



TREATMENT BROCHURE



The Stables Experience

The beautifully appointed Stables Day Spa offers a destination spa escape overlooking the stunning Adelaide Hills from the iconic, multi-award winning Mount Lofty House.

We craft every element and experience carefully to offer you an enchanting wellness sojourn. Our exquisite rituals for face and body incorporate the latest techniques and meticulously formulated products to ensure each spa journey rejuvenates not only your skin but also offers you a slice of relaxation heaven.

EXCLUSIVE SPA COLLECTION

Waterlily is a boutique Australian spa product range, formulated using only the purest aromaceuticals and phyto-nutrients to create a performance driven sensory journey while being gentle to the most sensitive skin.

PROFESSIONAL SPA THERAPISTS

Time out and looking after yourself has become more and more essential in this day and age. Therefore, our professionally trained and compassionate spa therapists will do everything to make you feel looked after and tailor each day spa visit to your personal needs and preferences.

OUR PROMISE TO YOU AND YOUR BODY

All of our products are without chemicals, parabens, preservatives and aluminum. We believe in the natural power of nature and that our bodies are best adapted to the gentle cures that earth provides.

Also, our naturopath designed herbal teas are all made from organic ingredients. Because this is how it was meant to be.

Retreat
to the old.
Emerge
as new.

LET YOUR SPA WELLNESS JOURNEY BEGIN ...

Our Signature Spa Ritual

120 MINS | \$290

*Botanical body exfoliation | Full body hydration treatment |
Orange crème hair treatment | Seasonal botanical spa facial*

Our Signature Spa Ritual is the ultimate sensory journey entwining rejuvenation with relaxation for complete spa indulgence.

Catering to the sensory preferences of both her and him, this invigorating ritual is steeped in vitamins, omega serums and fresh seasonal botanicals.

Begin with a full body exfoliation massage using an aromatic infusion of organic cane sugar, molten nut butters and cold pressed oils. Once removed, surrender to a full body hydration treatment enriched with this season's botanical harvest to replenish and deeply hydrate your skin.

While your body is resting, your therapist will perform a seasonal botanical spa facial which includes a hydrating double cleanse, deep clay exfoliation, vitamin enriched emulsion massage and performance contour masque infused with 500mg of vitamin C. Face, eyes and lips are then finished with a hydration treatment.

This is pure botanical indulgence from head to toe. Before you leave our sanctuary, let us warm your body and soul with one of our naturopathic Twisted Tonic herbal signature teas.



Day Spa Escapes

BOTANICAL RETREAT 180 MINS | \$390

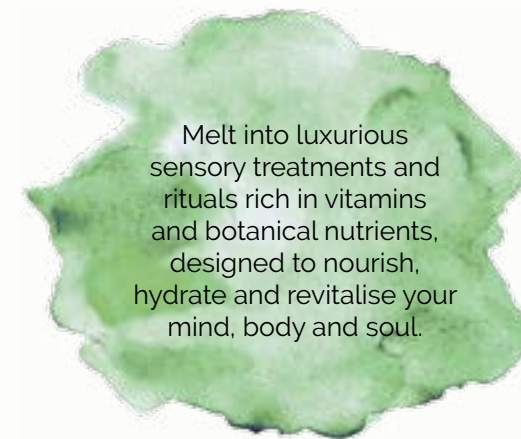
*Body polish & body wrap | Orange
crème hair treatment | Hydration
massage | Performance spa facial*

Drift into dreamtime with this exquisite ceremony of pampering. Beginning with a walnut and papaya exfoliation massage, it is followed by a nourishing clay wrap infused with vanilla bean, hazelnut, honey and molten cocoa butter. Whilst wrapped in bliss, enjoy an indulgent hair and scalp treatment layered with black-berry, jojoba and crushed citrus. After the wrap, experience a heavenly moisture rich body massage, before a multivitamin and omega oil infused spa facial completes this luxurious journey.

PICCADILLY ESCAPE 120 MINS | \$270

*Wellness massage | Seasonal spa
facial | Scalp massage*

Close your eyes and fall in love as your romance begins with a full body massage using warm and soothing aromatic oils. Your indulgent escape ritual continues with a refining, vitamin-infused facial, rich in exotic fruit extracts, and a clay butter masque before closing with a tension dissolving scalp massage.



ARTISAN SPA RITUAL 90 MINS | \$220

*Body polish & body wrap | Facial
cleanse, masque & serum | Hydration
body massage*

Surrender into an artisan inspired ritual for healing, rest and rejuvenation which begins with a smoothing and refreshing face massage, followed by a rich French clay body cocoon wrap, steeped in vitamins, precious oils and exquisite botanical extracts. Whilst the clay is infusing, your face is treated to an antioxidant hydration treatment, and once unwrapped, we will complete your Artisan Spa Ritual with an aromatic molten nut butter massage.

Also available as a
120 minute ritual for \$285.

RECOVERY RITUAL 90 MINS | \$195

*Hot stone back massage | Express
refresh facial | Scalp treatment |
Foot massage*

Rest and revive with this performance therapy offering a deeply warming stress release back massage, a vitamin infused express refresh facial, a citrus infused scalp therapy and a ginkgo spearmint foot treatment. This ritual is a popular choice with many of our male guests and anyone wanting to look and feel younger and refreshed.

Also available as a
120 minute ritual for \$260.



Twisted Tonic Teas

Created by naturopath Courtney as a passion project, all of our signature teas incorporate the balance of medicinal properties. They have been designed to relieve your soul, heal your body and to improve your overall wellbeing. You can buy some of her teas at our little day spa shop and of course through **twistedtonicteas.com**

Spa Facials

Our exclusive spa facials by **Waterlily** are formulated harnessing premium dilutions of active botanicals, vitamins and omega rich infusions for a sensory ritual that promises visible results.

VINO REJUVENATING FACIAL 60 MINS | \$145

*Hydrating | Brightening | Anti-Ageing |
For Mature, Dry & Sun Damaged Skin*

Formulated to protect skin from aging, this antioxidant boosting facial treatment combines pure Shiraz, grape seed and Resveratrol to renew, replenish and repair. Leaves your skin feeling bright, firm and rejuvenated.

THALASSO SPA FACIAL 60 MINS | \$145

*Repairing | Rejuvenating | Brightening
| Anti-Ageing | For all skin types & Sun
damaged Skin*

Harnessing sea mineral rich ocean water plasma carefully infused with vitamins A, C + E, this performance skin solution combats oxidative stress and dehydration. Deeply replenishing, this professional treatment will rejuvenate and brighten skin.

YOUTH ELIXIR FACIAL 75 MINS | \$175

*Anti-Ageing | Hydrating |
Rejuvenating | For Mature, Dry &
Sensitive Skin Types*

This ultimate anti-ageing treatment offers an infusion of precious omega serums, collagen and opulent essential oils to deeply rejuvenate, replenish and renew your skin cells. Exquisite essential oils of rose balsam, crushed nut butters and anti-ageing vitamins deliver the ultimate hydration treatment.

PURIFYING PHYTO FACIAL 75 MINS | \$175

*Clarifying | Rebalancing | Corrective
For Oily, Acne, Congested &
Problematic Skin*

Detoxify and rebalance congested skin with a boost of nutrient rich marine and herbal infusions, clarifying essential oils and healing vitamins. This professional treatment promotes a clear, confident and hydrated complexion.

SEASONAL BOTANICAL SPA FACIAL 60 MINS | \$145

*Firming | Brightening | Hydrating
for All Skin Types*

Refresh and hydrate any skin type with fresh seasonal ingredients, omega oils, vitamin A and pure essential oil concentrates. Once infused, a performance contour masque steeped in active botanicals and pure vitamin C transforms the skin for a bright firm finish.

EXPRESS REFRESH SPA FACIAL 30 MINS | \$85

*Revitalising | Cleansing | Replenishing
for All Skin Types*

Nourish and brighten the complexion with a 'quick pick me up' cleansing facial using a selection of nourishing oils, fruit extracts and replenishing botanicals.

Beauty begins
the moment
you decide
to be yourself.

COCO CHANEL

UPGRADED ENHANCEMENTS

Add another element of hydration within your facial.

Anti-ageing Eye Treatment \$40

Deep Conditioning Hair Masque \$25

EXTRA INDULGENCES

Add an additional 30 minute therapy to enhance your facial experience.

Back, Neck & Shoulder Massage \$65

Foot Zone Massage \$65



Massage Rituals

DEEP RELEASE MASSAGE 60 / 90 MINS | \$135 / \$185

The very firm and consistent pressure of this deep tissue massage is ideal for sports enthusiasts and anyone with deeply held tension or general muscle tightness. As blood flow is encouraged, metabolic toxins are flushed out and muscular tension finds relief.

WELLNESS MASSAGE 60 / 90 MINS | \$135 / \$185

This gentle flowing massage offers the gift of a nurturing touch as traditional Swedish techniques and movements safely support the release of stress, tension and fatigue.

BABY BLISS MASSAGE 60 MINS | \$135

In the safe and caring hands of an experienced therapist, this nurturing massage caters to the needs of expectant mothers for balance, ease and comfort during this special time.

HOT STONE MASSAGE 60 / 90 MINS | \$145 / \$195

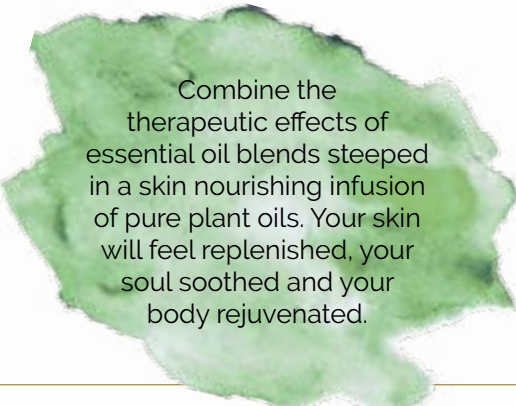
Therapeutic heat is slowly released into the deeper muscle layers as warm stones, bathed in oils and held in the palms of your therapist, glide over your body. This deeply soothing and relaxing experience is also wonderful for blood circulation, the relief of stiff joints and injuries.

EXTRA INDULGENCES

Add an additional 30 minute therapy to enhance your massage experience.

*Scalp Massage & Conditioning
Hair Masque \$65*

Express Refresh Spa Facial \$65



Combine the therapeutic effects of essential oil blends steeped in a skin nourishing infusion of pure plant oils. Your skin will feel replenished, your soul soothed and your body rejuvenated.

Hand & Foot Rituals

Let us pamper your hands and feet in a luxurious experience, using botanical nutrients, exotic fruits and pure essential oils.

GUAVA ROSE HAND TREATMENT 30 MINS | \$80

*Hand Soak | Raspberry Exfoliation |
Tidy Nails | Rose Hydration Massage*

Replenish beautiful hands and nails with a skin softening hand soak, a raspberry smoothing exfoliation, and a tidy up of nails. This deluxe treat is completed by a nourishing hand massage rich in guava and Moroccan rose.

MOROCCAN ROSE MANICURE 60 MINS | \$95

*Hand Soak | Raspberry Exfoliation |
Cuticles & Nails | Hand Massage |
Polish*

Restore and nourish hands with a fragrant hand soak, followed by a delicate raspberry crème and pink French clay exfoliation and massage. Focused attention is then given to cuticles and nails, before completing with a nourishing Moroccan Rose hand massage and nail polish.

BOTANICAL BAREFOOT INDULGENCE 30 MINS | \$80

*Foot Soak | Pineapple Exfoliation |
Tidy Nails | Mint Hydration Massage*

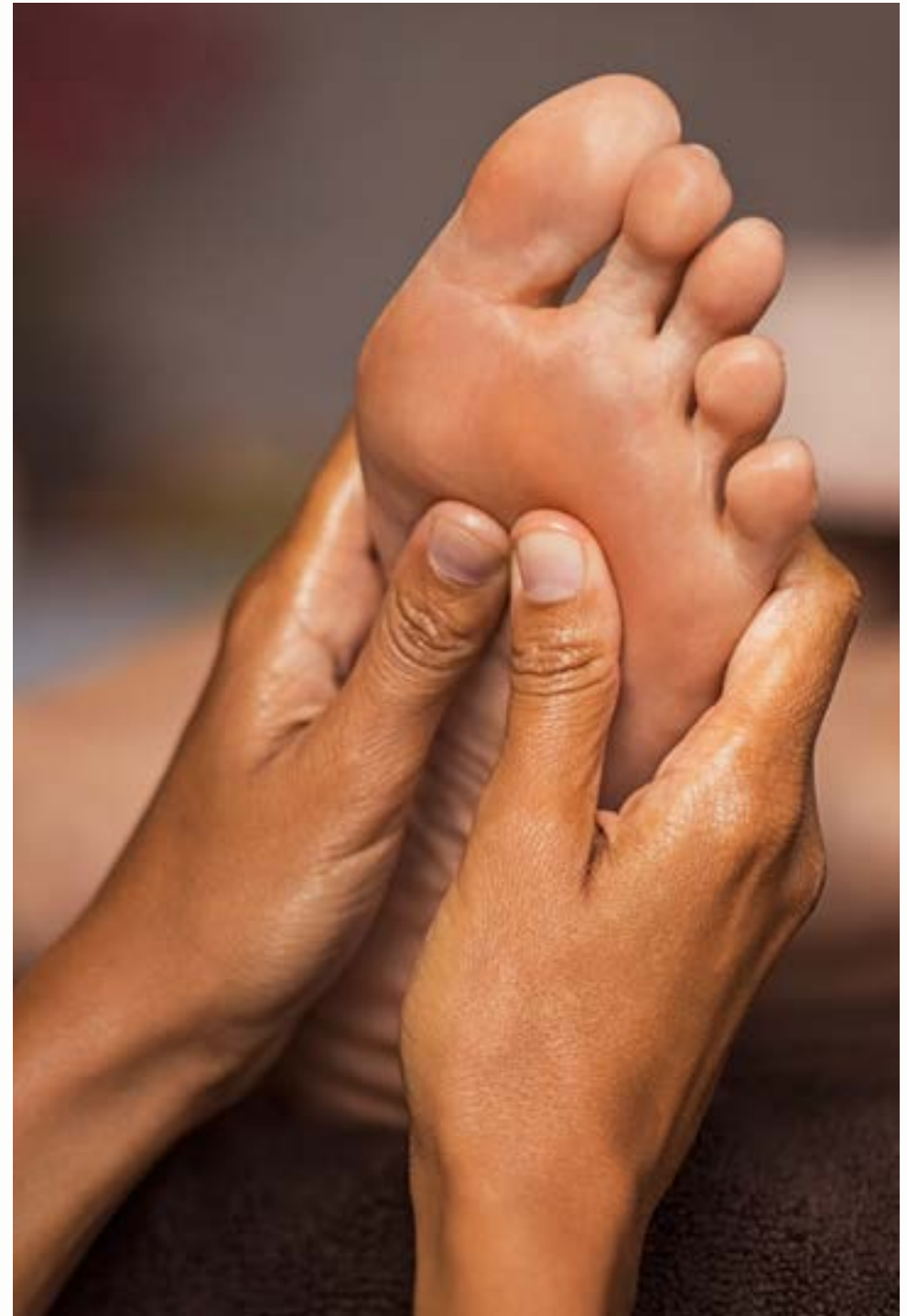
Restore tired feet with a fragrant footbath and a bamboo and pineapple foot scrub to soften heels and dry skin. Toenails are tidied up with a buff and shape, before this decadent treat is finished with a rich spearmint and ginkgo foot massage.

PINEAPPLE MINT PEDICURE 60 MINS | \$95

*Foot Soak | Pineapple Exfoliation |
Cuticles, Nails, Heels | Foot
Massage | Polish*

Revive tired toes and feet as your soles are welcomed into a warm foot bath and a bamboo, pineapple exfoliation, which is followed by focused attention on cuticles, nails and heels. This refreshing treatment finishes with a rich spearmint and ginkgo foot massage and toenail polish.

NAIL BUFF, SHAPE & POLISH 30 MINS | \$60



Express Indulgences

EXPRESS FACIAL & SCALP MASSAGE 45 MINS | \$115

Rediscover your glow with a plant infused, refreshing facial

SMOOTHING EXFOLIATION MASSAGE 45 MINS | \$115


Indulge your senses with a full body exfoliation steeped in an aromatic infusion of cane sugar and cold pressed oils to cleanse, polish and reveal silky soft skin.

RELAXING BACK & FOOT MASSAGE 45 MINS | \$115

A mood enhancing massage that soothes tension held in the back, neck and shoulders, whilst a foot massage takes a load off your mind and feet.

BACK, FEET & SCALP MASSAGE 45 MINS | \$115

Focusing on three areas of tension, this express therapy targets tension and stress held in the back, feet and scalp for an effective pick-me-up treatment.



No beauty
shines brighter
than the one
of a good heart.

Tailored Treatments

Spa your way and create your very own experience by combining your favourite spa treatments.

SPA ESCAPE 90 MINS | \$195

Choose any three 30 minutes options from below.

- 1 | Back Massage
- 2 | Express Facial
- 3 | Express Manicure
- 4 | Express Pedicure
- 5 | Hair & Scalp Therapy
- 6 | Foot Massage

SPA RITUAL 120 MINS | \$280

Choose any two 60 minutes options from below.

SPA JOURNEY 180 MINS | \$380

Choose any three 60 minutes options from below.

- 1 | Body Exfoliation
- 2 | Wellness or Deep Release Massage
- 3 | Seasonal Botanical Spa Facial
- 4 | Express Manicure & Pedicure
- 5 | Express Facial & Scalp Therapy
- 6 | Back Massage & Foot Massage
- 7 | Moroccan Rose Manicure
- 8 | Pineapple Mint Pedicure

Spa Etiquette

SPA OPENING HOURS

The spa is open from 9am to 6pm. Appointments outside of these times can be arranged with advance notice.

RESERVATIONS

All bookings require credit card details to secure the reservation.

PUBLIC HOLIDAYS

Stables Day Spa is closed on public holidays.

CONFIRMATION

The time for your experience has been exclusively reserved for you, however if your plans change, we do request the courtesy of 48 hours notice to cancel your appointment. Regrettably, without due notice the full charge of your scheduled treatment will be applied to your account or credit card.

ARRIVAL

Please arrive to the spa 15 minutes prior to your appointment. This will allow time for your consultation and spa refreshment. Please note: Your late arrival may compromise the full length of your treatment as we endeavor to remain on schedule as a courtesy to each and every guest.

PARKING

Complimentary parking is available within Mount Lofty House grounds.

HEALTH CONSULTATION

Your wellbeing is very important to us. It is essential that you inform us of any health conditions or pregnancy when scheduling your appointment, as certain treatments may not be recommended.

CRITIQUE

We value your feedback and greatly appreciate any comments you wish to share about your spa journey.

SPA MANNERS

The spa environment is one of peace and quiet. Please keep noise to a minimum and switch off mobile phones.

PRIVACY & MODESTY

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential.

PAYMENT

We accept eftpos and all major credit cards. In-house guests may charge therapies and products to their room account. A 3% Amex surcharge applies.

GIFT CARDS & CERTIFICATES

Stables Day Spa is delighted to offer gift vouchers. Gift certificates must be redeemed within 6 months. Please quote your voucher number when making your appointment and present it when arriving to the spa.

RETAIL THERAPY

Compliment your day spa experience or recreate the spa's ambience in your own home, with our beautiful selection of Australian skincare, bath and home products and teas.



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STABLESDAYSPA.COM.AU