

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 available to drink on site; whilst The Wombat Flat Mineral Water Spring is accessible on the lake shore to sample and taste.

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

48 hours' notice is required for all cancellation of spa appointments. Our small team do their best to accommodate all treatment enquiries. As a result if you need to cancel your reservation 48 hours' notice is required. If your cancellation falls within the 48-hour window, 100% of the treatment cost will be charged to your supplied credit card. Voucher bookings will be made void. A 50% deposit is required for groups of three or more.

Minimum Age

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

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. The Spa cannot take any responsibility for items that are misplaced whilst in the spa. **10% surcharge on public holidays (applied to weekend rates).***

LAKE HOUSE, DAYLESFORD

One of the Luxury Lodges of Australia, Lake House is one of the most awarded properties in Australia.

Built and operated by the Wolf-Tasker family since its creation in 1984; the property sits on Lake Daylesford amongst 6 acres of country gardens and is renowned for its restaurant, cellar, The Spa and stylish accommodation. Alla Wolf-Tasker AM is a leader in the hospitality industry – regarded as one of Australia's great culinary icons.

Large colourful paintings by resident artist Allan Wolf-Tasker adorn the walls and his studio is open for guests by appointment. For active hotel guests there is a tennis court, infinity pool and easy access to beautiful walking and jogging trails around the lake shore. For foodies there is the Cooking School with a rolling schedule of workshops, classes and demonstrations.

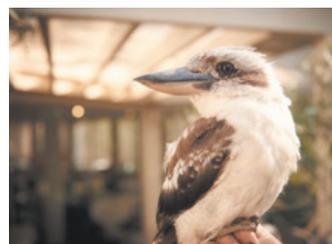
The restaurant is a destination in itself; included in Financial Review Top 30 restaurants, with 2 Chefs Hats from the Age Good Food Guide & the award for Australia's Best Wine List. Settle in for cocktails & lunch on the Lagoon Deck or in the beautiful dining room. The food is Contemporary Australian with a focus on the region's best produce. Don't miss taking a peek in the Cellar which is home to the 13,000 odd bottles and also available for private dining and wine tastings.

Hotel packages often include pampering in The Spa – take a look at the website for more information.



lakehousedaylesford

lakehouse.com.au



THE
SPA
AT LAKE HOUSE

On the Shores of Lake Daylesford

King Street, Daylesford, Victoria

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SIGNATURE TREATMENTS

Mineral Spa 30 min **\$105** Mon to Fri **\$135** Sat & Sun
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.

Salus Bliss 90 min **\$225** Mon to Fri **\$255** Sat & Sun
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

Detox Wrap 75 min **\$210** Mon to Fri **\$240** Sat & Sun
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.

THERMAL COCOON BODY TREATMENTS

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.

Lime & Ginger Salt Polish 60 min **\$195** Mon to Fri **\$225** Sat & Sun
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 **\$195** Mon to Fri **\$225** Sat & Sun
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.

PACKAGES

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

Mineral Soak & Massage 90 min **\$220** Mon to Fri **\$280** Sat & Sun
A private 30 minute soak in 100% pure mineral water. The concentrated mineral content encourages improved circulation, boosts the lymphatic system and eases muscle tension; perfect preparation for a one hour relaxation massage.

Salus Harmony 90 min **\$255** Mon to Fri **\$295** Sat & Sun
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** Mon to Fri / **\$355** Sat & Sun
Indulge in a Relaxation Massage followed by an Elemis Premium Facial.

Nourishing Body Ritual 90 min **\$255** Mon to Fri **\$295** Sat & Sun
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 **\$415** Mon to Fri **\$495** Sat & Sun
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.

Beautiful Bump 90 min **\$240** Mon to Fri **\$290** Sat & Sun
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** Mon to Fri **\$370** Sat & Sun
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

The 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 spa.

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

FACIALS *(For men and women)*

Elemis Relaxation Facial 60 min **\$155** Mon to Fri **\$185** Sat & Sun
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 Facial 75 min **\$190** Mon to Fri **\$220** Sat & Sun
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. 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

MASSAGE

Relaxation Massage 60 min **\$140** Mon to Fri **\$170** Sat & Sun
90 min **\$215** Mon to Fri **\$245** Mon to Fri

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

Deep Tissue Massage 60 min **\$150** Mon to Fri **\$180** Sat & Sun
A firmer style of full body massage. Designed to concentrate more on areas of concern and relieve muscle tension.

Remedial Massage 60 min **\$150** Mon to Fri **\$180** Sat & Sun
A customised style of massage working on individual muscular concerns using therapeutic massage techniques.

Pregnancy Massage 60 min **\$150** Mon to Fri **\$180** Sat & Sun
Performed on a specifically designed table this is a nurturing massage aimed to soothe mums to be. Treatment only available after the first trimester.

TREATMENT FOR TWO

Indulge in a treatment for two in one of our dual treatment rooms. We recommend the Salus Bliss or Salus Harmony Signature treatments to experience with a friend or partner.