



THE SPA
— LAKE HOUSE —



PRICE LIST

MINERAL WATER	TIME	MON - FRI	SAT & SUN	PUBLIC HOLIDAY
100% Mineral Water 'Tree Top' Soak	30 min	\$115	\$145	N/A
Wild Bush Rose Mineral Soak	30 min	\$135	\$165	N/A
Mineral Soak & Massage Experience	90 min	\$265	\$295	\$335
SIGNATURE RITUALS				
Rosemary, Pine & Passionflower Polish	60 min	\$195	\$225	\$250
Harmony Ritual	90 min	\$275	\$315	\$350
White Clay & Herbal Body Ritual	90 min	\$275	\$315	\$350
Woodland Bliss Ritual	90 min	\$295	\$340	\$390
Sweet Dreams Ritual	120 min	\$340	\$390	\$440
Ultimate Daylesford Experience	180 min	\$495	\$550	\$625
AYURVEDIC FACIALS				
Soothe & Enrich Advanced Antioxidant Facial	60 min	\$195	\$225	\$260
Holistic Age-Defying Facial	60 min	\$210	\$245	\$280
Luxe Holistic Bioactive Facial	90 min	\$310	\$360	\$410
BOTANICAL FACIAL				
Daylesford Pure Radiance Botanical Facial	90 min	\$255	\$295	\$335
THERMAL BODY RITUALS				
Cool & Calm Body Polish (Thermal)	60 min	\$215	\$250	\$285
Grounding Salt & Clay Ritual (Thermal)	60 min	\$235	\$275	\$310
MASSAGE				
Lake House Signature Massage	60 min	\$185	\$210	\$240
	90 min	\$265	\$295	\$335
Deep Tissue Massage	60 min	\$195	\$220	\$250
Mineral Infusion Massage	60 min	\$200	\$225	\$255
	90 min	\$280	\$310	\$350

MINERAL WATER

This region boasts the largest concentration of mineral springs in the whole of Australia, the closest being Wombat Flat Mineral Spring.

Typically, the mineral rich waters contain calcium, magnesium, chloride, bicarbonate, potassium, sulphate, iron and silica in varying amounts – a unique balance of minerals superior, it is claimed, to the water from the great European springs such as Evian and Vittel. The potency is credited to the existence of three extinct volcanoes in the region, Mount Franklin, Wombat Hill and Bald Hill. The water fills up holes in the volcanic rock and absorbs the rich minerals. The lack of air underground means there is no bacteria, making it excellent for drinking. In fact, the energy of the volcanoes is so strong that it is said the original residents, the Dja Dja Wurrung people, were fearful of living between the mountains. The area is supposed to have special healing powers especially for women.

At The Spa, we gently heat the water and utilise it in hydrotherapy soaks – pre and post massage. The waters have been known to improve circulation, boost the lymphatic system and improve overall wellbeing.

100% MINERAL WATER ‘TREE TOP’ SOAK - 30 Minutes

Set in a magical treetop location, private circular spa tubs sit in individual ‘cabins’ and look out through the willow trees to Lake Daylesford. 100% pure Daylesford mineral water is gently heated for each use, removing the need for added chemicals such as chlorine. Mineral water hydrotherapy is known to boost your circulation, assisting with the detoxification process and encouraging relaxation and general wellbeing.

WILD BUSH ROSE MINERAL SOAK - 30 Minutes

Traditionally wild rose is known to calm the skin, improve overall hydration, and lessen the appearance of scars and fine lines. Combined with the benefits of magnesium salts, the calming action of pink clay, and 100% pure Daylesford mineral water (as above) – our signature botanical infusion will help you get the most out of your therapeutic soak.

MINERAL SOAK & MASSAGE EXPERIENCE - 90 Minutes

Designed for the ultimate in relaxation for the mind and body. Soothing, rhythmic massage strokes ease tension, stimulate circulation and the lymphatic system. Complete your ritual with a soak in your own private mineral water spa. 100% pure Daylesford mineral water is used.

SIGNATURE RITUALS

Signature Rituals at The Spa utilise our own small batch, luxury bath and body products using the best ingredients sourced in and inspired by our beautiful region. Daylesford, Australia. A land of wide-open starry skies, volcanic plains, and mineral rich waters. The seasons here are determined by the warmth of the soil and length of the days. Home to a creative village and a particularly passionate and productive growing community, conversations about moon phase, biodynamic principles and the medicinal power of herbs and flowers are not uncommon.

Our signature product, Daylesford Pure delivers a dose of wellbeing for your body and soul using nature's best ingredients with a nod to this beautiful region of ours. Because why would we recreate the wheel when nature has done the hard work for us?

ROSEMARY, PINE & PASSIONFLOWER POLISH - 60 Minutes

Designed to soothe, and refresh your skin, warmed luxurious oils are drizzled over your body followed by a nourishing combination of pink salts, rosemary, pine and passionflower. Once showered, skin is left cleansed and rejuvenated.

WOODLAND BLISS RITUAL - 90 Minutes

A luxurious treatment that will conjure images of wild woodlands and fragrant country gardens, this body treatment combines soothing rhythmic strokes using hot volcanic rocks and warm oil to reduce tension and ease muscle aches. The oil-infused body polish is perfect for deep exfoliation and maximum hydration using a traditional combination of rosemary, pine & passionflower, known to reduce stress, encourage relaxation and improve mood.

Whilst you are all wrapped up, a soothing face and scalp massage completes this nourishing ritual.

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.

HARMONY RITUAL - 90 Minutes

Drift away with the ultimate relaxation package for the face and body. With rhythmic strokes to ease tension and stimulate blood and lymphatic circulation, hot stones are incorporated for the sense of overall well-being. A 30 minute 'express' facial stimulates and hydrates the skin, leaving you rested and glowing.

WHITE CLAY & HERBAL BODY RITUAL - 90 Minutes

To begin this decadent ritual, warmed oils are applied and massaged with rhythmic strokes, skin is then gently buffed with fine salts, peppermint, lemon balm and bush iris. This soothing botanical trio has been traditionally used to calm the nervous system, reduce stress and improve mood. But most importantly your skin will be left feeling silky smooth.

Next, our Australian white clay mask is applied. Gently infused with notes of sandalwood, this healing duo is all the magic your skin needs to assist with the elimination of toxins from the body. A soothing face and scalp massage is performed and finally a generous dose of hydrating herbal balm locks in moisture with a rich buttery infusion of lavender, sage and chamomile.

SWEET DREAMS RITUAL - 120 Minutes

Designed for ultimate relaxation in mind, this ritual is destined to help ease a busy brain and promote deep relaxation. You begin with a mineral infused massage; a rejuvenating polish is applied to your back before a warm towel is wrapped around you to promote absorption of salts and oils into the skin.

Once complete and the polish removed, a full body massage is performed to encourage deep relaxation. Finish with an application of gently warmed herbal body balm with its hero blend of lavender, sandalwood, sage and chamomile, traditionally used to reduce stress and anxiety, strengthen your immune system and improve quality of sleep.

Your ritual is completed with an enriching facial therapy which delivers an exceptional nutrient rich elixir designed for maximum hydration.

ULTIMATE DAYLESFORD EXPERIENCE - 180 Minutes

A nod to the regions historic goldfields as well and the healing power of traditional herbal remedies.

This unique multi-sensory experience begins with an aromatherapy journey. A full body massage incorporating hot stones, moves fluidly into a full body exfoliation. Your skin is gently buffed with a nurturing and nourishing combination of magnesium salt and detoxifying white clay designed to assist with the elimination of impurities whilst replenishing the skin using the calming and soothing properties of peppermint, lemon balm and bush iris. Once showered, your overall experience is finished off with a deluxe Holistic Age-Defying Facial. This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance to total wellbeing. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow inside and out.

AYURVEDIC FACIALS

Our facials utilise Subtle Energies, a results-based, natural skincare range founded on authentic Ayurveda principles. In Ayurveda aromatherapy the traditional techniques and benefits of Ayurveda are combined with the added benefits of aromatherapy and marma techniques, using the rare and unique flora pharmacy of essential and base oils, providing a holistic sensory experience. Ayurveda is a time-tested science, going back 5,000 years in written script, though the origins of its teachings is said to be over 40,000 years old. Ayurveda has specified ways in which Aromatics, diet, herbs, yoga and even cosmetics could help to sustain balance in our daily lives.

SOOTHE & ENRICH ADVANCED ANTIOXIDANT FACIAL

- 60 Minutes

Designed for dry/dehydrated, sensitive, flushed or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises. 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.

HOLISTIC AGE-DEFYING FACIAL - 60 Minutes

This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance to total wellbeing.

Mogra, Queen of Jasmines' offers a wonderment of healing elements and works synergistically to boost collagen production and increase cell renewal. Combined with the restorative powers of 24K gold leaf this sensory experience will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow inside and out.

LUXE HOLISTIC BIOACTIVE FACIAL - 90 Minutes

The ultimate brightening, rejuvenating and hydrating treatment, this facial is customised to your skin type. A beautiful cleansing ritual begins the treatment and sets the tone for a luxurious and rejuvenating session to follow. The pomegranate enzyme mask is an advanced exfoliating treatment, using a phyto-active complex of activated pomegranate enzymes and natural AHA's known to gently exfoliate skin by breaking down protein build-up providing an instantly softer skin that is visibly more radiant and smoother. This mask is further enhanced with the toning and rejuvenating oils of Indian lime, juhi and wild turmeric, to help promote cell renewal, skin radiance and refining pores while hydrating skin, revealing a soft and luminous complexion. No treatment is complete without a relaxing and toning facial massage and this one is second to none. Drawing on an advanced layering technique that includes a new generation of hyaluronic acid, that is bio-fermented to allow a broad range of molecular weight and targeted skin absorption. With its advanced delivery this serum will instantly hydrate and firm the surface layers of the skin, while also providing longer term hydration further down to the active cellular layers. This advanced complex is enriched with potent bioactive plant extracts delivering high levels of vitamin c, antioxidants and polyphenols derived from Kakadu plum, pomegranate and ashwagandha achieving a firmer, smoother, and radiant skin. This is all infused with an age defying face oil serum. A second mask is applied to fresh, enriched skin – again tailored to your skin needs. The treatment is completed with a second layering of advanced serums before your tailored moisturiser and eye treatment are applied.

BOTANICAL FACIAL

Utilising our signature Daylesford Pure line of natural, botanical based skincare, these facials are designed to promote optimal radiance and hydration through the use of natural ingredients and plant-based proteins. Avoiding ingredients or processes that can be inflammatory as a result of unnecessary chemicals or stabilisers, these facials are pure & simple bliss.

DAYLESFORD PURE RADIANCE BOTANICAL FACIAL

- 90 Minutes

This facial harnesses the potent power of herbs and the highest quality ingredients to nourish and restore balance to all skin types, improving circulation and boosting natural radiance.

Beginning with an oil balm to deeply cleanse and purify the skin. Beeswax, sweet almond, and macadamia oils team up to dissolve impurities while leaving your skin soft and hydrated. Calendula and Davidson's plum extracts provide a soothing touch, ensuring your skin feels refreshed and revitalised. Next, an almond & honey exfoliation combines to nourish and moisturise your skin, leaving it soft and supple.

This signature treatment includes a relaxing facial massage incorporating jade gua sha stones to lift skin and assist with lymphatic drainage & circulation and whilst your skin is reaping the benefits of our simply magic white clay and sandalwood mask, a scalp massage will help you drift off. Finish off with a generous application of hydrating serum, a carefully crafted elixir designed to rejuvenate and hydrate using black seed oil and squalene. The soothing effects of chamomile and honey are complemented by the botanical benefits of bush iris, waratah, and the luxurious fragrances of boronia and tuberose absolutes.

THERMAL BODY RITUALS

Our thermal body rituals will help you transcend into a state of deep relaxation.

The unique "Thermal Cocoon" envelopes you as steam helps draw out impurities and toxins from your skin.

The vichy jets of the cocoon gently massage your body and cleanse your skin leaving you feeling completely hydrated and replenished.

COOL & CALM BODY POLISH (THERMAL) - 60 Minutes

Utilising a unique Thermal Cocoon with therapeutic effects of steam and vichy to enhance the benefits of your body treatment. This beautiful ritual begins with warmed oil applied with rhythmic movements; skin is then gently buffed with pink salt infused with refreshing peppermint, lemon balm and bush iris. Whilst the thermal steam warms your body, a soothing scalp massage is performed. Vichy jets gently massage your body, rinsing away the salts, leaving your skin smooth and supple.

GROUNDING SALT & CLAY RITUAL (THERMAL) - 60 Minutes

Utilising a unique Thermal Cocoon with therapeutic effects of steam and vichy to enhance the benefits of your body treatment. Your decadent ritual begins with a warmed oil drizzle application followed by rhythmic massage movements. Your body is exfoliated with pink salts infused with rosemary, pine and passionflower then a warmed white clay mask is applied to assist with drawing out toxins and impurities, and also feeding your skin the nutrients it needs. Whilst the thermal steam warms your body, a de-stressing scalp ritual is performed.

Vichy jets gently massage your body, rinsing away the salts leaving your skin hydrated, softer and brighter.

MASSAGE

Our massage rituals within The Spa at Lake House begin with a welcome ritual; which assists in drawing your attention to the present, settling your mind and resetting intentions.

A sensory journey is then performed to determine which exclusive oil blend would best benefit your overall wellbeing.

A mist of fragrant oils are spritzed across your skin to signal the beginning and end of your treatment.

We utilise the best selection of aromatherapy oils sourced from 100% certified organic suppliers or 100% guaranteed natural sources.

LAKE HOUSE SIGNATURE MASSAGE - 60 or 90 Minutes

Designed for the ultimate in relaxation for the mind and body. With rhythmic strokes to ease tension and stimulate blood and lymphatic circulation.

MINERAL INFUSION MASSAGE - 60 or 90 Minutes

A rejuvenating exfoliation is performed on your back which is then wrapped in a warmed towel. Whilst the minerals infuse into the skin, the back of your legs are massaged.

Once complete the exfoliant is removed and a full body massage is performed to leave your mind, body and soul deeply relaxed.

DEEP TISSUE MASSAGE - 60 or 90 Minutes

Ease muscle tension & promote deep relaxation with our therapeutic deep tissue massage. The combination of strengthening and rejuvenating essential and base oils of kunzea, clove and ashwagandha make this blend a powerful tool in combination with strong rhythmic massage strokes, both warming and invigorating the body.



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