

## Body

**Bath Bliss** 30 min \$65

Take time out prior to a body treatment or facial to immerse yourself and let the comfort of a healing bath commence your journey. The infinity bath soaks your senses in tranquility, whilst water cascades and champagne bubbles gently caress your body.

*\*Available only in conjunction with body or facial treatments.*

**Body Clays** 60 min \$130

A nurturing body treatment. Dehydrated skin will be rejuvenated with a firm body brushing followed by a nourishing clay treatment. Cocooned in muslin, the clay detoxifies and purifies the skin, renewing radiance and nourishment, whilst a mini facial cleanse enhances the experience.

**Body Exfoliation** 30 min \$70

Choose either a wet or dry exfoliation, leaving your skin smooth, nourished and with a healthy glow.

**Crushed Earth:** A beautiful, grounding experience with sandalwood and cinnamon.

**Sage and Green Tea:** Subtle orange aroma which is enlivening and brings about a happy state of mind.

**Volcanic Ash, Ginseng & Lime:** Zesty lime refreshes the skin and stimulates the mind. Ginseng is incorporated as a general tonic with volcanic ash removing dead skin.

**Waxing and tinting available on request**

**Personal Training session available on request with High Country Fitness from \$140**

## Packages

Create your own Spa Package by combining 3 or more services and you will receive a 5% discount.

**High Country Indulgence** Allow 4 hours \$584

Bath Bliss | Healing Sacred Stone Massage  
Gold Facial | Mountain Pedicure

**Mountain Bliss** Allow 2.5 hours \$328

Healing Sacred Stone Massage  
60 min Facial | Foot Ritual

**Alpine Dreaming** Allow 1.75 hours \$214

60 min Massage | Body scrub | Scalp Massage

**Crackenback Deluxe Facial** Allow 1.5 hours \$180

30 min Back Massage | 60 min Facial

*\*All package prices are per person and for single day use only.*

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## Spa Etiquette

**Reservations:** Please make your spa reservations before you arrive at the resort to avoid disappointment.

If you have any health concerns or special requests please advise us when making your reservation so that we can ensure your treatment is tailored according to your needs.

**Arrive Early:** Please arrive 15 minutes before your booking time to complete a consultation form before your treatment.

**Valuables:** Please leave jewellery and watches in your room.

**Electronics:** Turn your mobile phone off and enjoy your time.

**Payment Terms:** Appointments must be reserved with a major credit card. For guests of the resort, all services and products can be billed directly to your accommodation. For day guests, we accept cash or major credit cards.

Please note credit card payments will incur a 2.5% surcharge.

Prices are subject to change without notice.

**Cancellation Policy:** A minimum of 8 hours is required for cancellations. Should you need to cancel within that time a 50% cancellation fee will apply.

**Group Retreats:** Experience The Spa with friends or colleagues, for bridal showers or corporate retreats. Our unique environment can incorporate spa treatments with yoga, alpine walks or team building activities. Please contact the spa for further information.

**Gift Certificates:** Certificates may be purchased in any value or as a specific spa treatment.

**Open every day**

Winter 10am - 7pm, Summer 10am - 6pm.

We are happy to accommodate individuals or groups outside of normal operating hours through prior arrangement.

The Spa at Lake Crackenback  
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# The Spa at Lake Crackenback



Surrounded by the beauty of the alpine wilderness, The Spa at Lake Crackenback draws from nature its inspiration to nurture and restore those who enter.

Our goal at the Spa is to encourage total luxury through natural purity. To experience treatments and products with a human touch, restoring balance to the body, mind and spirit.

## Facials

**Royal 24 Carat Gold Facial** 75min \$280

Experience pure gold in natural luxury. The regenerative properties of 24 carat gold infused products in this deluxe facial will result in your skin feeling smooth, supple and superbly moisturized. Gold is the most powerful anti-aging component known to man. Your therapist will lavish your skin, saturating each cell to produce immediate results.

**Balancing Cranberry Crush Facial** 60min \$130

Containing fresh Cranberry and Bilberry, this balancing facial revitalizes, repairs and nourishes. The KuuSh Cranberry facial is absolutely sumptuous and excellent for normal or problematic skin to achieve harmony and balance.

**Anti Aging Facial** 60min \$130

KuuSh Anti-aging Facial utilises the Black Cohosh Herb, embedded into fresh organic butters to plump the skin, increasing its natural ability to maintain and restore youthful appearance.

**Pure Natural Amron Facial** 60min \$130

Infused with the goodness of vitamins, essential fatty acids and nutrients, the KuuSh Amron Facial is designed to suit the most sensitive of skin types and is well suited for use during pregnancy.

**Men's Facial** 60min \$130

Designed specifically for men, the KuuSh Anti-aging Facial is suited to all ages. The natural high quality ingredients are superbly nourishing and are fundamental for keeping the skin looking great, firm and hydrated.

KuuSh is pure as nature intended, providing immediate results in the most natural, organic and safe way. This 100% holistically certified organic, carbon free and Halal product range uses only active ingredients whilst being water and preservative free.

## Massage

**Healing Sacred Stone Massage** 90 min \$175

Experience the ultimate rejuvenator, a deeply relaxing treatment for men and women. Heated and cool natural textured stones are used as an extension of the hands, with warm organic oils. Tension melts away, restoring balance and connection to the body, mind and spirit.

**Gentle Relaxation Massage** 60 min \$115  
90 min \$165

The perfect soothing massage, where light pressure is applied to ease away tension and promote relaxation.

**Customised Therapeutic Massage** 30 min \$60  
60 min \$115  
90 min \$165

This is a firm massage where your qualified therapist will utilise Sports, Deep Tissue or Remedial Techniques to encourage healing and reduce tension and pain.

**Pregnancy Massage** 60 min \$115

A nurturing and relaxing massage to help ease the discomforts of your ever changing body during this special time.

**Scalp Massage** 15 min \$40

Add to your experience a soothing hair and scalp massage. The perfect accompaniment to any of our body treatments.

*\*All massage times include consultation*

## Hands and Feet

For manicures and pedicures we use Spa Ritual, an all vegan range that is DBP and Formaldehyde free.

**Classic Manicure** 60 min \$95

Relax and receive your traditional manicure where hands are revived, massaged and nourished. Nails are shaped and tidied with a natural buff or polish to complete them.

**Mountain Pedicure** 60 min \$95

Treat your feet to a well deserved rest. Soaked in mountain water, your feet are exfoliated, buffed and massaged. Pedicure is completed with full nail treatment and polish if desired.

