



SALUS
SPA AT LAKE HOUSE

On the shores of Lake Daylesford

Bookings: +61 3 5348 3329

salus@lakehouse.com.au

www.lakehouse.com.au

SIGNATURE TREATMENTS

Exclusive to Salus Spa

Private Treetop Mineral Spa 30 min \$95 (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.

Salus Bliss 75 min \$200

Utilising the seasonal fragrances found throughout the Wombat State Forest and the local countryside, this body treatment combines a soothing rhythmic massage using hot volcanic rocks and warm oil to reduce tension and ease muscle aches. The body is then polished with Lime and Ginger salts to remove rough skin. Whilst you are all wrapped up, a soothing face and scalp massage completes this nourishing experience. Finish off with a Hydrostorm experience where steam assists the absorption of essential oils whilst Vichy jets and Waterfall showers rinse away the salt, exposing beautiful soft skin – fresh, nourished and rejuvenated.

SALUS PACKAGES

Absolute Spa Ritual 120 min \$295

Indulge in a Relaxation Massage followed by an Elemis Anti-Ageing Facial or Skin Solutions Facial to achieve radiant & relaxed skin.

Total Time Out for Men 120 min \$295

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

Pregnancy Package 120 min \$295

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

Detox Retreat 150 min \$395

Designed to purify and detoxify the whole body. Begin with a Private Treetop Mineral Spa followed by an Elemis Lime and Ginger Salt Polish. This exfoliation primes your body for a full body Relaxation Massage.

BONUS

Book an Absolute Spa Ritual or Total Time Out for Men midweek and receive a 15 minute hot stone massage treatment in addition to your inclusive package as our gift.

(NA weekends & public holidays. Subject to availability.)

SALUS PACKAGES FOR TWO

Indulgence for Two 210 min \$450 pp

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 90 min \$225 pp

Drift away with an hour Relaxation Massage followed by an Elemis soothing express facial.

ELEMIS PREMIUM FACIALS

Elemis Advanced Anti-Ageing Facial 75 min \$185

Elemis Visible Brilliance – Instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour.

OR

Elemis ProCollagen Quartz Lift Facial – Slows down the visible signs of ageing, leaving skin firmer and uplifted, for a more youthful looking appearance.

Elemis Skin Solutions Facial 75 min \$185

An intensive skin boosting treatment using specialised Japanese Silk or Sulphur masks, offering long lasting results, by stimulating cellular activity and enhancing circulation. Also includes a luxurious hand and arm massage and de-stress face and scalp massage.

Facial for Men 75 min \$185

Active products are used to cleanse stressed skin, helping to eliminate blocked pores, neutralise impurities and help to rapidly accelerate skin repair. Your therapist will tailor this treatment to your skin type.

Elemis Modern Skin Facial 60 min \$170

A great antidote to daily toxins. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance your PH levels.

Elemis Skin Specific Facial 60 min \$145

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

BODY TREATMENTS

All body treatments are performed in the blissful Thermal M Cocoon – utilising the wonderful therapeutic effects of steam and Vichy to enhance the benefits of your choice of body treatment. Subject to availability – Cocoons are very popular and availability limited.

Elemis Lime & Ginger Salt Polish 60 min \$180

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 & Milk Ritual 60 min \$180

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 and a veil of Exotic Flower Balm.

Aroma Spa Ocean Wrap – Cellutox or Musclease 120 min \$295

Combining the power of aromatherapy with the riches of the ocean a blended body mask tailored to either aid detoxification or ease muscle tension is applied to the entire body, concluding with a full body Relaxation Massage.



HOTEL. RESTAURANT. SPA

MORE ABOUT LAKE HOUSE

Nestled on the 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 outstanding service. The Restaurant has two chef's hats in The Age Good Food Guide.

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

www.lakehouse.com.au.



MASSAGE & BEAUTY

Relaxation Massage 60 min \$140

Pregnancy Mother to be Massage 60 min \$145

Deep Tissue Muscle Massage 60 min \$145

A firmer style of full body massage.

Remedial Massage 60 min \$155

Specifically designed for people with key areas of concern.

Salus Signature Manicure or Pedicure 60 min \$140

Luxurious hand or foot treatment including nourishing mask, hot stone massage and full polish application.

A LITTLE SOMETHING EXTRA

Only available in conjunction with a 60 min treatment.

Lake House Spa Cuisine \$40

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

Foot Delight 30 min \$95

Surrender your tired, aching feet into a warmed footbath & gentle buff, designed to nourish and condition your feet.

Scalp Treatment 15 min \$45

Stimulate your crown with a luxurious scalp massage in addition to your chosen treatment.

Eye Treatment 15 min \$55

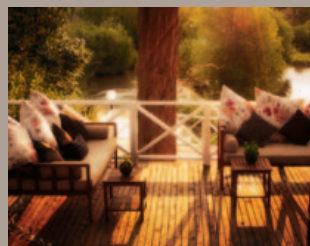
Intensive moisturisation especially for the delicate eyezone.

Hot Stones 15 min \$55

Enhance your massage with the use of tension melting hot stones.

Dry Body Brushing 15 min \$35

Used specifically to boost your circulation and lymphatic system – a perfect addition to any massage or body treatment.



PRE-WEDDING HENS' 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

Perfect for birthdays, anniversaries or any random bursts of affection, Salus Spa vouchers are stylishly packaged and can include individual treatments or package with an overnight stay at Lake House.

IMPORTANT SPA INFORMATION

Please note – prices are subject to change without notice. We accept all major credit cards. A 3% surcharge applies to Diners Club & American Express.

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 no valuable items are brought to the spa – Salus Spa takes no responsibility for items that are misplaced.

When to arrive

Please arrive 15 minutes prior to your reservation. Please respect that Salus Spa is a mobile phone free zone.

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 100% cancellation fee. Voucher bookings will be made void. A 50% deposit is required for groups of three and above.

