



WALDHEIM ALPINE SPA
cradle mountain



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 ELEMIS, has more than 25 years of wisdom inspiring its pioneering formulas, where spa meets science, meets skin. Unique treatment sequences and age defying facials address specific skin and body conditions to produce visible results, whilst re-awakening the senses.

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



private sanctuary

SIGNATURE SPA

Experience a sense of place

Mountain Dreaming

135 mins \$265

Wellbeing Massage, Superfood Pro-Radiance Facial, Scalp Therapy

Take a journey into stillness with a relaxing full body massage that blends rhythmic massage strokes with traditional Swedish techniques to dissipate tightness and tension, before a tailored solutions facial harnessing the power of nature and science enhances your skin back to glowing health.

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. You are invited to enjoy, indulge and invigorate in these traditional wellness experiences.

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.

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 RITUAL

Explore the art of rest and reflection

Rebalance Ritual

90 mins \$200

Hot Stone Back Massage, Skin Solutions Express Facial, Foot Treatment, Scalp Therapy

Discover the meaning of contentment as skilled hands and warm stones melt through tension held in the back, neck and shoulder muscles. This continues with a radiance inducing facial, bursting with active ingredients for healthy skin followed by an invigorating foot scrub and massage before the feet are drenched in a hydrating mask and a scalp massage is performed to leave you unwound and uplifted.

R 'n' R

90 mins \$200

Salt Scrub, Wellbeing Massage, Skin Solutions Express Facial

A full body salt scrub reveals a new layer of soft smooth skin, which follows with a tension releasing back, neck and shoulder massage before our Skin Solutions Express Facial cleanses and revitalises the complexion.

Alpine Revival

60 mins \$ 155

Wellbeing Massage, Skin Solutions Express Facial

A revitalising pick me up, combining a back, neck and shoulder massage to relieve tightly wound shoulders along with an Skin Solutions Express Facial to brighten and revitalise any skin type.

Tension Tonic

60 mins \$155

Wellbeing Massage, Scalp Therapy, Foot Treatment

Combining three favourites, this destress therapy relaxes the back and scalp while feet are treated to an exfoliation and wrap to restore a sense of balance.

Enlighten Escape

60 mins \$155

Body Exfoliation, Skin Nourish

A drizzling of warm oil and your choice of body glow is vigorously applied to cleanse away dry winter skin, and once removed, your body is drenched in hydration to restore the skin back to a silky smooth glow.





EXPERIENCE FACIAL

Advanced skin care formulations meet beauty expertise to deliver unparalleled skin quality.

Pro Collagen Age Defy

60 mins \$175

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Independent clinical trials*

Dynamic Resurfacing Precision Peel

60 mins \$175

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger looking skin.

**Independent clinical trials*

Pro Definition Lift & Contour

60 mins \$175

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

White Brightening Pigment Perfector

60 mins \$175

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

Super Food Pro Radiance

60 mins \$155

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent clinical trials*

Skin Solutions Express

30 mins \$85

This cleansing facial provides a quick and instant pick me up to brighten and revitalise every skin type.

EXPERIENCE BODY

Aromatic wonders inspire the senses

Thousand Flower Detox Wrap

60 mins \$200

Enriched by Somerset soil packed with tree, flower and grass rich nutrients, this treatment provides super skin health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea Seed Oil is massaged into the skin followed by the Thousand Flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea Balm, rich in minerals, proteins and omegas – the superfood of the skin – is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

Body Nectar Nourishing Wrap

120 mins \$260

The velvety texture of the Monoi body oil offers super hydration, quenching thirsty skin. You are kept cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work. Swedish techniques and rhythmic strokes then soothe away muscular tension to restore a sense of wellbeing. Available in Frangipani or Sweet Orchid.

Poultice Powered Muscle Release

75 mins \$195

Sore and aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralise. Painful knots are eased. Tension is dissolved.





EXPERIENCE MASSAGE

Holistic curatives to support rest and recovery

Deeper Than Deep Hot Stone Massage **60 mins \$175**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Wellbeing Relaxation Massage **30, 60 or 90mins \$90, \$155 or \$190**

Anointed with a blend of essential oils to suite your sensory preferences, this holistic massage therapy based on traditional Swedish techniques and rhythmic strokes soothe muscle tension and restores a sense of wellbeing.

Peaceful Pregnancy Massage* **75 mins \$155**

Catering to the special needs of pregnancy, this nurturing and supportive massage provides relief for back tension, swollen hands and feet to ease the mind and lift the spirits during this very special time.

**Only offered during the second and third trimester*

Peaceful Pregnancy Face and Body Experience* **135 mins \$ 265**

75 minute Pregnancy Massage, 60 minute Pro Radiance Super Food Facial

An intuitive and relaxing massage hydrates skin that is growing. A unique treatment combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

**Only offered during the second and third trimester*

MOUNTAIN MAN

Look younger and feel better with some time out

Weekend Warrior

90 mins \$190

Wellbeing Massage, Skin Solutions Express Facial, Foot Treatment, Scalp Therapy

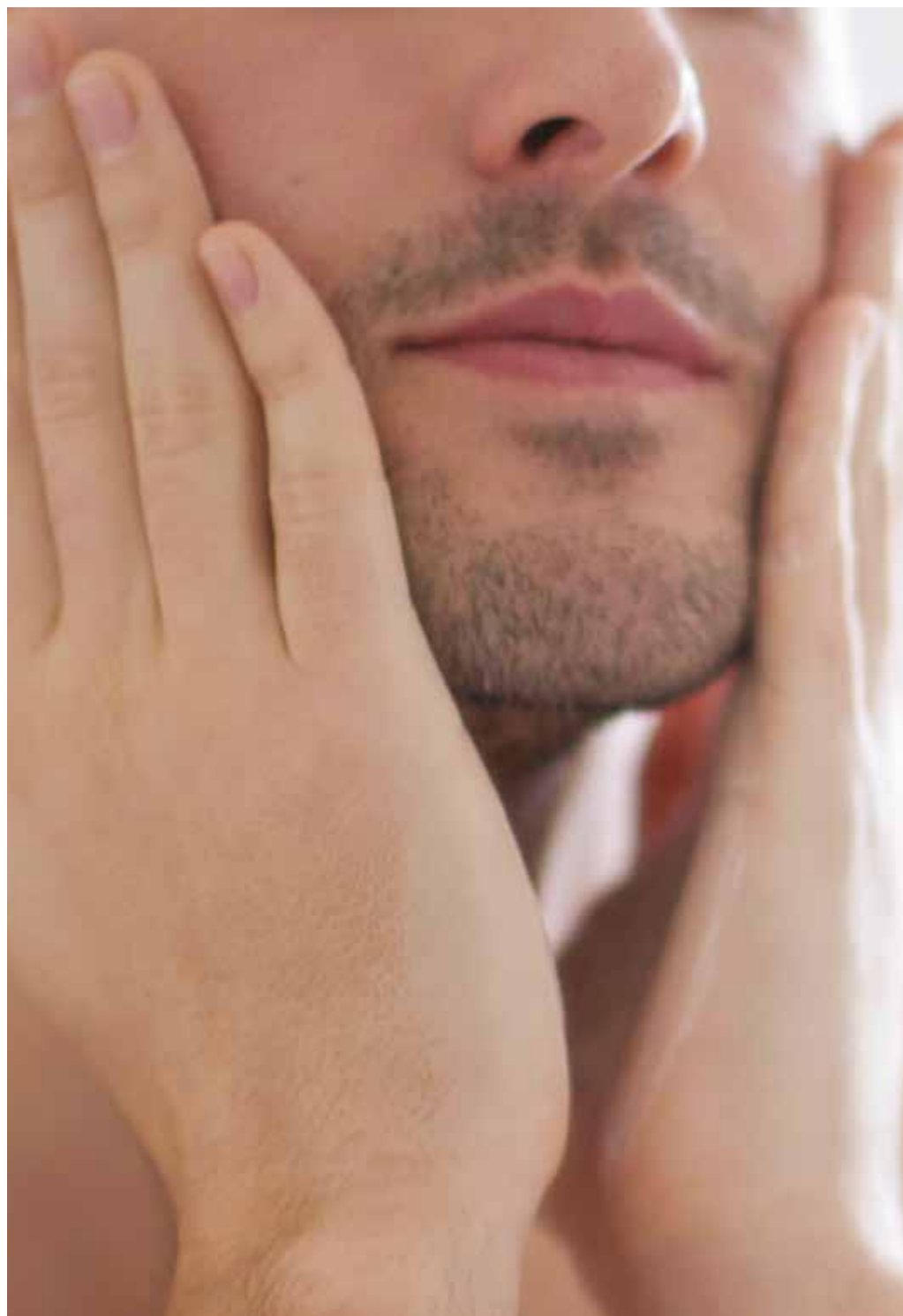
For the no fuss male, we offer the stress release back massage, an express facial treatment, scalp therapy and a foot massage. These are the bare essentials for any mountain climber.

High Performance Skin Energiser Facial

60 mins \$155

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extractions decongest. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.





EXPERIENCE NOURISHMENT

Sink into sublime surrender

Private Bath Ritual

45 mins \$90

Relax in a beautiful warm bath whilst soaking up the view of the stunning alpine landscape. Enriched with a skin nourishing milk bath of vitamins, oat extract and camellia oil, this deeply relaxing escape leaves the mind calm and the skin soft and supple. The perfect addition to any one of our luxury spa experiences.

Decadent Bath Ritual

60 mins \$175

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.



EXPERIENCE TOGETHER

Looking for the perfect way to indulge yourself and your partner?

Inner Peace Package

105 mins \$355 per couple

Tension Tonic, Scalp Therapy, Private Bath Ritual

You and your partner will be treated to a luxurious back, neck and shoulder massage. The focus is then shifted to your feet, as we treat them with warm aromatic oils and award winning Lime and Ginger Salt Glow. As part of your treatment you and your partner can slip into a 45 minute Skin Nourishing Milk Bath to relax and take in the spectacular views overlooking the Pencil Pine River.

Cradle Rejuvenation Package

165 mins \$550 per couple

Deeper than Deep Hot Stones, Scalp Therapy, Decadent Sanctuary

Treat yourself and your partner to a deeper, firmer and more relaxing massage using heat from warm basalt stones to penetrate into the belly of the muscles, relieving muscular tension. A drizzling of warm aromatic Frangipani Oil leading into a soothing scalp massage is the ultimate in scalp therapy. Following your treatments you and your partner can indulge in our 90 minute Private Decadent Sanctuary, enjoying a bottle of Tasmanian Sparkling Wine and a platter of Chocolate Dipped Strawberries.

Alpine Escape Package

150 mins \$600 per couple

Salt Glow, Wellbeing Massage, Skin Solutions Express Facial, Private Bath Ritual

Escape with your partner as warm aromatic oils along with your choice of Salt Glow, are applied to cleanse away dry winter skin. Followed by a 60 minute Wellbeing Massage to soothe muscle tension and a Skin Solutions Express Facial to brighten and revitalise your skin. As part of your treatment you and your partner can slip into a 30 minute Skin Nourishing Milk Bath to relax and take in the spectacular views overlooking the Pencil Pine River.

Ultimate Indulgence

240 mins \$700 per couple

Body Nectar Nourishing Wrap, Scalp Therapy, Skin Nourish, Pro Radiance Superfood Facial

Side by side you will experience a full body Frangipani Salt Glow exfoliation before being wrapped up in a warm Frangipani cocoon, whilst enjoying the ultimate Scalp Therapy. Afterwards, indulge in our 60minute Private Sanctuary where your stress will melt away. Your skin will be left feeling supple and soft with a skin nourish. To complete your experience enjoy a Pro Radiance Super Food Facial 60 minute Private Sanctuary to revitalise the skin. This is the ultimate indulgence.



EXPERIENCE RESTORATION

Redefine the hands of time and indulge well trodden feet

Best Foot Forward

60 mins \$130

Take a load off with this foot focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged whilst nails are trimmed to tip top shape and cuticles are revitalised. Departing with a fresh paint, your feet will leave you feeling ready to step into the future.

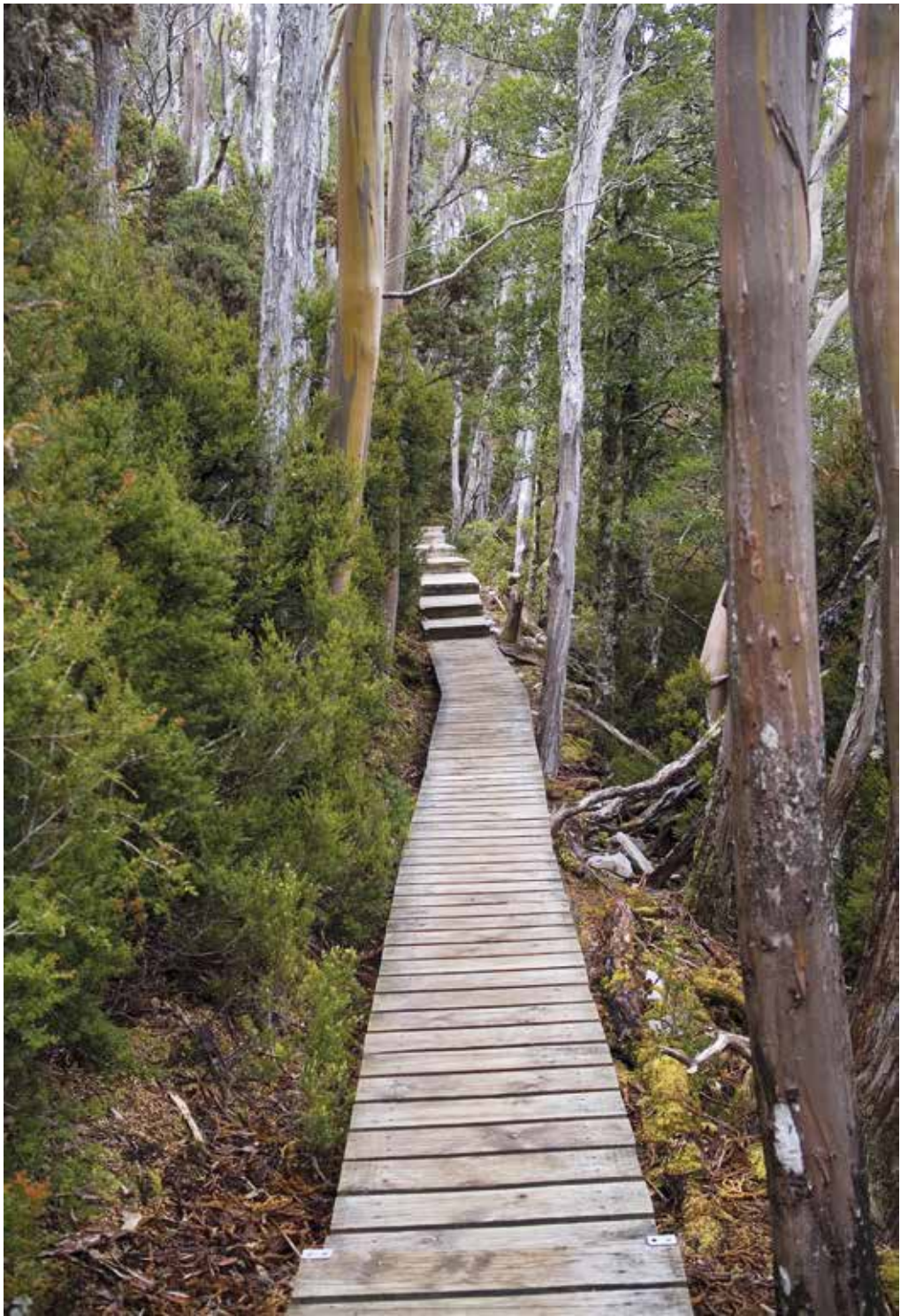
Pro Radiance Manicure

60 mins \$130

Cuticles and nails are conditioned and strengthened, whilst Skin Nourishing Milk combined with Pro Radiance hand and nail cream intensely hydrates for irresistibly smooth, youthful looking hands. Nails are invigorated back to health and painted with your choice of CND Vinylux colour.







SPA ETIQUETTE

Opening Hours

The spa is open from 9am until 8pm daily.

Arrival

Please arrive 15 minutes prior to your appointment time. This will allow time for your preparation, consultation and spa refreshment. 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.

Cancellations

The time for your experience has been exclusively 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 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 12 months. Please quote your certificate number when booking and present gift certificate on arrival.

Retail Therapy

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

WALDHEIM
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PEPPERS

CRADLE MOUNTAIN LODGE
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