



TREATMENT MENU

MOUNTAIN ESCAPE

RELAX with a smoothing dry body brush & anti-stress hydrating wrap, deep cleansing & exfoliating facial therapy & scalp massage. **75 minutes \$135**

RECOVER with a Muscle Recovery Moor Mud application to the legs & feet, therapeutic massage to back, shoulders, legs & feet. **90 minutes \$170**

UNWIND with a foot soak & scrub, smoothing salt exfoliation, anti-stress hydrating wrap, full body & scalp massage. **120 minutes \$240**

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. **\$70**

MOUNTAIN MASSAGE RELIEF

Let us work some mountain magic on aching muscles or just relax & enjoy.
Techniques include: Relaxation, Deep Tissue, Remedial or Pre Natal Massage.

MASSAGE	60 minutes	\$115
	90 minutes	\$160
HOT STONES	90 minutes	\$170

MOUNTAIN HAND & FEET DREAM

For those cold, sore hands & feet after a long day on the slopes.
 Manicure & pedicure treatments are for both male and female. Polish optional.

WINTER WARMING MANICURE – Winter Warm hand soak, exfoliation, file, cuticle work, buff, hand & arm massage, softening paraffin wax & polish of your choice. **60 minutes \$95**

DEEP EXFOLIATING PEDICURE – Warm foot bath, foot rasp, deep foot exfoliation, file, cuticle work, foot & leg massage, soothing foot mask & polish of your choice. **75 minutes \$110**

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 FACIAL BLISS

HIGH PERFORMANCE FACIAL - A unique treatment targeted to correct your individual skin care needs. A thorough skin analysis is conducted whilst you feet are soaking in a warm foot bath. Concentrated with high performance specialty masks are selected to produce your skin's best performance. **90 minutes \$180**

AROMATHERAPY FACIAL - Relaxing and therapeutic, your skin will be treated with all natural extracts to revitalise and rebalance your skin. Your facial is customized to treat your concerns, leaving your skin refreshed, hydrated and revitalised. **60 minutes \$115**

FACIAL TREATMENT ENHANCERS

Do you have a particular area of concern? Your therapist will advise of any relevant enhancers to maximize results of your specific skincare concern.

- Retinol Lip Treatment**
- Anti Puffiness & Dark Circle Eye Treatment**
- Collagen Eye Treatment**
- Vitaminic Concentrate**
- Complexed Collagen Concentrate**
- Propolis Concentrate**

Each Treatment Enhancer \$35

MOUNTAIN GROOMING

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

Ear candling (includes home care)
45 minutes \$75

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 2010. All prices are inclusive of GST.