

# mineral spa menu

## treatment day packages

**ultimate mineral springs** | allow 405min **\$725**

45min exfoliation, 45min cocoon, 90min massage, 60min mineral balance or mikiri, 25min hydrotherapy massage bath, 60 minutes Retreat Access Pass, 2 course lunch

**mineral wellbeing** | allow 300min **\$425**

120min mineral wellbeing ritual, 45 min relaxation massage, 60 minutes Retreat Access Pass, 2 course lunch

**celebration for 2** | allow 345min **\$795**

For her: 90min mineral signature facial & 15min after treatment make up  
For him: 90min mineral signature body & face massage & 15min men's express manicure.  
For both: 60 minutes Retreat Access Pass, 25min hydrotherapy massage bath, 5 course dinner.  
Dinner can be substituted for lunch with a take-away local produce gift package.

**babymoon** | allow 205min **\$330**

60min mineral balance facial, 60min kodo massage, 2 course lunch

**mineral revive** | allow 195min **\$190**

60min relaxation massage, 60 minutes Retreat Access Pass, 2 course lunch

## mineral rituals

**mineral purifying ritual** | 120min **\$260**

Detoxify with a zesty sea polish and an invigorating algae wrap, while your wrap is penetrating enjoy a deep cleansing facial treatment including exfoliation and rebalancing seaweed mask. A stimulating and eliminating full body massage completes this ritual.

**mineral wellbeing ritual** | 120min **\$260**

This treatment combines the benefits of salt polish exfoliation to aid the medicinal penetration of healing moor body wrap actives, prized for their high mineralising and balancing content. As your body wrap penetrates you will enjoy a soothing scalp massage. Enjoy a rejuvenating and restoring hydrotherapy massage bath leaving you feeling simultaneously calm and energised.

**mineral yin ritual** | 90min **\$240**

Your yin ritual begins with a skin smoothing mineral salt glow to polish away dry skin cells and purify the skin. A warm gel of waterlily is applied to the body using firm and soothing strokes to calm, soothe and deeply repair the skin. This treatment concludes with a facial cleanse, a cooling ginkgo eye mask, a customised aromatherapy soothing gel mask and a relaxing massage to the calves and feet with our tension-relief gel.

**mineral yang ritual** | 90min **\$240**

Your yang ritual begins with an invigorating sea polish to smooth and soften the skin, increase the circulation and aid in internal detoxification. Your body is then cocooned with a natural brown 'rassoul' mud from Morocco that delivers mineralising, replenishing, rejuvenating, and smoothing effects, while relieving fatigue and exhaustion. During your cocoon your skin is cleansed and exfoliated then massaged under warm steam to stimulate a healthy glow.

**the dreaming** | 180min **\$380**

The ritual includes a hand & foot treatment, a body wrap, a kodo body massage, a head massage and a facial.

**mala mayi** | 120min **\$260**

After an invigorating exfoliation with your choice of Australian desert salts and aromatic oils, your body will be cocooned in a layer of your chosen silky-warm mineral rich body mud. An Aboriginal inspired scalp massage allows you to drift away to another realm and calm the soul. You will then surrender to the grounding and spiritually uplifting rhythmic kodo full body massage.

## mineral face

**mineral signature** | 90min **\$225**

This ritual includes a 30 minute back, neck and shoulder massage before a complete facial including a fruit enzyme exfoliation, facial massage and a skin corrective mask selected for its pH balancing properties. Includes a soothing arm and foot massage.

**mineral infuse** | 60min **\$185**

Enjoy a deep cleansing and steam exfoliation before your customised extracts are selected and infused with the aid of a high performance setting mask abundant in replenishing sea minerals.

**mineral balance** | 60min **\$145**

Combining gentle exfoliation cleanses with pure essential oil blends and rich multi-vitamin masks to restore freshness and radiance. Includes a soothing hand and scalp massage.

**mineral float** on a soft pack float bed | 45min **\$135**

Enjoy the feeling of complete weightlessness in our soft pack bed as you inhale the tranquil aroma of the white water lily. This serene treatment includes deep cleansing, exfoliation and a soothing facial massage followed by a cooling, decongesting waterlily mask rich in proline and green tea to restore collagen synthesis and quench free radicals.

**mikiri** | 60min **\$145**

This tailor-made facial treatment is prescribed as an intensive boost for all skin types and will be customised to target specific skin conditions such as dehydration, congestion, dryness, and sensitivities. Skin is cleansed and exfoliated using a combination of Australian native ingredients such as lillypilly and wild rosella to revitalise. A specialised mask is applied during the treatment to focus on intense purifying with Australian clays plus a skin drenching hydration mask to smooth and nourish.

**mirri** on a soft pack float bed | 45min **\$135**

Suitable for all skin types integrating Australian native ingredients such as lillypilly, wild rosella and macadamia. An Aboriginal inspired pressure point facial massage helps to relieve stress and tension whilst stimulating the circulation and the firm scalp and shoulder massage clears the mind.

**mineral exfoliation** | 45min **\$120**

**mineral cocoons** | 45min **\$140**

**mineral cocoons** on a soft pack float bed | 60min **\$165**

## mineral massage

**mineral body & face** | 90min **\$195**

A relaxing top-to-toe massage to soothe the nervous system, calm the mind and relieve built-up tension and stress. Includes facial cleansing, exfoliation, full body and facial massage and professional mask treatment.

**mineral stone** | 90min **\$195**

The mineral enriched granite rocks provide a heat relaxing massage incorporating the body's energy points to achieve harmony and balance.

**shiatsu** | 90min **\$195**

Shiatsu is a traditional hands-on Japanese healing therapy which is a feel good, therapeutic massage. Activating acupressure points and meridian stretching. Your therapist will use thumbs, feet, elbows, knees and palms to put you back in touch with your own healing power.

**lomi lomi** | 90min **\$195**

A traditional form of Hawaiian massage, lomi lomi is also called 'loving hands' massage and works gently yet deeply into the muscles using continuous, flowing strokes, totally nurturing the body enabling you to relax, give-in and simply be.

**kodo** | 60min / 90min **\$135/195**

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellbeing. A combination of pressure points and spiralling movements ground and uplift, working to relieve muscular aches and pains whilst leaving the body's energies renewed and refreshed.

**relaxation** | 45min / 60min **\$100/120**

Designed to relax your mind and body, this massage uses slow rhythmic strokes and concentrates on easing nervous tension and stimulating your blood and lymphatic circulation.

**remedial** | 60min / 90min **\$130/180**

Our therapeutic deep tissue massage uses a variety of techniques designed to relieve pain, realign and balance your musculo-skeletal system. The remedial massage is ideal for the sports-oriented or anyone recovering from injuries.

## mineral hands and feet

Choose from a selection of mineral nail enamels with your foot or hand therapy to enhance the look of your hands and feet.

**mineral foot therapy** | 45min **\$120**

Optional nail enamel | 15min **\$140**

**mineral hand therapy** | 45min **\$120**

Optional nail enamel | 15min **\$140**

## mineral finishing touch

**after treatment makeup** | 15min **\$30**

**seasonal look makeup** | 30min **\$60**

## the retreat

Our water therapy area that includes hot mineral-water spas, cool mineral-water plunge pool, 3 different saunas, 2 relaxation areas including the sun deck overlooking the gardens | 60min / 90min **\$70/90**

## hydrotherapy massage bath

A refreshing symphony of 180 hydro-jets to massage away stress and tension | 25min **\$95**