

# Eden House

Retreat & Mountain Spa

*beauty, body & massage treatments*

It's all about you...

## *our philosophy*

Eden House Mountain Spa is dedicated to cater for your every need and our therapists are highly trained to pamper you from head to toe. The finest in beauty, massage, spa rituals, hydrotherapy and aromatherapy await you in a refuge dedicated to your total wellbeing and relaxation. We have designed a range of facilities especially for you including double treatment rooms that offer you the opportunity to share your spa experience with someone special.

In our spa treatments we use LI'TYA, meaning 'of the earth', a unique and exciting range of quality spa products that integrate the precious qualities of the Australian earth, its native plants and its spirit. Every LI'TYA product is of exceptional quality – utilising pure active botanical bases, native essential oils and plant extracts.

For our facials we use Pier Auge – a world leading professional skin care range. Pier Auge leads the way in supplying products that repair, calm, hydrate and protect your skin by mimicking the natural functions of the skin.

**Your visit will begin a blissful journey to a new and beautiful you...**

## *spa etiquette*



**Arrival** – Please arrive 15 minutes prior to your scheduled appointment. This will ensure you have time to unwind, change and complete your personal consultation. As a courtesy to all our clients, treatments will begin and end as scheduled.

**What to Wear** – You may wish to wear your own briefs or a swim suit for wet treatments, or we provide hygienic disposable briefs. Our therapists will always use draping techniques to respect your comfort and privacy. Robes and slippers are provided.

**Special Health Considerations** – Please advise at time of booking if you are pregnant or have any major health concerns, as some treatments may not be suitable for you.

**Bookings** – Credit card details or a cash deposit of 50% of the treatment value is to be provided at the time of booking.

**Cancellations** – Out of consideration for all our clients, if you have to change or cancel your appointment a minimum of 24 hours notice is required, otherwise a 50% cancellation fee may apply. For spa package and group bookings a minimum of 7 days notice is required.

## *information*

### **The Gift of Friendship**

Personalised Gift Vouchers are a wonderful gift for family, friends and employees. Vouchers may be purchased by phone, email or calling in at the Mountain Spa. Eden House Gift Vouchers may be used towards treatments, spa product, or any other service.

### **Locals Rewards Club**

Many of our guests are entitled to join our Locals Rewards Club. Every dollar you spend at the Eden House Mountain Spa accrues points that you can redeem against further treatments.

### **Share your Bliss...**

If you enjoy your time with us at the Mountain Spa, why not share your joy by recommending us? Referrals will be rewarded with a special gift.

### **Spa Cuisine**

Our chefs have prepared a special menu for guests of the Mountain Spa. Please advise at time of booking if you would like to indulge in our Spa Menu.

### **Bookings Essential**

Opening hours are from 9 am to 6 pm, seven days a week, and by special arrangement outside these hours. Reservations are essential.



# hands, feet & face



## **LI'TYA Mirri Facial** 45 min - \$80

A highly active revitalizing facial, introducing you to the native LI'TYA products. A personalized treatment to refresh and regenerate the skin, relax and energize the spirit.

## **LI'TYA Mikiri Facial** 60 min - \$95

For a deeply cleansing and refining treatment that eliminates toxins, rejuvenates, hydrates & nourishes the skin. Tailor-made to target specific skin concerns, such as sensitivities, dehydration and congestion, by using herbal masks and revitalizing facial massage and scalp massage.

## **Intracutaneous Oxygen Facial Treatment** 45 min - \$125

An O<sup>2</sup> Intracutaneous Rejuvenation facial is gentle, relaxing and soothing. In just one treatment your skin will look and feel years younger, nourished and hydrated. Fine lines and blemishes virtually disappear. Using oxygen technology combined with powerful antioxidants that help fight free radicals, stimulates regeneration of new cells, elastin & collagen production. Instant amazing results...

## **LI'TYA Polama – hand therapy**

45 min - \$75  
with polish 60 min - \$85

A deeply therapeutic caring treatment designed to soothe, strengthen and wash away tiredness. Begin with a hand soak, then smooth and invigorate with an exfoliation, nourish with a hydrating mask and soften hands and cuticles with a moisturising hand massage. Repairs and strengthens the nails, restores and stimulates the skin.

## **LI'TYA Jina – foot therapy**

45 min - \$75  
with polish 60 min - \$85

Soak away tension and treat your soul with this wonderfully relaxing and grounding treatment. Start with a foot soak, then exfoliate and stimulate with native desert salts, nourish with a hydrating mask and soothe with a hydrating foot massage. A great addition to any beautifying treatment, it repairs and strengthens the nails, softens and stimulates the skin – leaving your toes on top of the world and looking beautiful.

# pier auge facials



## **Fondamental Hydrating Therapy** 75 min - \$135

A luxurious treatment with specific proteins to balance your precious water levels. A 'made to measure' moisturising treatment tailored to leave your skin with a dewy plump smooth finish. While enjoying this active mask your hands are treated with Essential Oil of Damask Rose.

## **Intensive DNA Anti-ageing Treatment** 60 min - \$105

High performance treatment ideal for skin showing the signs of ageing. Working on the deeper layers of the skin to restructure and regenerate cells, return elasticity & moisture, leaving it instantly firmer.

## **New Generation AHA Express Facial** 45 min - \$75

Using Hibiscus Nectar this energy giving vitamin rich velvety serum boosts and accelerates cell renewal, smoothes wrinkles and returns radiance to your skin. For best results, we recommend a course of treatments (6 treatments - \$350)

## **Soothing Calming Treatment** 60 min - \$95

This facial utilizes ingredients that mimic your skin providing complete harmony for sensitive skins. Your cells will be decongested and strengthened. Allergy prone skins will be soothed by the cooling and calming actions of the Spirulina Mask.

## **Energizing Vitamin C Treatment**

75 min - \$115

Energise your skin with this sensual but powerful mix of anti-oxidant vitamins to stimulate collagen synthesis, this treatment rapidly tones and tightens the skin, giving it an instant glow. Particularly beneficial for sun-damaged skin and skin that needs detoxifying.

## **The Divine Treatment**

75 min - \$135

The ultimate in treatment masks – a sensation of sheer all embracing luxury. This feather light and subtle treatment combines exceptionally oxygenating firming and moisturizing ingredients to promote natural radiance with unrivalled softness.

## **Eye Zone Wrap**

30 min - \$35

Active cooling, toning wrap eliminates puffiness and smoothes and softens wrinkles. Hydrates, tones and promotes elasticity to this delicate area. This wonderful treatment can be included with any beauty service.

## **Men's Own Facial**

60 min - \$105

Designed especially with him in mind, this treatment will cleanse, hydrate and soothe leaving the skin decongested and strengthened.

# body treatments

# massage



## **LI'TYA Yanko** 45 min - \$85

An energizing full body exfoliation with native oils and desert salts to cleanse and purify, then wash away the stresses of the world and finish with a moisturising body lotion.

## **LI'TYA Yanko Jindalee** 75 min - \$145

With 30 min massage 105 min - \$185

Smooth and purify the body with native aromatic oils and exfoliate with desert salts and wash away tension and awaken vitality under a warm shower. Relax with a hydrating facial, soothing scalp massage and nourishing quandong hair mask.

## **LI'TYA Mala Mayi Wrap**

No massage 60 min - \$145

With 30 min massage - \$185

With 60 min massage - \$225

Unwind, invigorate and celebrate with this complete rejuvenation experience. Energize and nourish with a full body aromatic oil & desert salt exfoliation. Calm & revitalize the spirit, cocooned in warm body mud which cleanses and delivers essential nutrients to the skin whilst you experience the soothing scalp massage. Refresh with water therapy, then surrender to a rhythmic full body massage.

## **LI'TYA Kodo Rhythmic Massage**

30 min - \$55 / 60 min - \$95

This rhythmic body massage will tone and re-align energy flow, enhancing mind and body balance and wellness. A combination of pressure points and spiraling movements ground and uplift, leaving the body's energies laughing with joy.

## **Hahana Hot Stone Massage**

75 min - \$135

A unique, therapeutic treatment using Hot Stones. Organic coconut oil combined with rhythmic massage techniques will release tension, toxins, stress and soothe the body leaving you feeling relaxed and balanced.

## **Remedial / Deep Tissue Massage**

30 min - \$55 / 60 min - \$95

Targets specific problem areas of the body and alleviates muscular tightness and restores joint mobility.

## **Healing Hands Chair Massage**

30 min - \$55

This deeply relaxing and rejuvenating massage allows you to stay fully clothed and enjoy this oil-free seated massage of the head, neck, shoulders and back. Ideal for spa newcomers, the elderly and a wonderful pick-me-up after an active day.

# packages & signature treatments



## Spa Sampler – facial & massage

90 min - \$165

This relaxing treatment includes a refreshing and revitalizing Mirri Facial and a rhythmic full body massage which will tone and re-align energy flow, enhancing mind and body balance.

## LI'TYA Lowanna – hands, feet & face

75 min - \$140

Stimulate your senses with this vitamin rich hand and foot treatment combined with a refreshing Mirri Facial. Designed to rebalance tired and stressed conditions, this beautiful treatment tends to all the zone therapy areas – hands, feet, face and head – to completely recharge and rebalance your body. Absolute bliss during pregnancy.

## Purifying Treatment – sauna, hydro bath & massage

120min - \$175

Commence with a far infrared sauna that will deeply heat your muscles and draw out toxins held within the body. Benefit from the therapeutic and rejuvenating powers of a Tasmanian Peat Mud hydrotherapy bath which will relax and hydrate the body. To complete this purifying treatment surrendering the body & soul to a rhythmic body massage.

## Girls Day Out

3½ hours - \$295 per person

Gather a group of gorgeous friends – hen's parties, stressed out mums, birthday celebrations or just wanting to spoil yourselves. We would love to pamper you with this special package which includes exclusive use of our Garden Jacuzzi and detoxifying Sauna, a Mirri Facial, Jina foot treatment or Polama hand treatment and a rhythmic full body massage.

## LI'TYA The Dreaming – face & full body

3 hours - \$345

A beautiful treatment reconnecting your body, mind and spirit using powerful native botanicals. This deeply therapeutic journey includes a Jina foot treatment, Mala Mayi warm body wrap, Paudi scalp massage, rhythmic full body massage, Mirri facial and Polama hand treatment. Surrender yourself to the ultimate renewal and potency of this experience through the power of native plant essential oils and extracts, earth ochres and desert salts. The skin of the face and body is cleansed, invigorated, restored and nourished, tired muscles are eased and energized and all the body systems are re-balanced and rejuvenated. The soul is left refreshed and smiling with delight.

# other indulgences

## Detoxification Sauna

30 min - \$30 for one / \$45 for two  
60 min - \$50 for one / \$75 for two

For detoxification, relaxation and easing of aching muscles. The far infrared sauna heats the body and expels toxins and cleanses and softens your skin. A wonderful way to prepare your body for any of our massage treatments. 50% discount when combined with other treatments.

## Garden Jacuzzi

30 min - \$45 for up to 6 guests  
1 hour - \$75 for up to 6 guests

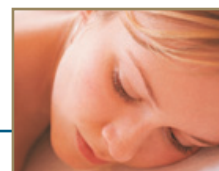
Enjoy the relaxing atmosphere of our Garden from the warm, private Jacuzzi. Accommodating up to 6 guests, the Jacuzzi can be used in conjunction with other treatments or enjoyed for its own pleasure.

## Spa Bathing

30 min - \$45 for one / \$65 for two  
60 min - \$65 for one / \$85 for two

Benefit from the therapeutic & rejuvenating powers of the combination of an underwater massage with the healing power of strong natural native ingredients.

# waxing & beauty



## Waxing

Half Leg	\$28
Half Leg with bikini	\$35
Full Leg	\$45
Full Leg with bikini	\$55
Bikini	\$20
Full Brazilian	\$50
Brazilian maintenance	\$35
G-String	\$25
Lip or Chin	\$10
Under Arm	\$18
Eye Brow	\$15

## Men's Waxing

Half Leg	\$40
Full Leg	\$60
Back or Chest	\$45

## Tinting

Eye Lash	\$15
Eye Brow	\$10

## Hair & Makeup

Please ask about bridal hair and makeup options.

Right in the heart of Historic Yungaburra Village

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