



Waldheim Alpine Spa

Cradle Mountain

TREATMENT MENU

Vitality and beauty are gifts of nature

The Waldheim Alpine Spa at Cradle Mountain Lodge is a warm and inviting day spa nestled amidst the spectacular Tasmanian wilderness. Overlooking fresh mountain springs and surrounded by towering King Billy pines, the Waldheim Alpine Spa reflects the pure and natural beauty of the Tasmanian highlands.

As you step through the door, a haven of harmonious textures and elements welcome you into a tranquil space of well-appointed rooms and relaxation areas with views over the pristine Pencil Pine River. Our private sanctuary, available upon booking, features a dry heat sauna, wet steam room, large outdoor hot tub and cool vitality pool.

Curated rituals and therapies have been created with your wellbeing and delight in mind. While highly skilled therapists, trained in time honored customs and highly specialised techniques, tune into your individual needs so as to personalize your spa experience and respond to the ever-evolving rhyme of your life.

Our exclusive skincare range by [comfort zone] is the perfect combination of innovative, state-of-the-art Science-based Conscious Formulas™ rich in natural-origin ingredients and free from silicones, parabens and animal derivatives, with our unique signature application techniques and massages.

Each treatment begins with the Tranquility™ Welcome Ritual, which favors mind-body relaxation and enhances the efficacy of the specific selected treatment.

Offering the only destination spa and wellness experience within this stunning World Heritage Area, the Waldheim Alpine Spa transports you into a space so beautiful and rejuvenating that your senses will be left in wonder long after your journey here ends.

This is Waldheim (forest home) where there is no time and nothing matters.'

- **Gustav Weindorfer**

Experience Face

Advanced skin care formulations meet beauty expertise.

Signature Treatment

Sacred Nature Face and Body Ritual

75 mins \$175

Enveloping the best of nature with Ecocert®-certified organic plant extracts in an embracing, deeply nourishing ritual featuring a double-mask facial, scalp therapy, foot treatment and neck and shoulder massage.

Anti -Ageing

Sublime Skin Facial

Double Peel [Express double peel only]

30 mins \$95

Deluxe Peel and Lift

75 mins \$175

A results based, performance facial using green chemistry active ingredients and Active lift™ Massage to plump, erase lines, brighten complexion and even skin tone.

Double Hydration

Hydramemory Facial

60 mins \$155

Featuring biomimetic Hyaluronic Acid fragments that are delivered deep into the skin with an exclusive HydraBrush Massage, this facial is ideal for dehydrated, thirsty skins and delivers immediate and long lasting results.

Repair and Nourish

Recover Touch Facial

60 mins \$155

Recover from the damage caused by daily stress, climate and pollution with antioxidant super foods and nutrients to feed and protect the skin.

Detox and Purify

Active Pureness Facial

60 mins \$155

A detoxifying treatment to re balance oily, acne-prone skins. A mattifying peel-off Spirulina Algae mask deeply purifies with Mandelic Acid, Green and White Clays to re balance the skin whilst reducing pore size and imperfections.

Sensitivity

Remedy Facial

60 mins \$155

Immediate comfort for post-exposure and sensitive, delicate skins. A gentle, soothing treatment for even the most sensitive of skins.

Add on

Sublime Skin Eye Treatment

15 mins \$35

The quick fix for brighter, younger looking eyes. Triple action benefits target dark circles, puffiness and wrinkles, providing immediate lifting and luminosity. Suitable as an add on with any facial or body treatment.

Experience Body

Aromatic wonders inspire the senses.

Aromasoul Relaxing Massage

30 mins \$90

60 mins \$160

60 mins with hot stones \$180

A personalised selection of aromatic oils based on the ancient cultures from Orient, Arabia, India or the Mediterranean with a unique massage for a sensorial journey that your body will thank you for.

Tranquility Pro-sleep Massage

60 mins \$165

Signature Body Treatment

A truly unique ritual inspired by Indonesian Sea Malay Massage to bring synergy to the senses through sound, touch and aroma. Tranquility™ essential oil blend is warmed and drizzled on the body and a feather-like brush massage induces a state of deep rest. Ideal for those in need of a good nights sleep or as jet lag recovery.

Experience Rituals

Explore the art of rest and reflection.

Alpine Revival Ritual

60 mins \$175

Back, Neck and Shoulder Massage, Express Facial

Tension Tonic Ritual

60 mins \$170

Body Massage, Scalp Therapy, Foot Treatment

Hikers Body Ritual

120 mins \$260

Body Exfoliation, Body Massage, Remineralising Mud Wrap, Foot Ritual

Aromasoul Body Renewal Ritual

90 mins \$220

Aromasoul Body Scrub, Aromasoul Hot Stone Massage

Volcanic Body Scrub and Nutritional Wrap

120 mins \$275

Aromasoul Body Scrub, Nutritional Body Wrap, Body Massage

New Life Face and Body Ritual

120 mins \$265

Body Massage, Customised Facial, Foot Treatment

Beautiful Bride Ritual

150 mins \$330

Aromasoul Body Scrub, Sublime Skin Deluxe Peel and Lift Facial, Express Manicure and Pedicure With a 30 minute Body Massage 180 mins \$390

Experience Signature Spa

Experience a sense of place.

Private Sanctuary

60 or 90 mins - \$120 or \$170

Enjoy your very own spa sanctuary with views over the pristine Pencil Pine River and surrounding forest. Featuring a private relaxation area complete with dry heat sauna, wet steam room, a large outdoor hot tub and a cool vitality pool.

Decadent Sanctuary

60 or 90 mins - \$200 or \$250

Add a bottle of Tasmanian sparkling wine and a platter of chocolate dipped strawberries to truly celebrate life, the magnificent view and relaxation at its best.

Private Bath Ritual

45 mins \$90

Soak up the view in a beautiful warm bath enriched with signature Tranquility™ aromatherapy bath oil. The perfect addition to any one of our spa experiences.

Personalise your Sanctuary experience with the below menu offering:

Chocolate platter \$25

Cheese platter \$35

Grazing platter \$50

Chocolate dipped strawberries \$25

Smoothies \$8 each



Note: Bookings for the Private Sanctuary are essential. Please contact the spa directly to reserve a time. Swim wear is required when using this area. Guests must be aged 16 years or over. No outside food or drink is permitted in the sanctuary.

Experience Together

Side by side, every step of the way.

Inner Peace

105 mins \$355 per couple

Back, Neck and Shoulder Massage, Scalp Treatment, Foot Ritual, Private Bath Ritual

Alpine Escape

150 mins \$550 per couple

Aromasoul Body Scrub, Body Massage, Express Facial, Private Bath Ritual

Cradle Rejuvenation

165 mins \$600 per couple

Aromasoul Hot Stone Massage, Customised Facial, Scalp Therapy, Decadent Sanctuary

Couples Hikers Body

150 mins \$500 per couple

Body Massage, Remineralising Mud Wrap, Foot Ritual, Private Bath Ritual

Ultimate Indulgence Ritual

240 mins \$700 per couple

Aromasoul Body Scrub, Nutritional Body Wrap, Body Massage, Customised Facial and Private Sanctuary Retreat

Hand and Feet

Side by side, every step of the way.

Rejuvenating Hand Ritual

45 mins \$90

A rejuvenating, protective treatment rich in Vitamin E and Karité Butter, restoring nourishment and beauty to the hands. Polish of choice is expertly applied.

Sole Soother Ritual

60mins \$130

A revitalising ritual including a foot bath to soak away tiredness, pressure point massage to assist with circulation to reduce swelling and heavy legs. Polish of choice is expertly applied.

Grooming

Ladies Waxing

Eyebrow Wax/Shape	\$30.00
Lip or Chin	\$25.00
Lip and Chin	\$35.00
Underarm	\$35.00
Arm	\$40.00
Full Leg and Brazilian	\$110.00
Full Leg and G-String	\$95.00
Full Leg and Bikini	\$85.00
Full Leg	\$65.00
Half Leg and Brazilian	\$80.00
Half Leg and G-String	\$95.00
Half Leg and Bikini	\$65.00
Half Leg	\$45.00
Brazilian	\$65.00
G-String	\$45.00
Bikini	\$35.00

Men's Waxing

Back and Shoulders	\$60.00
Chest and Stomach	\$60.00
Arm	\$40.00
Full Leg	\$65.00
Half Leg	\$45.00
Eyebrow Wax/Shape	\$30.00

Tinting

Eyelash Tint	\$35.00
Eyebrow Tint	\$25.00
Lash and Brow Tint	\$50.00
Lash, Brow Tint, Brow Shape	\$60.00

Contract us

Waldheim Alpine Spa

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Web cradlemountainlodge.com.au

Spa Etiquette

Arrivals

Please arrive 15 minutes prior to your appointment time to allow time for your preparation, consultation and spa refreshments. Please note your late arrival may compromise the full length of your treatment as we endeavor to remain on schedule as a courtesy to each and every guest.

Booking and Cancellations

We request a non-refundable deposit of \$50 at the time you place your booking. We also have a 4 hour cancellation policy. The time for your experience has been reserved for you. However if your plans do change we request the courtesy of 4 hours' notice to cancel your appointment. Regrettably without due notice the full charge of your scheduled treatment will be applied to your account.

Spa Attire

Please wear whatever makes you feel comfortable. You will be provided with a personal locker, bathrobe, slippers and disposable underwear.

Health Consultation

Your wellbeing is very important to us and it is essential that you inform us of any health conditions or pregnancy when scheduling your appointment as certain spa appointments may not be recommended

Privacy & Modesty

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential. It is our intention to provide a safe, healing environment based on trust where you can truly relax.

Valuables

We recommend leaving valuables and jewelry in your rooms as the spa does not have a safe and cannot accept responsibility for the loss of personal items.

Spa Manners

The spa environment is one of peace and quiet. Please keep noise to a minimum and switch off mobile phones in respect to other spa guests

Minimum Age

Spa services can only be offered to those guests over the age of 16 years old

Payment

We accept cash, eftpos and all major credit cards (surcharges apply). In house guests may charge spa services and product back to their room account.

Gift Certificate

The spa is delighted to offer customised gift certificates. Please ask our Spa Concierge for more details. Gift certificates must be redeemed within 3 years. Please quote your certificate number when booking and present gift certificate on arrival.

Retail Therapy

Compliment your spa experience or create the spa ambiance in your own home, with our beautiful selection of skin care, bath and home care products from [comfort zone]. Your therapist will gladly recommend the products most suitable for you.