



SOL

WELLNESS CENTRE

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Finding a serene respite from the hustle and bustle of everyday life by drawing inspiration from the land itself—the salt, sun and clay direct from Mother Nature. Inspired by the tranquillity of the Yarrowonga bush and the winding Murray River, enabling each individual to find their own serenity.

At Sol Wellness we offer guidance in integrating good health, organic and clinical treatments. In addition to yoga, personalised fitness programs and spa nutrition, to help you to create healthier, happier daily lifestyle routines.

Find Your Own Serenity



Essential Grooming

Eye Enhancements

Eye Lash Tint 30min _____ 25
Lashes look thicker, eliminating the need for mascara

Brow Tint & Shape 30min _____ 35
Enhance and open your eyes with a well defined brow line

Henna Brows & Shape 60min _____ 65
Create a beautiful thicker defined brow line for the thinnest of brows! Lasts 6-8 weeks

Lash Lift & Tint 90min _____ 110
The look of lash extensions without the maintenance. Adds beautiful curl and colour to your lashes. Lasts 6-8 weeks

Waxing for Ladies

Eyebrow Tidy 15min _____ 25
Lip & Chin 15min _____ 30
Sides face 30min _____ 35
Under Arm 30min _____ 35
Arms 30min _____ 35
Half Leg 30min _____ 35
Full Leg to Bikini Line 45min _____ 75
Bikini / G String 30min _____ 40
Brazilian 45min _____ 60

Waxing for Gents

Male Brow Tidy 15min _____ 25
Ears 15min _____ 20
Back & Neck 45min _____ 50
Chest & Shoulders 45min _____ 50
Full Leg to Speedo Line 45min _____ 75

Spa Express

Skin Scan + Express Facial 30min _____ 50
Stress, environment and age are some factors that damage and age our skin. A Skin Scan consult will professionally diagnose your skin health prior to your treatment

Make Up Make Over 30min _____ 50
* Cost redeemable with make up purchase over \$80.00
Our spa make up artists will happily share the latest make up tips and tricks with you. Update your look using our beautiful colour palette

Eye Firm Contour Treatment 30min _____ 50
*Can be booked with any face therapy
Clinically proven ingredients that work to reduce wrinkles, puffiness, and dark circles. Immediate visible results!

Eye De-Puff + Smooth Mask 30min _____ 50
*Can be booked with any face therapy
To treat puffiness & loose skin under eye. Collagen peptides and anti-aging extracts combined with clinically tested Myoxinal®, proven to topically inhibit muscle contractions, decrease wrinkles for smoother skin around eye area

Post-Sun Calming Face Saver 30min _____ 50
Calming seaweed-based and botanical ingredients reduce puffiness, desensitise and rehydrate skin that has been exposed to the elements, or just needs brightening and a healthy glow!

Manicure & Pedicure

Dazzle Dry Manicure 45min _____ 65
Manicure, hand and arm massage, application of long lasting Dazzle Dry polish, dries immediately with no UV light or damage to nails

Dazzle Dry Pedicure 45min _____ 65
Pedicure, foot scrub and massage, application of long lasting Dazzle Dry polish, dries immediately with no UV light or damage to nails

Spa Botanical Hand Therapy & Manicure 75min__85
Revive your hands with a luxurious plant based exfoliation and hand mask, hot towel mask removal, manicure, hand massage. Choice of nail polish or natural buff

Spa Botanical Feet Therapy & Pedicure 75 min__ 85
Revive your feet with a luxurious marine extracts exfoliation feet mask, hot towel mask removal, pedicure, feet massage. Choice of nail polish or natural nail buff

Hand & Feet Reviver 30min _____ 50
Can be booked to extend body massage
Hot and cold towel compresses and mildly warming plant based Relievamed® are applied using specific massage strokes to relieve swelling, muscle soreness and cramps

Spa Kids Mini Mani or Mini Pedi 30min _____ 25
Soak, file, aromatic hot towel, mini foot massage and choose your favourite colour polish—must be accompanied by an adult



TANNING

Face & Legs 30min _____ 25

Leave on gradual tan spray for a hydrated healthy glow

Face, Décolleté, Arms & Legs 30min _____ 40

*Can choose gradual mist or 2hr rapid tan

pH prep is applied prior to 2hr sunless tan to ensure a smooth, even glowing tan

All Over Body Tan 45min _____ 50

pH prep is applied prior to sunless tan to ensure a smooth even application

Made in Australia, SprayToniqs sunless tan is fragrance free, vegan and gluten free, containing anti-aging and anti-oxidant properties for added skincare benefits. We use a SprayToniqs pH prep prior to tan application. Our sunless tans fade naturally and contain specialist active ingredients to help prevent any orange appearance on the skin. A UV free sunless tan minimizes cellulite appearance, helps to cover stretch marks and safe to use during pregnancy

Note

- * Please do not perform any type of hair removal less than 24 hrs pre sunless tan is applied
- * Please do not exfoliate less than 24hrs before sunless tan is applied
- * Choice of golden brown or olive brown

FACIALS

Face Therapy

Your spa therapist will consult you prior to selecting the most suitable facial for your skin's concern

Four Layer Facial 80min _____ 185
Dramatic bi-thermal lift off mask that warms, then cools to seal in hydrating benefits to firm and plump the skin

Bio Light Facial 55min _____ 165
Vitamin enriched A, E & D fighting free radicals that cause premature aging

Detoxify 55min _____ 135
Help refresh and repair skin prone to acne, inflammation, breakouts and congestion. Australian active ingredients high in antioxidants to heal and repair, reduce inflammation and irritation, leaving damaged skin clean, even textured and purified

Calm + Repair 55min _____ 135
Active treatment excellent for sensitive skins, rosacea prone or eczema prone skin. Aids in helping repair skin barrier, boosting natural antioxidants to hydrate, reduce redness and calm skin inflammation

Hydra 4 Facial 55min _____ 165
Calm and soothes stressed complexions while reducing redness, irritation and environmental damage. Natural and active ingredients specifically formulated to heal, soothe, protect and hydrate

Organic Facial 55min _____ 150
Ultimate in relaxation! Aromatic organic facial suitable for even the most sensitive skin types! Australian clays and soothing ingredients to restore hydration and soothe the skin, while calming the mind

Clinical Facial Therapy

Your spa therapist will consult & diagnose your skin with our professional skin scanner, and prescribe the most appropriate clinical facial therapy treatments

*Can be added to treatments

** Contra-indications apply

Signature Clinical Facial 55min _____ 165
with LED 80min _____ 240

Effective clinical grade natural plant based professional skincare is used to deep cleanse, enzyme exfoliation, microdermabrasion + vitamin infusion to refine, purify and plump the skin cells and reveal a more youthful, refreshed and hydrated skin

Hydra Microdermabrasion 30min _____ 50
Gentle hydrating exfoliation of the skin's surface layer, using abrasion and suction to unclog pores and remove dead skin. Treat fine lines, wrinkles, scars, blemishes and skin imperfections to reveal a healthier, smoother skin

LED 30min _____ 75
Regenerate a healthier skin with a relaxing LED treatment! Aids in healing acne and redness, regulates the skin's natural oil production, stimulates collagen and elastin production to minimise fine lines and wrinkles

* Can be added to treatments

Male Zone Face + Eyes 55min _____ 150
A customised face treatment using Charles + Lee men's Australian skincare created by two Aussie blokes. For all skin types. Organic, natural and active ingredients specifically formulated to deep cleanse, repair, heal, soothe, protect and hydrate

* Includes a Charles + Lee Essentials Travel Kit



Special Occasion Make Up 50min _____ 100
Professional make up application to define, enhance and highlight your natural photogenic beauty

Bridal Wedding Day Make Up 90min _____ 150
Professional make up techniques are used to enhance your beauty and ensure your make up stays fresh and photo op ready on your special day

Bridal Party Make Up 60min _____ 120
Professional make up application to ensure you are photo op ready

Post Spa Visit Make Up 30min _____ 50
Light application of bronzer, lip gloss and eye enhancement to give you a fresh, dewy glow without compromising the ongoing benefits of your Spa treatment

Spa Kids Party Mini Make Up 30min _____ 25
Organic cleanse and SPF, choosing their favourite colours for eyes, cheeks and lips!—must be accompanied by an adult

MASSAGE

Find your own Serenity

Aroma + Relax Massage 55min _____ 120
80min _____ 150

A beautiful relaxing massage using a blend of lemon myrtle oil, Peru balsam oil, patchouli oil and other natural essences to calm and soothe the senses

Energise + Revive Massage 55min _____ 120
80min _____ 150

A lovely native, refreshing massage using a blend of cucumber oil, orange sweet oil, ylang ylang oil, patchouli oil and Australian sandalwood oil to awaken the senses and soothe the body

River Rocks Hot Stone Massage 55min _____ 135
80min _____ 165

Healing warmth radiating from hot stones applied to your feet upwards to swirling on your back, releasing all tension from damaged soft tissue. Promotes a deep sense of peace and calm

Thera-Sports Massage 55min _____ 135
80min _____ 165

All over therapeutic deep tissue body massage. Targeting specific areas to ease stiff, sore muscles, stretch connective tissue. Improve circulation and aids in increasing flexibility and ROM. Improve your golf game!

Mama Mia Pre-Natal 55min _____ 120

Organic, safe and relaxing pre-natal pregnancy massage, to soothe your body and beautiful belly, and calm your mind

SOL Signature Body Massage 80mins _____ 180

Customise your massage to meet your body's needs. Relieve tension areas under stress such as shoulders, lower back and hips. Aromatic cold towels are applied to lower leg and feet, relieving water retention, muscular aches + pain, and restoring your energy



BODY TREATMENTS

Body Therapy

You will feel revived and energised from the results of our beautiful, aromatic organic body therapies! Enjoy the decadent and luxurious overhead rain shower deluge, allowing you to rinse off in privacy within your own spa suite. We invite you to relax, unwind and surrender to the dedicated hands of our amazing spa therapists

Wollemi Valley Body Bliss—detoxify, purify, cleanse 55min _____ 155
Body scrub and clay mask a power packed with amazing Australian native ingredients and other actives to clarify and boost your antioxidants. Promotes refreshed, hydrated, youthful looking skin

Uluru Flame Revitalising Body—revitalize, soften, hydrate 55min _____ 155
Hydrate and rejuvenate skin with healing Australian native ingredients to help build your skin defence system and boost antioxidants. Leaving you with beautiful smooth, revitalised skin

Post Sun Cool Relief Wrap 45min _____ 75
Soothing calming plant extracts, amino acids, green tea and camomile heals and alleviates the burning, stinging sensation from sun sensitivity and prolonged sun exposure. Immediately cools, calms and decreases skin temperature on contact
* No scrubs to be booked with this wrap

Clay Contouring Wrap 55min _____ 175
Exfoliating, contouring and regenerating wellness experience! Natural Kaolin clay, salts and natural botanical oils to deeply cleanse,, remove impurities to leave your skin smooth, tight + glowing!
* Includes body scrub

Magnesium Back + Shoulder Treatment 45min _____ 95
Relieve aches, pain and all over muscular soreness. Magnesium chloride + olive leaf extract - proven natural remedy for general aches, cramps & pain and stress relief
* Includes body wrap

Body Exfoliation

Balance your skin's pH and boost your skin's natural immunity with the skin sloughing benefits of body exfoliation. Remove dry, dead skin cells, increase circulation, aid in reducing inflammation and puffiness and reveal a silky smooth skin!

SOL Salt Scrub 30min _____ 75
All natural aromatic refined marine extracts blended with Australian sea salts, jojoba oil and fruit acids form a deep exfoliation removing dry dead skin to reveal soft, smooth glowing skin. Perfect pre body wrap treatment

Wollemi Pumice Scrub 30min _____ 75
Pumice, aloe and shea butter mixed with Australian native plant extracts purify and heal. Calms and soothes skin irritations

Uluru Flame Bamboo Scrub 30min _____ 75
Fine bamboo powder, pumice mixed with shea butter base and anti-inflammatory Australian medicinal plant extracts to repair DNA damage and stimulate collagen revealing a firmer, smooth, brighter hydrated skin

Dry Brushing 5min —included with any body scrub
Dry brushing has amazing benefits—encouraging new cell regeneration and blood circulation to promote internal detoxification, cellulite reduction and boosts the immune system

BALNEOTHERAPY

SPA BATHING RITUALS!

The benefits of bathing rituals have been well documented since before Cleopatra's time. Relax and unwind in our specially crafted red gum bath. Bathing aids in the body's natural ability to detoxify, reduce bloating, ease muscle aches and pain, lower stress levels and boost immunity. Your spa therapist will consult with you prior to selecting the most suitable bath additive based on your medical history, and cooling aromatic compresses for your forehead are provided for your personal use during the treatment. Pure bliss!

Relax Aromatic Bath 30min _____ 75

Bathe away your cares! Soaking in a luxurious, aromatic bath of gentle exfoliating skin smoothing ingredients, combined with lemon myrtle oil, Peru balsam oil, Patchouli oil and natural aromas. Perfect for aiding in a good night's sleep

Magnesium Salt Bath for Sore Muscles 30min _____ 75

Immerse yourself and allow the proven benefits of magnesium salts to quickly work. Relieve fatigue, muscle cramps, stiff aching muscles, while nourishing your body with re-mineralising and wellness induced benefits

Himalayan Rebalancing Bath 30min _____ 75

For optimum health and wellbeing. Pure Himalayan Salts for rebalancing and relieving bloating from over-indulging, PMS symptoms, lack of sleep and headaches. Relax, clear the clutter from your mind and soak your cares away!



SOL WELLNESS SPA EXPERIENCES

Spa Rituals + Experiences for a renewed you

Sol Wellness is the perfect escape to retreat, relax and indulge in much needed self care. The most luxurious skincare and effective spa treatment protocols have been chosen to calm, heal, soothe and repair—ensuring you leave relaxed and revitalised, and looking forward to your next visit with us.

For You

Retreat 3hr _____ 320pp
Scrub + Mud Trio + Rain Shower + Body Massage + Hand and Feet Reviver + Relax Plate + Spa Cocktail

Alone Time 2hr _____ 245pp
Scrub + Mud Trio + Rain Shower + Body Wrap + Hand and Feet Reviver + Relax Plate + Spa Cocktail

Relax Balneo Experience 90min _____ 185pp
Bath + Body Massage + Relax Plate + Spa Cocktail

Spa Custom Experience 3hr _____ 325pp
Scrub + Rain Shower + Body Massage + Spa Express + Relax Plate + Spa Cocktail

Spa & Fitness 90 min _____ 120pp
We consult with you to create a self care program to take home with a guided experience on the day.
Includes Stress Away back + shoulders massage, 1 x 30 min workout session + spa smoothie!



Spa Rituals + Experiences to share

Revitalise 2hr (2 guests) _____ 180pp
Scrub + Mud Trio + Rain Shower + Express Facial + Relax Platter + 2 Glass Champagne

Wellness & Wine 2hr (2 guests) _____ 225pp
Scrub + Mud Trio + Rain Shower + Body Massage + Stress Away + Relax Platter + 2 Glass Wine

Partners Balneo 3.5hr (2 guests) _____ 365pp
Hand and Feet Reviver + Bath + Body Massage + Stress Away + Relax Platter + 2 Spa Cocktail

Baby Moon 2hr (2 guests) _____ 135pp
Specialised treatments to enjoy together, pre-natal for her, relaxation for him
Hand and Feet Reviver + Rain Shower with trio of scrub and mud + Stress Away + Relax Platter + 2 Spa Mocktail

Pamper Party Time

Girls Getaway 2hrs _____ 150pp
Scrub + Mud Trio + Rain Shower + Express Facial + Relax Platter + a Spa Cocktail

Wedding Party 2hrs _____ 180pp
Set Spa Service Menu, choose *2 services + Spa Party Platter + a signature Spa Cocktails
*Bath not included

Wedding Party 4hrs _____ 280pp
Set Spa Service Menu, choose *4 services
Spa Party Platter + Spa Cocktails (min 4 person per booking)
*Bath not included

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