



TREATMENT MENU

MOUNTAIN ESCAPE

RELAX with a smoothing dry body brush & anti-stress hydrating wrap, deep cleansing & exfoliating facial therapy & scalp massage. **75 minutes \$140**

RECOVER with a Muscle Recovery Moor Mud application to the legs & feet, therapeutic massage to back, shoulders, legs & feet. **90 minutes \$180**

UNWIND with a foot soak & scrub, smoothing salt exfoliation, anti-stress hydrating wrap, full body & scalp massage. **120 minutes \$245**

MOUNTAIN MASSAGE RELIEF

WHITE SPA SIGNATURE MASSAGE

Let us work our mountain magic on your aching muscles whilst you relax & enjoy a tension relieving hot foot cleanse, smoothing dry body brush, full body hydrating massage using Micro-Emulsified massage oil, finishing with an aromatherapy pressure point facial and scalp massage.

90 minutes \$195

MASSAGE

Techniques include: Relaxation, Deep Tissue, Remedial or Pre Natal Massage

60 minutes \$120

90 minutes \$170

HOT STONE MASSAGE 90 minutes \$175

ENHANCE your massage with an Aromatherapy Hydrating Treatment **\$18**

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 Warming 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

FOOT RECOVERY – Warm foot bath, foot rasp, exfoliation, revitalizing foot treatment mask, Hot Stone massage on your feet and calves. **60 minutes \$120**

MOUNTAIN FACIAL BLISS

HIGH PERFORMANCE FACIAL - A unique treatment targeted to correct your individual skin care needs. A through 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 revitalize and rebalance your skin. Your facial is customized to treat your concerns, leaving your skin refreshed, hydrated and revitalized. **60 minutes \$120**

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

Complexe 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 advise **45 minutes \$75**

FULL BODY SPRAY TAN 20 minutes \$50

Add Full Body Brush Exfoliation **30 minutes \$60**

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.

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

Advance Booking Essential

Open 7 Days till late

Hotham Central

Great Alpine Road

Mt Hotham, Victoria 3741

p +61 3 5759 4488

e whitespa@hotham.com.au

w www.whitespahoatham.com.au

Detail as at June 2011. All prices are inclusive of GST.