



For Bookings: (03) 53483329 salus@lakehouse.com.au www.lakehouse.com.au

Salus Retreat Packages

Absolute Spa Ritual 2 hours \$265

Experience an Elemis Deep Tissue Massage followed by an Elemis Anti-Ageing Facial or Skin Solutions Facial to achieve radiant & relaxed skin!

Total Time Out for Men 2 hours \$265

Dynamic and immediate relief of the Elemis Deep Tissue Muscle Massage combined with an Elemis Skin IQ or the Elemis Urban Cleanse power packed facial.

Pregnancy Package 2 hours \$265

Salus caters for expectant mothers with the utmost care. Begin with a nurturing pregnancy massage followed by an Elemis Advanced Facial.

Detox Retreat 2.5 hours \$320

Designed to purify and detoxify the whole body. Begin your cleanse with a Private Treetop Mineral Spa followed by an Elemis Lime and Ginger Salt Polish. This exfoliation primes your body for the muscle relaxing effects of the Elemis deep tissue massage.

Stress Soother 2.5 hours \$320

Soak and spa your stress away with this total body blitz including a Private Treetop Mineral Spa followed by an Elemis Frangipani & Milk Ritual and our Salus Signature Pedicure.

Indulgence Ritual 5 hours \$570

Designed to relieve, sooth and revitalise your entire body, beginning with a hot mineral spa, Frangipani & Milk Ritual and 90min massage. A selection of spa cuisine is followed by a pedicure, nail file and polish.

Salus Retreats For Two

Indulgent Retreat for Two 3.5 hours \$340 per person

Utilising the private retreat room with unique Hydrostorm, this treatment includes a Foot Delight, Relaxation Massage and a blissful Elemis Skin Specific Facial followed by a light lunch of Lake House Spa Cuisine in the relaxation lounge or on the sunlit terrace.

Time out for Two 1.5 hours \$180 per person

Drift away with an hour relaxation massage followed by an Elemis soothing express facial.

Relaxation for Two 1.5 hours \$145

Your choice of either a Hot Mineral Water Spa or Hydrostorm experience followed by a 60 minute massage.

Premium Facials

Elemis Advanced Anti-Ageing Facial 75 min \$170

Elemis Visible Brilliance

To combat ageing this facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% after 1 treatment

OR

Elemis ProCollagen Quartz Lift Facial

Slows down the visible signs of ageing, leaving skin firmer and uplifted, for a more youthful looking appearance. Proven results after just 1 facial, reduces the number of wrinkles by up to 94%, improves skin firmness by up to 57%.

Elemis Skin Solutions Facial 75 min \$170

An intensive skin boosting treatment using specialized Japanese Silk or Sulphur masks, offering long lasting results, by stimulating cellular activity and enhancing circulation. This treatment also includes a luxurious hand and arm massage and de-stress face and scalp massage. Choose an Oxygen Skin Calm Facial for sensitive skin or an S.O.S. Purifying facial for oily, problem and congested skin.

Skin IQ for Men 75min \$170

Tailored to combat the harsh, ageing effects of the modern environment this facial gives men the ultimate skin overhaul with maximum results. Powerful therapeutic grade ingredients deeply cleanse to rapidly accelerate skin repair and hydration, calming irritation and reducing sensitivity to leave the skin visibly clear, youthful and renewed.

Urban Cleanse for Men 75 min \$170

This deep cleansing facial works overtime to decongest and defend the skin. Active products are used to cleanse stressed skin, helping to eliminate blocked pores, neutralize impurities and help to rapidly accelerate skin repair.

Elemis Skin Specific Facial 60 min \$120

The perfect maintenance facial, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face & renew radiance.

Body Treatments

Elemis Lime and Ginger Salt Polish 1 hour \$150

An exotic exfoliation ritual to invigorate and revitalise the body. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of Exotic Island Flower Body Lotion.

Frangipani and Milk Ritual 1 hour \$150

Warmed frangipani monoi oil is dripped luxuriously over your body followed by an application of warmed Skin Nourishing Milk Bath. Also included is a refreshing facial cleanse, exfoliation, massage & hair treatment, Vichy experience and a veil of Exotic Flower Balm.

Aroma Spa Ocean Wrap Cellutox 2 hours \$245

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying and recommended for low energy levels, fluid retention and cellulite. A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon Essential Oils are applied to your body. The treatment is then concluded with a full body massage.

Aroma Spa Ocean Wrap Musclease 2 hours \$245

This treatment combines the power of aromatherapy with the riches of the ocean. A heated seaweed mask blended with Rosemary and Maritime Pine Essential Oils is designed to ease the pains of rheumatism, arthritis, muscle spasm and fatigue. The treatment is then concluded with a full body massage.

Massage

Relaxation Massage 1 hour \$110

Pregnancy Mother to be Massage 1 hour \$110

Elemis Deep Tissue Muscle Massage 1 hour \$115

Remedial Massage 1 hour \$125

Beauty & Other Essentials

Lake House Spa Cuisine

A delicious addition to a Salus retreat treatment or package; to be enjoyed on the balcony or in the lounge.

Salus Signature Pedicure 1 hour \$120

Manicure 1 hour \$110 (or upgrade to a French polish)

Foot Delight 30min \$70

Surrender your tired aching feet into a warmed footbath & gentle buff, designed to nourish and condition your feet. Only available in addition to a 60 minute treatment

Hydrotherapy

Private Treetop Mineral Spa 30min \$70 (single use)

Using 100% pure Daylesford mineral water and set in a magical location, private circular spa tubs sit in secluded tree top cabins and look out through the waterfront willow trees.

Hydrostorm \$35pp

Only available in addition to a 60 minute treatment. Features steam, waterfall, Swiss shower & aromatherapy experience.

Pre-Wedding Hen's Celebrations

Your own private sanctuary for up to 12 guests. Roam from treatment room to Champagne Lounge and be buffed, scrubbed and polished ready for a night out with the girls. Please enquire about exclusive use.

Gift Vouchers

All Wrapped Up! Perfect for birthdays, anniversaries or any random bursts of affection, Salus Spa vouchers are stylishly packaged and can include individual treatments, retreat packages or even overnight escapes!

Important Spa Information

Reservation

A credit card number will be required to secure your booking.

What to wear

Hotel guests may wear the personal robe from their room, otherwise comfortable, loose clothing is recommended. We suggest that valuable items not be brought to the spa.

When to arrive

Please arrive 15 minutes prior to your reservation.

Please ensure cellular phones are switched off.

What if I am late?

Every effort will be made to accommodate, but as a courtesy to all our clients treatments will be completed at the scheduled time.

Special Consideration

Please advise our receptionist of any allergies or ailments you may have. Notification of medical conditions such as high/low blood pressure, heart complications, pregnancy, recent surgery etc is also recommended.

Cancellation Policy

24 hours notice for cancellations is required. Less than 24 hours notice will incur a 50% cancellation fee. Less than 2 hours notice or failure to keep an appointment will result in a charge for the complete listed price. Voucher bookings will be made void.

More About Lake House

Nestled on the beautiful shores of lake Daylesford, the Salus Spa is part of the multi award winning Lake House Small Luxury Hotel.

An indulgent retreat sought out by savvy travellers from around the world, Lake House is known for its formidable cellar, gastronomic excellence and quality service. The Restaurant has two chefs hats with The Age Good Food Guide.

The Salus Spa offers additional indulgences. The complex complete with ten treatment areas, is surrounded by gardens and streams with an outlook towards the lagoon.

Latest therapies and treatments are based on the famous local mineral water springs as well as the innovative Elemis range of products, which have a cult following worldwide.

For guests wishing to combine a stay at Lake House with their treatments there are several packages available.

Enhance Your Spa Experience

Express Lunch For Two \$78

A light lunch of two courses and a glass of wine in the award winning restaurant. NA Sundays and Public Holidays.

Lunch For Two \$172

A la carte lunch of three courses in the award winning restaurant. Guests are invited to dine on the waterfront terraces in the warmer months or in the plush dining room overlooking the lake shore. The menu features the best of the region's seasonal produce used in innovative and delicious dishes designed by Executive Chef Alla Wolf-Tasker.

Dinner For Two \$190

As the sun slips over the far shore of the lake enjoy an aperitif on the outdoor terraces or by candlelight in the waterfront dining room. Includes three courses from the seasonal a la carte menu.

Overnight Escape

After a day of blissful pampering – why not retire to your room or suite? Relax on the balcony, perhaps order a little room service.... Or recover for a friendly game of tennis in the late afternoon sun.

Visit www.lakehouse.com.au for the best value packages throughout the year or 03 53483329.

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