

## Full Day Spa Package

### Wilderness Retreat Package-\$640pp

- **Breakfast at the Highland Restaurant**
- **Sole Delight Foot Treatment with Pedicure**
- **Access to the Sanctuary**
- **Lime and Ginger Salt Glow with Vichy Shower**
- **Lunch including a glass of wine, herbal tea or juice**
- **Aroma Stone Massage**
- **Advanced Facial**

**09.00am** - Over a light mountain breakfast, savour the anticipation of the unique spa experience you will enjoy today.

**10.00am**- The first treatment that awaits you is our renowned Sole Delight Foot Treatment including a Full Pedicure, this treatment is a sensory experience for your feet, that promises to leave you walking on cloud nine!

**11.00am**- After your feet have been papered retire to The Sanctuary, our dedicated therapeutic area which includes steam room, sauna, large hot-tub, cool plunge pool, and relaxation lounge. The benefits of combining hot and cold water therapies is an invigorating experience that promotes healthy blood flow and enhances circulation. This remedy has ancient origins and is held in high esteem by modern-day health professionals.

**12.00pm**- Following the Sanctuary we will treat your body to an exotic exfoliation ritual to invigorate and revitalize, this treatment is complemented by the comforting benefits of the Vichy shower.

**01.00pm**- Before continuing your spa experience you will take time to enjoy some of our local cuisine, choose from a selection of delicious lunches and indulge in a glass of local Tasmanian wine or fresh herbal tea.

**02.30pm**- On returning to the spa you will experience a deeply relaxing massage using heat from warm basalt stones to deeply soothe the belly of the muscles, relieving specific tension areas. This treatment is the ultimate in relaxation for the whole body.

**03.45pm**- To complete your day at the Spa enjoy one of our Advanced Performance Facials during which your skin will enjoy the ultimate in scientific skin-therapy while your body relaxes in the experienced hands of your therapist.



Allow 8 hours for this package including breakfast and lunch, advanced bookings are essential and can be made by calling the spa direct.

Our Spa environment lends itself to those 16 years and over.