

SALUS

SPA AT LAKE HOUSE

On the Shores of Lake Daylesford
King Street, Daylesford, Victoria
+61 3 5348 3329
salus@lakehouse.com.au
lakehouse.com.au

SALUS SIGNATURE TREATMENT

Salus Signature Bliss 90 min \$225

Utilising the seasonal fragrances found throughout the Wombat State Forest and the local countryside, this body treatment combines soothing rhythmic strokes using hot volcanic rocks and warm oil to reduce tension and ease muscle aches. The body is then polished with Lime & Ginger salts to remove rough skin.

Whilst you are all wrapped up, a soothing face and scalp massage stimulates the skin. Finish off with a Hydrostorm experience where steam assists the absorption of essential oils whilst Vichy jets and Waterfall showers rinse away the salt, exposing beautiful soft skin – fresh, nourished and rejuvenated.



BODY TREATMENTS

Salus Detox Wrap 75 min \$210

This powerfully detoxifying treatment provides super skin-health, restores equilibrium and helps to stimulate the elimination process. Anti-oxidant rich Green Tea Seed Oil is massaged into the skin followed by a vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea Balm, rich in minerals, proteins and omegas 3, 6 & 9 – the superfood of the skin – is the final touch leaving you feeling completely reinvigorated with skin that's silky soft and conditioned.

Salus Hydration Wrap 60 mins \$185

This treatment is designed to be super hydrating, quenching thirsty skin. You are kept cocooned and warm while the mood balancing aromatic and skin conditioning oils work their magic.

THERMAL M COCOON

The following body treatments are performed in the blissful Thermal M Cocoon – utilising the wonderful therapeutic effects of steam and vichy to enhance the benefits of your choice of body treatment.

Elemis Lime & Ginger Salt Polish 60 min \$185

An exotic exfoliation ritual to invigorate and revitalise the body. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of Lime & Ginger Body Lotion.

Frangipani & Milk Ritual 60 min \$185

Warmed Frangipani Monoi Oil is dripped luxuriously over your body followed by an application of warmed Skin Nourishing Milk Bath. Also included is a refreshing facial cleanse, massage & hair treatment and a veil of Skin Nourishing Body Lotion.

PRIVATE TREETOP SPAS

Private Mineral Spa 30 min \$105 each (Single use only)

Set in a magical location, private circular spa tubs sit in secluded tree top cabins and look out through the waterfront willow trees. 100% pure Daylesford mineral water is used and no additives or chemicals are added so guests receive the maximum benefit from these precious bubbling waters. A soak prior to a more extensive body treatment or massage is an ideal way to increase circulation, stimulate the lymphatic system as well as start the muscle easing process.

Exotic Milk Bath Ritual 45 min \$150 (Single use only)

This beautiful bathing ritual is designed to nourish and feed the skin leaving it satin soft and in perfect harmony. A therapist will guide you through how to enjoy and use the gorgeous Elemis Spa Products, and will then leave you to enjoy the bath ritual. Start with a smoothing body scrub to gently sweep away impurities, and then immerse yourself into the deep tub filled with 100% mineral water enriched with indulgent nourishing milk bath and apply an Elemis Facial Mask at your leisure. After you have soaked yourself into a state of bliss you are then provided with a beautifully rich body cream to apply.



FACIALS

For men and women.

Elemis Relaxation Facial 60 min \$150

The perfect facial to lift moisture levels and restore the balance of your skin including:

- Facial cleansing
- Relaxing massage of the face, chest & neck
- Specialty mask to boost hydration, rebalance or purify the skin
- Soothing scalp massage
- Day moisturiser

Elemis Premium Facials 60 min \$175 or 75 min \$190

Our therapists will tailor make your facial to suit your individual needs. Personalised treatments respond to the ever-evolving rhythm of life and the ever-changing nature of your skin. Elemis Premium Facials are designed to achieve maximum results and support great skin health.

Every ingredient used in our Elemis Professional Products have medical grade actives of real therapeutic benefit. They don't just feel great on the skin. They are formulated to provide significant, clinically proven results.

Issues that are addressed during your consultation include:

- Signs of aging
- Wrinkles
- Loss of skin firmness
- Pigmentation issues
- Acne & scarred skin
- Dry skin
- Dull/lacklustre skin
- Sensitive skin

SALUS PACKAGES

All packages also available as gift vouchers – treat yourself or someone special!

Salus Harmony 90 min \$250

Drift away with a one hour relaxation massage with warming hot stones followed by a rejuvenating 30 minute express facial.

Absolute Spa Ritual 120 min \$310

Indulge in a Relaxation Massage followed by an Elemis Advanced Facial.

Frangipani Ritual 90 min \$250

Designed to cleanse and nourish the whole body. Begin with a luxurious frangipani scrub that polishes and primes your skin for the warmed Nourishing Mask. Complete the ritual with a one hour relaxation massage.

Salus Indulgence 180 min \$410

This unique multi-sensory experience begins with an aromatherapy journey incorporating a full body hot stone massage. With your mind and body completely relaxed, a luxurious 75 minute anti-ageing facial follows. This flows into our beautiful Elemis frangipani and salt scrub to infuse the hydrating products into the skin. This indulgent treatment ends in our hydro storm shower which incorporates steam, water and colour therapy.

MASSAGE

Relaxation Massage 60 min \$145

Designed to ease tired muscles and soothe a busy mind. Slow rhythmic strokes work to relax the entire body.

Deep Tissue Muscle Massage 60 min \$150

A firmer style of full body massage. Designed to concentrate more on areas of concern and relieve muscle tension.

Remedial Massage 60 min \$160

A customised style of massage working on individual muscular concerns using therapeutic massage techniques.

Bamboo Massage 60 min \$160

Warm bamboo sticks are used to provide a deep, penetrating massage. Built up tension, knots and trigger points are worked using a kneading motion.

MANICURE & PEDICURE

Salus Signature Manicure or Pedicure 75 min \$150

Luxurious hand or foot treatment including nourishing mask, hot stone massage and full polish application.



SOMETHING SPECIAL FOR EXPECTING MUMS

Treatments only available after the first trimester.

Pregnancy Massage 60 min \$150

Performed on a specifically designed table this is a nurturing massage aimed to soothe mums to be.

Beautiful Bump 90 min \$240

A nurturing massage followed by a gentle full body scrub & soothing scalp massage. Finish with a warm shower and self-application of a luxurious body lotion.

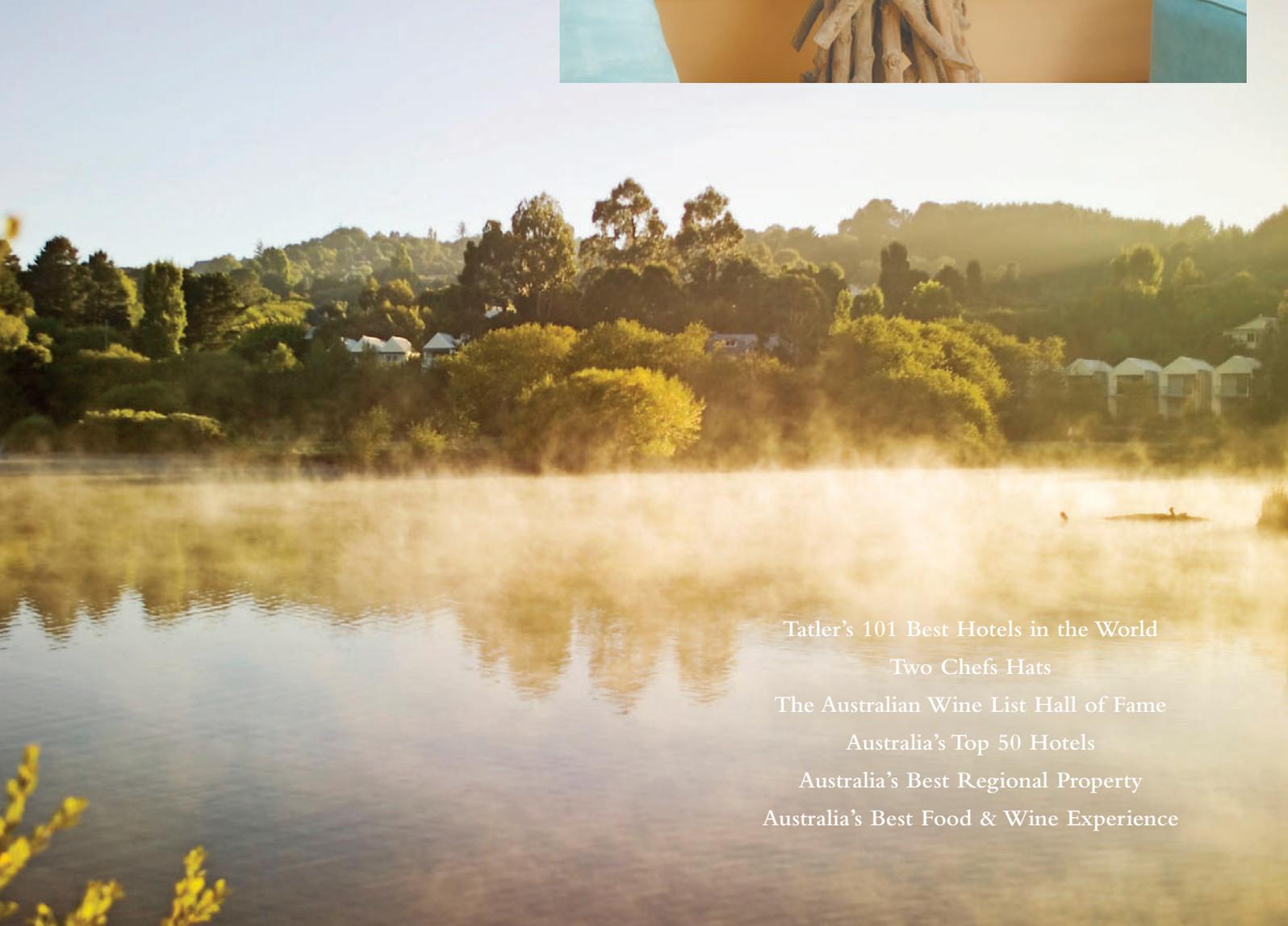
Mum To-Be Ritual 120 min \$310

Salus caters for expectant mothers with the utmost care. Begin with a nurturing Pregnancy Massage followed by an Elemis Premium Facial.

HENS PARTIES & EXCLUSIVE GROUP PACKAGES

Salus Spa is perfect for a hen's day or that special celebration. Packages start from \$171 per person for 150 minutes including a 60 minute treatment, use of the Jacuzzi and sauna plus plenty of time for a glass of bubbles with friends and range up to exclusive use of the entire Salus Spa.

We can also tailor make something extra special for you. Minimum numbers apply, contact us for more information.



Tatler's 101 Best Hotels in the World
Two Chefs Hats
The Australian Wine List Hall of Fame
Australia's Top 50 Hotels
Australia's Best Regional Property
Australia's Best Food & Wine Experience

IMPORTANT SPA INFORMATION

Reservations

A credit card number is required to secure your booking.

What to wear

Hotel guests may wear the personal robe from their room, otherwise comfortable, loose clothing is recommended. We suggest that no valuable items are brought to the spa.

When to arrive

Please arrive 15 minutes prior to your reservation.

What if I am late?

Every effort will be made to accommodate you, however as a courtesy to all our clients treatments, your treatment will be completed at the scheduled time.

Special Consideration

Please advise at time of reservation of any allergies or ailments you may have. Notification of medical conditions such as high/low blood pressure, heart complications, pregnancy, recent surgery etc. is also recommended.

Cancellation Policy

24 hours' notice for cancellations is required. Less than 24 hours' notice will incur a 100% cancellation fee. Voucher bookings will be made void. A 50% deposit is required for groups of five or more.

Minimum Age

A minimum age of 16 years is required to indulge in spa treatments at Salus.

Relaxation Zone

To ensure maximum relaxation and peace of all our guests, please respect that Salus Spa is a mobile phone free zone.

Please note – prices are subject to change without notice. We accept all major credit cards. A 1% surcharge applies to Visa & MasterCard and a 2.75% surcharge to Diners Club & American Express. There is no fee for Eftpos payments. Salus cannot take any responsibility for items that are misplaced whilst in the spa.



ELEMIS SKINCARE

'Defined by nature, led by science'; Elemis products are used in all Salus Spa treatments and are based on first pressed essential oils and the best ingredients, backed up by a research & development team for whom results are essential.

MINERAL WATER

Home to the largest concentration of mineral water springs in Australia; Daylesford & Hepburn Springs is known as 'Spa Country'. Famed for their therapeutic benefits; these springs have been used in spa and wellness rituals for years. On site you will be able to indulge in a pure bathing ritual – gently heated mineral water with no chemicals or additives is a wonderful way to promote whole body wellness. Bottled still and sparkling spring water *Daylesford Pure* is available to drink on site; whilst The Wombat Flat Mineral Water Spring is accessible on the lake shore to sample and taste.

ALL WRAPPED UP

Salus Spa Gift Vouchers are perfect for birthdays, anniversaries or any random bursts of affection. Choose from any of our Salus Treatments, Salus Packages or Elemis Skin Care Products. All gifts are stylishly packaged and can be express posted for quick delivery.

For the ultimate gift – include an overnight stay at Lake House or a memorable dining experience in our award winning restaurant. All gift voucher options and Elemis Skin Care Products can be found on our website or Online Store.

lakehouse.com.au

