



Waldheim Alpine Spa

Cradle Mountain

SPA MENU

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 with views over the pristine Pencil Pine River.

Our private Spa Sanctuary is available for exclusive use and features a dry heat sauna, wet steam room, large outdoor hot tub and cool vitality pool. Our curated rituals and therapies have been created with your wellbeing in mind. Our highly skilled therapists are trained in time honoured customs and highly specialised techniques, allowing them to tune into your individual needs to personalise your spa experience.

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

The Spa Sanctuary

Enjoy your own private Spa Sanctuary with views over the pristine Pencil Pine River and surrounding forest, featuring a relaxation area with dry heat sauna, wet steam room, a large outdoor hot tub and a cool vitality pool. Bookings essential.

Private Sanctuary

60 or 90 mins - \$130 or \$190

Soak up the glorious views in our Spa Sanctuary which has a variety of hydrothermal facilities for you to enjoy exclusively on your own or with up to five friends.

** Price is for one or two people. Additional guests are \$65 per person up to a maximum of six total guests.*

Decadent Sanctuary

60 or 90 mins - \$220 or \$275

Upgrade to include 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.

** Price is for one or two people. Additional guests are \$85 per person up to a maximum of six total guests*

Personalise your Sanctuary experience the below menu offerings:

- Chocolate platter \$25
- Cheese platter \$35
- Grazing platter \$50
- Chocolate dipped strawberries \$25

Note: The Sanctuary is not suitable during pregnancy. Please bring your own swimwear. Guests must be 16 years of age or over. No outside food and beverage is allowed in this area.

** Must be pre-booked 24 hours in advance*



Facial Therapy

Our facial therapies deliver tangible results using advanced formulations from [comfort zone] skincare which combines powerful ingredients from nature and scientific know how.

Sublime Anti -Ageing Facial

30 or 75 mins - \$105 or \$185

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

* Express 30 mins facial - double peel only

Custom Facial

60 or 90 mins - \$165 or \$205

A facial treatment customised to suit the skin you're in. Whether your skin is in need of hydration, repairing, purifying or to treat your sensitivities, our therapists will select products to suit your skin's individual needs.

Facial Enhancement

Sublime Skin Eye Treatment \$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.

Massage Therapy

Using aromatic wonders to inspire the senses, your massage journey is customised to ease muscular aches and pains and give you a complete feeling of calm and relaxation.

Rest and Restore Massage

30, 60 or 90 mins - \$95, \$170 or \$210

A unique massage using a personalised selection of aromatic oils, this full-body massage is designed to relieve the body of built-up tension, soothe the nervous system and restore energy flow. A sensorial journey to rejuvenate and rebalance.

Hot Stone Massage

60 or 90 mins - \$195 or \$245

This soothing full-body massage using warmed stones promotes relaxation, relieving stress, and tension from the body. Improving circulation and allowing more oxygen to reach the muscles helping to alleviate tightness and ease muscular aches and pains.

Spa Rituals

Explore the art of rest and reflection with our specially curated packages. These spa rituals are designed to have you feeling restored and rejuvenated from head to toe.

Sacred Nature Ritual

75 mins \$195

Facial ~ Scalp Treatment ~ Foot Ritual ~ Neck & Shoulder Massage

Enveloping the best of nature with Ecocert®-certified using organic distilled Orange Water and Butterfly Bush extract, this embracing and deeply nourishing ritual for the face and body is suitable for all skin types.

Renewal Ritual

90 mins \$235

Body Scrub ~ Hot Stone Massage

An all-over body exfoliation using a skin regenerating volcanic scrub will leave your skin feeling renewed, refreshed, and revived. After showering your muscles are warmed and tension released with a full-body hot stone massage.

Private Bath Ritual

45 mins \$95

As an alternative to our Spa Sanctuary, soak up the view in a beautiful warm bath enriched with signature Tranquillity™ aromatherapy bath oil. The perfect addition to any one of our spa experiences.

Hikers Ritual

120 mins \$285

Body Scrub ~ Mud Wrap ~ Body Massage

Perfect after a long day of hiking, a full-body exfoliation starts this ritual followed by a cocooning wrap using a remineralising mud to nourish and hydrate. With your skin feeling smoothed and revitalised a massage completes your journey.

New Life Face and Body Ritual

120 mins \$285

Body Massage ~ Customised Facial ~ Foot Treatment

Beginning with a full-body massage designed especially for you to ease muscular aches and pains, calm the nervous system, and realign your body. A facial treatment follows to suit the skin you're in. A top to toe ritual bringing new life to your face and body complete with a sole soothing foot treatment.

** Suitable for pregnancy*

Experiences for Two

Our couple's experiences are exclusively designed to unwind and restore with your special someone. Take the time to recovery, rejuvenate or share an ultimate indulgence.

Couples Recovery

120 mins \$560 per couple

Body Scrub ~ Body Massage
~ Express Facial

The perfect couple's recovery experience. Commencing with an all-over body exfoliation to revive and refresh before your muscular aches and pains are melted away. An express facial completes your journey to leave your skin feeling renewed and rejuvenated.

* Add on a private bath ritual \$95 per couple

Cradle Rejuvenation

150 mins \$620 per couple

Decadent Sanctuary ~ Hot Stone Back
Massage ~ Customised Facial
~ Scalp Treatment

Your journey commences with a bottle of Tasmanian sparkling wine and strawberry platter in your Private Sanctuary. Next a hot stone massage to your back, neck, and shoulders will warm and soothe muscular aches and pains followed by a customised facial specially tailored to your skin's needs. A tension relieving scalp massage completes this highly rejuvenating spa experience.

Ultimate Indulgence

240 mins \$790 per couple

Body Scrub ~ Body Wrap ~ Private
Sanctuary ~ Body Massage
~ Customised Facial

Your treatment journey starts with a skin regenerating volcanic exfoliation before being cocooned in a body wrap to boost skin hydration. After rinsing a full-body customised massage is delivered before your private hydrothermal spa sanctuary awaits with views over-looking the forest. Your ultimate indulgence is complete with a customised facial using products to soothe, enrich and renew.

Hands and Feet

Rituals designed to beautify your extremities and get your hands and feet back into shape.

Rejuvenating Hand Ritual

45 mins \$90

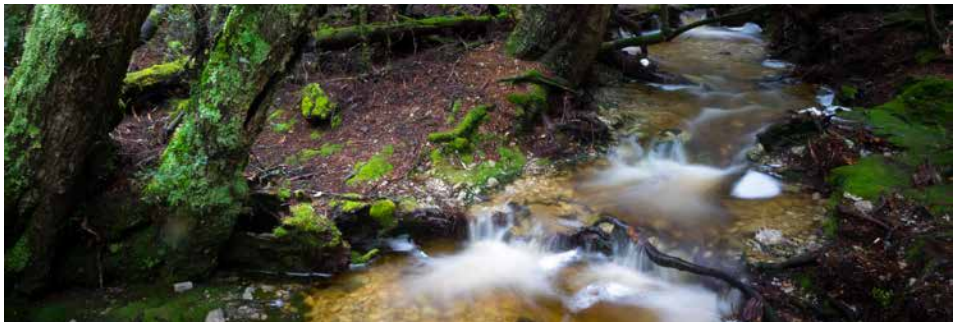
A rejuvenating, protective treatment rich in Vitamin E and Karitè Butter, restoring nourishment and beauty to the hands.

Polish of choice is expertly applied.

Sole Soother Ritual

60 mins \$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.



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 endeavour to remain on schedule as a courtesy to each and every guest.

Booking and Cancellations

We have a 12-hour cancellation policy. The time for your experience has been reserved specially for you. However, if your plans do change, we request the courtesy of 12 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.

Spa Etiquette

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 and the Spa Sanctuary can only be offered to those guests over the age of 16.

Valuables

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

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 on arrival for your spa treatment.

Retail Therapy

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

Pregnancy

We offer spa treatments suitable for mums to be and nursing mums. Please inquire with our spa team for treatments suitable for you to enjoy during your pregnancy.

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