

SOL

WELLNESS CENTRE

Find Your Own Serenity

Open Tuesday to Saturday

To book
Dial 9 from your room or call 03 5745 9103

SOL

WELLNESS CENTRE

Find 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.

Influenced by the tranquility of the Yarrawonga bush and the winding Murray River, SOL Wellness is a relaxing space designed to treat all the senses and instill calm and relaxation in each guest.

At Sol Wellness we offer guidance on organic and clinical treatments to improve personal health, wellbeing and skin care.

Find Your Own Serenity



ESSENTIAL BEAUTY

Eye Enhancements

Eye Lash or Brow Tint 30min | 25
Lashes look thicker, eliminating the need for mascara.
Enhance and open your eyes with a well defined brow line.

Brow Tint & Shape 30min | 50

Henna Brows & Shape 60min | 95
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.

Hydra Tint 30min | 75
Eye re-hydration and tint. Eyes will look brighter and fresher, eyelashes will look longer, thicker and eliminate the need for mascara.

Waxing

Eyebrow Tidy 15min | 30
Lip & Chin 15min | 35
Sides of face 30min | 35
Ears 15min | 30
Under Arm 30min | 35
Arms 30min | 50
Half Leg 30min | 50
Full Leg 45min | 80
Bikini / G String 30min | 55
Brazilian 45min | 65
Back & Neck 45min | 80
Chest & Shoulders 45min | 80

SPA EXPRESS

Make-Up Make-Over 30min | 60
* 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 De-Puff + Smooth Mask 30min | 70
*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 | 70
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.

Buff and Polish 30min | 50
For either your hands or feet. Soak, file and buff finished with polish.

Ear Candling 30min | 40
Remove dirt and debris from the ears effortlessly and painlessly. A lit hollow candle placed in the ear creates a gentle suction, removing build-up.

MANICURE & PEDICURE

Dazzle Dry Manicure 45min | 70
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 | 95
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 Foot Therapy & Pedicure 75min | 105
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.





TANNING

Half Body

30min | 50

Leave on gradual tan spray for a hydrated healthy glow pH prep is applied prior to 2hr sunless tan to ensure a smooth, even glowing tan.

All Over Body Tan

45min | 60

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

Made in Australia, Black Magic Tan sunless tan is vegan, hypoallergenic, non-comedogenic and paraben free, and is also made using animal-free testing. With a variety of botanicals and antioxidants, it will leave your skin feeling hydrated and nourished.

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
- Black Magic Tan is odourless
- Suitable for pregnant women
- Colour ranges from natural glow to dark brown

FACE

Face Therapy

Your spa therapist will consult with you prior to selecting the most suitable facial for your skins concerns.

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.

Clarifying Facial 55min | 135

For acne prone or oily skin types to re-balance and clarify skin mantle. May assist in improving skin PH levels, and reducing blemishes, redness and breakouts.

Hydration Facial 55min | 135

Deep double clean, with added hydration to improve elasticity and plumpness of the 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.

Makeup

Special Occasion Make-Up 60min | 120

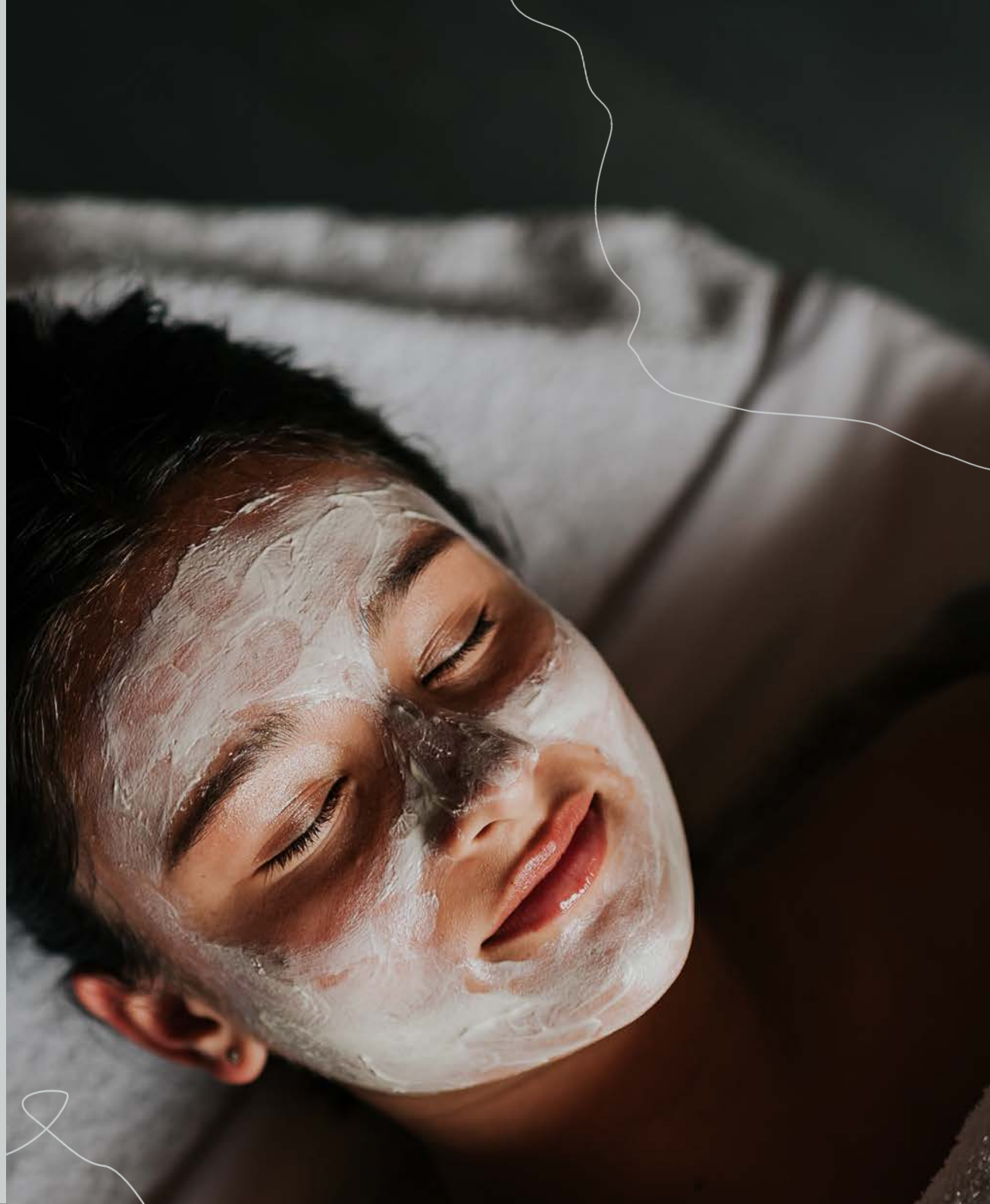
Professional make up techniques are used to enhance your beauty and ensure your make up stays fresh.

Bridal Wedding Day Make-Up 60min | 120

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 techniques are used to enhance your beauty and ensure your make up stays fresh and photo op ready.



MASSAGE

Find your own serenity

Aroma + Relax Massage

55min | 120

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.

River Rocks Hot Stone Massage

55min | 135

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.

Pre-Natal Massage

55min | 135

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

Energise + Revive Massage

55min | 120

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.

Thera-Sports Massage

55min | 135

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!



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.

Detoxifying 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.

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 | 155
Soothing calming plant extracts, amino acids, green tea and chamomile 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 | 155
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.

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 Signature Scrub 30min | 135
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.

Pumice Scrub 30min | 135
Pumice, aloe and shea butter mixed with Australian native plant extracts purify and heal. Calms and soothes skin irritations.

Bamboo Scrub 30min | 135
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. All bathing rituals include a 30 minute massage treatment.

Relax Aromatic Bath

60min | 90

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.

Muscle Revive

60min | 90

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.

Re-balancing Bath

30min | 90

For optimum health and wellbeing. Pure Himalayan Salts for re-balancing 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!



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 | 320
Scrub & dry brush, mud wrap, massage, rain shower, body hydration.

Serenity 2hr | 245
Back massage, scrub & wrap, rain shower, pedicure.

Relax Balneo Experience 90min | 170
Hot stone massage, 30 min floral bath.

Custom Experience 3hr | 325
Create your own with 1 x massage, 1 x express treatment, 1 x scrub, 1 x wrap, rain shower, body hydration.

Pamper Party Time (price per person)

Girls Getaway 2hrs | 225
Massage, pedicure, eye treatment.

Wedding Party 2hrs | 225
Massage, manicure, mini foot therapy buff & polish.

Wedding Party 4hrs | 355
Massage, eye treatment, botanical hand therapy & manicure, botanical foot therapy & pedicure.

Experiences to share (price per person)

Revitalise 2hr (2 guests) | 240
Dry brush, body massage, express facial, head massage.

Partners Balneo 3.5hr (2 guests) | 425
Hot stone massage, scrub & wrap, facial, bath.

Baby Moon 2hr (2 guests) | 225
Manicure, Pedicure, Facial.



SPA BOOKING INFORMATION

We kindly ask that any cancellations are made 24 hours prior to your appointment time.

Please arrive 10 minutes prior to your appointment time to complete our consultation form. Arriving late will impact your treatment time.

You will be asked to disclose relevant medical information.

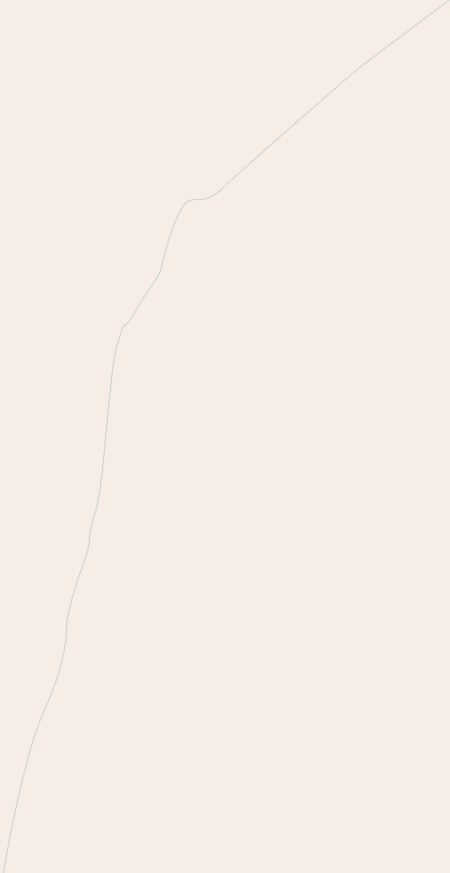
We accept all major credit cards, and if staying in house, you may charge your services to your room.

SOL wellness does not provide access to lockers and safes. We have a tray for you to leave your jewellery and other small personal items on in the treatment room.

Please contact in advance with any special requests and we will be happy to tailor your treatment for you.

Food can be ordered to enjoy in the terrace gardens or by the pool post treatment. Food must be ordered and prepaid for pre-treatment.

If for any reason you are not satisfied, please let us know immediately so we can work to rectify the matter.



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