



# BREATHAKER

HOTEL & SPA



## TREATMENT MENU

### Breathtaker on High Spa

A tranquil oasis from the snow-capped mountain outside. Immerse yourself in our luxurious bathhouse and indulge in one of our relaxing treatments after a day on the slopes.



## bathhouse experience

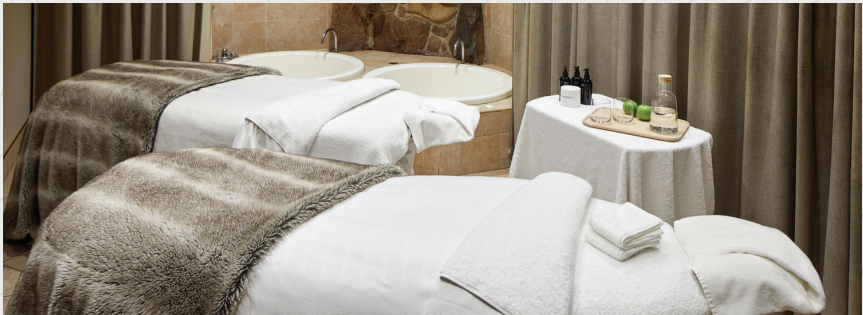
Stepping into Breathtaker on High Spa is entering a realm of pure serenity and rejuvenation. Nestled within the picturesque oasis of Mount Buller, this sanctuary offers a haven for relaxation unlike any other.

From the moment you arrive, settle in for a rejuvenating journey. Begin by indulging in our Cleansing Ritual, where aromatic mineral salts gently exfoliate your skin, and our Revitalising Body Cleanser washes away impurities. Then, immerse yourself in our mineral-rich waters, allowing their warmth to relieve tired muscles and nourish your skin, promoting overall health and deep relaxation.

The transformative power of bathhouse magnesium mineral pools and the invigorating aroma steam experience that truly captivates the body. Each moment immersed in these rejuvenating waters is a moment of pure bliss. The healing properties of magnesium and oxygenated water work harmoniously to replenish and rejuvenate both body and mind.

At Breathtaker On High Spa, relaxation isn't just a luxury – it's a way of life.

- Complimentary for in-house hotel guests 18+.





## skincare range

### LaGaia Unedited

LUE formulations are designed and made in Melbourne. A pH balanced, scientifically formulated skincare range that delivers potent vitamins, botanical extracts and nutrients to provide unsurpassed results.

Using precious quartz crystals and native Australian ingredients, LUE works to relieve stress and tension while restoring optimum skin function daily. Protecting against premature ageing and environmental distress.

A heritage brand delivering ethical and sustainable formulations for 15 years, their mission is to rid the beauty industry of marketing wizardry and false promises of beauty, assisting every client achieve their unedited beauty confidence and filter free worthy skin.

# spa packages

## Bathhouse Experience and Dine

3 hr · \$80

Relax, bathe and unwind in our bathhouse, then dine in our cosy Loft Bar & Lounge with a beverage of your choice.

## Breathtaker Signature Journey

120 min · \$330

Bathhouse Experience | Foot Ritual | Pearl Body Mask | Hair Treatment | Relax Massage | Summit Air Facial

Immerse yourself in a journey of pure relaxation, where the senses are indulged, and the mind finds tranquillity. Begin with foot ritual, then experience the cocooning sensation of a hydrating wrap infused with aromatic botanicals, while wrapped enjoy a soothing scalp massage and hair treatment. After a rain shower, the skin nourished with a full body relaxation massage, finishing with a skin-quenching facial.

• Available as a couple's treatment

## Elemental Peak

90 min · \$280

Bathhouse Experience | Foot Ritual | Balance Massage | Summit Air Facial | Dine

Experience the ultimate indulgence as we seamlessly blend two of our most sought-after treatments into a tranquil journey from spa to dine.

Be indulged from head to toe, inside and out with a full body relaxation massage and deeply hydrating facial. Complete your experience by dining in our cosy Loft Bar & Lounge with a beverage of your choice.

## Dual Retreat

60 min · \$520

Bathhouse Experience | Full Body Ceramic Vessel Massage or Acupressure Point Massage | Dinner for Two

Enjoy your selection of massage technique for 1 hour with a signature aroma journey designed relax the mind, body, skin, and couple. Followed by a well-deserved glass of sparkling wine and a decadent two-course dinner in Signature Restaurant.

## Mountain Refresh

120 min · \$330

Bathhouse Experience | Foot Ritual | Full Body Scrub | Thermal Mud Wrap | Summit Air Facial | Full Body Hydration

An elemental scrub prepares the skin for the mineral-rich thermal mud application designed to warm and detoxify, while wrapped tap into ancient Chinese medicine magic with a stimulating scalp massage. After a relaxing rain shower, the skin nourished with a full body relaxation massage, finishing with a skin-quenching facial.

Clear your mind, nourish your body, and breathe in mountain fresh air.

# massage

## Balance Massage

60 min (body only) · \$180  
90 min (face and body) · \$260

Bathhouse Experience | Lymphatic Breathing | Ceramic Vessel Face & Body Massage | Head, Scalp & Neck Massage

A unique experience using a combination of warmed and chilled ceramics, gliding massage techniques and pressure point manipulation, this face and body sensation will reveal a higher self. Enjoy unparalleled relaxation.

• Available as a couple's treatment

## Acupressure Massage

60 min · \$180  
90 min · \$260

Bathhouse Experience | Lymphatic Breathing | Full Body Acupressure Point Massage | Signature Aromatherapy Journey

Choose your journey beginning with an intuitive aromatherapy blend selection. This blend will be diffused in the room and blended into your bespoke massage oil. Using the finest grades of essential oils are cold pressed to lock in vitamins and minerals, for the ultimate skin regeneration. Designed based on ancient Chinese techniques we use old wisdom for modern corporeal medicine.

• Available as a couple's treatment

## Remedial Massage

60 min · \$200  
90 min · \$280

Bathhouse Experience | Full Body Remedial Massage | Lymphatic Breathing | Muscle Blend & Nutrient Treatment

Deep tissue for deep tension. A focussed massage to release lingering tension within the deep layers of muscles and connective tissue. The medium for massage is a recovery sports blend that invigorates blood flow to tired muscles, while providing a wintery cooling sensation for added soothing benefits.

• Available upon request and by appointment only

# face

## Advanced Performance Facial

60 min · \$230

Bathhouse Experience | Cryo-Ceramic Facial Massage | 3-Phase Clinical Treatment System | Neck & Shoulder Massage

An advanced dermal treatment to increase blood flow, invigorate dermal remodelling, address pigmentation, and congestion and smooth the skin's surface. This treatments' signature 3-phase system and ceramic cryo-therapy tools to ensure potent and premium actives revive the deeper layers of skin. Hydration, cellular radiance, skin luminosity and reduce the signs of aging. Total skin and upper body indulgence.

## pH Balance Customised Facial

60 min · \$180

Bathroom Experience | Extended Cleansing & Exfoliation | Primary Skin concern treatment | Facial Massage | Head, Scalp & Neck Massage

Active botanical elixirs revitalise dry and sensitised skin, addressing premature ageing for optimum biological rejuvenation. Beginning with a deep cleanse and exfoliation, the skin is then drenched in antioxidants and lipids to restore peak skin function and pH balance.

## Summit Air Facial

30 min

Bathroom Experience | Deep Cleanse | Exfoliation | Treatment Mask | Head, Scalp & Neck Massage

The rapid face refresh solution that is included in our collection of spa packages. Ideal for all skin concerns and complexions, this treatment deeply cleanses and restores pH balance. Be hydrated and soothed.

• Available as an add-on for body and journey treatments to enhance your experience

# hand & foot

## Foot and Calf Release

30min · \$85

Perfect after a day on the slopes, this targeted lower leg treatment will relieve tension in the foot and calf muscles.

## Spa Pedicure

60 min · \$160

Soak | Exfoliate | Cuticle Refinement | Acupressure Point Massage | File & Paint

Refresh and restore, beginning with a native Australian inspired foot soak, followed by a cuticle tidy and exfoliation. Smooth skin and improve circulation.

Feet and legs are nourished with a balance clay mineral mask and pampered with a warm oil and invigorating pressure point massage. Tiptoe out with beautiful colour.

## Spa Manicure

60 min · \$160

Soak | Exfoliate | Cuticle Refinement | Acupressure Point Massage | File & Paint

A unique and invigorating experience to completely nourish the hands and arms.

Begin with a hot compress, cuticle tidy and exfoliation to smooth skin and improve circulation. Hands and arms are nourished with a clay mineral mask and pampered with a warm oil and invigorating pressure point massage.

No hand is complete without a little polish to finish.

# beauty bar

## Nails, Waxing, Brow and Lash services available

Our specialty trained beauty therapists offer a range of services to help keep you looking and feeling your best all season.

# spa essentials

## Appointment

To avoid disappointment, we recommend booking in advance.

Full payment is required at time of booking. Phone **+61 3 8579 6350** to book.

## Arrival

We recommend enjoying the Bathhouse Experience prior to your spa treatments, please allow 60 minutes. If you are arriving only for a spa treatment, please allow at least 15 minutes prior to your spa appointment time to complete the consultation card and change before your experience begins. Arriving late, will unfortunately, result in a reduced treatment time.

## Cancellations

As we reserve your therapist exclusively for your booking, cancellations within 48 hours of your appointment time will incur a 100% cancellation fee.

## Health Considerations

Medical information: Please advise staff of any health conditions, past or present at time of booking, so we can tailor your treatment to suit your needs.

Pregnancy: Certain spa treatments are not recommended during pregnancy. Please advise staff at the time of booking if you are pregnant, so we can tailor your treatment to suit your needs.

## Minimum Age

18 years and over

## Amenities and Attire

Male and female changing rooms with showers, grooming facilities and lockers are available for your convenience. Robes, slippers, and towels are provided to all guests receiving a treatment. We recommend leaving valuables at home. Breathtaker does not take responsibility for lost or misplaced belongings. Appropriate swimwear must be worn when using our bathhouse.

## Etiquette

Our facility primarily focuses on health and wellness and while we want you to enjoy your bathhouse experience, we ask that noise is kept to a minimum out of respect to other guests enjoying their treatment. Mobile phones should be switched to silent when entering the spa.

## Gift Vouchers

Indulge your friends or family with one of our customised gift vouchers. Valid throughout the current winter season only.

## Location

Located on the lower ground level at Breathtaker Hotel & Spa. Approximately 80 metres from the ABOM Express Chairlift and stop number 10 on the free village shuttle bus.



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