



**MOUNTAIN SPA**  
Beauty - Wellness - Hair - Body

## FACE THERAPY

If your eyes are the window to your soul, then your face is the reflection of your inner health. Your team of highly skilled therapists at Mountain Spa will design your treatment to truly reflect and express your inner beauty. **ECO by Sonya Driver** is used exclusively at Mountain Spa. These organic, Australian made products were recently voted **the World's Leading Organic Beauty Brand**

### Alpen Glow Facial & Massage (90mins/219)

Created just for you by your highly skilled therapist. Products are selected from the organic range based on the individual needs of your skin. The treatment begins with a 30 min back massage, then continues with a deep cleanse, exfoliation, mask and vitamin infusion. SPF 15 is used to finish during the daytime or Glory Oil after dusk. The optimum amount of time is spent on face and scalp massage. The Alpenglows Facial is guaranteed to leave you feeling brand new and radiating just like Alpen Glow on the top of the mountain

### Mountain Man Facial & Massage (90 mins/209)

Relax and unwind after a hard day on the slopes. Starting with a face-down relaxing back massage (your choice of oil) for 30 mins you'll be asleep before the facial even begins. A deep cleanse with organic Aloe, Lemongrass and Caviar Lime followed by an intense Açai and magnesium exfoliator your skin will be tingling with energy. A purifying or hydrating mask is then applied while your hands and arms are massaged. A sublime scalp and face massage comes next followed by an SPF 15 for daytime or Glory Oil after dusk. This treatment will have you heading off to Après Ski confident and energized

### Alpen Glow Facial (60 mins/155)

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### Express Skier (30 min/89)

Give your skin the moisture surge it deserves. Your décolletage and face are first cleansed, an exfoliating scrub wakes tired skin, a full hydration and facial massage will see your skin nourished at a cellular level

### Microderm Facial (75 mins/229)

Products are selected from the organic range based on the individual needs of your skin. The treatment begins with a deep cleanse, exfoliation, mask and vitamin infusion. SPF 15 is used to finish during the daytime or Glory Oil after dusk. The optimum amount of time is spent on face and scalp massage. Diamond-tipped microdermabrasion and vacuum suction, will remove dead skin and debris, while stimulating collagen production to restore elasticity

## MASSAGE

Mountain Spa massages integrate various massage styles to enhance relaxation, dispel tension and stimulate circulation.

Each massage incorporates a blend of stretching and long massage strokes, connecting moves designed to optimize relaxation.

Your therapist will work on areas you wish to focus on  
**Drift off and enjoy the relaxation sensation!**

### Relaxation Massage (30 min/79, 60min/149, 90 min/219)

Improve circulation and banish toxins from your body with this beautiful and calming massage. Choose your oil to match your mood...you'll be floating off the table!

### Skiers Relief (30 min/89, 60min/159, 90min 229)

An all body firm massage, this treatment focuses on the large muscles that have been hauling you up the T-Bar and down the mountain all day long. Your therapist will ask which areas you would like to focus on prior to commencing

### Hot Stone Massage (60 min/159, 90min/229)

Heated Volcanic rocks are used to melt away tension and fatigue. A comforting and deeply satisfying experience perfectly suited to the chilly environment outside. This sleep-inducing massage is perfect before bedtime. Serenity oil is recommended but, as always, it's your choice

### Safe Descent (30 mins/79)

Quick and energising, this massage focuses on your scalp, neck and shoulders, encouraging blood flow to help you stay alert for your journey down the mountain. Essential oils and a peppermint scalp treatment are applied leaving you feeling invigorated. Enjoy a peppermint tea concluding your treatment for clarity.  
(Can be arranged "To Go" if quick departure is required)

## BOOTS OFF

FEET! You've stood on them your whole life and if you've been out on the slopes your precious feet are no doubt feeling the effects of cold, tight boots and harsh impact.

Give your feet the attention they deserve.

Try adding a paraffin dip for your feet as an upgrade, the ultimate comfort treatment for cold feet

### Boot Relief (30 mins/79)

Your aching feet are submerged into a relaxing aromatic salt bath before being lovingly massaged with a luxurious coconut milk. A scalp massage completes this very popular treatment. Allow extra time if you choose to upgrade to a Paraffin foot dip

### Mountain Bomb (30 mins/79)

Awaken your senses with your choice of invigorating foot bombs. This treatment is sure to relieve those tired legs and feet. Includes a paraffin hand dip and a foot massage. Allow extra time if choosing to upgrade to Paraffin foot dip

### Frosty toes (60 min/159)

Your feet & hands will be soaking in soothing Himalayan Mountain salt, followed by an invigorating scrub. Hands and feet are massaged with an aromatic oil infusion and treated to a paraffin dip. The ultimate treatment for winter skin.

## BODY

If you have spent time out on the slopes, and need to soothe your aching muscles or just need complete body relaxation, we have the perfect treatment to take care of you from top to toe.

Healing mountain salt provides invigorating skin rejuvenation and deep soaks hydrate your body and cleanse the soul. We have heavenly treatments for an allover glow

### Deep Soak (60 mins/65)

A hydrating scalp treatment is applied and massaged before plunging into an oversized bath tub. Choose a Mountain fizz bomb and music to suit your mood. Consider an upgrade of a blow-dry with a glass of bubbles to complete your experience

### Body Scrub (30 mins/79)

First some dry brushing to increase your circulation followed by delicious Pink Himalayan salt scrub. Finish with a sublime coconut milk. This treatment will leave you feeling brand new

### Snow Glow (30 min/59)

Treat yourself to a spray tan to give you even more radiance. Using exclusively Eco tan organic products for a natural and odour free colour. Prior exfoliation is recommended for longer lasting results

## UPGRADES

Enhance your experience at Mountain Spa with an upgrade to your treatment. These upgrades are available as an add-on to your treatment or by themselves

### Micro-dermabrasion (15min/79)

A combination of soothing ingredients, diamond-tipped microdermabrasion and vacuum suction, will remove dead skin and debris, while stimulating collagen production to restore elasticity

### Shampoo and scalp massage (15 min/59)

Relax with a shampoo and a sublime peppermint infused scalp treatment

### Paraffin hand dip (15 min/49)

Treat your icy cold hands to the healing benefits and relaxing sensation of a paraffin wax dip

### Paraffin foot dip (15 min/59)

Your under-appreciated feet will also benefit from the healing properties of paraffin wax

## MAINTENANCE

### Waxing

Choose between pomegranate & coconut warm wax for your delicate areas. Strawberry strip wax is applied to your legs for a smooth finish.

Prices from 15

### High Brow glow (30 mins/75)

Begin with a wax for a clean finish followed by a tint to match your colouring, while your colour is processing enjoy a rich coconut milk hand and arm massage, finish with soothing glory oil and a highlighter to really set off your new high-brow glow.

Lash tint (20 mins/30)

## HAIR

A full range of hairdressing services are available; cutting, colouring, blow-drys all exclusively using Redken products. Contact our hair design team for colour consultation and pricing. Available for men, women and children.

## DESIGN YOUR OWN SPA DAY

### GIRL'S DAY IN

Spa day with spa cuisine & bubbles (180 min/499pp)

It's chilly outside so let's cosy and warm up with a girl's day in at the spa. Design your own spa day with your friends.

### LUNCH & BUBBLES

With a glass of bubbles\* (30 per person)

Upgrade to a bottle of Veuve Clicquot 100

ECO  
TAN®

ECO BY  
SONYA  
DRIVER®

### SPA CUISINE MENU

Falafel bowl, hommus, kale & quinoa salad  
Tuna Poke bowl, sushi rice, edamame, wakame  
Dhal, naan, yoghurt, herb salad  
Thai Green Curry Prawn bowl  
Sticky Pork salad, rice noodles,