



MELBOURNE

YOUR TIME. YOUR JOURNEY.







AQUA RETREAT

WATER IN ALL ITS USES, GIVES US THE ABILITY TO REHYDRATE, REFRESH AND SOOTHE THE BODY, WHICH FORMS THE BASIS OF OUR AQUA RETREAT FACILITIES.

THE STEAM ROOM PROVIDES HEAT TO WARM THE BODY AND ELIMINATE TOXINS. THE THERAPEUTIC SWISS SHOWER WILL STIMULATE THE SENSES AND FINALLY OUR VITALITY SPA IS THE PERFECT REFUGE FOR TIRED BODIES.

THE AQUA RETREAT TRULY OFFERS EXCEPTIONAL WET FACILITIES TO COMPLEMENT YOUR CROWN SPA TREATMENT OR SIMPLY, AS A REJUVENATING EXPERIENCE OF ITS OWN.

THE AQUA RETREAT AND INDOOR POOL IS COMPLIMENTARY TO GUESTS WITH TREATMENTS OF AN HOUR OR LONGER; OR ALTERNATIVELY GUESTS CAN PURCHASE AN ACCESS PASS.

AQUA RETREAT ACCESS

USE OF THE AQUA RETREAT INCLUDING VITALITY SPA, STEAM ROOM AND SWISS SHOWER.

AQUA RETREAT PASS \$65 PER PERSON

AQUA RETREAT AND POOL ACCESS

UNWIND AND SPEND THE DAY POOLSIDE AND IN OUR LEISURELY AQUA RETREAT FACILITIES.

AQUA RETREAT AND POOL PASS \$125 PER PERSON

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.

CROWN SPA JOURNEYS BY SUBTLE ENERGIES

EMPOWERING ME, A WOMAN'S JOURNEY

A journey to celebrate your inner and outer beauty. Begin with a gentle meditation, followed by a massage using active oils of empowerment and renewal, with a fusion of therapeutic techniques to increase your vital energy. A results-driven facial, tailored to bring harmony to your skin, using potent anti-ageing ingredients such as mogra, that also addresses emotional and hormonal balance.

2 hours 30 minutes \$390 | \$540 with prescription kit

Continue your treatment at home and purchase the Rejuvenate and Restore prescription kit.

DETOX AND ADRENAL BOOST JOURNEY

A comprehensive purification process using highly potent active ingredients such as tulasi, wild turmeric and Indian lime that work as detox agents stimulating the cells and lymphatics. The journey commences with a guided meditation. An invigorating full body exfoliation is followed by a detoxifying wrap and concludes with Subtle Energies signature massage, that is a fusion of modalities that is deeply relaxing but energising.

2 hours 15 minutes \$420 | \$590 with prescription kit

Continue your treatment at home and purchase the Detox and Adrenal prescription kit.

SLEEP SUPPORT THERAPY

Subtle Energies Sleep Support Therapy is a signature program based on clinical research and ancient practises, to assist sleep concerns and insomnia. A guided meditation begins the program while a full body Blissful Marma massage releases tension and realigns the body's rhythm. This is followed by a facial marma massage and the Nasya (nasal oil application), an ancient yogic technique for many concerns including sleep. Yogic pranayamas, that will positively impact the vital energy within completes the journey.

2 hours \$350 | \$510 with prescription kit

Continue your treatment at home and purchase the Sleep Support prescription kit.

THE RECOVERING TRAVELLER

A journey that assists in balancing the body by releasing any fluid retention and strengthens the immune system after a long flight. It begins with a guided meditation, followed by a signature massage using a fusion of modalities, including marma work, lymphatic drainage and a kasa bowl technique that draws out excess heat. Customising to individual needs, this experience can awaken or assist to bring about a restful slumber.

2 hours \$350 | \$445 with prescription kit.

Continue your treatment at home and purchase the Recovering Traveller Jet Lag prescription kit.

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.





CROWN SPA PACKAGES

FOR THE ULTIMATE EXPERIENCE OF CROWN SPA SERVICES,
OUR PACKAGES ARE TAILORED SPECIFICALLY FOR YOU.

CROWN SPA ULTIMATE

Enjoy on your own or with a friend; your ultimate spa escape hosted in our Deluxe Suite leaves nothing to chance ensuring you feel pampered from head to toe. Including a La Prairie Pure Gold Radiance facial, a Relaxation massage, spa cuisine, manicure and pedicure as well as a wash and blow wave. This heavenly combination ensures total body relaxation, with a polished finish.

6 hours \$850

REJUVENATION

This spa experience in our Deluxe Suite optimises relaxation with your own private spa and steam bath. Your luxurious Rasayana Detox body wrap, including exfoliation and lotion application is followed by our Caviar Lift facial designed to instantly give a youthful radiant tone. Finish with a wash and blow wave to complete your rejuvenation.

4 hours \$625

CELLULAR RESTORATION

Rebalance, revitalise, renew. Drawing on potent active ingredients, enhance cell regeneration and repair, with this indulgent treatment experience in our Deluxe Suite. Your restoration process begins with a purifying body exfoliation and a phytonutrient rich wrap, which tightly tones the skin, before being transported to a state of deep relaxation with our signature marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality on every level of being.

3 hours 45 minutes \$595

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.



INDULGENCE

For pure indulgence, we have combined a Hot Stone massage that will melt away tension, a La Prairie Cellular Hydrating facial to refresh fatigued skin and a Essential pedicure to soothe and moisturise tired legs and feet.

3 hours 30 minutes \$550

TRANSFORMATION

Feel renewed after this decadent spa experience. The Cinnamon and Walnut Body Buff will eliminate toxins and dead skin cells from the body, while the Subtle Energies Mukha Chikitsa facial will restore cellular radiance to the skin. End your day with a wash and blow wave to complete your transformation.

2 hours 45 minutes \$430

RENEWAL

Indulge in a relaxing 30 minute back massage followed by our La Prairie White Caviar Illuminating facial. Finish with a file and polish for your hands to complete your journey.

2 hours 30 minutes \$455

CELEBRATION

Enjoyed in our Deluxe Suite, this package includes a one hour Relaxation massage and our Cellular Hydrating facial. Renowned for its most dramatic results for stressed and fatigued skin, the Celebration package will bring you back to centre.

2 hours 30 minutes \$420



LA PRAIRIE FACIALS

BEAUTIFUL, GLOWING SKIN.

Give your skin the love and attention it deserves with our tailored therapeutic facials.

La Prairie is a Swiss beauty company with an unparalleled commitment to excellence, luxury and the science of skincare. The exclusive beauty treatment program is the ultimate in skin and body care, specially tailored for the most discerning clientele, and only available at the world's most prestigious locations.

CAVIAR LIFT FACIAL

Experience pure luxury with a treatment that instantly firms the skin and perfects its tone and texture. Your skin will feel reborn when La Prairie Skin Caviar Liquid Lift is applied to the face and eye area using warm globes, followed by a relaxing massage with Skin Caviar Crystalline Concentre. This decadent treatment will transform even the duller complexions into radiant, luminous skin.

1 hour and 30 minutes - \$340

PLATINUM RARE FACIAL

The ultimate indulgence. Enjoy a head to toe treatment infused with pure platinum to restore balance and a sense of wellbeing. Two therapists are present to pamper your face and body using the high performance Platinum Collection by La Prairie including cellular cream, serum and eye cream Platinum Rare. Skin is left re-energised, hydrated and glowing.

1 hour and 30 minutes \$500

PURE GOLD RADIANCE FACIAL

The golden drops of La Prairie's Cellular Radiance Concentrate Pure Gold visibly lifts, firms, and brightens the skin. Gentle heat and specially selected masks help to enhance the penetration of precious Pure Gold serum, smoothing the skin, leaving it vibrant and radiant.

1 hour and 30 minutes \$380

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.

WHITE CAVIAR ILLUMINATING FACIAL

This luminous La Prairie treatment drenches the skin with moisture while fulfilling a promise to brighten and firm with exquisite caviar properties. Finishing with a pampering massage, the skin's translucency is restored and you're left with a glowing complexion.

1 hour 30 minutes \$360

PLATINUM RARE ESSENTIAL FACIAL

The Platinum Essential Facial merges high performance pampering with Platinum's unique age defying technology. This treatment takes the classic facial and turns it into a sumptuous top-to-toe experience using La Prairie's Platinum Rare collection. Indulge in the ultimate in luxury and rejuvenation and discover firm, youthful and radiant skin with the pure incandescence of Platinum.

1 hour - \$335

SKIN CAVIAR ESSENTIAL FACIAL

This result driven treatment infuses pure luxury with the decadence of caviar using La Prairie's iconic Skin Caviar collection. Experience the legendary lifting and firming of caviar, including La Prairie's signature eye and face massage to create deeply hydrated, nourished and glowing skin.

1 hour - \$290

CELLULAR HYDRATING FACIAL

Stressed and fatigued skin requires a hydrating treatment to achieve the most dramatic results. This intensive facial treatment combines energising masks and massages, along with the added cell revitalising benefits of La Prairie's uniquely empowering Cellular Power Infusion.

1 hour \$240





SUBTLE ENERGIES FACIALS

ANCIENT SCIENCE, PURE AND NATURAL
CREATED WITH INTENT MADE TO EMPOWER

Subtle Energies is an Australian brand, with an Aromatherapy focus that delivers natural skincare and wellness body solutions, founded on authentic Ayurveda principles. The treatment range has been designed to combine the optimum methods and knowledge found in these respected ancient sciences, with holistic modern techniques for the ultimate wellness in skin and body care.

SOOTHE AND ENRICH ANTI-OXIDANT FACIAL

Designed for dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

1 hour 30 minutes \$265 | 1 hour \$210

MUKHA CHIKITSA, HOLISTIC ANTI-AGEING FACIAL

Harnessing the potent blend of ancient cellular wisdom and modern science, this customised facial delivers a unique anti-ageing treatment experience. The signature facial marma massage reduces stress and anxiety whilst restoring cellular radiance and leaving the skin visibly smoother.

1 hour 30 minutes \$265 | 1 hour \$210

WILD KASHMIR PURIFYING FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

1 hour 30 minutes \$220 | 1 hour \$175

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.



SUBTLE ENERGIES BODY TREATMENTS

PEARL INFUSED REMINERALISING BODY MASK

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of mogra and Indian rose to release tension and stress, and restore balance.

1 hour 30 minutes \$300

RASAYANA DETOX BODY WRAP

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as your body is smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with skin glowing and body and mind re-energised.

1 hour 15 minutes \$260

CINNAMON AND WALNUT BODY BUFF

A rejuvenating light to medium exfoliation using cinnamon bark and walnut shells, blended with the uplifting aromatics of tulasi, limbu and wild turmeric. This scrub buffs away dead skin cells, detoxifying and reducing signs of cellulite. The treatment includes hot compressing in between the exfoliation process and is completed with a personalised full body hydration. An ideal treatment to relieve jet lag and tired skin.

1 hour \$210

HIMALAYAN ENERGISING BODY POLISH

This invigorating ritual begins with a deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant and stress will be soothed away with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub. The treatment includes hot compressing and ends with a personalised full body hydration.

1 hour \$210

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.

MASSAGE

ENJOY YOUR MOMENT. OUR THERAPEUTIC MASSAGE COLLECTION WILL RESTORE YOUR BODY AND INVIGORATE YOUR MIND, LEAVING YOU FEELING ENLIVENED.

BLISSFUL MARMA MASSAGE

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balancing aligns vital energy centres. The 90 minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

1 hour 30 minutes \$260 | 1 hour \$200

HOT STONE MASSAGE

Enjoy deep relaxation as the soothing massage of hot stones works to de-stress muscles, allowing tightness and tension to melt away.

1 hour 30 minutes \$260

DEEP TISSUE

A deep rhythmic massage focused on releasing areas of muscle tension and mobilising fatigued muscles. Perfect for muscular aches and pains, recovery post work out and to alleviate tightness and problem areas.

1 hour 30 minutes \$255 | 1 hour \$190

REMEDIAL

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching.

1 hour 30 minutes \$250 | 1 hour \$180

RELAXATION

Let us take you on the journey to ultimate relaxation. Our spa therapists use light to medium pressure utilising gentle lymphatic techniques and rhythmic flowing movements.

1 hour 30 minutes \$230 | 1 hour \$170

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.





PREGNANCY TREATMENTS

PREGNANCY POLICY

FOR THE SAFETY OF MOTHER AND BABY, CROWN SPA IS ONLY ABLE TO PERFORM SELECTED TREATMENTS DURING THE 2ND TRIMESTER OF YOUR PREGNANCY.

PREGNANCY MASSAGE

Ease tired feet, legs and back with a revitalising and strengthening massage for mothers to be. This treatment is specifically designed to meet the needs of pregnant women and their changing bodies, relieving muscle aches and joint pains and improving circulation and mobility.

1 hour \$190

CELLULAR HYDRATING FACIAL

Stressed and fatigued skin requires a hydrating treatment to achieve the most dramatic results. This intensive facial treatment combines energising masks and massages, along with the added cell revitalising benefits of La Prairie's uniquely empowering Cellular Power Infusion.

1 hour \$240

SOOTHE AND ENRICH ANTI-OXIDANT FACIAL

This intense enriching facial delivers an exceptional nutrient rich elixir that revitalises tired skin. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Emerge from this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

1 hour \$210

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.

GLOWING MUM TO BE

For complete pampering unwind with our 60 minute pregnancy massage along with a Subtle Energies Soothe and Enrich facial to ensure you leave feeling refreshed and glowing.

1 hour 30 minutes \$250

LEG MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment, recommended for improving circulation and reducing swelling. A signature massage using a bronze kasa bowl technique will draw out excess heat and stimulate marma points of the feet and legs using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment.

Upgrade any 1 hour pregnancy treatment with our 30 minute leg massage \$100

COMPLETE PREGNANCY PACKAGE

Retain the memories of your Spa experience and continue the benefits of your pregnancy massage at home with three specially formulated body oils for use during pregnancy and on baby.

1 hour, including a gift of three Subtle Energies body oils \$295

CROWN GIFTS

Crown Gift cards can be used for the ultimate in spa pampering.

This is the perfect gift for an expectant mum.

FOR HIM

LA PRAIRIE CELLULAR HYDRATING FACIAL

Stressed and fatigued skin requires a hydrating treatment to achieve the most dramatic results.

This intensive facial treatment combines energising masks and massages, along with the added cell revitalising benefits of La Prairie's uniquely empowering Cellular Power Infusion.

1 hour \$240

SUBTLE ENERGIES WILD KASHMIR PURIFYING FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

1 hour \$175

REMEDIAL MASSAGE

A firm but relaxing spa massage designed to invigorate and energise the body and mind, utilising a variety of massage techniques and gentle muscular stretching. This massage will revitalise even the weariest muscles, release toxins and alleviate stress and muscle tension tailored to your areas of concern.

1 hour \$180

GROOMING SERVICES

Hair cut | Beard trim | Waxing | Colour services

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.

MANICURE

Soothe and moisturise your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

45 minutes \$130

PEDICURE

Soothe and moisturise your legs and feet with an essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a relaxing foot massage.

1 hour \$140

A PACKAGE FOR HIM

Commence your journey in our Aqua Retreat before moving into one of our luxurious treatment rooms. Your firm but relaxing Remedial massage which will ease stress, improve circulation and release toxins from the body is followed by an essential manicure, complete with a relaxing hand massage. Finish with a haircut to complete your experience with one of our renowned stylists.

2 hours 30 minutes \$320

A DAY FOR HIM

For the active man to the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well being journey.

2 hours 30 minutes \$425

The background of the page is composed of a dense field of small, golden-brown particles. These particles are scattered across the white page, with higher concentrations forming soft, glowing shapes in the upper-left and lower-left corners. The overall effect is a shimmering, ethereal texture that suggests movement and light.

TREATMENT ENHANCEMENTS

ELEVATE YOUR CROWN SPA EXPERIENCE.

UPGRADE WITH AN ENHANCEMENT THAT COMPLEMENTS
YOUR SELECTION OF FACE AND BODY TREATMENTS.

Enhancements can only be taken with an existing spa treatment. Alternatively, combine three or more enhancements to create your bespoke experience

HIMALAYAN SALT EXFOLIATION

Eliminate dull skin with this deep exfoliating body polish using mineral rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built up tension. Skin will be visibly radiant with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub.

30 minutes \$100

HEAD, NECK AND SHOULDER MASSAGE

This deeply relaxing treatment uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding. A combination of pressure point massage and stretches with traditional massage techniques will leave you with clarity and focus, whilst rejuvenating the scalp and releasing tension in the neck and shoulders.

30 minutes \$100

RELAXING FOOT MASSAGE

Bring harmony to the entire body with this energising foot and leg treatment. A stimulating massage of the feet involving stretches and pressure points massage will invigorate and renew the entire body. It balances and calms the mind, assuring a peaceful night's sleep. Hot compresses complete this treatment.

30 minutes \$100

WILD KASHMIR PURIFYING FACIAL

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. Toxins will be drawn out through a double cleanse, and a saffron and frankincense exfoliation followed by a purification mud mask.

30 minutes \$100

PRIVATE SPA TIME

Enhance your treatment experience by upgrading for a private spa time in the luxury of our Deluxe or Indulgence Suites. This includes a spa bath and private steam shower.

30 minutes \$50 (Deluxe Suite)

30 minutes \$100 (Indulgence Suite)

*Complimentary four hour valet parking is included with all one hour or more treatments excluding in-house guests.



BEAUTY SERVICES



MANICURES AND PEDICURES

ESSENTIAL MANICURE

Soothe and moisturise your arms and hands with an Essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a blissful hand massage and nail polish application.

1 hour \$140 | 1 hour 15 minutes (with gel polish) \$150

ESSENTIAL PEDICURE

Soothe and moisturise your legs and feet with an Essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a blissful foot massage and nail polish application.

1 hour \$150 | 1 hour 15 minutes (with gel polish) \$160

Shellac removal - 30 minutes

French application - 15 minutes



HAIR SERVICES

HAIR

Ladies cut including blow wave from \$100

Ladies restyle cut including blow wave from \$130

Fringe trim \$25

Children's cut (12 years and under – excludes wash and blow wave) \$40

STYLING

Tonging (dry styling with irons) \$50

Blow wave from \$75

Classic hair up (wash not included) from \$100

Creative styling (wash included) from \$150

Permanent wave from \$115

COLOUR

Foils from \$105

Semi colour from \$70

Tint (full head) from \$130

Tint (re-growth) \$115

Toner application \$40

Balayage/Ombre \$280

Hair contouring \$280

INOA hair colour available add \$10

Colour services do not include blow wave.

All hair colour services excluding tint re-growth and single toner application receive a Kérastase Masque treatment.

TREATMENT ENHANCEMENTS

Ritual Booster treatments \$40

Intensive treatment (with heat) \$60

Olaplex treatment \$85

Smartbond treatment from \$35

WAXING

Full leg | Half leg | Arms | Underarm
Bikini | Brazilian | Chest | Back
Eyebrow | Lip/chin | Ear/nose | Full face
POA

THREADING

Eyebrow | Upper lip | Chin | Full face
from \$25

TINTING

Eyelash | Eyebrow | Eyelash and eyebrow
from \$25

MAKEUP

Full application \$100 | Temporary eyelash application \$45
Bridal parties (hair and makeup) POA

SPRAY TAN

Naked Tan is the global pioneer of the two hour tan and is made from all natural ingredients.

The Naked Tan spray tanning formulation wash 'n' wear in two hours is enriched with aloe vera for moisture, contains organic DHA, no parabens, no alcohol and is odour-free and interacts with the skin naturally. The divine aroma of coconut and vanilla bean with a hint of bliss is inspiring.

30 minutes \$75







FITNESS

Continue your wellness journey with individualised fitness sessions, tailored to meet your personal goals.

Personal training	30 minutes	\$65
Personal training	45 minutes	\$75
Personal training	1 hour	\$85
Swimming lessons (child)	30 minutes	\$65
Swimming lessons (adult)	45 minutes	\$85
Yoga	45 minutes	\$75
Pilates	45 minutes	\$75
Boxercise	30 minutes	\$65
Spin class	45 minutes	\$75
Meditation	30 minutes	\$65

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