



WALDHEIM

ALPINE SPA

CRADLE MOUNTAIN LODGE





Introducing WATERLILY

Created in their Australian Botanical Laboratory, Waterlily harnesses the power of next-gen innovative beauty infused in a naturopathic philosophy of nutraceutical actives synergised with clinically trialled cosmeceuticals to intensify and elevate results.

This professionally exclusive spa brand captures the essence of Spa Wellness with luxurious rituals layered with opulent textures, aromatic touch points and pure aromatherapy to create sustainable, transparent and authentic spa rituals. Waterlily's nutrient-rich heritage continues to see their products and spa journeys lovingly brought to life through hand crafting. These artisanal techniques highlight their botanical commitment to 'slow skincare' through fresh batched beauty.

Welcome to the Waldheim Alpine Spa at Cradle Mountain Lodge, where Tasmania's pristine wilderness meets luxurious botanical indulgence. Nestled amid ancient forests and crystal-clear waters, our sanctuary offers restorative treatments that harness the power of native plant extracts, anti-aging vitamins, and aromatic essential oils.

Each full-body ritual celebrates Australia's botanical heritage while soothing your senses and rejuvenating your skin. Here, the healing essence of the alpine landscape becomes part of your journey toward complete renewal.



The Waldheim Signature Lime Caviar Ritual

120 minutes - \$390 pp

*Foot bathing ceremony | Enzyme polish | Fully body masque |
Hydration ritual | Performance spa facial*

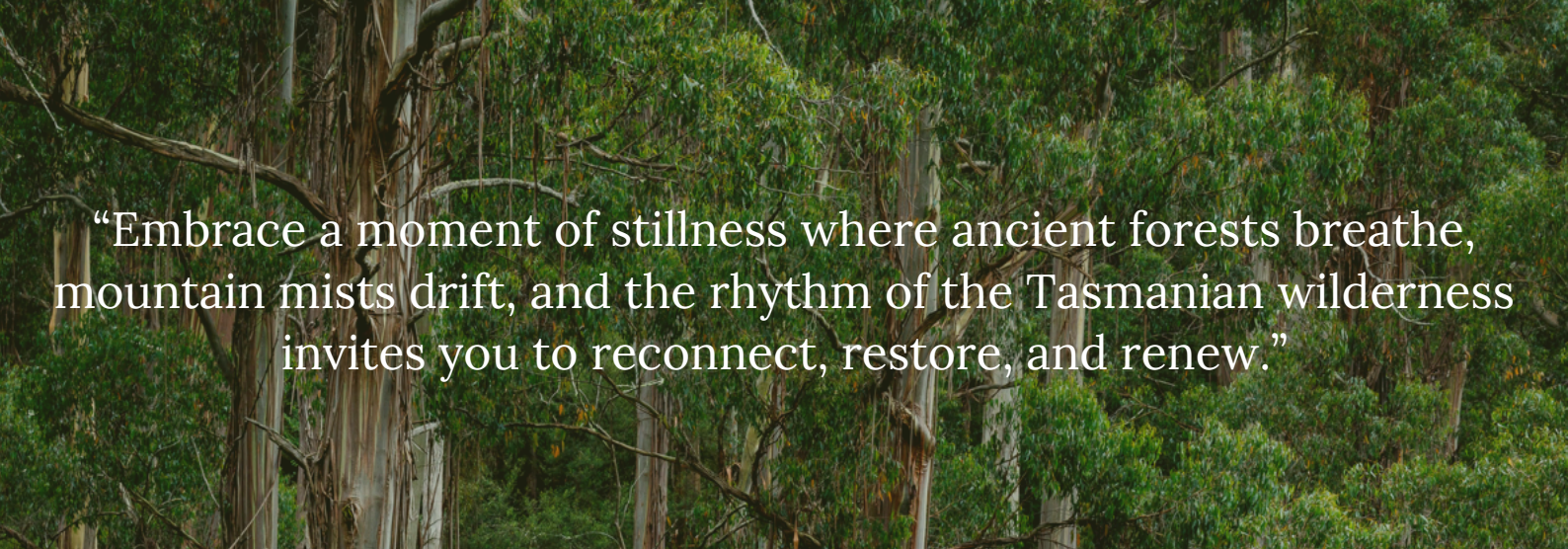
This world class ritual begins with an indigenous bush essence foot botanical bathing ceremony peppered with melaleuca flower and strawberry gum leaf, to ground the soul and soothe the skin.

Then, from the rhythms of the Dreamtime, whispers a full body rejuvenation ritual beginning with an exotic enzymatic fruit infused exfoliation massage. You are then treated to a blend of lime caviar, goji berry and Kakadu plum dispensed in an indulgent crème and clay body masque intensified with a cosmeceutical fusion of antioxidant ferulic acid and Vitamins C and E.

Once removed in an aromatherapy immersion, the body is anointed with a relaxation hydration massage emulsion with a fragrant fusion of crushed citrus oils scented with wild melaleuca flower and geranium leaf.

Then surrender to The Lime Caviar Performance Spa Facial, an indulgent skin ritual capturing a blend of potent antioxidant heroes in a complex 15% Vitamin C concentrate with native Australian extracts of Lime Caviar and berries to target pigmentation, age spots, skin tone, collagen production and skin vitality.

Boosted with antioxidants ferulic acid and layered with skin smoothing hydroxy acids this performance ritual combines pure botanicals and active cosmeceuticals for ultimate results. The ritual is finished with an advanced contour masque boosted with 500mg of pure Vitamin C. The result is luminous skin clarity, smoother skin tone and a stunning radiant complexion.



“Embrace a moment of stillness where ancient forests breathe, mountain mists drift, and the rhythm of the Tasmanian wilderness invites you to reconnect, restore, and renew.”

Waterlily Performance Spa Facials

A revolutionary set of performance skin treatments harnessing the power of bio-tech beauty with clinical nutraceuticals and advanced cosmeceutical actives layered in sensory aromatherapy touchpoints for the ultimate results driven ritual. Each treatment delivers an infusion of hero actives, lashings of hyaluronic acid and omega rich serums finished with an intense contour masque delivering 500mg of pure Vitamin C... Rejuvenation at its finest!



The Signature Rose Peptide Performance Spa Facial

90 minutes - \$250 pp

Collagen inducing featuring smart peptides, pure collagen, rose oil and red raspberry. This indulgent ritual is also intensified with a selection of 3 enhancements of your choice! (valued at \$135)

The Rose Peptide Spa Facial is a skin firming professional treatment harnessing collagen inducing clinical cosmeceuticals, nutraceutical actives and aroma therapy touch points to create a ground breaking rejuvenation ritual.

Smart peptide, Heptapeptide-7 delivered in a clinical 5% concentration delivers the unique ability to stimulate collagen production, diminish wrinkles and improve skin elasticity. Dispensed in a 10% multi-vitamin complex and intensified with liposomal collagen and trans-resveratrol this skin perfecting ritual is imbued with pure rose oil and raspberry to resurface, replenish and renew for visibly rejuvenated skin.

Vino Therapy Performance Spa Facial

60 minutes - \$190 pp

Skin brightening featuring resveratrol, vino extracts, raw organic chocolate and pomegranate.

The Vino Therapy Spa Facial is an Epicurean inspired deliciously rich skin treatment. Melt into a mouth-watering infusion of antioxidant raw organic cacao and Shiraz red wine pressings with skin brightening cosmeceutical actives and aroma therapy touch points to create a nutrient rich professional skin ritual promising to improve skin texture, hydration and refine tone.

Spiced Maple Performance Spa Facial

60 minutes - \$190 pp

Repairing and soothing featuring calming nutraceuticals, marshmallow, maple syrup and Vitamin E

A first aid remedial skin ritual to triage sensitivity, barrier function and redness with a clinical dose of soothing next-gen nutraceutical PEA dispensed in a skin repairing IV infusion of pure Vitamin E, astaxanthin, marshmallow extract and nutrient rich maple syrup to calm and soothe.

Lime Caviar Performance Spa Facial

60 minutes - \$190 pp

Redefining featuring vitamin C, antioxidants, argan oil and native Australian botanical extracts.

The Lime Caviar Spa Facial captures a blend of potent antioxidant heroes in a complex 15% Vitamin C concentrate with native Australian extracts of Lime Caviar, Kakadu plum and goji berries to target pigmentation, age spots, skin tone, collagen production and skin vitality.



Intensify your face ritual with a performance enhancement

\$55 per enhancement or \$100 for 2

GLYCOLIC PEEL

Cleanse + Peel with 15% glycolic and 3% salicylic acids boosted with luxurious lime caviar acid to refine texture, skin brilliance and luminosity while targeting pigmentation.

ENZYMATIC PEEL

Pineapple and micro-encapsulated proteolytic enzymes dissolve dead skin cells, unclog pores and reduce the appearance of blemishes, black heads and uneven texture while brightening skin and activating cellular renewal.

STEM CELL EYE REPAIR

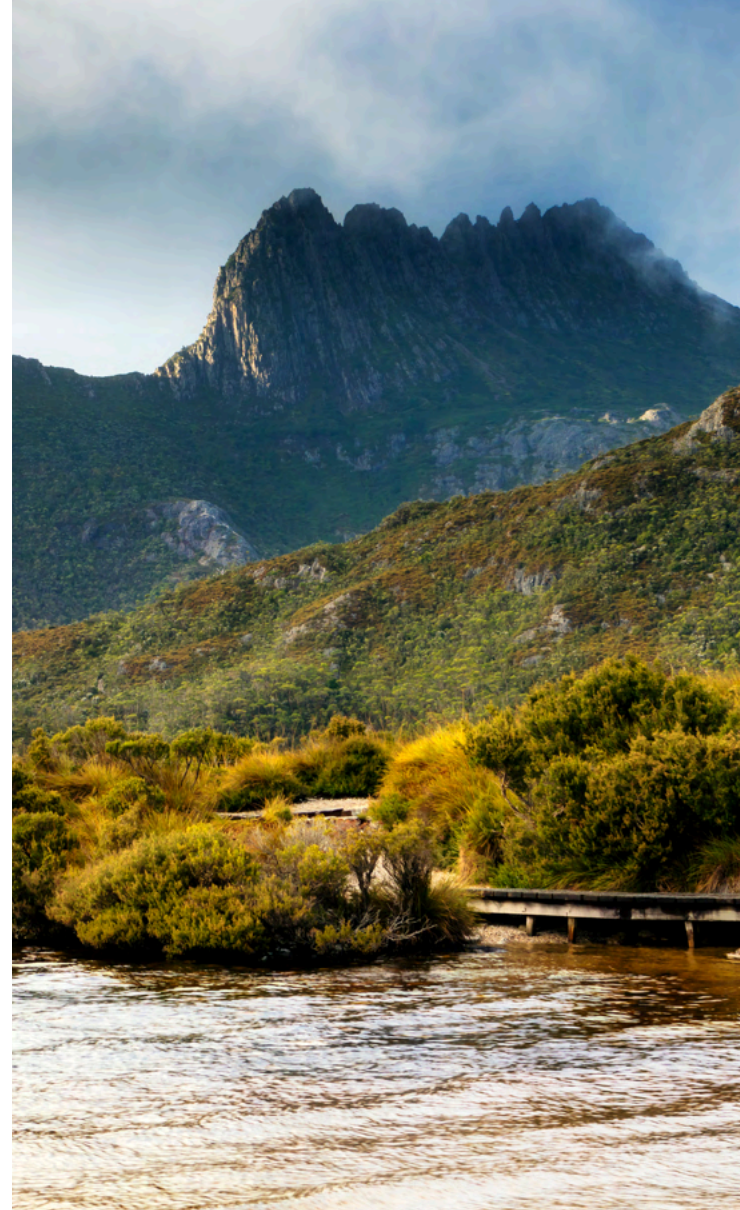
A deeply rejuvenating eye treatment boosted with Swiss Apple Stem Cells infused with collagen inducing smart peptides and antioxidant vitamins with resveratrol to activate cell regeneration and renewal.

PROFESSIONAL STRENGTH VITAMIN A DOUBLE MASQUE INFUSION

An age-defying infusion masque with 5% retinoids, boosted with stem cells, skin brightening alpha-arbutin and glycolic acid to visibly smooth lines, firm texture and revitalise skin tone.

SMART PEPTIDE COLLAGEN INDUCING DOUBLE MASQUE INFUSION

A collagen modelling masque boosted with liposomal collagen, hyaluronic acid and smart peptide, Heptapeptide-7, enriched with skin brightening actives to target firmness.



ORANGE CRÈME HAIR TREATMENT MASQUE

A pure botanical French clay hair treatment to restore brilliance to tired, dry devitalised locks. The treatment masque provides intense conditioning to replenish damaged hair, boosts condition and shine.



Sensory Spa Journeys

SPA JOURNEYS delivers a professional collection of globally inspired luxury body rituals. Wellness journeys which embrace the ancient healing wisdom of millennia captured in timeless ceremonies from exotic destinations around the world.

Surrender to the realm of healing spa therapies where full body wrap rituals embrace the ancient art of aromatherapy, plant and herbal therapies layered in sun dried mineral rich clays dispensed in a full body nurturing massage treatment. Authentic and aromatic experiences that transcend stress to create an age proofing approach to wellness.

The Moroccan Melt Cradle Mountain Indulgence

120 minutes \$420 pp

Full body sugar smoother | Hydration massage | Performance Spa Facial

From the ancient hammam comes an intensive sugar smoothing exfoliation ritual imbued with treasured oils of precious rose petals with geranium flower and rosewood in an infusion of molten cocoa butter, crushed coffee and aromatic vanilla bean. A rhassoul inspired rejuvenation ritual to deeply smooth, refine and revitalise.

This full body ceremony is finished in an intense hydration massage enriched in Marula oil and hyaluronic acid in a geranium leaf crème with vitamins and a hormone balancing herbal blend to support evolving skin while harmonising mood and emotions.

The journey is complete with a performance Rose Peptide Spa Facial. A skin firming professional treatment harnessing collagen inducing clinical cosmeceuticals nutraceutical actives and aromaceutical touch points to create a ground breaking rejuvenation ritual.

Our Peppers Vino Therapy Ritual

150 minutes \$500 pp

Foot bathing ceremony | Enzymatic body polish | Body masque Infusion | Performance Spa Facial | + Complimentary Stem Cell Eye Repair

This decadent ritual inspired by the gods of Bacchus starts with a foot bathing ceremony drenched in smoothing creamy buttermilk, strawberry, and vino pressings. Following a full body enzymatic exfoliation crème massage surrender to an Epicurean infusion of antioxidant rich Shiraz wine and grapeseed whipped in a strawberry and raw chocolate body masque. A gastronomic adventure to strengthen and firm collagen for supple rejuvenated skin.

This full body ceremony is finished with intense hydration massage to drench skin a collagen boosting blend of red wine with cold pressed omega serums infused with molten cocoa butter to nourish, protect and hydrate, leaving skin velvety smooth and irresistibly supple.

The journey is complete with a performance Vino Therapy Spa Facial. An Epicurean inspired deliciously rich skin treatment. Melting an infusion of antioxidant raw organic cacao and Shiraz red wine pressings with skin brightening cosmeceutical actives and aromaceutical touch points to create a delicious professional skin ritual targeting texture, hydration and tone.



Body Smoothing Rituals

Intensely hydrating body exfoliation rituals by Waterlily fusing AHA enriched Australian organic cane sugar with a molten blend of cocoa butter and cold pressed omega serums enriched with pure Vitamin E and aromatic essential oils to not only smooth skin to silky softness but create a hydration ritual that leaves skin replenished, revitalised and glowing!

Lime Caviar Sugar Smoother

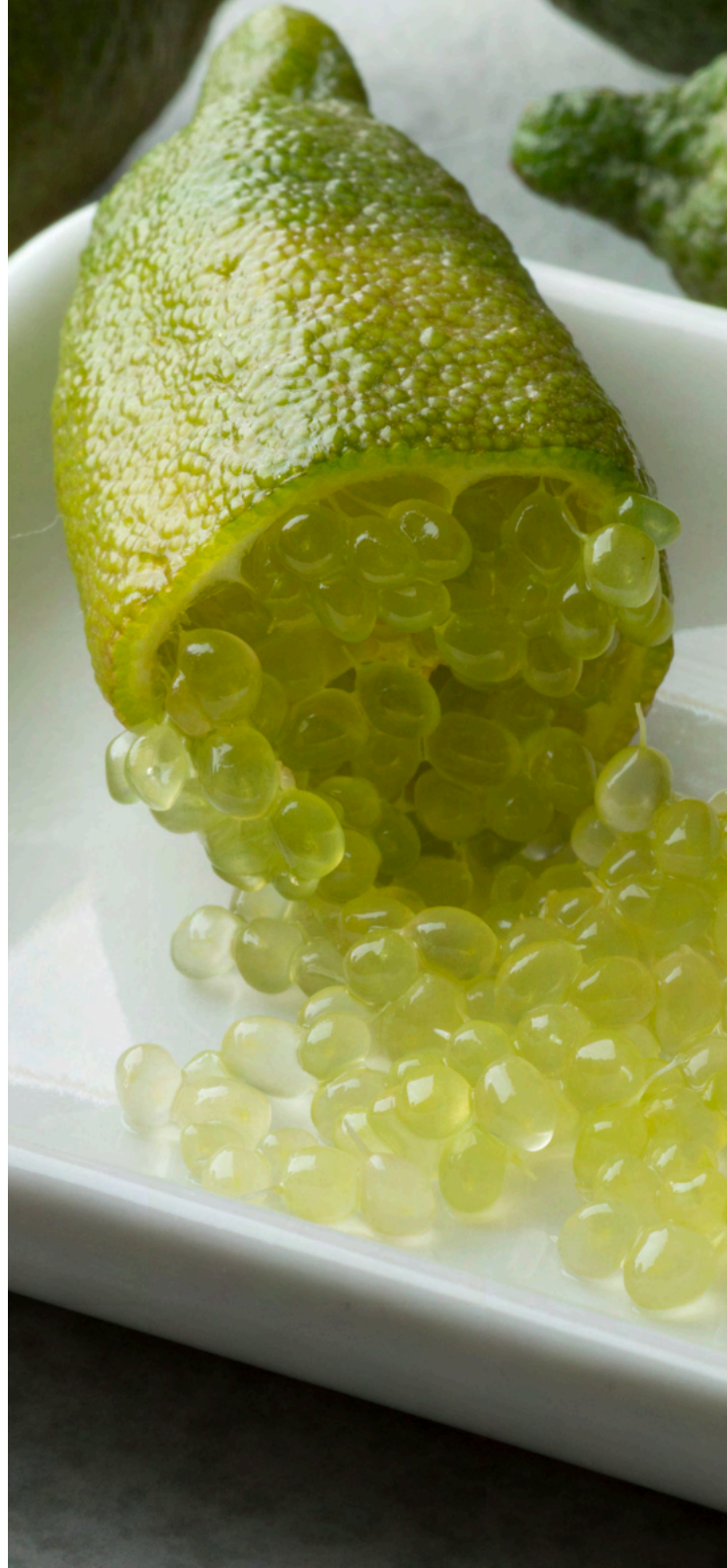
60mins \$200pp

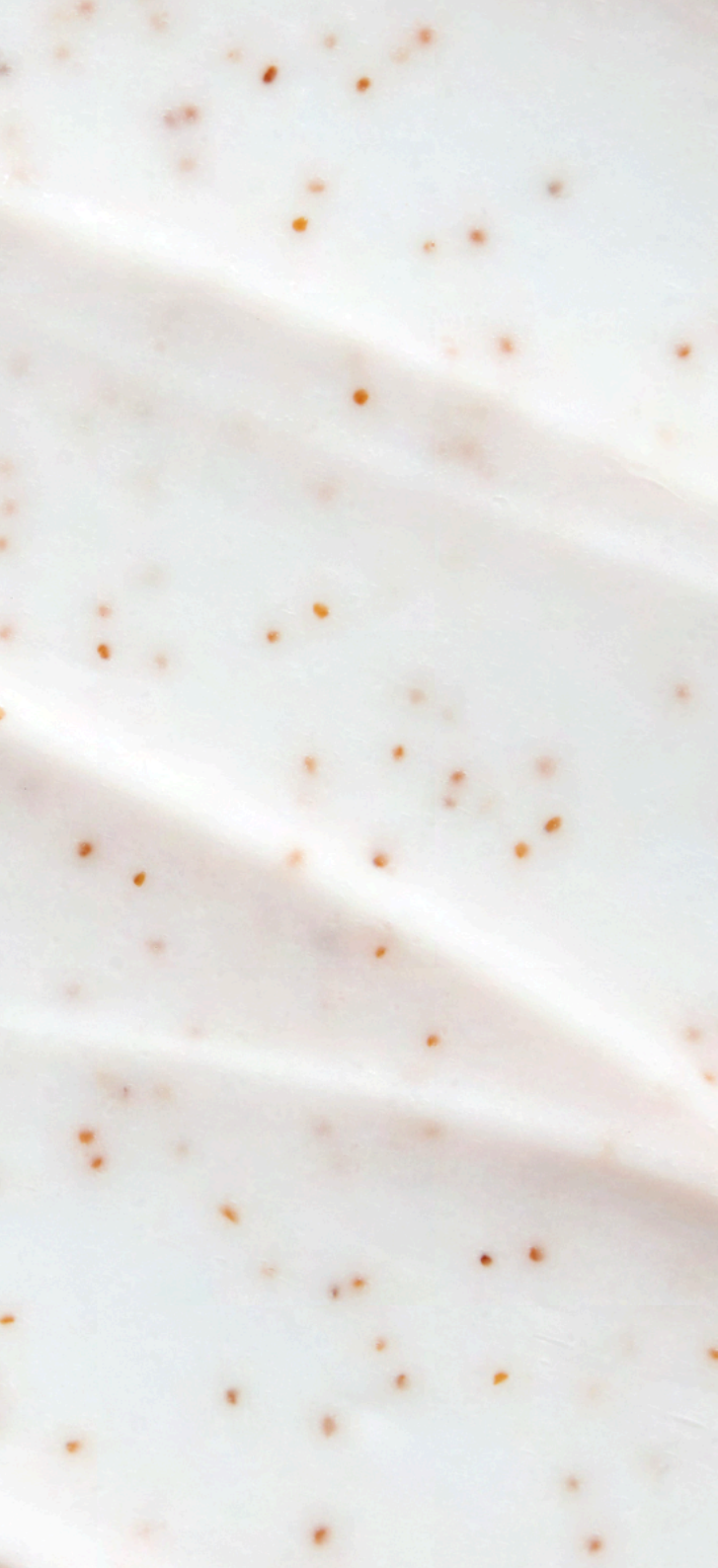
An intensive sugar smoothing exfoliation ritual captures the rhythms of the Dreamtime, dispensed in biotech nutraceutical technology, encapsulating Vitamin E in an omega rich serum laden with molten butters. Antioxidant botanicals of lime caviar, goji berries and Kakadu plum are infused with melaleuca flower and strawberry gum celebrating the untamed flora of the Australian landscape. An indigenous inspired skin ritual to smooth, deeply hydrate and tone while protecting against oxidative stress.

Vino Therapy Sugar Smoother

60mins \$200pp

From the vineyards of Provence comes an intensive sugar smoothing exfoliation ritual. Dispensed in biotech nutraceutical technology, encapsulating Vitamin E in an omega rich serum laden with liquid molten butters. An Epicurean blend of resveratrol rich Shiraz wine pressings, freeze-dried strawberry and raw cacao chocolate finished with notes of crushed citrus, smooth vanilla bean and a hint of blackcurrant bud. A vino inspired skin rejuvenation ritual to smooth, tone and deeply hydrate.





Moroccan Melt Sugar Smoother

60mins \$200pp

Transcending time and tradition this sensory body smoothing ritual inspiration from the rhassoul wellness ceremonies of the time honoured Hammam. An intensive sugar smoothing exfoliation ritual from the ancient hammam, dispensed in biotech nutraceutical technology, encapsulating Vitamin E in an exquisite omega rich serum laden with liquid molten nut butters. Imbued with treasured oils of precious rose petals with geranium flower and rosewood in an infusion of peach oil, crushed coffee and aromatic vanilla bean. A rhassoul inspired rejuvenation ritual to hydrate, tone and transmute evolving skin.

Bathing Ritual Enhancement

30 mins \$80pp

Best enjoyed before your body ritual, these bathing rituals are layered in a blend of creamy fermented buttermilk to soothe and soften skin and peppered with mineral rich clay, magnesium salts sprinkled with exotic botanical extracts and scented with pure essential oils. Hydrating, relaxing and grounding to celebrate the ancient wisdom of Salus per Aquum.. healing through water.



WALDHEIM BODY MASSAGES

Surrender to the healing power of touch with our carefully curated massage experiences, designed to restore balance and rejuvenate the body. Each treatment is delivered by skilled therapists in the tranquil surrounds of the Waldheim Alpine Spa.

AROMATHERAPY MASSAGE

50 mins \$175 | 75 mins \$195

A calming, full-body massage enhanced with aromatic Waterlily Body Oils to soothe the senses, ease muscular tension, and promote inner balance.

RELAXATION MASSAGE

50 mins \$170 | 75 mins \$190

A soothing and rhythmic massage designed to melt away stress, enhance circulation, and leave you feeling completely refreshed.

HOT STONE MASSAGE

50 mins \$180 | 75 mins \$205

This restorative treatment combines the comforting warmth of stones with therapeutic massage to relieve stress and fatigue.

SPECIALTY MASSAGE – Pregnancy Massage

60 mins \$195 per person

Designed for expectant mothers in their second and third trimesters, this nurturing treatment provides gentle support and relief from common pregnancy discomforts.



THE SANCTUARY

Escape into a world of pure relaxation at The Sanctuary—a tranquil retreat within the Waldheim Alpine Spa. Immerse yourself in the soothing warmth of the steam room and sauna, unwind in the spacious hot tub, or invigorate your senses with a cool plunge pool. Complete your experience in the serene relaxation lounge, where the ancient practice of hot and cold water therapies promotes circulation and renewal.

EXCLUSIVE USE PACKAGES

Nestled by the picturesque Pencil Pine River and surrounded by towering King Billy Pines, The Sanctuary offers a secluded oasis of calm, exclusively yours for the duration of your session.

- 60 minutes – \$155 (for two people)
- 90 minutes – \$205 (for two people)
- Additional person – \$75

Enjoy the privacy and tranquillity of this exclusive experience, perfect for couples or small groups seeking complete relaxation.



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SPA OPENING HOURS

The spa is open from 10am to 8pm.
Other appointment times can be arranged with prior notice.

ARRIVAL

Please arrive 10 minutes prior to your allocated appointment time to enjoy a refreshment, fill out a consultation form and ensure you receive the full length of your treatment time.

HEALTH CONSIDERATIONS

Your wellbeing is important to us. Please inform us of any health conditions or pregnancy when scheduling your appointment, as some treatments may not be suitable. Please note that our products contain nuts and lavender.

PRIVACY

Our caring and professional therapists have the utmost respect for your privacy and modesty. All personal information shared with us remains 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 quiet and peaceful. We request you leave your mobile phone in your room or switched off in your bag. The spa, including the outside hot tub area, is non-smoking.

AGE REQUIREMENT

To maintain a serene and relaxing environment, the Waldheim Alpine Spa is exclusively for guests aged 16 and over.

SPA CANCELLATION

The time for your spa experience has been exclusively allocated for you; however, if your plans change and you wish to cancel or reschedule, we do require 24 hours' notice. Regrettably without due notice the full price of your scheduled appointment may be charged.

PUBLIC HOLIDAY SURCHARGES

Please note there is a 15% surcharge for all treatments conducted on Public Holidays.

To book your treatment or if you have any questions,
please contact +61 3 6492 2133, or email: spa@cradlemountainlodge.com.au

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