



*start your wellness journey...*

## Take me to...

- [Spa Journeys](#)
- [High Performance Facials](#)
- [Facial Therapies](#)
- [Massage Therapies](#)
- [Body Rituals](#)
- [Hands & Feet](#)
- [Infrared Sauna](#)
- [Face & Body Maintenance](#)
- [Enhancements](#)
- [Alternative Therapies](#)
- [Wellness Retreats](#)

## Learn more...

- [About Us](#)
- [Our Philosophy](#)
- [Spa Etiquette](#)
- [Contact Us](#)











## *Spa Journeys*

The Lux Spa and Wellness signature rituals are carefully designed as a collection of the finest restorative journeys, from the healing cleansing of our Vichy steam cocoon & Geisha tub, the therapeutic vibrations of sound therapy, to the stress-relieving Shirodhara therapy. Each of these holistic signature rituals will engage all of your senses and restore balance to your mind, body and spirit. Combining the healing powers of sound and touch with the most potent natural ingredients the Ocean and Earth have to offer, these signature Rituals will transport you to a sanctuary of calm and comfort.

## Waterfall Surrender | 3.5 hrs

Mon - Fri \$460 | Sat - Sun \$506

- Lux Signature Grounding Foot Soak
- Shirodhara
- Herbal Compress Massage
- Herbal Steam Vichy Cocoon
- Magma Mud wrap
- Sea Salt Scrub

Be immersed in the aroma of our eucalyptus blue gum foot ritual as you enjoy one of our specially prepared herbal teas. A foot exfoliation and soothing hot stone foot massage is just the beginning. Restore your skin's radiant glow with an exfoliating sea salt body scrub in our. The body is gently polished rendering skin silky smooth and mineralised ready for your detox magma mud wrap. While your body is absorbing all of the magma mud benefits in our Vichy steam capsule, be transported to a state of complete relaxation with a tension releasing pressure point scalp therapy. Once your mind is restored, the mud and salts are rinsed away with our unique water-based treatment which uses carefully positioned horizontal showers. Experience a full body warm herbal compress massage using a blend of Sea Salts, Rosemary, Chamomile flowers and Lemongrass to release muscle tension and promote relaxation. To complete your waterfall surrender, you will experience our shirodhara therapy where warm oil is continuously flowed over the third eye, balancing your body and mind, giving you the feeling of complete inner peace.

## Grounding Woodlands | 2.5 hrs

Mon - Fri \$400 | Sat - Sun \$440

- Lux Signature Grounding Foot Soak
- Dry Body Brushing
- High Performance Facial
- Eco-friendly Mud Wrap

Your grounding top-to-toe journey begins with a soothing signature foot ritual, soak in the aroma of our eucalyptus blue gum while you enjoy one of our specially prepared herbal teas. A foot exfoliation and soothing hot stone foot massage is just the beginning. Your body will then experience the rejuvenating benefits of a full body dry exfoliation using a technique to encourage lymph-drainage and buff away dry skin. Indulge your senses and relax knowing that you are contributing to protecting the Earth's natural resources. Be lathered in our Eco-Friendly, rinse free mud wrap before you experience a nurturing and warming cocoon. Release stress and tension with a pressure point scalp massage before your luxurious mud wrap is massaged into the skin to be completely absorbed leaving your whole body deeply hydrated and nourished. Your senses will be enveloped during a luxurious, results-driven facial treatment suitable for all skin types and precisely formulated with the most potent natural ingredients the Ocean and Earth have to offer, completing your top-to-toe journey.

## Otway Retreat for Two | 2.5 hrs

Mon - Fri \$340pp | Sat - Sun \$374pp

- Geisha Tub with Aroma Milk Bath & Salts
- High Performance Facial
- Full Body Massage

Escape your stress, restore your energy, revitalise your body and refresh your mind with a friend, sister or your special someone. This Otway Retreat for Two is perfect for those who are looking for some much-needed time out. Begin with a luxury bathing for two, paired with aromatic sea salts for you to polish your worries away or simply infuse the warm milk bath for a revitalising and nourishing soak. You will then each be indulged in a relaxing full body massage followed by a pressure point foot and scalp therapy. Your senses will be enveloped during a luxurious, results driven facial that will be specifically chosen for your skin type and concerns. Formulated with the most potent natural ingredients the Ocean and Earth have to offer, completing your Otway Retreat for Two.

## Couples Coastal Getaway | 90 mins

Mon - Fri \$360 | Sat - Sun \$396

- Geisha Tub with Sea Salts
- Spa Cuisine & Sparkling Wine
- Full Body Massage

Looking to take some time out to relax and rejuvenate with your partner? Escape to our intimate couple's suite and take some time to reconnect. Here, you will feel free to unwind and enjoy a luxury spa bathing for two, paired with aromatic sea salts for you to polish your worries away or simply infuse the warm water for a revitalising soak. Once your body has experienced the healing properties of essential minerals, you will then be indulged in a relaxing full body massage followed by a pressure point foot and scalp therapy. As part of the Couples Coastal Getaway, unwind and enjoy a glass of sparkling wine and spa cuisine by our open gas log fire to complete your retreat.

## Relax & Rejuvenate | 120 mins

Mon - Fri \$230 | Sat - Sun \$253

- Full Body Massage
- Organic Facial

Take your body on a relaxing journey by choosing an aromatic essential oil blend from our Aroma Bar to be used during your tailored relaxation massage. Using the scents of essential oils to create a feeling of comfort and ease, our massage techniques will soothe aching muscles and relieve tension, while allowing the skin to absorb the oils. Reveal radiant skin with a specialised facial treatment. This organic facial entails a thorough skin analysis by our qualified spa therapists to tailor a treatment that addresses your individual skin concerns. Your skin will be left revitalised and restored with the ultimate marine and botanical ingredients within our luxurious Pevonia range. Come back from ultimate tranquility with a herbal tea nestled by our open gas log fire.

## Coast to Forest | 90 mins

Mon - Fri \$195 | Sat - Sun \$215

Finding it hard to decide? Create your own blissful experience by choosing any of these three 30-minute indulgent therapies.

Select your trio:

**Dry Body Brush** - Experience the rejuvenating benefits of a full body dry exfoliation using a technique to encourage lymph-drainage and buff away dry skin.

**Botanical Hair & Scalp Treatment** - This deeply nourishing hair treatment, with moisture-boosting botanicals like pea protein, sustainably sourced baobab and ashwagandha root, will leave your hair hydrated and glossy from root to tip.

**Manicure** - Express yourself from your fingertips with pops of bright, glossy shades. Includes cuticle and nail work

**Pedicure** - Express yourself from your toes with pops of bright, glossy shades. Includes cuticle and nail work

**Massage** - This massage eases tense muscles and dissolves away areas of tension. A back massage stimulates the production of endorphins, dopamine and serotonin, all chemicals that make the body feel good.

**Organic Facial** - Your senses will be enveloped in the heavenly scents of the organic facial with blends of botanical and marine properties while your therapist uses the healing power of touch to reveal your best self.

## Great Ocean Road Escape | 3 hrs

Mon - Fri \$495 | Sat - Sun \$545

- Herbal Steam Vichy Cocoon  
- Magma Mud Wrap  
- High Performance Facial

- Sea Salt Scrub or Silky Skin Body Polish  
- Pressure Point Scalp massage  
- Manicure or Pedicure

This Great Ocean Road Escape will take you on a complete journey from head to toe beginning with your choice of either creamy chamomile, rosemary and lemon body polish or natural sea salts enriched with marine minerals before a warm magma mud is lathered generously to your body. Take your escape to the next level by incorporating herbal steam in our Vichy capsule while infusing the natural vitamins, amino acids, natural antibiotics and enzymes encapsulated in this magma mud. Rebalance and soothe the mind as a tension releasing pressure point scalp therapy is performed. The mud and salts are rinsed away with our unique water-based treatment which uses carefully positioned horizontal showers. Once your body and mind has reached ultimate tranquility, focus then shifts to either your hands or your feet to be manicured. Experience a nurturing and warming cocoon as you're enveloped in a lush blanket. Harness the balancing power of plant energies using a range of multi-sensory, high performance skin treatments. These result-driven facials can target an array of concerns by giving you the option of calming, brightening, hydrating, anti-ageing and ultra-calming, along with a customised treatment plan.

## Girls Day of Bliss | 75 mins

Mon - Fri \$160 | Sat - Sun \$176

- Dry Body Brush  
- Pressure Point Scalp massage  
- Spa Cuisine & Sparkling Wine

- Eco-friendly Mud Wrap  
- Mud massage

Indulge with your friends to a slice of heaven, perfect for a girl's day trip on the coast. Your body will experience the rejuvenating benefits of a full body exfoliation using a technique to encourage lymph-drainage and buff away dry skin. Tantalise your senses and unwind knowing that you are contributing to protecting the Earth's natural resources. Be lathered in our Eco-Friendly, rinse free mud wrap before you experience a nurturing and warming cocoon. Soothe the mind as a tension releasing pressure point scalp therapy is performed. To finish your trip to heaven, the mud is then worked into your body using long sweeping motions to leave your skin nourished and hydrated. Your restorative spa journey concludes in our relaxation lounge where you can spend quality time in front of our open gas log fire while enjoying our locally sourced spa cuisine and sparkling wine.

## Relaxation for Him | 2.5 hrs

Mon - Fri \$320 | Sat - Sun \$352

- Men's High Performance Facial  
- Full Body Massage

- Magma Mud Back Therapy

This exclusive package offers the ultimate gentlemen's relaxation. Rejuvenate and restore your back and shoulder muscles with a dry body brush exfoliation and the curative properties of magma mud before a full body de-stress massage is performed to eliminate accumulated knots and tension. Complete your experience with our Pevonia men's skin fit High Performance Facial.

## Mum-to-Be | 120 mins

Mon - Fri \$240 | Sat - Sun \$264

- Lux Signature Grounding Foot Soak with Aroma Milk  
- Pregnancy Massage  
- Organic Facial

Time to nurture and support you and your growing baby as new life evolves. Escape reality by relaxing in one of our lush spa gowns while your feet are immersed in our soothing milk foot soak as you sip on a herbal tea. A foot and lower leg massage is performed to relieve any tension and swelling. Melt into a pregnancy massage designed specifically for the needs of pregnant women, relaxing tense muscles from the change in posture and easing aching legs and hips. Complete your mum-to-be journey as your senses will be enlightened in the heavenly scents of the organic facial with blends of botanical and marine ingredients while your therapist uses the healing power of touch to reveal your best self.



# High Performance Facials

Relaxation meets results. A luxurious, results-driven treatment for all skin types, precisely formulated with the most potent natural ingredients the Ocean and Earth have to offer.

Pevonía exceeds ordinary skin care to counteract concerns at their source, with exceptional products that perform with proven results. This High Performance Facial entails an in-depth skin analysis to determine the best possible skin journey for you.





### Plantomer Facial | 60 mins

Mon - Fri \$190 | Sat - Sun \$209

Visibly enhancing your skin's texture and maximising hydration, this effective rubber lift-off mask combines the replenishing benefits of seaweed with revitalising propolis, a natural healing and desensitising substance. Soothing, nourishing, and calming, it renders skin undeniably radiant.

### Anti-Free Radical | 60 mins

Mon - Fri \$190 | Sat - Sun \$209

Repair your skin while deeply nourishing and replenishing. This dramatic bi-thermal lift-off mask first warms allowing vitamins to penetrate your skin, then cools to seal rejuvenating benefits. Micro-emulsified vitamins A and E maximise your skin's protection against free-radicals and premature ageing. Your complexion emerges velvety-smooth and deeply hydrated with improved texture and refined pores.

### Luminous C & Sea | 60 mins

Mon - Fri \$190 | Sat - Sun \$209

This rubber lift-off mask treatment features a potent blend of stabilised vitamin "C" combined with the latest high-tech formulation of freeze-dried seaweed. It reduces fine lines, strengthens elasticity, and provides relief for dull, sun-damaged skin. Your complexion resurfaces renewed, firm and extremely smooth with a luminous glow.

### RS2 | 60 mins

Mon - Fri \$190 | Sat - Sun \$209

A radical solution for hypersensitive skin, this alleviating treatment therapy provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability. Your spa therapist will apply a calming tri-phase, bi-thermal lift-off mask that creates unique variances in temperature... warming and cooling cycles. The temperature variation creates vaso-dilation and vaso-constriction, ensuring maximum ingredient absorbency and a healthy skin strengthening work out.

### Men's Skin Fit | 60 mins

Mon - Fri \$190 | Sat - Sun \$209

Counteract the ageing process with this proven-effective advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox® (Hibiscus Esculentus Blend) replenish skin while counteracting ageing aggressors. Visibly resurfacing, this mask promotes healthy, youthful-looking skin.

### Myoxy-Caviar and Pearl Facial | 60 mins

Mon - Fri \$225 | Sat - Sun \$248

Indulge and revitalise your skin with the ultimate in anti-ageing skin care luxury with our Pevonia Myoxy-Caviar and Pearl Facial. Your experience begins with a hot compress of the feet to help soften your body into a warm cocoon. This opulent anti-ageing treatment lavishes your skin with pure Caviar Extract, Pearl Extract and Escutox, A revolutionary blend known as 'Vegetable Botox' exclusive to Pevonia. This rich mask increases skin oxygenation, suppleness and elasticity while taking you on a sensory journey.

### Stem Cells | 60 mins

Mon - Fri \$205 | Sat - Sun \$226

This ground-breaking plant-based treatment redefines the de-ageing facial! Infused with the first-ever blend of argan and comfrey stem cells and supercharged de-agers like collagen, retinol, elastin, and other key actives, this exceptional age reversing treatment visibly reduces lines and wrinkles, delivers a smoother skin surface, and long-term protection of the skin's naturally repairing stem cells.

### Lumafirm | 60 mins

Mon - Fri \$205 | Sat - Sun \$226

Seeking a treatment with amazing instant results? Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of ageing, or as the perfect instant repair boost when you want to look your absolute best. Proven to perform, this facial renders your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

## Facial Therapies

Lux Spa and Wellness offers a range of results-driven, luxury facial treatment options, utilising Pevonia, where the most powerful ingredients come from the safest source...nature. Pevonia uses highly sustainable processes and has been the leader in the cruelty-free skin care movement since its inception 20 years ago.

Your skin journey begins using our state of the art Clairderm skin analyser, allowing your therapist to determine an effective treatment plan tailored to your needs. A hot compress of the feet, aromatherapy inhalations and a warm cocoon will allow your body to surrender before your customised facial treatment.



## **Skin Analysis | 30 mins | Mon - Fri \$40 | Sat - Sun \$44**

Redeemable on treatment or product

Start your skin journey with one of our spa therapists and get a deeper look into the health of your skin, assess conditions including dryness, UV damage, pigmentation, sensitivity and the skin's ability to repair itself. You and your therapist will have the chance to discuss your concerns, your skin goals and everything that contributes to skin health. Using the latest technology and real conversation, our spa therapists are able to provide a holistic and effective approach for skin management to enhance your natural beauty.

## **Lux Signature Facial | 90 mins**

Mon - Fri \$210 | Sat - Sun \$231

- Lux Signature Grounding Foot Soak
- High Performance Facial

Begin to unwind and melt away tension that tends to lie in the feet with the Lux Signature grounding foot soak that is guaranteed to refresh tired, overworked feet with a foot and lower leg scrub and hot stone massage leaving them feeling relieved, revived and lighter. Once you are completely grounded, feed your skin with botanical and marine derived ingredients utilising fruit enzyme exfoliation, seaweed extract, a highly potent serum and a customised, results-driven lift-off mask. Further release high tension areas with an opulent décolletage, face and scalp massage leaving you feeling like a new person.

## **Teen Rebalancing Facial | 30 mins**

Mon - Fri \$95 | Sat - Sun \$105

Designed specifically to treat teenagers' biggest skin concerns such as controlling blemishes, boosting moisture, and sun-exposure, this is a great introduction to high quality, professional skincare for young skin.

Feel at ease with our highly trained spa therapists who will help guide you on your exciting new skin journey. Utilising the latest technology and real conversation, our spa therapists are able to provide a holistic and effective approach for skin management to enhance your natural beauty.

## **Organic Facial | 45 mins**

Mon - Fri \$135 | Sat - Sun \$149

Your organic experience begins with a hot compress of the feet to help you melt into a warm cocoon. Discover the wonderful feeling of relaxation, restoration and rejuvenation that comes with our organic facial. Combining pineapple and papaya enzymes with the warmth of steam to reveal a refreshed complexion. Soothe the mind as a tension releasing pressure point scalp therapy is performed. Drift off during an indulgent facial massage using pure essential oil blends and a rich multi-vitamin mask and awaken to radiant skin.

## **Micro-Retinol Facial Peel | 60 mins**

Mon - Fri \$165 | Sat - Sun \$182

Reveal your skin's inner radiance with this powerful yet gentle micro-retinol experience. This micronised emulsion of retinol, combined with essential foods for the skin works in synergy with each other to enhance penetration, intensely revitalise and perfect the skin. Your face will be left visibly smoother, brighter and radiantly alive.



## *Massage Therapies*

Revitalise your body and refresh your mind with Lux Spa and Wellness' immersive massage therapies all beginning with your choice of essential oil blend from our Aroma Bar, our sound therapy, body palming, hot towel compress of the feet and heat pillow placed on the back. Our specialised massage therapists will effectively ease your tense muscles, improve your circulation, release your toxins and have you feeling renewed. We have a broad range of specialised massages to meet each and every client's needs. Choose from the three customised aromatherapy treatment oils to optimise and enhance your mood for complete relaxation.



## Rejuvenate | 90 mins

Mon - Fri \$175 | Sat - Sun \$193

- Full Body Massage
- Organic Facial

Take your body on a relaxing journey with this tailored aromatherapy massage. It uses the rejuvenating scents of essential oils to create a feeling of comfort and ease. The massage techniques soothe aching muscles and relieve tension while allowing the skin to absorb the oils. Put your best face forward with a specialised facial treatment. Your skin will be left revitalised and restored with the ultimate Marine and Botanical ingredients within our luxurious Pevonia Range. Come back from ultimate tranquillity with a herbal tea nestled by our open gas log fire.

## Unwind | 90 mins

Mon - Fri \$175 | Sat - Sun \$193

- Full Body Massage
- Magma Mud Back Treatment

Revive and restore your back and shoulder muscles beginning with a dry back exfoliation and the curative properties of Magma Mud before a full body de-stress massage is performed to alleviate high stress levels and muscle tension, releasing toxins and improving circulation. Take some time out to relax, rebalance and soothe your body and mind.

## Herbal Compress Massage | 60 mins

Mon - Fri \$150 | Sat - Sun \$165

An invigorating blend of therapeutic herbs are wrapped in a muslin compress, steamed and gently pressed using circular and rolling movements throughout your massage experience. The healing properties of herbs have a relaxing and energising effect on the body and mind and assist in soothing sore and overworked muscles.

## De-stress Massage | 60 mins

Mon - Fri \$125 | Sat - Sun \$138

Achieve an overall sense of wellbeing with this traditional massage. Using a combination of long, slow effleurage movements to relieve muscle tension, for physical and mental relaxation and health. Controlled pressure massage techniques stimulate blood circulation, decreases stress, improves range of motion and encourages muscle relaxation.

## Hot Stone Massage | 60 mins

Mon - Fri \$150 | Sat - Sun \$165

Take your body on a relaxing journey using a unique massage treatment with hot stones to allow your muscles to completely relax. Using the combination of heat, pressure and aromatherapy to send you into a complete state of tranquillity while relieving muscle aches and tension.

## Muscular Relief Massage | 60 mins

Mon - Fri \$135 | Sat - Sun \$149

### *Available from November*

Performed by a qualified remedial massage therapist, a deep tissue or remedial massage tailored to individual needs manipulates soft tissues to achieve specific therapeutic outcomes for chronic muscular conditions, injury, rehabilitation and sports recovery.

## Nurturing Pregnancy Massage | 60 mins

Mon - Fri \$125 | Sat - Sun \$138

Melt into a pregnancy massage designed specifically for the needs of pregnant women, this side-lying, nurturing treatment relaxes tense muscles from the changes in your body while reducing swelling of the hands and feet. It leaves the mum-to-be feeling uplifted and at peace.

## Shirodhara Massage | 90 mins

Mon - Fri \$195 | Sat - Sun \$215

Refresh your body and mind by indulging in our tailored relaxation massage, beginning your journey with palming of the body, hot foot compress and a weighted heat pillow. Sound therapy is then performed to rebalance your energy centres, putting you in a deep state of relaxation and preparing you for your full body massage. Once your body is in a state of complete relaxation, focus shifts to restoring your mind as a consistent flow of warm oil is streamed on the third eye, creating a harmonious sensation. A scalp massage will then further release any areas of tension, while you're left feeling relaxed and rejuvenated.

# Body Rituals

Whether you are looking to exfoliate and renew your skin to reveal softer, glowing skin, or to detox and nourish your body, Lux Spa and Wellness has a range of therapeutic body rituals that will reveal a new you. As our highly-trained spa therapists use the healing power of touch, these treatments will go beyond body revitalisation and restore your mind and wellbeing.



## Shirodhara | 45 mins

Mon - Fri \$105 | Sat - Sun \$116

Be transported to a complete state of relaxation as a warm and consistent flow of oil is streamed on the forehead, specifically on the 'third eye'. As the warm oil flows over the scalp and through the hair, creating a harmonious sensation, it allows your body to release serotonin and encourage a balance of mind, body & spirit. This soothing oil is then massaged into the scalp to further release any areas of tension.

## Eco-Friendly Body Mud Wraps | 45 mins

Mon - Fri \$135 | Sat - Sun \$149

Experience the rejuvenating benefits of a full body dry exfoliation using a technique to encourage lymph-drainage and buff away dry skin. Indulge your senses and relax knowing that you are contributing to protecting the Earth's natural resources. Be lathered in our Eco-Friendly, rinse free mud wrap before you experience a nurturing and warming cocoon. Release stress and tension with a pressure point scalp massage before your luxurious mud wrap is massaged into the skin to be completely absorbed leaving your whole body deeply hydrated and nourished

### Cactus & Agave Vita-Repair Body Wrap

An exquisite blend of cactus and blue agave extracts combines with prickly pear and beta-carotene to revitalise your body, mind, and spirit. After a luxurious dry brushing technique, this deeply healing treatment delivers extraordinary anti-inflammatory and repairing benefits as it vanquishes skin chafing, rough patches and dryness.

### Crepe-No-More De-Ageing Body Wrap

Experience the latest in body de-ageing with this antioxidant rich body wrap. After a luxurious dry brushing technique, the wrap's lusciously crafted blend of longan super fruit and potent skin de-agers like collagen, hyaluronic acid, and shea butter, works to radically counteract crepe skin and uneven texture while awakening your cells' metabolism.

## Body Exfoliation | 45 mins

Mon - Fri \$105 | Sat - Sun \$116

### Silky Skin Body Polish

Enjoy a rich and creamy body polish uniting jojoba beads to eliminate dead cells while lemon, rosemary and sage reduce superficial toxicity, impurities, and sebum accumulation. This nourishing body polish improves circulation while leaving your skin silky soft. Followed by a nourishing body cream.

### Sea Salt Scrub

Restore skin's radiant glow with an exfoliating sea salt enriched with 73 minerals and essential oils of grapefruit, mandarin, orange and lavender. As these delightful aromas entice your senses, the body is gently polished, rendering skin silky-smooth and mineralised. Followed by a nourishing body cream.

## Body Wraps | 60 mins

Mon - Fri \$145 | Sat - Sun \$160

These restorative body wraps begin with your choice of natural sea salts enriched with marine minerals or a creamy chamomile, rosemary and lemon body polish before your choice of body wrap is lathered generously to your body.

### Aromatherapy Cocoon

Breathe in tranquillity as your body relaxes and stress gently slips away. Natural essential oils soothe your senses as they are warmly applied after a full body exfoliation to stimulate your body's ability to release stress. Your entire being is nestled in a delightful cocoon and transported to a state of divine relaxation.

### Magma Mud Wrap

Transport your mind and body to the Canadian glacial mountains as you breathe and feel the natural black moor, rosemary and pine. Indulge in a full body exfoliation before a warm aromatic magma mud rich in natural vitamins, minerals and enzymes, is generously lathered to your entire body. Melt away any aches and pains as your natural systems are restored and stresses vanish.

## Steam & Vichy Shower Cocoon and Body Wrap | 60 mins

Mon - Fri \$195 | Sat - Sun \$215

Allow your mind to escape in a fragrant water therapy journey by incorporating herbal steam in our Vichy Capsule. Beginning with your choice of either creamy chamomile, rosemary and lemon body polish or natural sea salts enriched with marine minerals before your choice of body wrap is lathered generously to your body. Rebalance and soothe the mind as a tension releasing pressure point scalp therapy is performed. The wrap and body polish are rinsed away with our unique water-based treatment which uses carefully positioned horizontal showers. Complete your journey with a moisture application using either an indulgent, aromatic body oil or a lightly exfoliating, revitalising body moisturiser.

## Purifying Back Treatment | 45 mins

Mon - Fri \$135 | Sat - Sun \$149

The hard to reach back area needs cleansing and pampering too! This treatment includes exfoliation, aromatic steam, deep pore cleansing, and a pore refining mask followed by a light massage and veil of hydrating moisturiser. Ideal for oily or acneic back skin.

## Japanese Geisha Tub | 30 mins

Mon - Fri \$80 | Sat - Sun \$88

The ultimate indulgence for singles or couples where you can relax and unwind in a stunning Japanese-style Geisha Tub. Your worries will wash away as this warm and sensuous water therapy nourishes and soothes your soul. Special bath additives available.



# Hands & Feet

## Lux Grounding Foot Soak | 30 mins

Mon - Fri \$50 | Sat - Sun \$55

Relax in one of our lush spa gowns with a heat pillow resting on your shoulders. Be immersed in the aroma of our eucalyptus blue gum foot soak as you sip on a herbal tea. A foot scrub and hot stone foot massage will complete your treatment leaving you grounded and relaxed to enjoy your following treatment. The perfect enhancement to any treatment or to share with friends in our relaxation lounge.

*Add on treatment only. See our Enhancements.*

## Rebalancing Pedicure Deluxe | 60 mins

Mon - Fri \$105 | Sat - Sun \$116

Your foot journey begins with a warm eucalyptus blue gum foot soak, allowing you to be grounded. You will experience a lower leg and foot exfoliation before lying down and be enveloped in a warming cocoon of blankets. Rest your eyes with a soothing eye pillow and surrender while your spa therapist treats your feet to pure transformation. Rebalance the soles with a re-energising foot mask and tension-relieving foot and lower leg massage. Complete your foot journey with a polish application of your choice.

## Rebalancing Pedicure | 45 mins

Mon - Fri \$85 | Sat - Sun \$94

Indulge your feet and rest your eyes with a hot foot compress and calming eye pillow whilst in the comfort of a warm cocoon. While your body rests, nail and cuticle work will refresh tired toes, and a foot massage and polish application will leave you with a spring in your step.

## Rebalancing Manicure | 45 mins

Mon - Fri \$85 | Sat - Sun \$94

Refresh your hands and rest your eyes with a calming eye pillow whilst in the comfort of a warming cocoon of blankets. While your body rests, nail and cuticle work will restore fingernails, and a tension-relieving hand massage will leave you feeling re-energised and recharged. Express yourself with your choice of polish application.





A woman with long blonde hair is sitting in a wooden infrared sauna. She is wrapped in a grey towel and has her eyes closed, appearing to be in a state of relaxation. The sauna's interior is made of vertical wooden planks, and the lighting is a warm, reddish-orange glow.

# Infrared Sauna

## Single session | 60 mins

Mon - Fri \$50 | Sat - Sun \$55

Unwind and enjoy the warmth and relaxation of infrared heat. Choose from 6 customised wellness programs depending on your needs. Infrared helps the body to sweat, detox, cleanse and rejuvenate. Use our chromotherapy option to enhance your experience with light therapy. Each light has a different effect: relaxation, clarity, energy, focus, balance or positivity. Ideal to compliment a massage treatment to further reduce muscle tension and stress.

Each session includes:

- Wellness sauna session
- Bamboo carbon towels
  - Shower facilities
- Your choice of herbal tea
- Relaxation lounge facilities post-sauna

[More information](#)

## Sauna sessions

Single session | 60 mins | \$50

3 sessions | \$120 (save \$30)

6 sessions | \$200 (save \$100)

10 sessions | \$300 (save \$200)

*10% surcharge applies on weekends*

## 60 min Massage & Sauna sessions

Massage & Sauna session | 120 mins | \$150

3 Massage & Sauna sessions | \$420

6 Massage & Sauna sessions | \$800

10 Massage & Sauna sessions | \$1300

*10% surcharge applies on weekends*

# Face and Body Maintenance

Lux Spa and Wellness offer a range of facial and body maintenance treatments including brow and lash enhancements and hair removal services.

## Lash Lift | 60 mins

Mon - Fri \$110 | Sat - Sun \$121

Define, lift and enhance your natural lashes safely and semi-permanently with the Elleebana lash lift. Enjoy the natural beauty of your own lashes for 6-8 weeks, maintenance free! Paired with a lash tint to accentuate and give the appearance of longer, thicker lashes that open up the eye.

## Brow Lamination and Sculpt | 60 mins

Mon - Fri \$100 | Sat - Sun \$110

Brow lamination is a technique used on the brows to create voluminous, full, feathery brows that are defined yet natural looking. This lash lift for your brows restructures the hairs to achieve the appearance and shape you desire for 6-8 weeks.

## Brow Lamination, Sculpt & Tint | 60 mins

Mon - Fri \$120 | Sat - Sun \$132

Brow lamination is a technique used on the brows to create voluminous, full, feathery brows that are defined yet natural looking. This lash lift for your brows restructures the hairs to achieve the appearance and shape you desire for 6-8 weeks.

## Combination Waxing

Face - Lip & Chin	\$32
Face - Eyebrow, Lip & Chin	\$52
Half leg, bikini & underarm	\$74
Full leg, bikini & underarm	\$87

## Lux Spa Man

Chest	\$50
Neck	\$25
Back / Shoulders	\$50
Arm - full	\$45
Stomach	\$28
Half leg	\$45
Full leg	\$68
Eyebrows	\$28

## Waxing

Eyebrow Wax / Shape	\$22
Lip	\$20
Chin	\$20
Sides of face	\$30
Underarm	\$22
Bikini	\$30
Brazilian	\$50
Half leg	\$32
Snail trail	\$20
Full leg	\$46
Arms - full	\$35

*10% surcharge applies on weekends*

# Enhancements

no extra time needed...





## *Enhance your Massage Experience...*

### **Eco-Mud Massage**

Mon - Fri \$30 | Sat - Sun \$33

A warm luxurious mud with antioxidant and anti-inflammatory properties is lathered for deep muscle relaxation while de-ageing botanical ingredients are absorbed into your body, nourishing your skin.

### **Micro Emulsion Massage**

Mon - Fri \$30 | Sat - Sun \$33

The ultimate aromatic nourishing massage emulsion with safflower, geranium and orange oils blend, particularly good for dry skin, eczema & psoriasis.

### **Back Hot Stone Massage**

Mon - Fri \$15 | Sat - Sun \$17

Using the combination of heat, pressure and aromatherapy to send you into a complete state of tranquillity while relieving muscle aches and tension.

### **Marine Magnesium Massage**

Mon - Fri \$20 | Sat - Sun \$22

Derived from the mineral-rich, unpolluted waters off the coast of France - contains pure and natural marine magnesium concentrate in a light, seawater-infused gel for immediate absorption. Works quickly to relieve fatigue, muscle cramps, and muscular inflammation while nourishing your body and spirit with remineralising and wellness induced benefits.

## *Freeze Dried Treatments...*

### **Escutox® Freeze-Dried Anti-Wrinkle Treatment**

Mon - Fri \$38 | Sat - Sun \$42

Formulated with a Pevonia exclusive, patented blend of Hibiscus Esculentus Extract and pure French seaweed extract to provide you with a true topical and natural alternative to Botox.

### **Clear-O-Zym™**

Mon - Fri \$38 | Sat - Sun \$42

An innovative peel, Clear-O-Zym™ eliminates easily accumulated blackheads and assists in removing dead skin build-up. Recommended for thicker textured skin with deeply clogged pores.

## *Enhance your Hair or Geisha Spa Bath Experience...*

### **Aroma Milk Bath with Salts**

Mon - Fri \$30 | Sat - Sun \$33

Indulge in ultimate serenity! This nourishing, aromatic milk bath relieves tension and fatigue, boosts circulation and restores hydration and elasticity with a blend of safflower, geranium, orange and vitamin E. Recommended for eczema and psoriasis.

### **Botanical Hair & Scalp Treatment**

Mon - Fri \$28 | Sat - Sun \$31

This deeply nourishing hair treatment, with moisture-boosting botanicals like pea protein, sustainably sourced baobab and ashwagandha root, will leave your hair hydrated and glossy from root to tip.

## *Enhance your Facial Experience...*

### **Ginkgo De-Stress Eye Treatment**

Mon - Fri \$38 | Sat - Sun \$42

Counteract puffiness and dark circles with an instant-release collagen bio matrix infused with ginkgo biloba. This natural fibre mask treatment increases circulation, soothes, cools, and decongests the fragile eye contour while eyes are rendered visibly rejuvenated.

### **Smoothing Eye Treatment with Collagen**

Mon - Fri \$38 | Sat - Sun \$42

Treat your eye area to the repairing benefits of 100% pure marine collagen. This potent treatment immediately smooths fine lines and wrinkles while reducing crepe skin. Your eye contour is wonderfully rejuvenated.



## *Facial Ampoules...*

A highly potent and effective serum packed full of natural plant extracts, designed to treat individual concerns. Featuring a targeted, time release delivery system that allows the powerful ingredients to be slowly released, giving you maximum benefits throughout the day.

### **Collagen Polypeptides with Myoxy-Caviar®**

Mon - Fri \$38 | Sat - Sun \$42

Featuring a highly concentrated formula, this ampoule treatment contains age prevention and reparative ingredients to smooth and plump ageing skin. Collagen polypeptides, caviar extract, and hibiscus Esculentus extract provide instant benefits. Recommended for all skin types with wrinkles, tendency towards dryness, and deep dehydration.

### **Luminous & Firm Skin: Elastin Polypeptides with Sorghum**

Mon - Fri \$38 | Sat - Sun \$42

A powerful treatment blend that visibly firms and rejuvenates the skin with a high concentration of sorghum (rich in vitamins B2, C, and polysaccharides), combined with elastin polypeptides. This powerful treatment effectively helps prevent premature slackening of the skin and delivers hydrating and tightening benefits for an instantly firmer, more youthful appearance. Recommended for all skin types with loss of elasticity and lack of lustre.

### **Luminous & Oxygenated Skin: Vitamin C with Oxyzomes**

Mon - Fri \$38 | Sat - Sun \$42

Featuring an outstanding, targeted delivery system, this illuminating treatment releases vitamin C into your skin throughout the day to build collagen and brighten the complexion. Powerfully formulated with hyaluronic acid, it works to visibly repair and smooth the skin, reduce the appearance of wrinkles, and increase oxygenation. Recommended for all skin types seeking an illuminating glow.

### **Soothing Propolis Concentrate**

Mon - Fri \$38 | Sat - Sun \$42

Propolis, a natural extract from beehives, is known for its calming, healing, and antibacterial benefits. From this soothing facial treatment, you will experience immediate relief and healing. Ideal for sensitive and acneic skin and for calming all skin types.

### **Rejuvenating Vitaminic Concentrate**

Mon - Fri \$38 | Sat - Sun \$42

Rich in vitamins A, E and D, this revitalising treatment moisturises and de-ages dry skin types. These vitamins also ensure that your skin is protected from daily free radical damage that contributes to the ageing process. Ideal repair treatment for any time the skin may be more dry than usual especially during the winter season.

### **RS2 Concentrate**

Mon - Fri \$38 | Sat - Sun \$42

Using healing white water lily flower extract and soothing green tea, this calming and alleviating treatment immediately brings relief to sunburned or inflamed skins. Aloe and chamomile flower extracts promote instant relief and diffusion of redness. Your skin is rendered calmed, soothed, and refreshed.

# Enhancements

extra time needed...



*Enhance any Treatment...*

### **Shirodhara | 30 mins**

Mon - Fri \$85 | Sat - Sun \$94

Be transported to a complete state of relaxation as a warm and consistent flow of oil is streamed on the forehead, specifically on the 'third eye'. As the warm oil flows over the scalp and through the hair, creating a harmonious sensation, it allows your body to release serotonin and encourage a balance of mind, body & spirit. This soothing oil is then massaged into the scalp to further release any areas of tension.

### **Lux Grounding Foot Soak | 30 mins**

Mon - Fri \$50 | Sat - Sun \$55

Relax in one of our lush spa gowns with a heat pillow resting on your shoulders. Be immersed in the aroma of our eucalyptus blue gum foot soak as you sip on a herbal tea. A foot scrub and hot stone foot massage will leave you grounded and relaxed to enjoy your following treatment.

### **Eco-friendly Mud Body Wrap | 45 mins**

Mon - Fri \$115 | Sat - Sun \$127

The perfect enhancement to any treatment, enjoy these luxurious wraps and relax knowing you are contributing to protecting the Earth's natural resources. After a dry body brush exfoliation these muds are designed to be completely absorbed leaving your skin deeply hydrated.

### **Infrared Sauna | 45 mins**

Mon - Fri \$30 | Sat - Sun \$33

Unwind and enjoy the warmth and relaxation of infrared heat. Infrared helps the body to sweat, detox, cleanse and rejuvenate. Compliment your massage treatment and further reduce muscle tension and stress in our Infrared Sauna.

### **Sea Salt Scrub | 45 mins**

Mon - Fri \$105 | Sat - Sun \$116

This natural sea salt scrub is enriched with marine minerals that polishes the skin, while providing de-ageing and anti-cellulite benefits. While working to replenish important minerals and health inducing negative ions, this scrub will give you a complete sensory experience.

### **Silky Skin Body Polish | 45 mins**

Mon - Fri \$105 | Sat - Sun \$116

Jojoba Beads, rosemary, chamomile and lemon precisely combined to smooth and soften the skin as rough patches vanish, and radiant, silky-soft skin emerges.

### **Purifying Back Treatment | 45 mins**

Mon - Fri \$135 | Sat - Sun \$149

The hard to reach back area needs cleansing and pampering too! This treatment includes exfoliation, aromatic steam, deep pore cleansing, and a pore refining mask followed by a light massage and veil of hydrating moisturiser. Ideal for oily or acneic back skin.

### **Express Organic Facial | 30 mins**

Mon - Fri \$90 | Sat - Sun \$99

Discover the wonderful feeling of relaxation, restoration and rejuvenation that comes with our organic facial. Our Express treatment includes a cleanse and exfoliation, followed by a rich multi-vitamin mask to leave your skin looking radiant.

### **Massage**

Maybe you've had a really hard week and need a little more de-stressing, or you just really like massage! Add some extra time...

30min massage | Mon - Fri \$70 | Sat - Sun \$77

60min massage | Mon - Fri \$125 | Sat - Sun \$138

### **Spa Cuisine & Sparkling Wine | \$25 - \$35 per person**

Unwind in our relaxation lounge and enjoy a glass of local sparkling wine and spa cuisine by our open gas log fire to complete your retreat. See our **[Spa Menu options](#)**.

A woman with long blonde hair, wearing a light-colored, short-sleeved, button-down shirt, is performing a Reiki treatment on a client. The client is lying on a massage table, covered with a grey blanket, and has their eyes closed. The therapist is standing over the table, with her hands positioned above the client's head. The background is a warm, dimly lit room with a wicker lamp hanging from the ceiling and a potted plant in the background.

# Alternative Therapies

## Kinesiology - Body Balance | 60 mins | \$145

Kinesiology uses gentle muscle testing to identify imbalances in the body, be it structural, emotional, nutritional or chemical. With the use of muscle testing, kinesiologists find the glitch that is stopping you from moving forward. Look forward, find “your magic” and leave the obstacles of the past behind.

## Nutrition Consult | 60 mins | \$145

A nutritionist is passionate about what is going into our bodies. Health and wellbeing are affected by multiple external and internal factors, some of which lead to functional disorders and chronic disease. The role of the Nutritional Medicine practitioner is to identify the cause of dysfunction, educate clients, develop specified treatment and prevention plans, and give clients the tools they require, to re-establish and maintain wellbeing.

## Reiki | 60 mins

Mon - Fri \$125 | Sat - Sun \$138

Reiki, pronounced ‘ray-key’, is a Japanese form of therapy developed in the late 19th century, that aims to increase energy levels and promote relaxation and wellbeing. The underlying philosophy of reiki is that if a person’s energy is low, they are more likely to be unwell or stressed. If it is high, however, they are more capable of being happy and feeling well. Reiki will not cure illnesses or disease, but it may help your body to feel more relaxed and peaceful. You will be asked to lie on the massage table in your Lux spa gown as this treatment is performed fully clothed. Your therapist places their hands on or just above your body in sequences of positions.

## Shiatsu | 60 mins | \$95

Shiatsu, which translates as “finger pressure” is a deeply relaxing form of Japanese acupressure that works with the body’s natural capacity for self healing. Based on the holistic theory of Chinese Medicine, Shiatsu uses pressure and stretching on various parts of the body to rebalance the flow of Qi (life energy). This has a deeply therapeutic effect upon the body and mind, releasing tension from joints and muscles, strengthening the internal organs, immune and nervous systems. In addition, Shiatsu creates a deeply calming space for the receiver to slow down, restore balance and allow healing to take place.







## Pure Spa Retreat

\$680 per person | \$1360 per couple

The Pure Spa Retreat will leave you feeling completely relaxed and rejuvenated. If your idea of a retreat is taking time out for yourself in the spa and being completely pampered from head to toe, then this is the retreat for you. If you do not want to leave us, enjoy a night in one of our waterfront apartments.

- 120 min water therapy & body treatment – Choose between either a soak in our Geisha tub or steam in our Vichy and steam capsule, followed by a head to toe exfoliation with our marine salts before enjoying a full body massage
- 75 min facial treatment – Consultation with our state of the art Clairderm skin analysis and Pevonia High Performance Facial
- 60 min Rebalancing Pedicure or Manicure
- Enjoy local produce meals for breakfast, lunch and dinner
- Use of our gym, pool, spa, steam room & tennis court

Extra:

Overnight Accommodation in a Waterfront Apartment with Dinner and Breakfast

**\$350 per person | \$575 per couple**

## Balance Retreat | 1-Night stay

\$975 per person | \$1700 per couple

The Balance Retreat will allow you to check in with yourself and help us to guide you on to the right track with nutrition advice and a Kinesiology session. A grounding foot treatment and lymphatic massage will complete this session, stimulating your lymphatic system and improving your general wellbeing.

- 1-Night stay in a Waterfront Apartment
- 60 min kinesiology and nutrition session
- 30 min Lux Signature Grounding Foot Soak
- 60 min lymphatic massage or therapeutic massage
- 60 min Infrared Sauna session
- Enjoy local produce meals for breakfast, lunch and dinner
- Use of our gym, pool, spa, steam room & tennis court

## Spiritual Awakening Retreat | 2-Night stay

\$1900 per person | \$3100 per couple

This retreat will transport you to a complete state of relaxation while balancing your energy centres. Through meditation, yoga, reiki, sound therapy and Shirodhara, you will experience a harmonious balance of mind, body & spirit.

- 2-Night stay in a Waterfront Apartment with breakfast, lunch and dinner

### Day 1

- 90 min morning meditation & yoga session in-spa or beach/river location
- 60 min reiki and sound therapy session
- 60 min Pevonia High Performance Facial
- Use of gym, pool, spa and steam room & tennis court

### Day 2

- 90 min meditation & yoga session
- 90 min herbal compress massage with sound therapy and Shirodhara treatment
- 60 min Rebalancing Pedicure
- 60 min Infrared Sauna session

## Waterfront Wellness Retreat | 2-Night stay

\$1645 per person | \$2690 per couple

Enjoy two nights of complete relaxation in one of our waterfront apartments overlooking the picturesque Anglesea River with lunch and dinner included from our onsite restaurant, The Coast. These are beautifully appointed and spaciouly designed rooms which you will never have to leave if you choose not to. Our therapists can offer you in-room yoga/Pilates and meditation sessions, or if you would prefer, by the beach or in a bush setting. Massage and beauty treatments can also be performed for you in-room while taking in the beautiful views.

- 2-Night stay in a Waterfront Apartment

### Day 1

- On arrival, receive a fruit and cheese platter with a bottle of our local sparkling wine to you enjoy together after your Pevonia facial, while your hands and feet are pampered.
- 60 min Pevonia High Performance Facial
- 60 min Rebalancing Pedicure or Manicure

### Day 2

- 90 min meditation & yoga/Pilates session
- 75 min massage with Pevonia's Anti-Ageing Soothing Eye Treatment – Tailor your massage by choosing from one of our many massage therapies, therapeutic massage, hot stone, herbal poultice or decadent mud massage
- 60 min Infrared Sauna session

## Couples Retreat | 2-Night stay

\$2750 per couple

Enjoy a 2-night stay in our Waterfront Apartment and dine in at The Coast Restaurant with a complimentary bottle of local wine during your first evening with us. On the following day, spend 3 relaxing hours indulging in spa treatments at Lux Spa & Wellness.

Escape to our intimate couple's spa suite and take some time to reconnect. Here, you will feel free to unwind and enjoy a luxury spa bathing for two in our Geisha tub, paired with aromatic sea salts for you to polish your worries away or simply infuse the warm water for a revitalising soak. Once your body has experienced the healing properties of essential minerals, you will then be indulged in a relaxing full body massage followed by a pressure point foot and scalp therapy. Next your therapist will perform one of Pevonia's Myoxy Caviar & Pearl facials or the Men's Skin Fit facial. Revitalising your skin with the ultimate in anti-ageing skin care luxury. Unwind and enjoy a glass of local sparkling wine and spa cuisine by our open gas log fire, completing your retreat.

## Baby Moon Retreat | 2-Night stay

\$1990 per couple

Escape to beautiful Anglesea and enjoy a 2-night stay with us at the Great Ocean Road Resort. Take time to relax in our beautiful surroundings. A long leisurely walk along the beach or riverfront with your loved one will rejuvenate you both or take the time to do very little while you still can. Dinners together can be enjoyed in our onsite restaurant, The Coast. Ask our friendly staff where you can venture out to, to enjoy one of our local cafe's delicious breakfasts. You will also be gifted a baby moon gift hamper for when your bub arrives. Kinesiology or prenatal yoga can also be arranged at the time of your booking.

The perfect spa treatment awaits you at Lux Spa & Wellness, designed especially for you and your partner to enjoy some R&R before the arrival of your bub. Our couple's spa suite gives you the perfect setting to relax into a 2-hour baby moon journey.

Relax in one of our lush spa gowns while your feet are immersed in our soothing milk foot soak as you sip on a personally selected herbal tea. A foot and lower leg exfoliation and massage is performed to relieve any tension and swelling. Melt into a pregnancy massage designed specifically for the needs of a pregnant women, relaxing tense muscles from the change in posture and easing aching legs and hips. Your partner will enjoy a therapeutic massage targeting areas of need. Realign your body's natural balance, beginning and completing your massage with the therapeutic vibrations of sound therapy.

Complete your baby moon retreat as your senses are enlightened in the heavenly scents of the organic facial with blends of botanical and marine ingredients while your therapist uses the healing power of touch to reveal your best self. Come back from ultimate tranquility with a refreshment and spa cuisine, nestled by our open gas log fire.

## Fitness and Vitality Retreat | 3-night stay

\$3100 per person | \$5100 per couple

Our Fitness and Vitality Retreat allows our personal trainers to plan a fitness and nutrition regime that you can continue once you've returned home. They will have you engaged in training sessions giving you the best possible results.

Our spa therapists will help revitalise those tired muscles through our spa treatments, having you back up and ready for your next session the following day. Three night's accommodation in our Waterfront Apartment will give you a well-earned rest. Breakfast and lunch are also included.

### Day 1

- 60 min session with personal trainer on or off site
- 60 min Infrared Sauna session
- 60 min nutrition session
- 90 min Lux Signature Grounding Foot Soak and mud massage especially designed to relieve tired muscles

### Day 2

- 60 min session with a personal trainer on or off site
- Your choice of outdoor adventure activity – Mountain Bike Riding, Walking, Kayaking or Surfing
- 90 min Geisha tub soak and full body therapeutic massage
- 60 min High Performance Facial or Men's Skin Fit Facial

### Day 3

- 60 min session with a personal trainer
- 120 min body exfoliation and mud wrap with hot stone massage
- 60 min Infrared Sauna session
- Dinner at The Coast Restaurant



## Complete Wellness Journey | 4-Night stay

\$4450 per person | \$7450 per couple

This retreat belongs to you, personalised to suit your own needs. Speak with one of our experienced therapists who will help you design your retreat. Accommodation, lunch and dinner is also included. Some suggestions have been listed below.

### Day 1

Start your morning by taking a short walk or drive into our beautiful forest surroundings where you will enjoy a yoga, Pilates or mediation session.

Choose from one of our many massage treatments, the classic therapeutic massage or hot stone, herbal poultice or mud massage. Complete this experience with our Shirodhara treatment. Not only will you be taken to a complete meditative state with warm oil flowing onto your third eye, your scalp and hair will be completely nourished through a warm oil scalp massage. Relax in our client lounge with spa cuisine or visit our onsite restaurant. Complete your day by enjoying an Infrared Sauna session or with a dip in the pool, spa or steam room.

### Day 2

Start your morning with a personal training session, yoga/Pilates or meditation followed by a 90-minute Nutrition & Kinesiology session.

Revive your skin, one of our experienced therapists will take you on a complete skin journey. A full skin consultation using our State of the art Clairderm skin analyser will allow your therapist to choose a Pevonia High Performance Facial to give you the best possible results. Before relaxing into your facial, our Lux Signature Grounding Foot Soak will be performed, your feet soaked, exfoliated and massaged while you enjoy one of our personalised herbal teas. Once your Pevonia facial experience is complete, a full skin care regime will also be recommended so you can continue to treat your skin from home. Complete your evening by enjoying dinner in our onsite restaurant, The Coast.

### Day 3

Start your morning with a beach walk, mountain bike ride, yoga or meditation. Today your body will thank you – choose between one of our water therapies. Soak in our Geisha tub immersed in a milk bath or be invigorated by our steam and Vichy capsule treatment. Your body will be renewed from head to toe with our sea salt exfoliation before being cocooned in one of our body muds. Complete this experience by being lathered in our micro-emulsion body cream. A 60-minute Infrared Sauna session will detox and energise you, giving you a spring in your step.

### Day 4

Make the most of your last day enjoying another short trip into our beautiful forest surroundings and enjoy a personal training, yoga/Pilates or meditation session. Did you have a chance to explore our beaches or river? If not, this might be your chosen destination. Have you always wanted to take a surfing lesson, kayak or paddle board? We can also organise this for you. Return to the day spa, slip into a gown and enjoy an Infrared Sauna session before we work our magic.

The last day of your retreat will leave you looking and feeling amazing before your return home. Choose a treatment from our spa menu that you have not yet experienced, relax in our lounge enjoying our locally sourced spa cuisine and a glass of sparkling wine. Maintenance is next on the agenda, return home not only completely rejuvenated but looking amazing too. Waxing, tinting, lash lift or brow lamination & sculpt is on today's menu. Leave with well-manicured feet and hands while an anti-ageing eye treatment works its magic.

# Spa Etiquette

## When to arrive

Please arrive at least 15 minutes prior to your appointment to change into a gown and unwind in our lounge. Please be aware if you arrive late it may reduce your own treatment time.

## What to wear

Please wear loose and comfortable clothing and note that undergarments are required for all spa treatments. Swimwear should be worn during body wraps and water-based treatments. Disposable underwear available on request.

## Protecting your valuables

Personal items and valuables, including jewellery, can be left in our lockers. We take no responsibility for any loss or damage to valuables brought into our Day Spa, including those items left in lockers and robes.

## Protecting your health

It is important to advise your Therapist if you are under the care of a health professional, are pregnant or have any health conditions as medical clearance from your GP may be required in some instances. We are also able to tailor treatments for both men and women based on individual needs.

## Making sure you're comfortable

Your privacy is respected at all times. Our Therapists are extremely discreet and have many years of experience working with various body and skin types and conditions. If you feel uncomfortable for any reason, please tell your Therapist immediately so we can ensure your comfort. Please speak quietly at all times and ensure your mobile phone is turned OFF.

## Nail Polish

We recommend open toe shoes be worn following polish application to toenails and that you allow extra drying time after manicures and pedicures. Please note we do not offer removal of Shellac polish.

## Group Bookings

We can tailor Day Spa packages and treatments for a range of group celebrations, from bridal parties and girls getaways to group tours, corporate team building and more. Group bookings are welcome any day of the week. Please see our website for information on group packages.

## Gift Vouchers

Beautifully presented Gift Vouchers can be purchased for products, spa treatments and packages, or to a dollar value of your choice.

## Cancellation Policy

Credit Card details are required to secure your booking. If no shows or cancellations occur within 24hrs prior to your booking, 50% of your treatment cost will be deducted. Confirmation of your booking with us constitutes your acknowledgement and agreement of this Cancellation Policy.

## Public Holidays

A 15% surcharge applies on all public holidays.

## Payment

We accept cash, EFTPOS and credit card (American Express, MasterCard and VISA). All prices include GST and are subject to change at management's discretion. Afterpay is also available.

# *Lux Spa & Wellness*

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