

*Spa Menu*

A close-up photograph of a single Edelweiss flower, characterized by its white, woolly, fuzzy petals and a bright yellow center. The flower is positioned on the right side of the image, partially overlapping the text.

*Edelweiss*  
DAY SPA



## *Beauty Therapies*

FULL LEG	\$55
HALF LEG	\$45
ARM	\$25
UNDERARM	\$25
EYEBROW	\$20
LIP/CHIN	\$20
BIKINI	\$55

EYELASH TINT	\$25
EYEBROW TINT	\$25
EYELASH/BROW TINT	\$45
SPRAY TAN	\$45
MAKEUP	\$80



# Facials

## OrganicSpa Signature Facial

75MIN \$186

### NOURISH AND NURTURE

This facial is designed to lock in and restore moisture. Extracts of organic shea and cocoa butter will nourish and nurture dry and sensitive skin types. The soft, creamy texture of the mask aids in reducing redness, replenishing lost moisture and recovering luminosity.

### MULTI DETOX CLAY TREATMENT

Designed to purify and provide a detoxifying experience. It aims to calm and rebalance congested and acne prone skin. The detoxifying experience aims to draw impurities from the skin's surface removing dead skin cells and promoting cell detoxification. Moisture will be restored leaving your skin visibly brighter and firmer.

### AGE VITA RENEWAL TREATMENT

The Vitamin C infused gel is designed to calm, hydrate and strengthen mature complexions and help restore youthful radiance. The mask contains powerful antioxidants which enable the skin tissue to strengthen and repair. Infused with green tea powder, the treatment is not only an antioxidant boost but will give the skin radiance and aid in slowing down the ageing process.

## OrganicSpa Mini Facial

30MIN \$85

This mini facial is designed to be the quick 'pick-me-up' your skin needs. Included in this treatment is a deep cleanse, exfoliation, mask and hydration to specifically suit you.

## OrganicSpa AHA Rejuvenate Peel

45MIN \$110

A bio-active peel designed to refine and rejuvenate the skin. The gel based treatment provides intensive support for the skin's regenerative processes. With age, skin cell turnover decreases resulting in dull looking skin. This advanced rejuvenation formula contains a blend of natural alpha hydroxy acid and enzymes from fruit and other botanical sources to help smooth and resurface the skin which will smooth, refine, help with skin elasticity and revitalise the complexion.

## OrganicSpa Lactic Enzyme Peel

45MIN \$110

An intensive peel to refine and resurface the skin. This facial was designed with the mature, age-conceded client in mind. The lactic enzyme compound combines pure lactic powder with enzyme rich and potent organic fruit powders to deliver a powerful active boost to provide an intense peel while supporting the skin's regenerative processes. This facial will help increase cell turnover, smooth and resurface the top layers of the skin while improving skin hydration.

*Add 15MIN to your facial with a BioHydra Mask which infuses and locks in key ingredients to help with restoring lost moisture and clarity to the skin for additional \$35*

# Massage Therapy Treatments

## Swedish Relaxation Massage

45MIN \$95 60MIN \$120 90MIN \$170

A relaxing massage using smooth, rhythmic movements to lightly work the body and help relax and restore balance.

## Volcanic Hot Stone Massage

90MIN \$185

This ancient treatment uses hot volcanic stones to massage the body and remove negativity & stress. This is a deeply relaxing treatment for both mind and body.

## Nurturing Pregnancy Massage

60MIN \$120

Surrounded in comfort with every part of the body supported. This is a gentle relaxing massage for mothers to be. This massage is beneficial during the 2nd and 3rd trimester.

## Neck, Back & Scalp Massage

30MIN \$85

A massage designed to focus on upper body tension to promote movement and relaxation.

## Therapeutic Remedial Massage

60MIN \$120 90MIN \$170

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

## Massage With Cupping

75MIN \$130

Cupping therapy dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. Feel your tension melt away with this Remedial Massage and Cupping where the therapist see's fit.

### ADDITIONAL THERAPIES

AROMATHERAPY	\$20
HAIR/SCALP TREATMENT	\$20
HAND TREATMENT	\$25
FOOT TREATMENT	\$25
DRY BODY BRUSHING	\$25

### WELLNESS ADDITIONAL THERAPIES

RED LIGHT THERAPY	\$20
ROCKTAPE	\$10
STRETCH & MOBILISATION 25MIN	\$30

## *Hands and Feet*

### Foot Ritual

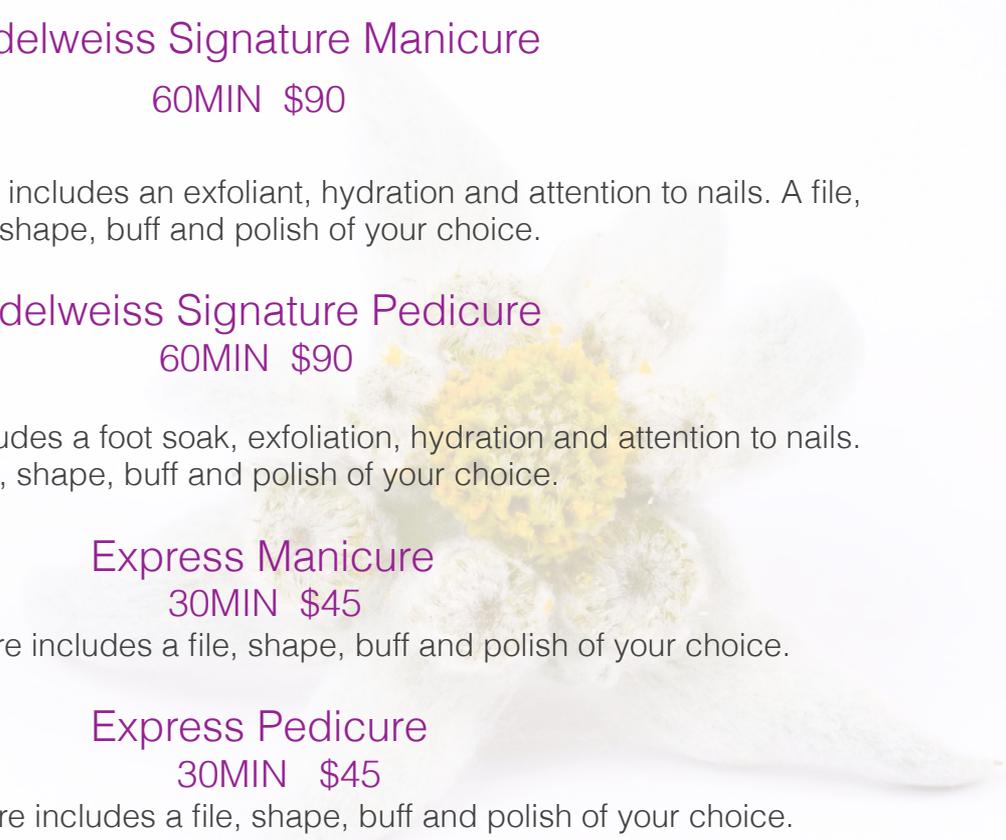
30MIN \$60

Our Foot Ritual is designed to focus on your feet leaving you feel like you're walking on clouds. The Ritual begins with an aromatic foot soak and exfoliation to remove any dead skin cells. A mask will be applied and your feet wrapped up to deeply soothe tired skin. We finish off with hydrating body butter.

### Hand Ritual

30MIN \$60

Our Hand Ritual is designed to focus on your hands. We use our hands everyday so it's time to show them some love. The Ritual begins with a warm aromatic towel wrap to remove any excess oils and a vigorous exfoliation to remove any dead skin cells. A mask will be applied to your hands and finished with hydrating body butter.



## Edelweiss Signature Manicure

60MIN \$90

Our Signature Manicure includes an exfoliant, hydration and attention to nails. A file, shape, buff and polish of your choice.

## Edelweiss Signature Pedicure

60MIN \$90

Our Signature Pedicure includes a foot soak, exfoliation, hydration and attention to nails. A file, shape, buff and polish of your choice.

## Express Manicure

30MIN \$45

An express mini manicure includes a file, shape, buff and polish of your choice.

## Express Pedicure

30MIN \$45

An express mini pedicure includes a file, shape, buff and polish of your choice.

*Add gel polish for additional \$20 to any Manicure or Pedicure*

## *Spa Journeys*

### Serenity Now

2.5HRS \$285

By far the most popular of our treatments. This package includes a OrganicSpa mini facial, an exfoliating body treatment & a full body relaxation massage.

### Rebalance

90MIN \$205

Rebalance your body with a full body exfoliation, a full body wrap and a full body hydration.

### Mountain Harmony

2HRS \$220

Enjoy an OrganicSpa Signature Facial with a full body relaxation massage.

### Snowman

90MIN \$195

This package is designed just for him, after a day on the mountain or to simply unwind from a stressful lifestyle. We start with a full body massage and finish with a deep cleansing OrganicSpa mini facial.



## Alpine Bliss

4HRS \$465

Escape & renew your entire body. This 4 hour package includes a full body exfoliation, a full body Swedish Relaxation Massage, an OrganicSpa mini facial and a Edelweiss Signature Manicure & Pedicure.

## Body Cleanse

90MIN \$165

Relax, revitalise and rejoice with our signature treatment to reconnect body, mind and soul, from head to toe and from outside in. A stimulating body brush starts to increase the body's circulation, helping break down toxins, helping reduce cellulite and lightly exfoliating the skin. A light slow lymphatic massage stimulates lymphatic flow to eliminate excess toxins from the body leaving you feeling more energised.

## Edelweiss Bliss

3HRS \$295

Unwind and relax with a full body Swedish Relaxation Massage finished with both a Edelweiss Signature Manicure and a Edelweiss Signature Pedicure.

## Gua Sha

90MIN \$165

A must have if you are feeling tired, tender or run down. A stimulating skin brush starts to increase the body's circulation. The Gua Sha treatment will have you feeling rejuvenated after breaking down unwanted toxins in your body, designed to stimulate the body's immune system to improve circulation and eliminate toxins. Gua Sha Stone Therapy is an ancient technique where the Gua Sha stone is used to deeply treat the muscles having an instant feeling of relief. Gua Sha literally translates to Scraping Therapy in English.

## Alpine Romance

5HRS \$895 for two

Escape with your special someone into the privacy of Edelweiss Day Spa. For you & your soulmate we start this luxurious spa journey with a full body scrub and wrap to remove any dead skin cells & promote healthy blood circulation. You both enjoy the warmth of our aromatic bath & let all the stress of the day to day life wash away to really enjoy each others company. We then spend time on relieving stress in your hands, feet and scalp with our hand & foot rituals. By now it's time for a light snack served from the reputable Denman Restaurant in your own private setting. When you're ready we work on any left over tension in your body with a 90 minute Swedish Relaxation Massage & allow the rest of your day to melt away. To finish we give you & your partner time to wake up and re-ground yourselves with your choice of mountain water or herbal tea. On your departure we bid you farewell with a bottle of locally sourced sparkling shiraz from Snow Dragon Wines to take with you & give cheers to all to be thankful for!

## Bookings

We always recommend that you book treatments prior to coming to our spa as bookings do fill up quickly.

## Upon Arrival

Please ensure that you arrive 15 minutes early to your appointment to fill out our client form and to relax with a cup of tea before your treatment. Our personal consultation is included in your treatment time.

## Spa Etiquette

It is spa etiquette to come to your treatment showered and appropriately dressed.

## Payment Terms

Appointments must be reserved with a major credit card. We accept cash, direct debit or major credit cards. Please note credit card payments will incur a 1% surcharge. Prices are subject to change without notice.

## Cancellation Policy

A minimum of 8 hours is required for changes or cancellations to your appointment. Should you need to change or cancel within that time a 50% cancellation fee will apply.

## Electronics

Please remember to turn your phone off and enjoy your time.

Edelweiss Day Spa is located at The Denman Hotel Thredbo Village.

<http://www.thedenman.com.au>

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