



A Winter Residence
by *Paramount House Hotel*
& *the CALMM*

Treatment Menu

A Winter Residence is a seasonal collaboration between massage studio The CALMM & Paramount House Hotel. We invite you to experience our wellbeing offerings, with therapeutic treatments available on the Rooftop Pavilion seven days a week. A selection of in-room, self-guided options are also available each day.

*8am-8pm
Monday-Sunday
Paramount Rooftop Pavilion
Level 2, 80 Commonwealth St,
Surry Hills NSW 2010*



Our Space

The Pavilion is located on the rooftop of Paramount House Hotel in Surry Hills. A skyward oasis, the expansive area is divided between treatment room and integration space, furnished thoughtfully by our friends at Jordan, with organic tea and tonics provided by Bondi-based Orchard St.



Pavilion Treatments

“We offer a space for our clients to ‘be’, a space for them to notice themselves, be present, listen to their body and nourish it where needed.”

- *Jessie Whittaker, founder of The CALMM*

The DEEP Remedial

\$130/60 minutes | \$190/90 minutes

This remedial treatment is designed to iron out knots or areas of tension in the body, whilst simultaneously easing deep-rooted stress patterns. Whether a focused or full body treatment, this style of massage stimulates blood flow, increases joint mobility, helps to repair damaged tissue and releases energetic blockages.

Leave feeling realigned, rejuvenated, limber and ready to take the world.

Add Ons

+ 30-minute Face Massage | \$75

+ LED Body Panel | \$40

+ LED Light Mask | \$40





Lymph DETOX Remedial
\$140/60 minutes | \$190/90 minutes

This detoxifying treatment accelerates the lymphatic system's natural cleansing and healing ability by removing toxins, metabolic wastes and excess fluid from your body. We use a combination of lymphatic rhythmic strokes and sports massage to drain, reduce inflammation, promote flow, decrease pain and sculpt the body.

Leave feeling lighter, slimmer and stronger.

Add Ons

- + 30-minute Face Massage | \$75
- + LED Body Panel | \$40
- + LED Light Mask | \$40

The FACE Massage

\$165/60 minutes | \$230/90 minutes

This rejuvenating massage and acupressure treatment provides a natural face-lift by freeing up contractions within the facial muscles and connective tissues.

The combination of remedial facial massage, lymphatic drainage, acupressure and energy balancing aids in improved circulation, the removal of toxins from the face, increased oxygen flow, alleviating headaches and smoothing over your complexion while creating an equilibrium within the body.

Add Ons

+ LED Body Panel | \$40

+ NormaTec Boots | \$40





NormaTec Compression Boots
\$40/30 minutes

The NormaTec compression pieces work by using dynamic air compression to reduce inflammation and advance your wellness. Relax, pump lymphatic blockages, improve circulation, increase flexibility and enhance recovery with a patented NormaTec Pulse technology.

Let go of what you don't need and allow nutrients & oxygen to free flow.

Add Ons

- + LED Light Mask | \$40
- + LED Body Panel | \$40



In-Room Treatments

In addition to our Pavilion treatments, we are pleased to offer a selection of in-room treatments in collaboration with The CALMM.

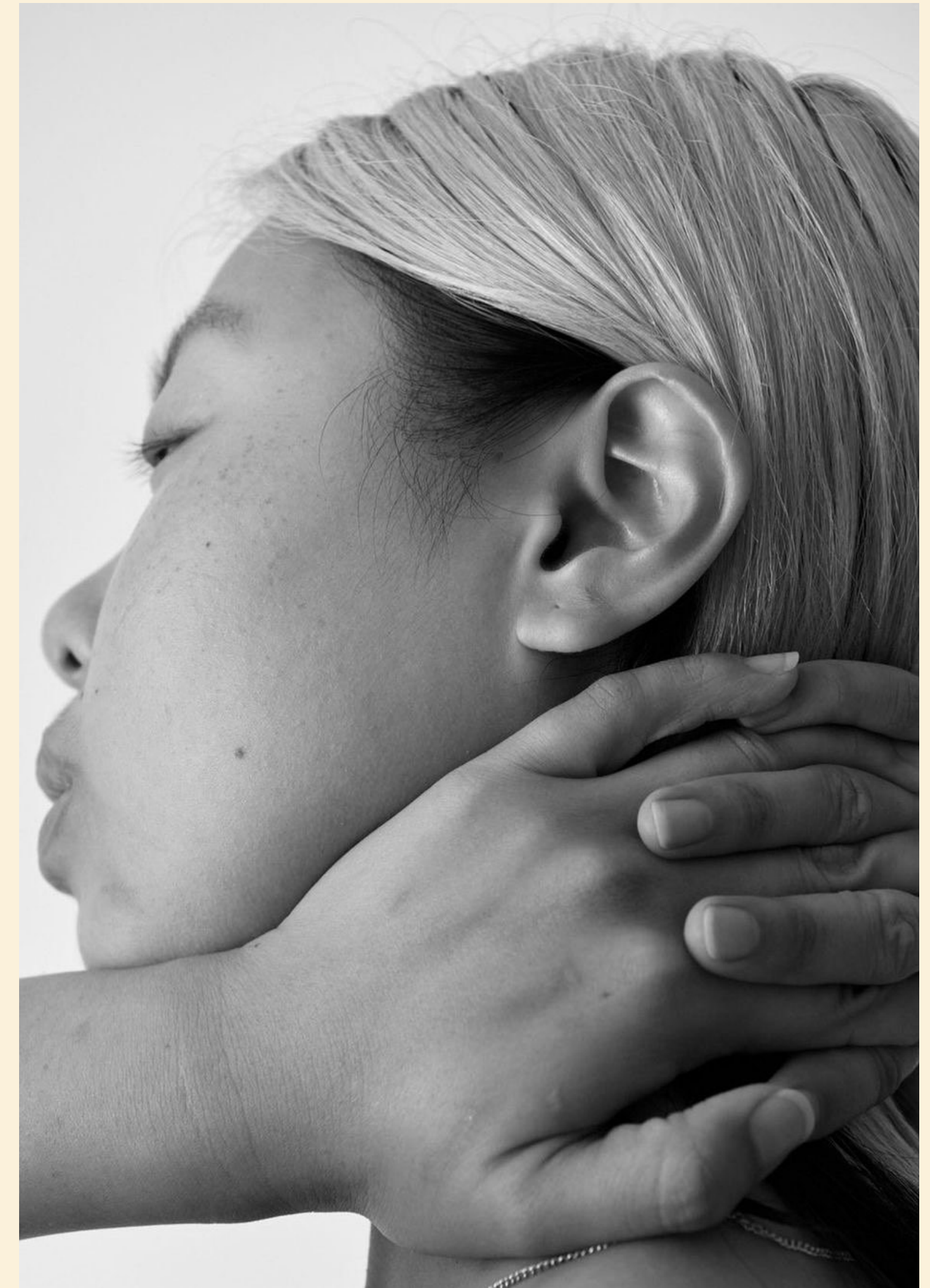
Red Light Mask
\$40/20 minutes

An Infrared Light Mask that acts as a type of 'photo-medicine' for the face, treating a range of skin conditions, stimulating collagen production and improving complexion and elasticity.

Silicon Face Mask
\$10/10-15 minutes

A soothing aloe vera-based mask, ideal for sensitive skin. Combines aloe vera, organic hemp oil, watermelon seed oil, green coffee extract and Vitamin E to brighten, clear and hydrate – enjoy dewy skin in seconds.

Complete ingredient list available upon request.





Deep Sleep Dream Drops
\$45

Enjoy Orchard St.'s organic herbal tincture 'Dream Drops', designed to usher effortless rest with a combination of calming, sleep-supportive herbs. Best paired with our immersive soundscape in-room.

*To book your treatment please contact Paramount House Hotel
on (02) 9211 1222 or hello@paramounthousehotel.com*

*We are located at 80 Commonwealth St,
Surry Hills NSW 2010*

*[@paramounthousehotel](https://www.instagram.com/paramounthousehotel)
www.paramounthousehotel.com*

We respectfully acknowledge the Gadigal People of the Eora Nation, the traditional custodians of the land upon which Paramount House Hotel stands.
We pay respects to Elders, past, present and emerging. Sovereignty has never been ceded.



*The whole culture is telling
you to hurry, while the art
tells you to take your time.
Always listen to the art.*

Junot Diaz