



THE DENMAN DAY SPA

RELAX REJUVENATE REVITALISE

Immerse yourself in the tranquil surroundings of The Denman Day Spa. Nestled in the heart of Thredbo Village in the beautiful Snowy Mountains, our personalised treatments will ensure you leave us feeling relaxed, rejuvenated and totally pampered.

The Denman Day Spa offers Thalgo Treatments. Created in France in 1976, the richness of the marine universe is captured in the Thalgo philosophy. Thalgo incorporates the purest natural active ingredients from marine or plant origin and is made suitable for all skin types. Benefit from Thalgo's powerful healing, revitalising and rebalancing properties vital for health and well-being.



## MASSAGE THERAPY

Pure bliss for the mind and body, we have a wide selection of massage therapies for you to choose from. Your treatment begins with a consultation with our expert therapists to design the best treatment for you.

Please choose timings to suit your individual needs with the exception of Hot Stone Therapy.

### HOT STONE THERAPY

This ancient treatment uses hot volcanic stones to massage the body which removes negativity and stress. The heat allows the muscles to deeply relax leaving you feeling warm all throughout your body. This treatment takes 1.25 hours.

### AROMATHERAPY MASSAGE

Using the power of essential oils derived from flowers, leaves, and exotic plants, your therapist can create a perfect treatment to match your needs. The oils enrich the skin and improve blood circulation, relieving tired muscles and restoring and refreshing the body.

### SPORTS MASSAGE

Combining traditional massage with acupressure, cross fibre friction, trigger point therapy and stretching to loosen tight muscles, tendons and ligaments and increase range of movement. This treatment will help you perform at peak efficiency or speed your recovery after a strenuous workout.

### DEEP TISSUE MASSAGE

A remedial massage technique is carried out with long deep strokes, kneading, friction, vibrations and mobilizing of joints. The blood flow will increase to injured tissues and joints to speed the repair process. Excellent for people who prefer a deeper massage!

### PREGNANCY MASSAGE

Surrounded in comfort, every part of the body supported, this massage is beneficial during all stages of pregnancy. Specially designed with the mother-to-be in mind.



## SPA PACKAGES

### MOUNTAIN HARMONY 2hrs

Enjoy a traditional facial with a full body relaxation massage.

### SERENITY NOW 2.5hrs

By far the most popular of our treatments, this package includes a facial, an exfoliating body treatment and a full body relaxation massage.

### PURE ALPINE BLISS 4hrs

Escape and renew your entire body. This four hour package includes a full body massage, a facial, including eyelash tint and eyebrow shape, a spa pedicure and a spa manicure.

### SNOWMAN 1.5hrs

This package is specialised for men after a day on the slopes or just to unwind from a stressful lifestyle. A deep cleanse of the pores is followed by intense hydration and finished with a full body massage.

### BRIDAL ELEGANCE 3hrs

Let all of those last minute nerves fly away as you unwind with a relaxing massage, a spa manicure and pedicure.

## THALGO FACIAL TREATMENTS

Pamper and restore your skin with a rejuvenating facial from Thalgo.

### THALGO TRADITIONAL FACIAL 1hr

Skin will be thoroughly diagnosed, cleansed, exfoliated, steamed, masked, moisturised with a relaxing European massage of the face, neck and décolletage. Your skin will be left deeply cleansed, rebalanced, and refreshed.

### ALGOMEGA WARM 1hr

A beautiful, warming facial for lipid-dry dehydrated and fragile skins. This gentle and soothing mask based on Lemon Verbena combined with protein extracts and creams, provides nourishment while relaxing stress and age-related lines.

### MARINE ALGAE REBALANCING 1hr

Rich in vitamins and minerals this treatment controls oil secretions and purifies the skin. A rebalancing treatment deep cleanses and provides all elements of a healthy skin, while stabilizing the skin's pH.

### COLD MARINE 1hr

Combining cold marine active ingredients this treatment will help soften and decrease redness in the capillary vessels of the skin. Perfect for delicate skins, its soothing, calming and has a 'tightening' effect which relaxes the skin.

### ABSOLUTE REHYDRATION 1hr

An intensively hydrating facial where your skin will be highly stimulated, noticeably revitalized, and will recover its natural hydration reflexes. An extremely effective facial for calming windburn, sunburn and skin irritation.

### OCEAN THALGOMEN 1hr

Specially designed for men with any skin type an Ocean Treatment Facial. Based on a relaxing massage technique and intense hydrating products this facial will leave your skin relaxed, recharged, rejuvenated, moisturised and with regained energy and balance.



## THALGO BODY TREATMENTS

### REJUVENATING ALGAE IMMUNE BODY WRAP 1.25hrs

The original marine algae wrap, rich in minerals and vitamins. This treatment assists in the reduction of fatty deposits, fluid retention and toxins (cellulite) by detoxifying the skin tissue. This relaxing treatment gives a feeling of 'general wellbeing' and relieves aches and pains.

### BODY EXFOLIATION & HYDRATION 1.25hrs

This treatment gently removes dead skin cells and smooths rough areas, followed by a massage with hydrating emulsion leaving the skin soft and supple with a radiant glow.

### HYDROTHERAPY SPA 1.25hrs

An exfoliator and specialised algae will be applied to your body followed by a relaxing underwater massage. This increases circulation, helps eliminate toxins and fluid retention and eases aches and pains. Combined either with marine salts, algae and or essential oils personalised to your individual needs.



## HAND AND FEET TREATMENTS

### MANICURE 45 mins

Restores condition to the hands, arms, nails and cuticles leaving them smooth, conditioned and hydrated. Your hand treatment is finished with a polish of your choice.

### PEDICURE 1hr

Don't ignore your feet any longer! Your feet are soaked, buffed, massaged and moisturised, leaving them revitalised and polished. You'll even hear your feet say 'thank you'.

## WAXING

Using only quality hot or strip wax

Half Leg

Full Leg

Bikini from

Underarm

Eyebrow

Lip

## TINTING

Colours available– black, blue/black, brown, light brown and graphite

Eyelash Tint

Eyebrow Tint

Both

## THE DENMAN DAY SPA EXPERIENCE

To fully enjoy your day spa experience we recommend the following:

- Book your treatment in advance to ensure availability
- If possible leave mobile phones and other electronic devices in the outside world
- We advise that you book your treatment at a time when you can relax for at least one hour afterwards
- Guests with high blood pressure, a heart condition, epilepsy, diabetes, or who are pregnant are advised to consult their doctor before booking spa treatments
- We require three hours notice to cancel an appointment. A credit card number is required to hold your reservation for any treatment over the value of \$100. If you cancel three hours or less before your appointment you will be charged full price.

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# The Denman

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