



## TREATMENT MENU

### MOUNTAIN ESCAPE

**RECOVER** – Complete recovery for legs and feet including partial mud application to the legs & therapeutic massage to back shoulders, legs & feet.

**90 minutes \$160**

**UNWIND** – Stimulating dry body brushing, smoothing salt exfoliation & hydrating body wrap with scalp massage.

**100 minutes \$195**

**RELAX** – Cleansing & hydrating petite facial, petite manicure including nourishing paraffin treatment & spa pedicure. (polish optional)

**120 minutes \$230**

### MOUNTAIN EXPRESS

**Total TLC on the run**

**30 minute treatments designed to revitalize & restore.**

Select from Massage (therapeutic or relaxation) , Petite Facial, Petite Manicure or Petite Pedicure,

**\$65**

### MOUNTAIN DREAM

#### MASSAGE, BODY & ALTERNATIVE THERAPIES

Let us work some mountain magic on aching muscles or just relax & enjoy. Our therapists will tailor a body work session especially for you. Please make requests for specific modalities at the time of booking. Techniques include swedish (relaxation), therapeutic, remedial, sports, deep tissue & pregnancy

Massage	<b>45 minutes</b>	<b>\$85</b>
	<b>60 minutes</b>	<b>\$105</b>
	<b>90 minutes</b>	<b>\$145</b>
Hot stone therapy	<b>60 minutes</b>	<b>\$120</b>
	<b>90 minutes</b>	<b>\$160</b>
Prestige chalet service - we come to you!	<b>60 minutes</b>	<b>\$145</b>
	<b>90 minutes</b>	<b>\$185</b>
Salt glow body exfoliation	<b>40 minutes</b>	<b>\$80</b>
Aroma cocoon body wrap	<b>60 minutes</b>	<b>\$120</b>
Hot oil wrap	<b>60 minutes</b>	<b>\$110</b>
Ear candling (includes home care)	<b>60 minutes</b>	<b>\$95</b>

E S C A P E  
R E L A X  
U N W I N D  
D R E A M  
P U R I F Y  
R E C O V E R  
E N E R G I S E

### MOUNTAIN BLISS

#### FACE

High performance	<b>70 minutes</b>	<b>\$140</b>
Youthful performance	<b>60 minutes</b>	<b>\$130</b>
Aroma deluxe	<b>60 minutes</b>	<b>\$105</b>

#### Add on's

Eye treatment		<b>\$35</b>
Ginko biloba to reduce puffiness & dark circles		
Collagen cryo to hydrate & reduce appearance of fine lines		
Skiers lip treatment		<b>\$35</b>
To plump & tighten lip contour		
Specialised ampoules with facial		<b>\$15</b>
Collagen to plump		
Propolis to heal & hydrate		
Vitamin C to lighten brighten & moisturize		

#### HANDS & FEET

Spa manicure	<b>60 minutes</b>	<b>\$85</b>
Spa pedicure	<b>60 minutes</b>	<b>\$95</b>

#### Add on

Paraffin dip a warming & deeply nourishing treatment		<b>\$35</b>
--	--	-------------

### MOUNTAIN GROOMING MASSAGE, BODY & ALTERNATIVE THERAPIES

Lash or brow tint	<b>\$25</b>
Brow sculpt	<b>\$20</b>
Facial waxing from	<b>\$18</b>
Legs from	<b>\$30</b>
Leg & bikini from	<b>\$40</b>
Bikini	<b>\$20</b>
G string	<b>\$30</b>
Brazilian (female only)	<b>\$55</b>
Chest or back	<b>\$45</b>
Arms from	<b>\$30</b>
Underarm	<b>\$25</b>

**Whatever your goal  
We can design a package to suit**

**All of our treatments are suitable  
For mountain men & women**

**A selection of homecare, gifts  
& gift vouchers available**

**Please arrive 15 minutes prior to  
Your scheduled treatment time**

**Hotham Central  
Open 7 Days til late  
Advance booking essential  
Phone: 03 5759 4488**

Detail as at June 2008. All prices are inclusive of GST.