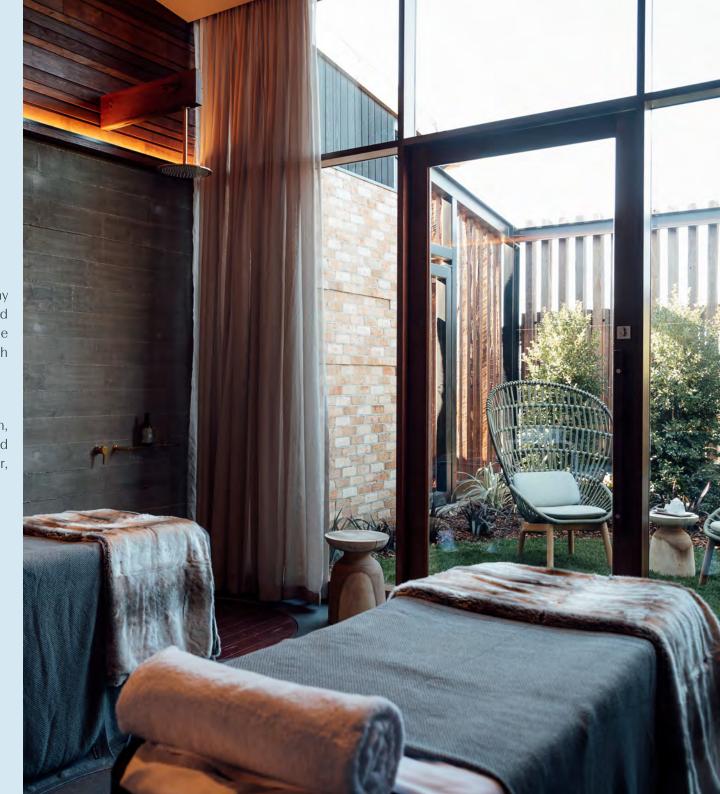




Finding a serene respite from the hustle and bustle of everyday life by drawing inspiration from the land itself—the salt, sun and clay direct from Mother Nature. Inspired by the tranquillity of the Yarrawonga bush and the winding Murray River, enabling each individual to find their own serenity.

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 Lashes look thicker, eliminating the need for ma	25 ascara
Brow Tint & Shape 30min Enhance and open your eyes with a well defined line	
Henna Brows & Shape 60min	65
Lash Lift & Tint 90min The look of lash extensions without the mainter Adds beautiful curl and colour to your lashes. Lasts 6-8 weeks	
Waxing for Ladies	
Eyebrow Tidy 15min	30 35 35 35 35 75 40
Waxing for Gents	
Male Brow Tidy 15min	20 50 50

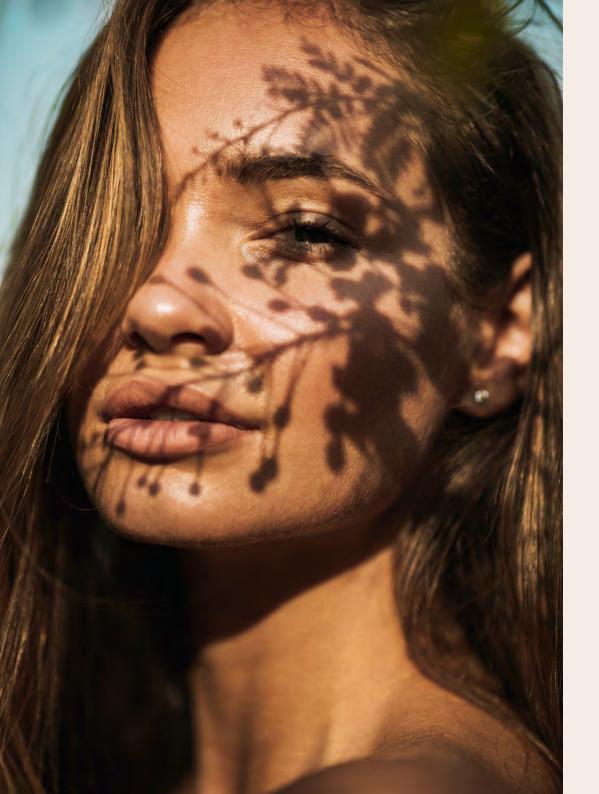
# Spa Express

Skin Scan + Express Facial 30min\_

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 30min50 * 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 30min50 *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 30min50 *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 30min50 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 45min65
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 45min65
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 30min50
Can be booked to extend body massage
Hot and cold towel compresses and mildly warming plant base
Relievamed® are applied using specific massage strokes to
relieve swelling, muscle soreness and cramps
Cha Vida Mini Mani ar Mini Dadi 20min 05
Spa Kids Mini Mani or Mini Pedi 30min25 Soak, file, aromatic hot towel, mini foot massage and
choose your favourite colour polish—must be accompanied
by an adult
D 1 01. 00 01.



## **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 skins 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

### 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 skins 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

\* 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 \_\_\_\_\_ Professional make up application to ensure you are photo op readv Post Spa Visit Make Up 30min\_\_\_\_\_ 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

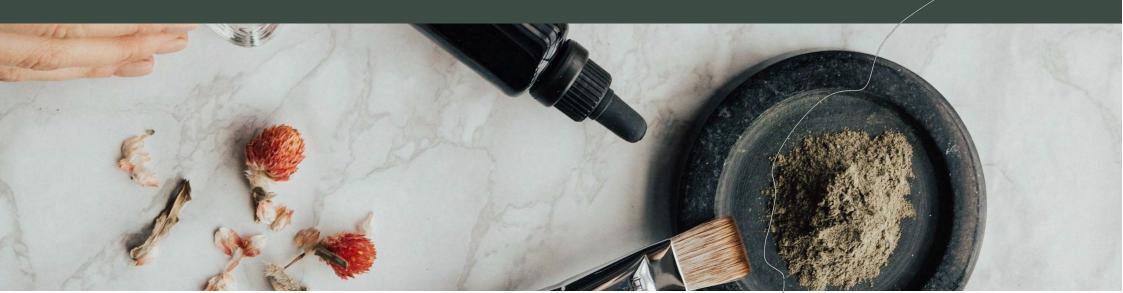
All over therapeutic deep tissue body massage. Targeting specific areas to ease stiff, sore muscles, stretch connective tissue. Improve circulation and aids in increasing flexibility and ROM. Improve your golf game!

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

\* Includes body wrap

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\_ 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\_ 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 \_\_\_\_\_ 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 \_ Relieve aches, pain and all over muscular soreness. Magnesium chloride + olive leaf extract - proven natural remedy for general aches, cramps & pain and stress relief

### 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	ian sea ing dry
Wollemi Pumice Scrub 30min	
Uluru Flame Bamboo Scrub 30min Fine bamboo powder, pumice mixed with shea butter base an inflammatory Australian medicinal plant extracts to repair DNA dand stimulate collagen revealing a firmer, smooth, brighter by skin	d anti- lamage
Dry Brushing 5min —included with any body scrub  Dry brushing has amazing benefits—encouraging new cell regen	eration

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!



## 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 3hrScrub + Mud Trio + Rain Shower + Body Massa	
Hand and Feet Reviver + Relax Plate + Spa Cocktail	
Alone Time 2hr	_ 245pp
Scrub + Mud Trio + Rain Shower + Body Wra and Feet Reviver + Relax Plate + Spa Cocktail	p + Hand
Relax Balneo Experience 90min Bath + Body Massage + Relax Plate + Spa Cocl	
Spa Custom Experience 3hr	_ 325pp
Scrub + Rain Shower + Body Massage + Spa Ex Relax Plate + Spa Cocktail	xpress +
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!	go, 1 X 00



#### 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 \_\_\_\_\_ qq081 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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