

# M

## mountain spa

*Mountain Spa will revitalise and balance you through a unique holistic spa experience, with passionate therapists dedicated to providing professional treatments.*

To book simply phone reception by dialing 99 on your room phone

### Detox Body Wrap

Rich in minerals and trace elements, your body will be exfoliated and wrapped in a self heating body mud, after a warm shower, finish off with relaxing body balm. Ultimate rejuvenation.

**1 hour \$190**

### Seasonal Facial

A fruit inspired facial, which embraces skins radiance season by season. Vitamins boost your skins defence in winter and a cocktail of vitamins to revitalise in summer. Leaving your skin radiant and refreshed.

**1 hour \$150**

### Pedicure

Sit back, relax and enjoy. Your feet will be gently exfoliated in the foot spa, toenails trimmed, cuticles softened - followed by a foot and lower leg massage. To complete the experience, painted nails.

**45mins \$80**

### Manicure

Includes nail shaping, cuticle work, hand and forearm massage and is finished with painted nails.

**45mins \$75**

### Eye Treatment with Express Facial

Specifically designed for the eye contour area, helps immediately diminish signs of fatigue and ageing. This treatment is effective, unique and includes a hydrating mask. Feel the instant results.

**50mins \$140**

### One Hour Massage

A specialised massage that works deeply on muscles releasing aches and pains, bringing increased vitality and balance to your body.

**1 hour \$160**

### Hot Stone Massage

A unique experience using volcanic stones wrapped in aromatic bags and soaked in warmed oils and spices, in a ritual treatment taking you to a height of escapism like no other.

**1 hour \$180**

### Back and Shoulder Massage

Great for releasing tension and long-held stress.

**30mins \$85**



### Mountain Glow

A relaxing back massage followed by a cleansing facial while you have your feet and head massaged. You will be glowing.

**1 hour \$190**



### Grasmere Retreat

Enjoy the detox body wrap, while you have a relaxing eye treatment, you choose between a hands on massage or a hot stone massage. Be taken to an indulgence space.

**2 hours \$350**



### Mountain Man

Beginning with a back massage, moving on to a cleansing facial and finishing with a foot and head massage, this treatment is serious relaxation.

**1 hour \$190**

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All prices exclude G.S.T. of 15%