



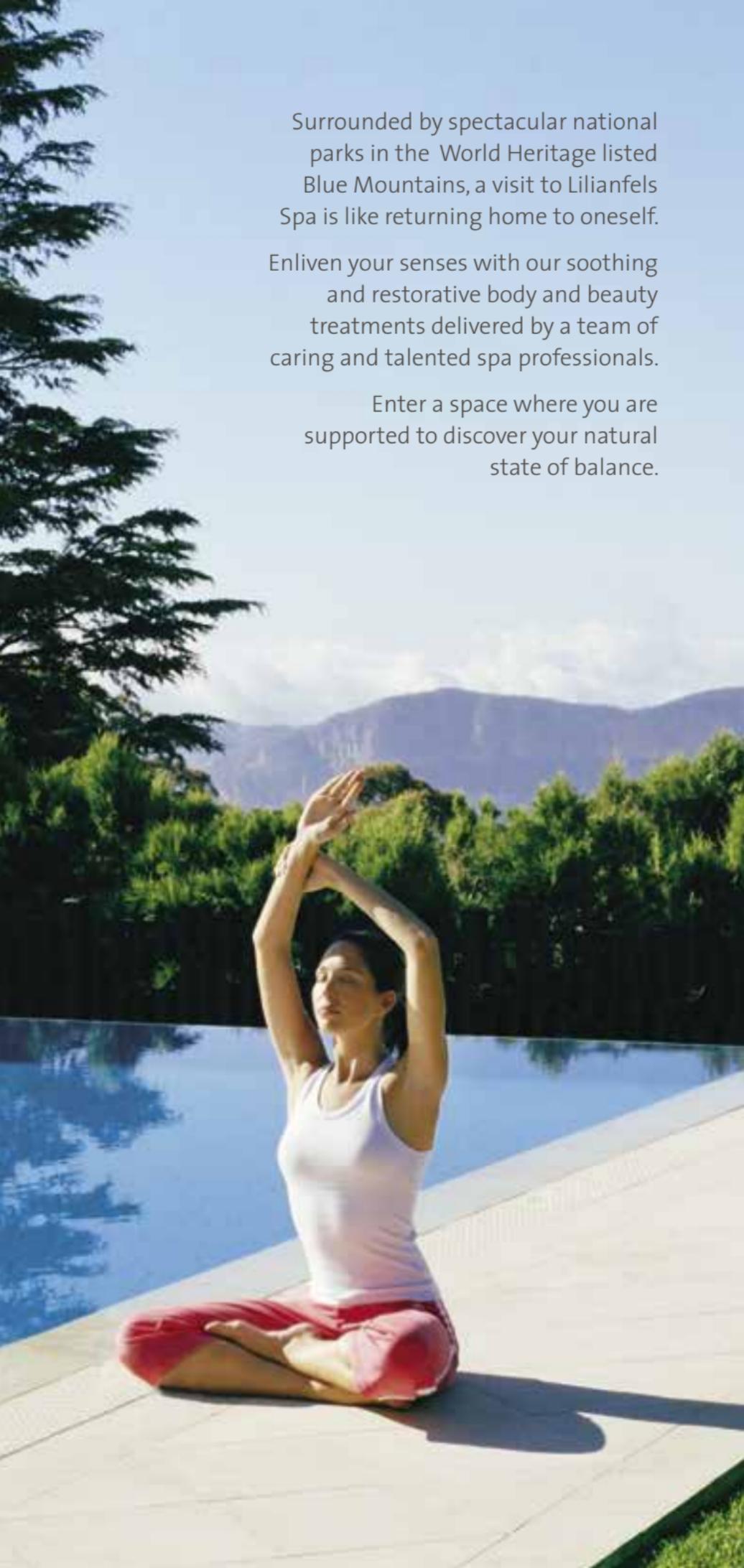
LILIANFELS SPA



Surrounded by spectacular national parks in the World Heritage listed Blue Mountains, a visit to Lilianfels Spa is like returning home to oneself.

Enliven your senses with our soothing and restorative body and beauty treatments delivered by a team of caring and talented spa professionals.

Enter a space where you are supported to discover your natural state of balance.



Specialty Packages

Our Specialty Packages have been designed and sequenced to allow you to experience the very best results while achieving the ultimate in relaxation. Choose one of our Packages to enjoy alone or with a companion on your visit.

ROYAL TEMPLE

2 hours

Volcanic Stone Therapy • Warmed Poultice

Your journey begins with a Volcanic Stone Massage, which soothes muscle tension and stimulates circulation. Next soothing muslin bundles containing fresh Lavender, Rose, Chamomile and Jasmine are dipped into warmed Macadamia oil and rhythmically rolled on the décolletage, shoulders and neck. Your therapist moves to your face and performs a deeply relaxing pressure point massage finishing with a scalp massage. This potent combination of warmth, subtle aromas and therapeutic touch results in enlivened senses, mental clarity and a soothed body.

SEASONAL INDULGENCE

2 hours

SOTHYS Aromatic Body Event • SOTHYS Seasonal Facial

These treatments are attuned to the seasonal needs of your skin with exotic combinations of floral and fruit extracts evolving with the seasons. Gourmand spa treatments for face and body inspired by nature for your indulgence!

Begin your spa ritual with an exfoliating body scrub to smooth and energise the skin... then enjoy a relaxing massage with an aromatic blend of delightful fruits and floral essences followed by the Seasonal Facial dedicated to the needs of the skin at various times of the year.

Your Journey will end with a delicious platter of seasonal fruit as you descend back to earth...



ZEN BEAUTY

3 hours, 30 mins

Back, Neck and Shoulder Massage • SOTHYS Ampoule Facial • Eye Contouring Treatment • Essential Manicure & Pedicure

Begin with a mind and body melting relaxation massage targeting the back, neck and shoulders. Next your therapist will deliver a customised SOTHYS facial therapy complete with a revitalising eye contouring treatment and luxurious scalp massage. Hands and feet are restored with an Essential Manicure and Pedicure finishing with a polish of your choice.

LILIANFELS RETREAT

4 hours

Body Polish & Body Wrap • Aroma Relax Massage • SOTHYS Seasonal Facial • Volcanic Foot Therapy

Begin by sinking into a languid bath followed by a full body exfoliation and a nourishing wrap, leaving your skin supple and smooth. A relaxing body massage follows, releasing stress and tension. Next your therapist will deliver a SOTHYS Seasonal Facial together with a luxurious scalp massage. Your personal retreat continues with a restorative volcanic stone foot treatment, ensuring that you are relaxed from top to toe.



Facial Therapy

Combining the finest ingredients and hands-on beautifying techniques our SOTHYS facial treatments are suitable for all skin types and conditions of sensitive, dehydrated, tired and devitalised skin.

ANTI AGEING ULTRA-HYDRATION FACIAL

90 minutes

Skin hydration is essential... Sothys Hydradvance professional treatment, combined with the expertise of your trained therapist, is designed to solve your skin dehydration problems. This beautiful treatment offers a tailored solution for all skin types with intensive hydrating actives to offer an immediate and long lasting effect. This unique treatment with unique, patented ingredients activates the genes responsible for regulating skin hydration and was developed by SOTHYS Green Science technology. SOTHYS have chosen the most innovative active ingredients to assist the skin manage its own water resources leaving your skin smooth and perfectly hydrated.

AMPOULE THERAPY

60 minutes

Your therapist will diagnose your skin and prescribe a personally designed facial therapy treatment, incorporating exfoliation and deep biological cleansing to prepare the skin for the infusion of an intensive ampoule and a specific treatment mask. Your skin will be left feeling rejuvenated, fresh and radiant.





SEASONAL SKIN CARE

60 minutes

Spring Summer & Autumn Winter

Treatments attuned to the seasonal needs of your skin. Unique combinations for each season, always evolving, never the same. Treatments inspired by nature featuring a complex of seasonal fruit released twice a year with energising actives for the warm spring/summer months and a focus on nutrition for the cool autumn/winter months.

A Gift for you... with each Seasonal Treatment you will receive a free product to continue the benefits of the treatment at home.

EYE CONTOURING TREATMENT

30 minutes

Combining science and nature this intensive treatment uses a specific massage and active ingredients to assist in alleviating the visible signs of ageing around the eye area. Fine lines are smoothed by re-hydrating and protecting. Dark circles appear lightened and puffiness is reduced.







“He who lives
in harmony
with himself
lives in harmony
with the universe”

MARCUS AURELIUS

Massage Therapy

Under the skilful intuitive touch of our professional therapy team you will be treated to a soothing and renewing experience. Whether it's the preference for a firm or moderate pressure or a specific focus of the massage, our aim is to restore health, well-being and vitality to your body.

AROMA RELAX MASSAGE

60/75/90 minutes

This nurturing full body therapy is designed to relieve built up tension, soothe the nervous system and restore energy flow. Using Lilianfels Spa signature blended essential oils, this treatment promises to rejuvenate and rebalance.

STRESS RELIEF MASSAGE

75/90 minutes

Using remedial massage techniques this restorative therapy helps release muscle pain and tension. This massage is beneficial for the relief of physical stress and discomfort.

PREGNANCY MASSAGE

60 minutes

Suitable after the first trimester, this massage is a nurturing, safe and a deeply relaxing therapy designed for new mums and mums-to-be. Techniques used help to reduce stress and blood pressure, relieve strain on ankles, knees and back and increase blood and lymph flow.

VOLCANIC STONE THERAPY

90 minutes

This massage technique has been used in many healing cultures and uses the ancient practice of thermotherapy: therapy through the application of heat. Combining long stroke massage techniques with warmed volcanic basalt stones, areas of built up stress are relieved. Stones are placed on meridian points and chakras to restore physical, emotional and spiritual wellbeing while you enjoy a soothing scalp and head massage.



Body Treatments

Reveal healthy radiant skin with our full body exfoliation and body wrap treatments. The ideal prelude to a relaxing massage.

HANAKASUMI- CHERRY BLOSSOM MASSAGE RITUAL

75 minutes

A nourishing and relaxing body ritual inspired by Japanese tradition to protect and embellish the skin with Asian fragrances and protective emollients.

Warmed cherry blossom rice powder exfoliant and melted, aromatic shea butter with deep foot massage relaxes you, leaving the outside world behind and sending you on a sensual voyage through orchards of cherry trees in bloom... cocooned in bliss!

WHITE, PINK OR GREEN MINERAL CLAY BODY WRAPS

75 minutes

Your therapist will begin your treatment with a full body exfoliation; depending on your needs they will then choose between Pink, White or Green Mineral Clay for your body wrap. While the body is enveloped with products left to penetrate the skin, your scalp will be massaged for the ultimate in de-stressing. A rich, nourishing body butter is applied at the end of your treatment.

AROMATIC BODY EVENT

60 minutes

A limited edition sensorial escape of body exfoliation and massage treatment that changes every year using delicious fruit and floral extracts.

LILIANFELS SENSORIAL ESCAPE

60 minutes

Sothys Sugar Salt Scrub for Soft & Supple Skin. The minerals in sea salt help promote healthy-looking, youthful skin while the sugar crystals attract moisture to rehydrate dry skin. Add your favourite sensorial essence to complete your escape and transform your skin.



Add-on Treatments

Designed to complement a massage, facial or body treatment, add one or even two of these thirty minutes specialties to further enhance your spa experience.

BACK, NECK & SHOULDER MASSAGE

30 minutes

A therapeutic massage targeting the back, neck and shoulders.

EXPRESS FACIAL

30 minutes

Products selected for your skin type add hydration, luminosity and vitality to the skin. This express facial treatment includes cleansing, exfoliation, mask and a deeply relaxing face and neck massage.

SCALP TREATMENT & HEAD MASSAGE

30 minutes

Calming yet energising, moisture rich Macadamia oil is massaged over the scalp to release tension and to nourish hair follicles. The application of a steamy aromatic head wrap allows the oil to penetrate the hair and scalp while your therapist continues with a deeply relaxing neck and shoulder massage.

WARMED POULTICE BACK TREATMENT

30 minutes

Using a heated muslin pouch filled with Lavender, Rose, Chamomile and Jasmine; your therapist uses the combined healing properties of heat and massage to target upper and lower back tensions and tightness.

Hand & Foot Treatments

VOLCANIC FOOT THERAPY

45 minutes

Soothe and revitalise tired, sore or simply neglected feet with an invigorating scrub to refresh the skin and stimulate circulation. Then surrender your feet with our warm volcanic stones treatment. Essential oils of Lavender and Peppermint are used with heated stones as a massage tool to alleviate aches and pains in the feet, ankles and lower legs.

ESSENTIAL MANICURE

60 minutes

This treatment is a pure luxury for your hard working hands. The treatment begins with hand exfoliation, cuticle care and nail nourishment with a warmed aromatherapy balm. Finish with a professional polish in the colour of your choice.

ESSENTIAL PEDICURE

60 minutes

After a full foot and nail treatment, your feet will feel silky soft, shiny and ready to show the world. The Essential Pedicure includes a foot soak, exfoliation, massage and a nourishing mask. To finish, a polish of your choice is applied.



General Information

SPA RESERVATIONS

To schedule an appointment please speak with our Spa reception team who will help guide you to the right treatment choice. To ensure your preferred time and services are available, we recommend advance bookings. A minimum age of 16 is required for entry into the spa facilities. The Spa is open daily.

SPA ARRIVAL

If you are enjoying our hydrotherapy area before your scheduled spa treatments, we recommend that you arrive at least 45 minutes before your first service. Otherwise, please arrive 15 minutes prior to your spa appointment so that we can properly prepare you for your treatment. Please understand that late arrivals may result in a reduced treatment time.

ETIQUETTE

Our Spa environment is one of relaxation and tranquility. In light of this Lilianfels Spa is a mobile phone and smoke free environment.

MEDICAL CONDITIONS

Please advise us of any health conditions, allergies or injuries that might affect your spa experience when making your reservation.

PREGNANCY

We have specially designed treatments for mums-to-be and nursing mothers. Please allow us to help guide you in selecting the most suitable treatments for you during this special time.

CANCELLATION POLICY

100% cancellation fee applies to all bookings cancelled or no shows within 48 hours of appointment.

VALUABLES

Whilst lockers are provided for your convenience we ask that you leave valuables in your guest room safe or at home.

GIFT CERTIFICATES

Gift certificates are available for all treatments, products and packages. Vouchers can be couriered, express posted, emailed or ready for pick up at Lilianfels Spa. Vouchers are valid for 12 months from purchase.

HOME SPA

Choose from a selection of spa beauty products, health and lifestyle products, calming CD's, sensory body care products, candles, essences and herbal teas available for sale at our spa boutique.

GROUP BOOKINGS

We welcome groups and will be pleased to customise a program to suit all occasions.





LILIANFELS
BLUE MOUNTAINS
RESORT & SPA

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the.spa@lilianfels.com.au www.lilianfels.com.au

Specialty Packages

Royal Temple	2 hours	\$ 255
Seasonal Indulgence	2 hours	\$ 275
Zen Beauty	3 hours, 30 mins	\$ 445
Lilianfels Retreat	4 hours	\$ 495

Facial Therapy

Anti Ageing Ultra-Hydration Facial	90 mins	\$ 225
Ampoule Therapy	60 mins	\$ 195
Seasonal Skin Care	60 mins	\$ 175
Eye Contouring Treatment*	30 mins	\$ 75

Massage Therapy

Aroma Relax Massage	60 mins	\$ 145
	75 mins	\$ 175
	90 mins	\$ 195
Stress Relief Massage	75 mins	\$ 175
	90 mins	\$ 195
Pregnancy Massage	60 mins	\$ 150
Volcanic Stone Therapy	90 mins	\$ 225

Body Treatments

Hanakasumi Ritual	75 mins	\$ 195
White, Pink or Green Body Wraps	75 mins	\$ 175
Aromatic Body Event	60 mins	\$ 145
Lilianfels Sensorial Escape	60 mins	\$ 145

Add-On Treatments**	30 mins	\$ 75
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Hand & Foot Treatments

Volcanic Foot Therapy	45 mins	\$ 125
Essential Manicure	60 mins	\$ 125
Essential Pedicure	60 mins	\$ 125

* Available in conjunction with services over 30 minutes

** Available in conjunction with services over 45 minutes