

O'REILLY'S LOST WORLD SPA

PRICE LIST & SPA INFORMATION

SPA SKIN CARE THERAPIES

Signature Skin and Body Therapy **1 hour 45 mins \$215**
Exclusive to The Lost World Spa, this full body nurturing ritual is to be experienced and remembered. Begin with a foot soak and scrub, soothing back massage and moisture rich scalp treatment, followed by an intensive facial and soothing hand and foot massage for a truly restorative Spa experience.

High Performing Thermal Skin Therapy **1 hour 30 minutes \$195**
This high performance treatment uses an exclusive warm infusing mask to maximise the penetration of vitamins and minerals into the deeper layers of the skin leaving your skin hydrated and toned. By restoring forgotten elasticity and radiance, this is more than just a facial; it's Nature's Face Lift.

Men's Maintenance Facial **1 hour 15 minutes \$149**
Begin with a salt therapy back massage that will ease stress and reduce tension. Continue with a deep cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. A relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalised.

Radiance Skin Therapy **1 hour \$119**
Essential, customised facial therapy for your skin's needs. Includes a deep cleanse and exfoliation, relaxing facial massage and masque to purify and hydrate. Your skin will feel revitalised and mountain fresh.

SPA HAND AND FOOT THERAPIES

Soul to Sole Therapy **1 hour 30 mins \$159**
Perfect after a rigorous day in the mountains, this sublime treatment provides intense relief for aching legs and feet. Feet are immersed in a warm mineralised footbath then scrubbed from knee to toe followed by a deeply soothing foot massage and mask. Your hands are not forgotten with an exfoliation and rich cream massage to nourish and soften. A moisture rich scalp treatment including a scalp and shoulder massage complete this soulful experience.

Spa Foot Therapy **1 hour \$119**
Put your feet up while we soothe and revitalise over-worked feet. This treatment includes a foot soak and exfoliation, refreshing massage, nourishing mask and concludes with a full pedicure.

Spa Hand Therapy **1 hour \$119**
A well deserved treatment for over-exposed hands. We will replenish, repair and soften your hands with an exfoliation, soothing massage and hydrating mask. A full manicure completes the treatment.

BODY AND WATER THERAPIES

Vinotherapy Body Infusion **1 hour 30 minutes \$179**
Embracing the therapeutic benefits of Vinotherapy, this deeply conditioning treatment begins with a gentle Jojoba body polish followed by a Red Grape & Clay Infused Body Mask to firm and nourish your skin. Enjoy a relaxing head and scalp massage while you are warmly cocooned, combined with an express hydrating Facial.

Refining Body Toner **1 hour 15 minutes \$149**
This nourishing treatment begins with a gentle Jojoba body polish to exfoliate and cleanse followed by a full body Mask rich in French Pink Clay and herbal extracts to firm, tone and condition the skin. While you are wrapped up and warm, enjoy a relaxing head and scalp massage. This treatment is extremely beneficial in renewing scar tissue and stretch marks and is safe and effective before, during and after pregnancy.

Reviving Salt Glow **1 hour \$119**
This refreshing treatment increases circulation and is perfect after long periods of travel or exercise. Combining warming and soothing oils with mineral salts, this exfoliation buffs and smoothes the skin while reviving aching muscles.

MASSAGES

Sodashi Signature Massage **1 hour 15 minutes \$149**

Relax with a soothing foot soak and scrub before surrendering to Sodashi's healing massage. A sanctuary for the senses using signature aromatherapy oils and soothing strokes, this deeply relaxing massage encourages lymphatic circulation and balances the energy meridians in the body. Your skin will feel nourished and your spirit will feel centred.

Specialised Massages **1 hour 15 minutes \$149 | 1 hour 45 minutes \$205**

Specialised massages work on specific physical conditions and emotional needs. Our massage therapists have advanced training and certifications in various modalities ask our friendly reception staff about daily availabilities.

Remedial /Deep Tissue Massage **1 hour \$129 | 1 hour 30 mins \$169**

The ultimate in therapeutic massages. Your therapist will work with you on specific conditions to alleviate muscular tightness, chronic pain and restore joint mobility.

Relaxation Massage **1 hour \$119 | 1 hour 30 mins \$159**

Feel all traces of tension dissolve, experience deep relaxation and counter the effects of a day in the mountains or lack of rest with our customised massage therapies.

By focusing on your areas of tension, our skilled massage therapists can personalise your treatment to ensure you feel refreshed and revived.

THERAPEUTIC UPGRADES ADD TO ANY TREATMENT

The Lost World Steam & Spa Time **30 minutes \$69**

Unwind before your Spa treatments with some private time together in our luxurious couples suite and exclusive steam room. With total privacy, move between the warming and therapeutic steam room, refreshing showers and your personal soaking tub to enjoy the extraordinary views. Our Vinotherapy body products will be available for you to share with someone special.

Eye Treatment **15 minutes \$29**

A great addition to any body treatment, this is a quick and effective eye treatment to reduce puffiness and dark circles or soothe irritation or tension.

Scalp Treatment **15 minutes \$29**

A moisture rich mud scalp treatment and pressure point massage releases tension, while the mask treatment is left on to deeply nourish your scalp and leave your hair feeling silky and looking shiny.

Foot Recovery **15 minutes \$29**

Recover after a hard walk... a warm foot soak with mineral salts and a pressure point massage to relieve and revive.

SPA RITUALS

All rituals can be taken as a couple in our secluded Spa Suites or individually for some precious time out.

The Lost World Ritual **5 hours \$495 per person**

A complete ritual for those seeking deep relaxation and rejuvenation. After some quiet time to relax in the steam room, enjoy an aromatic foot soak and full body exfoliation before being cocooned in an intensely moisturising and fragrant French clay body mask. Then, a nourishing scalp treatment and warm soak in the bath before enjoy a soothing cup of herbal tea and a light Spa lunch. To complete your day of relaxation, surrender to a full body massage and customised Facial, leaving your body revitalised and your skin glowing.

- Steam/shower
- Foot soak
- Jojoba body polish
- Refining Body Mask
- Scalp Treatment
- Bath
- Spa Cuisine
- Full Body Massage
- Facial

Vinotherapy Ritual

2.5 hours \$295 per person

Begin your ritual gently with a warm steam to relax muscles and slow the mind before a full body exfoliation to soften and smooth your skin. Continue your journey with a Red Grape & Clay Infused Body Mask to firm and nourish whilst enjoying a deeply relaxing scalp massage in your warm cocoon. Conclude your ritual with a warm, aromatic soak in the tub, enhanced by The Lost Worlds signature Vinotherapy bath blend.

- Steam/shower
- Jojoba Body polish
- Vinotherapy Red Grape & Clay Infused body mask
- Scalp massage
- Bath

Wholeness Ritual

2.5 hours \$295 per person

Rebalance and retreat, begin with a warm steam followed by an aromatic foot bath and full body salt glow, leaving your skin supple, soft and renewed. Allow your body and mind to rest while you enjoy a Signature Massage, including a gentle cleanse and face massage to nourish your skin. Enjoy this blissful time out

- Foot Soak
- Reviving Salt Glow & shower
- The Signature Massage with Facial Massage Cleanse

SPA INFORMATION

Spa Guest Facilities

As a guest of The Lost World Spa you have complimentary use of our relaxation lounge with fireplace and stunning views, steam room for warming and relaxing before treatments and lap pool, perched spectacularly on the edge of the world heritage rainforest. We welcome you to retreat for some precious personal time out or you may prefer to share your spa treatments in our couple suites, with private steam and bathing facilities.

Spa Cuisine

Embody the experience of The Lost World Spa by enjoying Spa cuisine before or after your treatments. Choose from the nourishing menu designed to cleanse and restore your body's energies. Dine in the Relax Room whilst enjoying spectacular views. Some Spa Rituals include lunch.

Spa Lifestyle Boutique

Ensure you maintain the results you have achieved during your treatments with a selection of results oriented skin care products, sensory body care creams, wellness lifestyle literature, calming CDs, candles and herbal teas. Perfect opportunities to treat yourself; spoil your friends or stock up for a romantic weekend in your mountain villa.

Product Choice

Produced in Australia, Sodashi products are 100% natural, luxurious and effective. In ancient Indian Sanskrit, Sodashi translates to "wholeness, purity and radiance" and these words aptly describe Sodashi products and unique Spa treatments. Sodashi's skin and body care products and Spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

Information on Vinotherapy

Vinotherapy involves using grape seed extracts which happen to contain some of nature's most powerful antioxidants. These antioxidants are fifty times the strength of vitamin E and ten times the strength of vitamin C. The grape products are rich in collagen and firm the skin and slow down the aging process. The infusion of the extracts of grape will introduce healing properties and rejuvenate.

Products such as red grape extract, micronised vines, wine leaves, grape skins, yeasts, grape seed oil, red wine or muscatel wine are used to stimulate the production of collagen, combat free radicals and prevent the premature aging of the skin, as well as improving blood circulation, stimulating the immune system and combating fatigue

Gift Vouchers

A Lost World Spa Gift Voucher is a thoughtful, precious and romantic gift. Whatever the occasion, we are just a phone call or email away and are happy to arrange a Gift Voucher of Spa Treatments. You may wish to create a special occasion getaway by combining a weekend in a mountain villa, dinner in the restaurant and a selection of Spa treatments. Exquisitely wrapped Gift Vouchers from The Lost World Spa can be forwarded to you offering a seamless service to our valued guests.

Pre-Natal Treatments

The birth of a child is a wonderful and profound experience in a woman's life. The Lost World Spa recognises the importance of nurturing maternal wellness and can advise which services are ideal for you during this special time and which should be avoided. Please let us know of your pregnancy when you book with us at the Spa.

Pre-bridal Packages

Allow The Lost World Spa to support you during wonderment of your wedding preparations. Visit us the day before your celebration for a selection of pre-bridal treatments to ensure you, and your bridal party, feel calm, centred and radiant. The groom and best man may like to join us on the morning of the celebrations for a relaxing and de-stressing massage.

Corporate Bookings

Enjoying time together out of the office is a wonderful way to build happy and effective teams. Enhance this time with Spa treatments, we would be happy to customise a tailored program to suit occasions.

Group Bookings

Celebrations are perfect opportunities to enjoy time together and the Spa is becoming a much-desired place to relax with friends. The Lost World Spa can customise a tailored program to suit your occasion.

Especially for Men

The Lost World Spa is a welcome sanctuary for men to take time out with relaxing massages and treatments that de-stress and renew. Ask us which treatments will help recover from a long week or an adventurous day. We recommend shaving at least 3 hours prior to a facial

Essentials

Essential waxing and tinting available upon request.

Staying In-house

You are welcome to charge Spa treatments to your villa or guesthouse account. Please ask at the time of booking if you would like to take advantage of our Lost World Spa treatments and accommodation.

SPA ESSENTIALS

Reservations

We recommend pre-booking for your Spa treatments. Please let us know in advance if you have any special health or physical considerations that may effect your treatment in the spa. Please call our Spa team to make a reservation at The Lost World Spa on 07 5544 0898. Minimum age for spa guests is sixteen years.

Arrival

Please arrive at least 30 minutes before your treatment, ensuring adequate time for you to change into a robe and slippers, use the steam room facilities, relax with a herbal tea and fill in your consultation form. Please understand that if you arrive late your treatment time may be reduced accordingly.

Cancellations

We request cancellations or change of appointments to be advised by Spa close of business the day prior; otherwise a cancellation fee of 50% of the treatment value will apply.

Public Holiday

A surcharge may apply to treatments and Rituals booked on a public holidays. Any surcharges will be advised upon reservations.

Valuables

Upon arrival, you will be provided with a personal locker; however the Spa cannot take responsibility for valuables left in change room lockers or robes.

What to Wear

Some guests choose to undress completely for body treatments, although you may choose to wear your underwear. During your body treatments you will be respectfully draped with large warm towels, with only specific areas undergoing treatment being exposed. Please bring your own swimwear if you plan on visting the pool.

Spa Etiquette

To ensure that all of our guests enjoy a tranquil experience we request that noise is kept to a minimum. Mobile phones should be turned off before you enter the Spa. Smoking is prohibited in the Spa, and we recommend that you refrain from consuming alcohol prior to enjoying your Spa service.

Opening Hours

The Spa is open 7 days with extended hours for your convenience and enjoyment.