

SPA MENU

WALDHEIM ALPINE SPA



CRADLE MOUNTAIN LODGE



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The Waldheim Alpine Spa at Cradle Mountain Lodge reflects the natural purity and pristine beauty of the Tasmanian wilderness.

Waldheim Alpine Spa is a warm retreat nestled in the Tasmanian highlands and a superb escape in the rugged mountains and ancient forests. Combining nature's intelligence and power of touch, our signature therapies mirror the balanced beauty of Cradle Mountain. Your spa experience will be enhanced by the towering presence of the King Billy pines as you watch fresh mountain streams run through the Tasmanian wilderness.

Elemis is exclusively used at Cradle Mountain Lodge, developed in the UK by a specialised team, with extensive clinical and scientific studies. A results-driven skincare range defined by nature, and led by science. Elemis have grown into the most successful professional spa and anti-ageing skincare range available in the world today. Treating over 5 million people each year through its network of exclusive, award winning spas on land, at sea and exotic destination Day Spas.

The Elemis range of advanced skincare formulations and professional spa therapies provide life-enhancing solutions for every man and woman. Unique massage sequences and power-boosting facials, address your specific skin and body conditions. Producing visible results, whilst re-awakening the senses.

Elemis never compromises on quality.

Please make your appointments at the Spa or Reception

Advance bookings are recommended.

Our Spa environment is open to those 16 years of age and over.

CANCELLATION POLICY

Your treatment time has been reserved especially for you. However, we understand that plans change. If you do need to change or cancel your treatment, you are required to provide four hours notice. Without notice the full charge of your treatment will apply.

Phone: +61 3 6492 1303 Email: spa@cradlemountainlodge.com.au

www.cradlemountainlodge.com.au



Elemis Spa Bar

Elemis has developed not only a new concept in retail spa-therapy but is changing the way we analyse, prescribe and demand results from our skin, body and mind.

Customers are drawn into its welcoming presence, with expertly trained spa therapists and a playground of discovery.

Introducing a non-intimidating, innovative, interactive 'lifestyle palette' tester zone, which offers the freedom to feel, smell and touch the Elemis range of products.

Take time for yourself and experience the Spa Bar.

Skin Therapy

Elemis Facials provide the perfect skin maintenance, using exceptional skin conditioning plant actives to deeply cleanse the face, whilst renewing radiance and stimulating the skin for longlasting, proven results.

Each superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.



results driven...
Elemis never compromises on quality

Advanced Anti-Ageing Facials

Visible Brilliance Facial – 75 mins

\$175.00

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this Anti-Ageing 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% and elasticity by 28% after just 1 treatment.

Tri-Enzyme Resurfacing Facial – 60 mins

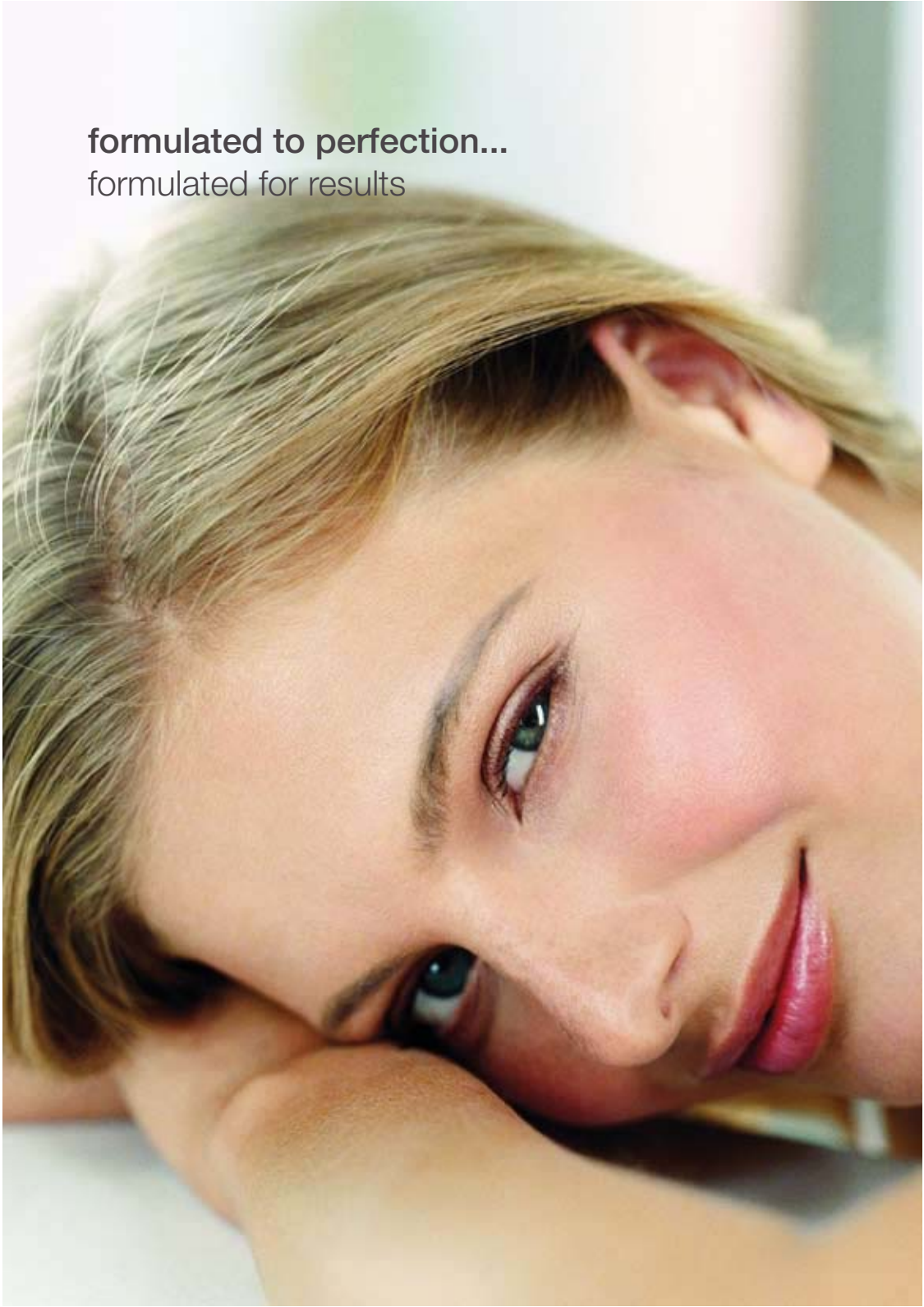
\$175.00

This ground breaking Anti-Ageing Facial instantly resurfaces and smoothes the skin.

Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just 1 treatment. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

formulated to perfection...
formulated for results



Advanced Anti-Ageing Facials

Pro-Collagen Quartz Lift Facial – 75 mins

\$175.00

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%*

The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration. For a firmer, uplifted, more youthful looking appearance. Professional strength formulations are combined with specialised lifting massage techniques for maximum treatment efficacy.

Face and Body Therapy

Elemis Absolute Spa Ritual – 2 hours 15mins

\$285.00

This is the ultimate top to toe Spa Experience.

Choose from one of the unique Advanced Anti-Ageing or Advanced Performance Facials and combine it with the immediate relaxation of our customised aromatherapy Signature Wellbeing Massage.

The Cooling Hot Stone Body Facial – 60mins

\$155.00

Pure body indulgence with exceptional anti-ageing facial results!

A unique 'ice-cool thermal muscle massage' for your specific problem areas. Receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.



scientific solutions...
for everyday skincare concerns

Advanced Performance Facials

Oxygen SkinCalm Facial – 75mins

\$175.00

This face and eye treatment is pure soothing heaven for sensitive skins.

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

S.O.S. Purifying Facial – 75mins

\$175.00

A powerful purifying face and eye treatment for oily, problem and congested skins.

A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb excess sebum, calm irritation and regulate and balance the function of the skin, whilst helping to repair scarring.

Taster Facial – 30mins

\$75.00

The perfect way to experience a taste of the world renowned Elemis Facials – as well as an instant pick-me up for dull, lifeless skin.

renew your complexion...
experience the ultimate facial therapy



Skin Specific Facials

Fruit Active Glow – 60 mins

\$130.00

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew – 60 mins

\$130.00

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair – 60 mins

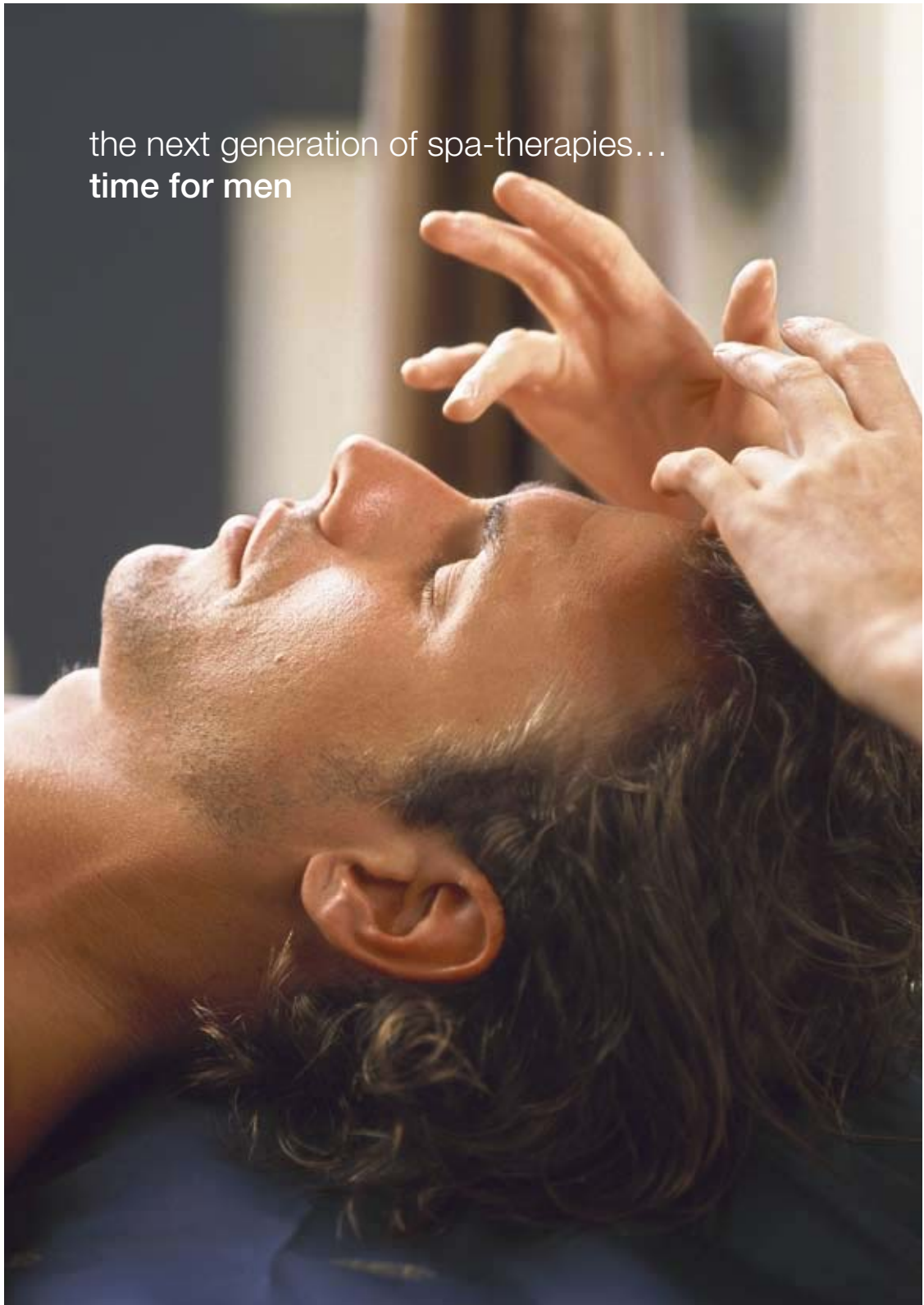
\$130.00

For perfect restoration of skin balance, this facial helps to heal and repair oily and congested skin.

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Your spa therapist will help you to select the best facial to match your individual concerns.

the next generation of spa-therapies...
time for men



Time for Men

Skin IQ Facial – 75mins

\$175.00

This high powered Anti-Ageing Facial is the ultimate skin overhaul for male skin.

Prescribed to combat the demands of a hectic, modern lifestyle, this facial protects against the harsh, ageing effects of shaving and environmental damage.

Urban Cleanse Facial – 75mins

\$175.00

A high performance complexion cleanse for total skincare defence.

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

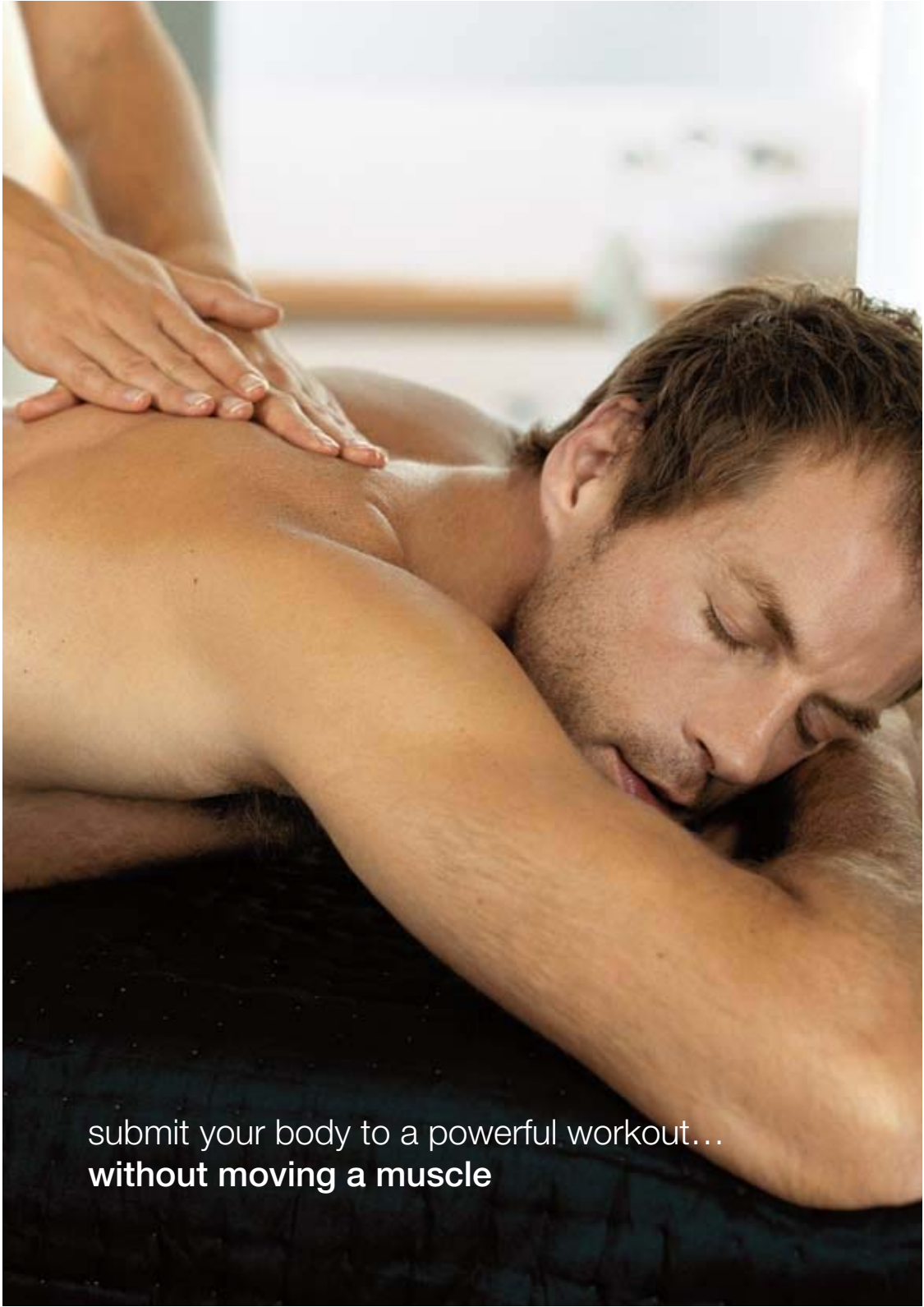
Face and Body Therapy

Elemis Total Time Out for Men – 2 hours 15mins

\$285.00

Achieve the ultimate recharge for complete skin, body and lifestyle management.

Select either the Skin IQ Facial or the Urban Cleanse power packed facial and combine it with the immediate relief of our customised aromatherapy Signature Wellbeing Massage. Take time for yourself and book now for your Total Time Out!



submit your body to a powerful workout...
without moving a muscle

Massage Therapy

Signature Wellbeing Massage – 60 mins

\$130.00

Submit your body to a customised aromatherapy massage.

Focused on relieving specific stress and muscle tension, our customised aromatherapy massage, uses dynamic blends of essential oils to suit your individual needs:

- **Stress-a-Way:** soothe and relax with a blend of Lavender, Chamomile, Melissa, Geranium and Bergamot.
- **Spirit Reviver:** uplift, detoxify and renew your zest for life with a blend of Lemon, Lime, Peppermint & Grapefruit.
- **Muscle Melt:** ease away tired, aching muscles with a blend of warming Rosemary, Juniper, Thyme, Birch & Chamomile.
(Excellent for rheumatic or sport related pain.)
- **Chakra Balancing:** bring your body and emotions into total equilibrium with the exotic essence of frangipani.

Signature Wellbeing Back Massage – 30 mins

\$75.00

Maximum tension-relieving results for those with minimal time.

Specifically targeting the back, neck and shoulders, your spa therapist will customise your massage to your needs. Perfectly combined with your choice of any Elemis facials as a pre-facial relaxer!



ease the tension...
with powerful massage sequences

Body Rituals

Aroma Stone Therapy – 75 mins

175.00

Harnessing ancient healing powers for a complete new body experience.

A deeper firmer more relaxing massage using the heat of the hot basalt stones to penetrate deep into the belly of the muscles relieving muscular tension – relax as your muscles melt in the hands of your experienced spa therapist. Signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body. The ultimate relaxation full body treatment if you only have time for one treatment – take time for our Aroma Stone Therapy!

Aroma Spa Ocean Wrap – 75 mins

\$175.00

Seaweed full body wrap treatment to detoxify and deep cleanse the body inside and out.

Let your thoughts drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

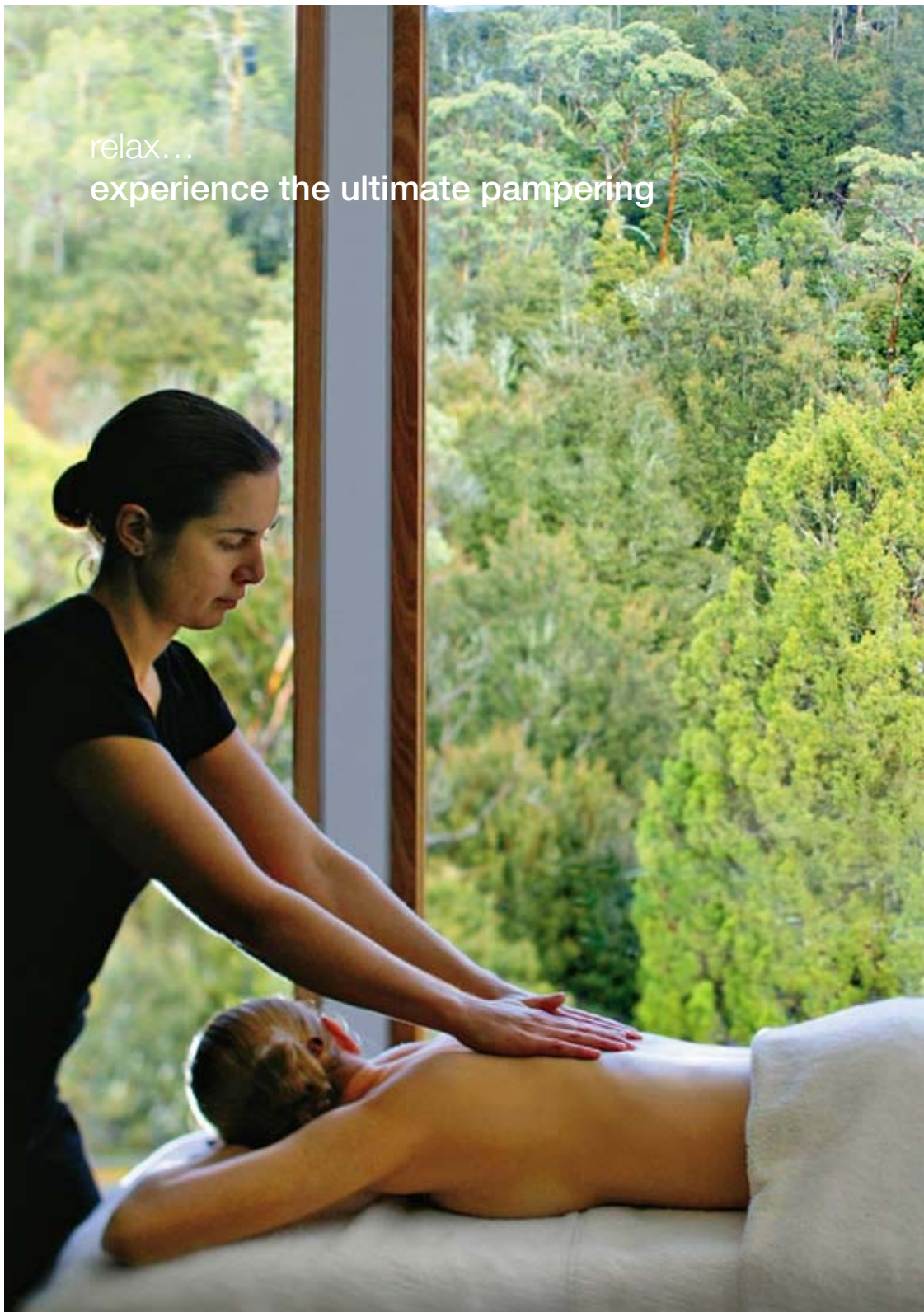
Musclease Aroma Spa Ocean Wrap a warming blend of Pine and Rosemary help ease the pains of rheumatism, arthritis and fatigue. A full body pick me up!

Cellutox Aroma Spa Ocean Wrap a detoxifying blend of Juniper and Lemon to decongest and stimulate the bodys systems. Improve the dimpled appearance of cellulite and reduce fluid retention.

With Vichy Shower – 90 mins

\$220.00

relax...
experience the ultimate pampering



Signature Body Rituals

Highland Healing – 2 hours

\$240.00

Relax and unwind after a long journey or a day of exploring the beauty of the Tasmanian Mountains with a Waldheim Alpine Spa Signature Body Ritual.

Your therapist will customise a 60 minute full body massage using warm aromatherapeutic oils, concentrating on relieving your tension, aches and pains in your weary legs, back, neck and shoulders. Followed by a 60 minute Skin Specific Facial; you will be re energized with both a facial and scalp massage. Instantly re-hydrated, revived and renewed in the magical surroundings of the Tasmanian wilderness.

Waldheim Alpine Spa

Total Wellbeing Experience – 60mins

\$130.00

Waldheim Alpine Spa invites you to embark on the ultimate sensory journey designed to indulge the senses. The pampering begins with a traditional Hot Lime Foot Cleansing and Thai Foot Ritual, using warmed aroma-therapeutic oils, applied to nourish and condition the feet, followed by the decadent experience of soaking them in Elemis' award-winning Skin Nourishing Milk Bath. Exfoliating with Exotic Lime & Ginger Salt Glow, feet are lavished with an application of warmed Frangipani Monoi Oil to seal in moisture and leave skin feeling silky soft. With feet and mind in a blissful state, the focus shifts to the upper body with a customised back, neck and shoulder massage and is completed with an energising foot massage that will leave you floating on air as you leave the Spa.



the finishing touches...
that make a difference

Exotic Therapies

Exotic Lime and Ginger Salt Glow – 45 mins \$100.00

With Vichy Shower – 60 mins \$145.00

An exotic exfoliation ritual to invigorate and revitalise the body.

After a light body brushing, warm oil is drizzled luxuriously all over the body before the Elemis Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection. This treatment is completed with an application of Exotic Island Flower Body Balm leaving the skin glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap – 60 mins \$155.00

With Vichy Shower – 75 mins \$200.00

A traditional Balinese ceremony of pure sensuality to tantalise and delight!

This opulent exotic wrap is excellent for skin smoothing and softening. Combining a full body exfoliation with a pressure point facial massage and de-stress scalp treatment to stimulate the senses, leaving your skin nourished and moisturised.

Exotic Frangipani Body Nourish Wrap – 60 mins \$155.00

With Vichy Shower – 75 mins \$200.00

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness.

Exotic, aromatic tahitian coconut and frangipani flowers are soaked together to produce the monoi used in this decadent wrap providing the ultimate radiance, vitality and all over body glow.



harness the power of touch...
with soothing results

Hand and Foot Treatments

Sole Delight Foot Treatment – 45 mins \$75.00

A sensory experience for your feet, that promises to leave you walking on cloud nine!

Warmed aroma-therapeutic oils nourish and condition your feet and nails, while the decadence of Elemis Skin Nourishing Milk Bath and Exotic Frangipani Monoi Moisture Melt lavishes a rich, healing action on your skin.

May be extended to a deluxe treatment including a Pedicure – 75 mins \$120.00

Pro-Collagen Hand and Nail Treatment – 30 mins **\$55.00**

Pure pampering for your hands and nails to restore beauty and suppleness. Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the Anti-Ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

May be extended to a deluxe treatment including a Manicure – 60 mins \$90.00

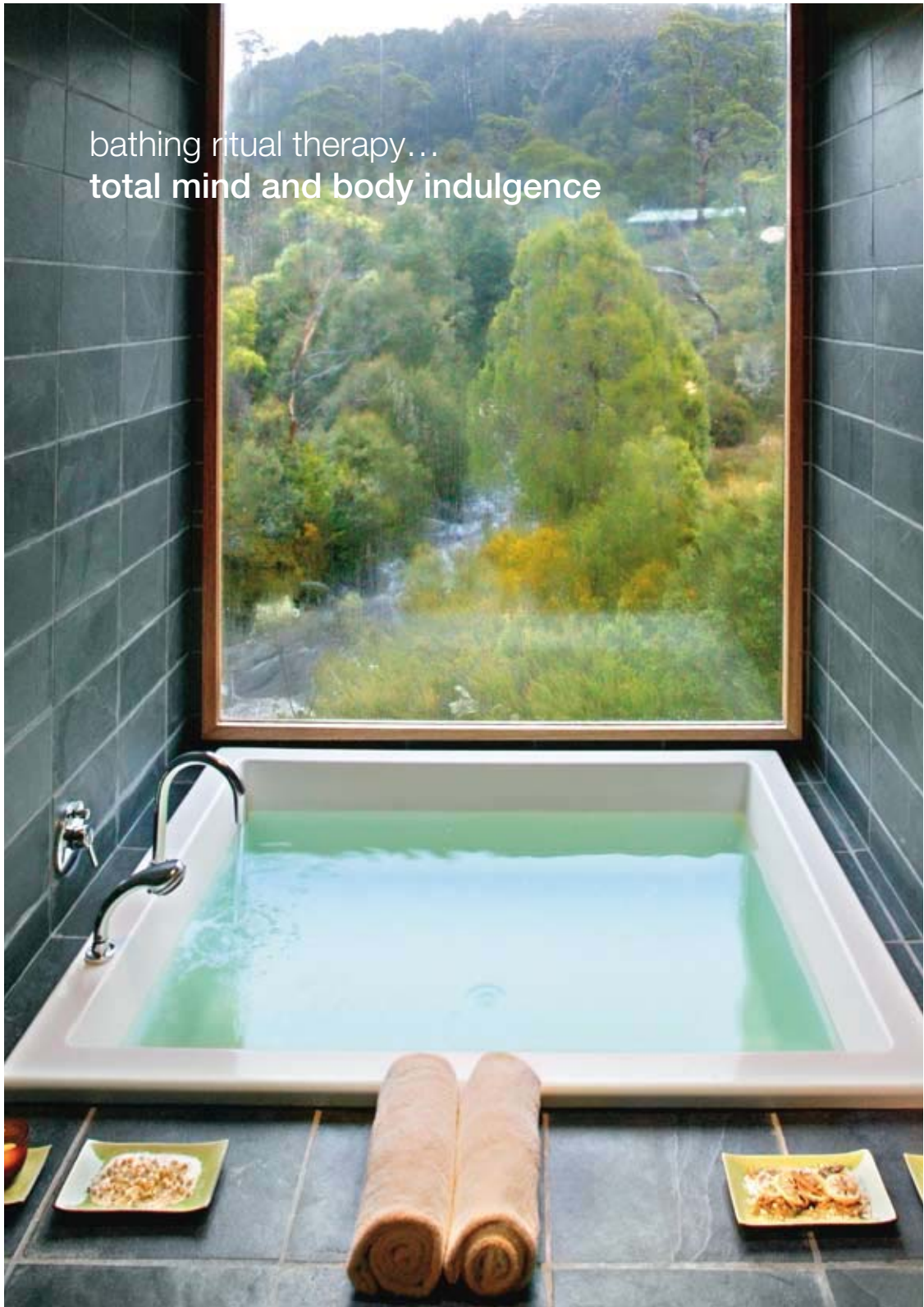
Express Pedicure – from 30 mins from \$55.00

Express Manicure – from 30 mins from \$55.00

French polish will incur an additional charge from \$15.00

Polish only \$25.00

bathing ritual therapy...
total mind and body indulgence



Private Bath

Indulge in our Private Bath overlooking Tasmania wilderness at its finest.

3 different Elemis Bathing Rituals to choose from:

30 mins / 45 mins

\$75.00 / \$90.00 per couple

Skin Nourishing Milk Bath – This award winning formula is rich in nourishing vitamins, Oat Extract and Japanese Camellia Oil to feed the skin, leaving your skin soft and supple. Excellent for sensitive and excessively dry skin conditions.

Muscle melting – Musclease Herbal Bath Synergy – This deeply soothing fusion of Pine, and Rosemary essential oil is the perfect blend to ease muscle spasm, stressed joints and tense neck and shoulders.

Detox – Cellutox Herbal Bath Synergy – A potent blend of detoxifying algae rich in iodine combined with pure essential oils of Juniper and Lemon help balance the metabolism, while the synergy of essential oils work to breakdown cellulite, cleansing and detoxifying the body.

OR Treat yourself to one of these decadent options:

Included is your choice of Tasmanian wine and Chocolate Dipped Strawberries.

Option 1

Janz N.V sparkling and chocolate dipped strawberries – 75 mins

\$175.00

Option 2

Arras vintage sparkling and chocolate dipped strawberries – 75 mins

\$215.00

Don't miss out on this amazing experience. Visit the Spa or dial 3 from your room today.



bathing ritual therapy...
total mind and body indulgence

The Sanctuary

The Waldheim Alpine Spa also has a dedicated therapeutic area known as The Sanctuary – this includes a steam room, sauna, large hot-tub and cool plunge pool, as well as a relaxation lounge. The benefits of combining hot and cold water therapies is an invigorating experience that promotes healthy blood flow and enhances circulation. This remedy has ancient origins and is held in high esteem by modern-day health professionals.

Overlooking the enchanting Pencil Pine River and the Towering King Billy Pines treat yourself to sole use of the sanctuary. Your experience is enhanced by your choice of award winning Tasmanian wine and Chocolate dipped strawberries.

All access to the Sanctuary is **\$25.00** per person for one hour and bookings are recommended. Swimwear is required for use of this area and is available for purchase in The Spa.

Please see below for exclusive after hours booking options for the Sanctuary. Please note places are limited.

Option 1

Janz N.V sparkling and chocolate dipped strawberries	\$200.00
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Option 2

Arras vintage sparkling and chocolate dipped strawberries	\$240.00
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From 7.15pm one booking per night, per couple. Don't miss out on this amazing experience. Visit the Spa or dial 3 from your room today.

Steam Ritual – 15 minutes \$20 pp 30 minutes \$30 pp

Known for its therapeutic benefits, enhance your visit to the Spa with a private steam session. An excellent way to prepare your body prior to any body treatment.



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