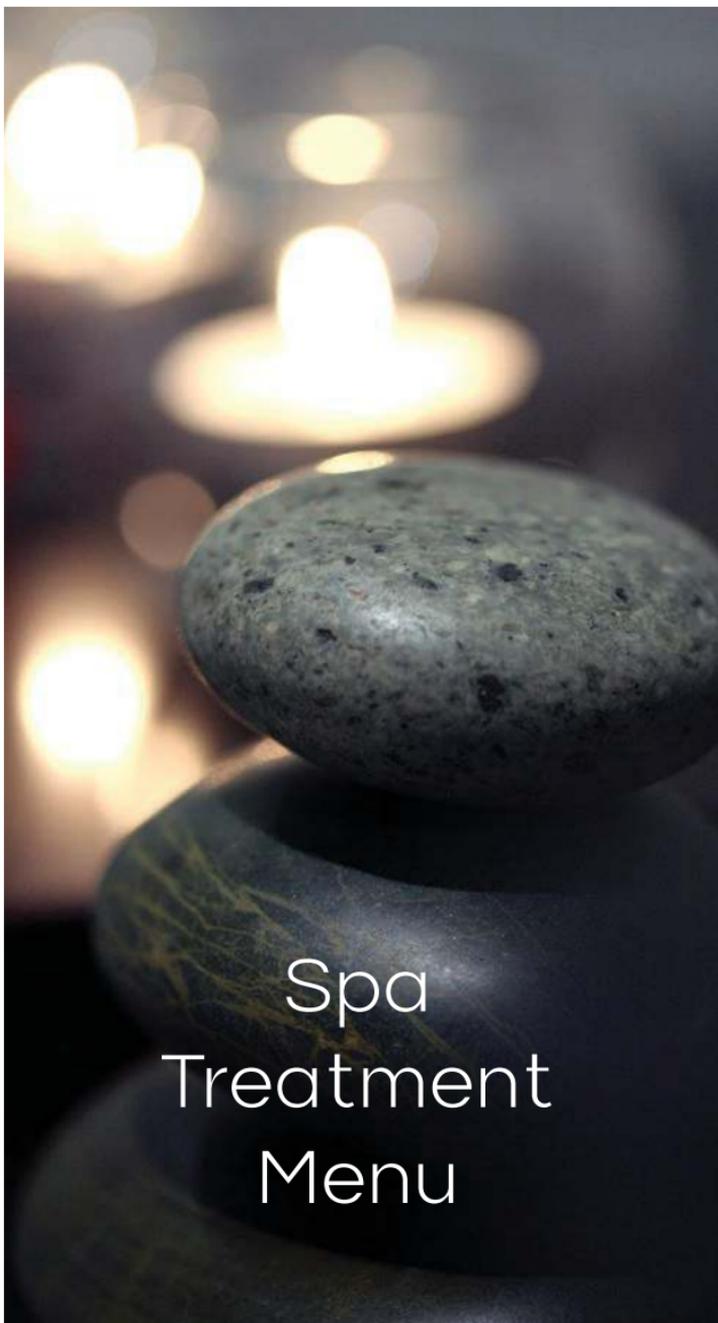




Solitude Spa



Solitude Spa Massage

Hot Stone Therapy

As an extension of your therapist's hands, the powerful properties of warm stones combined with essential oils deliver an energizing yet relaxing massage. Experience a new dimension of relaxation with this exceptional treatment.

90 mins \$170.00

60 mins \$135.00



Swedish Relaxation

A light effleurage massage to promote relaxation. Great as a first-time massage.

30 mins \$65.00

60 mins \$110.00

Aroma Bliss

Lie back and relax with this soothing massage. Using essential aromatherapy oils specific to your requirements, our Spa therapist will work your entire body and melt away any knots or aching muscles. A must for anyone looking for total relaxation. Choose from four different types of oils to indulge your senses.

30 mins \$75.00

60 mins \$125.00

Remedial Massage

If you have muscle tension or chronic pain, remedial massage may be for you. Your remedial massage therapist will assess areas that need treatment and what may be causing your discomfort. By performing various tests your therapist will be able to see exactly which muscles are giving you trouble and will tailor a treatment plan specifically for you. The treatment itself may include active or passive resistive techniques, facial release, deep tissue massage.

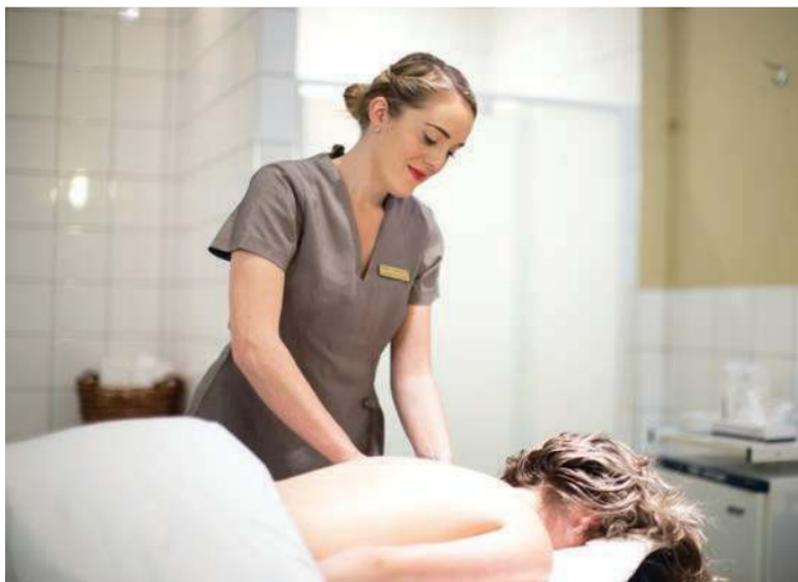
75 mins \$150

Therapeutic Deep Tissue

This massage focuses on specific areas of discomfort and muscular tightness, helping to release tension, knots and stiffness. Pressure is adapted to everyone's preference.

30 mins \$75.00

60 mins \$135.00



Please note: For ladies, who are trying to fall pregnant or are pregnant, please note that massage treatments are discouraged. Why not try one of our facials as an equally relaxing and enjoyable alternative?

Bookings are essential.

Facial

Purifying Immersion

Relax and be pampered with this facial. Includes cleanse, towel steam with massage and mask. Face and eye moisturizer to finish.

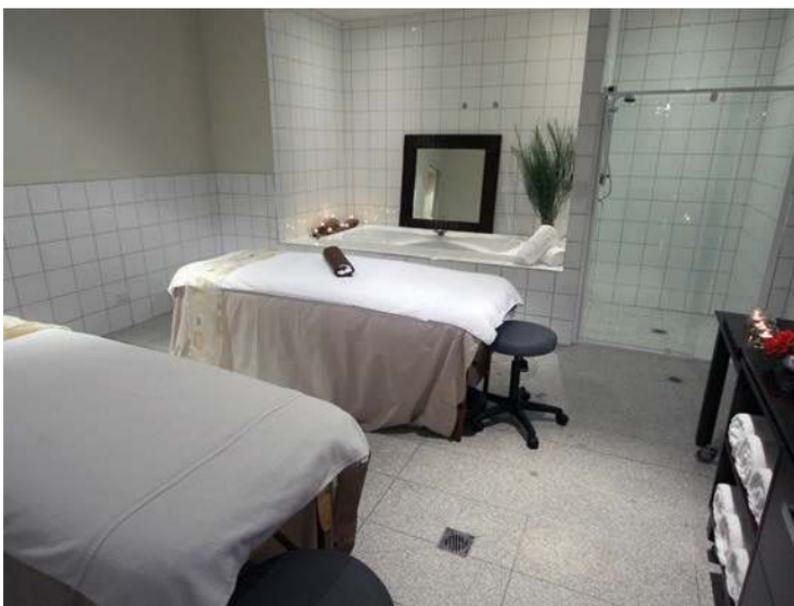
45 mins \$75.00

Absolute Hydration

A truly hydrating and vitamin packed treatment to boost the skins resilience. Featuring active antioxidants with a unique mask to revitalise the skin and combat dehydration. Skin texture and smoothness is restored leaving the skin radiant and alive. A must for dehydrated skins after prolonged travel, exposure to air conditioning and the elements.

60 min \$120.00





Pure Collagen Velvet Facial

This luxurious and highly effective facial incorporates a pure collagen mask with active serums especially chosen to replenish the skin and visibly refine fine lines and wrinkles.

60 mins \$150.00

Body Treatments

Sheer Bliss

Head, Hands, Feet

Our feet carry the weight of our body; our heads carry the weight of the world. A foot bath and light exfoliation to your feet start this heavenly treatment; pressure points are then worked on to release tension and massage away the heavy load. As we work our way from your feet to your hands to your head you will feel the tension dissolving away. **45 mins \$80.00**



Traveller's Revival

Foot Soaks, Body Exfoliation, Massage, Foot Acupressure, Eye Therapy

This is the perfect total body treatment for stressed, tired or jetlagged bodies. To start, a revitalising hot foot soak, then put your feet up and relax while your therapist treats you to an energising body exfoliation aiding in the removal of dry dead skin cells, after removal of the product you will receive a deeply relaxing full body massage. Continuing with a hydrating eye therapy mask finished with a soothing foot massage. The perfect balance is created between energising and relaxation.

Allow 2 hours \$240.00

Body Polish

Energizing yet relaxing this treatment starts with a gentle dry skin brush, followed by a full body exfoliation utilizing lovely body exfoliating products to eliminate dry, dead skin whilst increasing circulation, your skin will feel refined and have a healthy glow. After removal of the product, nourishing creams will be massaged over your body leaving you feeling deeply relaxed and your skin replenished, fresh and silky smooth.

60 mins \$130.00



Hand & Feet Treatment

Express Manicure

Your nails are filed, shaped and buffed smooth then choose a shade in our collection to be applied for beautiful nails.

30 mins \$40.00

Express Pedicure

Your nails are filed, shaped and buffed smooth then choose a shade in our collection to be applied for beautiful toes.

30 mins \$40.00

Solitude Spa Manicure

Beautiful hands will result with this delightful treatment. Enjoy a hand soak, nail and cuticle care, a relaxing hand and forearm massage, finished off with a buff and nail polish.

60 mins \$80.00



Solitude Spa Pedicure

Your feet will delight with this wonderful treatment, a refreshing foot soak, nail and cuticle care, attention to dry hardened skin and a nourishing foot and lower leg massage. Finished off with a toe nail buff and polish.

60 mins \$80.00

Add a rejuvenating paraffin treatment to any manicure or pedicure for \$45.00

Finishing Touches

These treatments are subject to appropriate therapist availability – check with the Lodge Reception to confirm.

Waxing

| | |
|-------------------|------|
| Full Leg | \$55 |
| Half Leg | \$35 |
| Under Arm | \$20 |
| Lip or Chin | \$15 |
| Bikini Tidy..... | \$28 |

Men's waxing

| | |
|--------------------------|------|
| Back starting from | \$30 |
| Chest starting from..... | \$30 |
| Nape of neck..... | \$20 |
| Full leg..... | \$55 |
| Eyebrow groom..... | \$20 |

Spa Packages

Revive Package

Relax with a muscle soothing full body massage, followed by a facial to cleanse and revive your skin, hydrating serums and a mask are infused with hot towels. You will see and feel the difference.

75 mins \$150.00

Refresh Package

Relish in this pick me up facial and stress busting neck & shoulder massage. To finish have your hands or feet treated to a Petite Manicure or Pedicure. This includes nail and cuticle grooming complete with a buff or polish.

75 mins \$150 .00

One for the Boys

What every man needs! A deep cleansing invigorating sea salt back scrub to smooth the skin sloughing away dry skin cells complete with steaming hot towels. Followed by a tension releasing full body massage and top it off with a deeply relaxing head massage. You will love this treatment!

75 mins \$150.00



Spa Information

Operating hours

By appointment from 10am.

Cancellation policy

To ensure we do not disappoint other guests we do appreciate as much cancellation notice as possible. A cancellation with less than 6 hours notice will incur a 50% cancellation fee. The full cost of the treatment will be imposed for a "no show".

Prior to your treatment, we will ask you to complete a Client Health Form. Please arrive 10 minutes before your booking time to ensure that we start your treatment on time.

Late arrivals

All treatments are completed as scheduled, so please be aware that if you arrive late your treatment will finish as scheduled to avoid inconveniencing the next guest.

Cell phones

To maintain the harmony and ambience of the spa we ask that your cell phone is turned off before entering the spa.

Alcohol

For you to receive the full benefits of your treatment we ask that you do not consume alcohol prior to or immediately after your treatment. Your therapist has the right to cancel your treatment if she/he feels you are intoxicated. In this instance, the full cost of the treatment will be charged.

Minimum age

To help maintain a peaceful environment the minimum age requirement in the spa and gym area is 16 years of age.

Your comfort

This is extremely important to us. We will always ensure that your privacy is respected always. Please do not hesitate to let your therapist know if there is anything that can be done to improve your treatment or comfort.

Please Note: It is important to avoid bathing in the Thermal Pools for at least 24 hours after any body waxing, to reduce the risk of an eventual infection.

Phone : 03 315 7555

Website : www.selectbraemarlodge.com



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