increased: Blood Flow, Energy, Recovery
Decreased: Fatigue, Inflammation, Soreness

Stage 2: Cold Pool Contrast therapy(8 mins)
Increased: Blood Flow, Energy, Recovery
Decreased: Fatigue, Inflammation, Soreness

Stage 3: Steam room (20 mins)
Increased: Blood Flow, Energy, Recovery
Decreased: Fatigue, Inflammation, Soreness

BOOKINGS

<https://book.th7bodylabs.com.au/packages>

@th7.au
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ww.franksgym.com.au

