



### The Signature

120 Mins \$329  
Foot Bath · Reflexology · Back Exfoliation · Aromatherapy Body Massage · Hot Stone · Mini Facial · Scalp Massage  
Healthy nuts or fruit/ Hot herbal tea/ Essential oils

Embracing ancient Asian healing techniques and DōTERRA essential oils, the Signature is the ultimate indulgence. Your ritual begins with a foot bath with sea salt to revive sore joints or muscles whilst you enjoy seasonal fruits and refreshing tea. Moderate pressure will be applied at zones of your feet to unblock the relevant channels for restoring better organ function and health. A back exfoliation and full body massage with essential oils then ignites the sense and gently relieve the tension. Mini facial uses targeted pressure point therapy to rebalance your energy from within, then soothing scalp massage completes the exceptional journey.

### The Energy Rejuvenation

90 Mins \$269  
Foot Bath · Reflexology · Back Exfoliation · Aromatherapy Body Massage · Hot Stone

Your ritual begins with a foot bath with sea salt to revive sore joints or muscles whilst you enjoy seasonal fruits and refreshing tea. Moderate pressure will be applied at zones of your feet to unblock the relevant channels for restoring better organ function and health. A full body massage with essential oils then ignites the sense and gently relieve the tension followed by a soothing scalp massage completing the exceptional journey.

### The Glowing

90 Mins \$269  
Back Exfoliation · Aromatherapy Body Massage · Hot Stone · Mini Facial · Scalp Massage

A full body massage with essential oils ignites the sense and gently relieve the tension followed by a soothing scalp massage, then Mini facial uses targeted pressure point therapy to rebalance your energy from within.

### The Dreaming

180 Mins \$899 for 2 People  
Bathing Ritual · Reflexology · Full Body Exfoliation · Aromatherapy Relaxation Massage · Hot Stone · Mini Facial · Scalp Massage  
Surrender to an intense multivitamin, wellness promoting and rejuvenating bath blend of essential oils and sensual LUSH bath bomb. Drift away in a bath that assists in relaxing and detoxifying by simultaneously cleansing and delivering essential nutrients to the skin. Enjoy along with sparkling wine and seasonal fruits. Full body sea salt scrub infused with jojoba oil, sweet almond oil, fruit acid and exclusive marine extracts smoothing the skin - a splendid journey for mind, body and soul. Seamlessly transition to a relaxation massage, facial and soothing scalp massage. A lovely treatment to be enjoyed together as a special occasion or as your romantic escape.

### Contacts

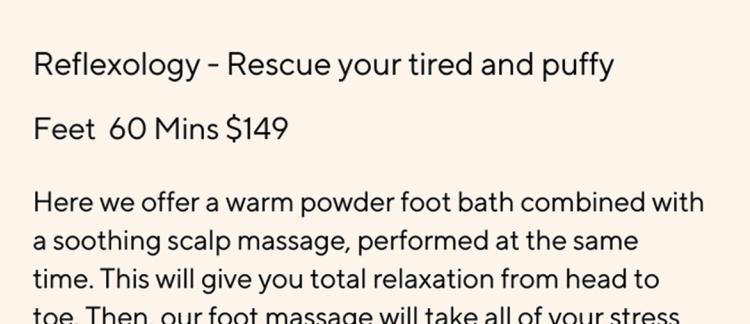
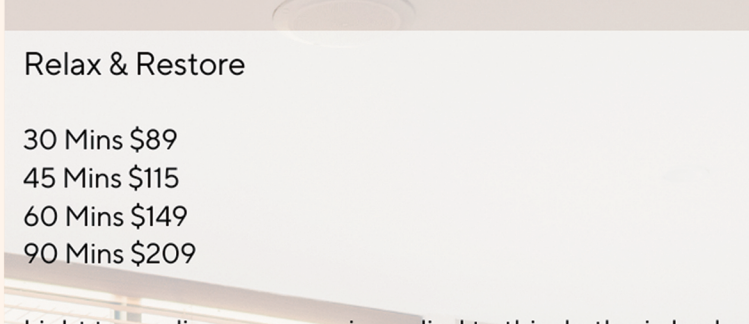


Heritageretreat.com.au  
1A St Andrews Court, Chirnside Park  
Ph (03)8756 5704 / 0478555663  
Wed - Mon Open 10-5 pm

HERITAGE RETREAT

Day Spa

Discover our treatments



### Mini Facial

30 Mins \$99

Thorough cleanse, exfoliation, pressure point and stone facial massage, face mask with scalp massage, finishing with hydrating skincare to leave you feeling refreshed and glowing.Collagen Regeneration Facial.

### GUA SHA Facial

45 Mins \$129

Thorough cleanse, exfoliation, pressure point and Gua Sha facial massage to reduce inflammation and stimulate blood flow. Face mask with scalp massage, finishing with hydrating skincare to leave you feeling refreshed and glowing.

### Moonlight Eye Spa

90 Mins \$249

Refresh the delicate skin around your eyes, reduce dark circles, and brighten swollen and puffy eyes. The treatment uses targeted pressure point therapy and specialized facial massage techniques to rebalance your energy from within to ensure the optimum skin care results.

### Hydrating Facial

60 Mins \$169

You will see dynamic results with this intensive treatment that combines the use of skin specific cleansers, cellular activating exfoliates, hydrating masks, treatment elixirs and moisture therapies.

The treatment uses targeted pressure point therapy and specialized facial massage techniques to re-balance your energy from within to ensure the optimum skin care results. Discover the wonderful feeling of well being that comes with a specialized skin programme specifically designed by a trained Spa Therapist.

### Collagen Regeneration Facial

90 Mins \$249

Restore the look of volume in the skin, giving the face and neck a firmer, smoother look.

Enriched with collagen boosters, this facial delivers much-needed nutrients to the skin. advanced LED therapy will be conducted on areas of major concern. The skin will look energized and glowing after treatment.

### Relax & Restore

30 Mins \$89  
45 Mins \$115  
60 Mins \$149  
90 Mins \$209

Light to medium pressure is applied to this rhythmic body massage works to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oils is used to address your individual need to rejuvenate, re-harmonize or detoxify. Excellent maintenance therapy against the stress of the modern world.

### Hot Soothing Stone

30 Mins \$99  
60 Mins \$169  
90 Mins \$229

Incorporating heated volcanic stones to soothe away tension. This massage warms, relaxes and soothes tired, stressed muscles and emotions.

### Deep Tissue Massage

30 Mins \$99 60 Mins \$179

Concentrating on the problem areas. Slow Deep pressure will improve your circulation, flexibility, ease muscle aches and tension to create relaxation.

### Reflexology - Rescue your tired and puffy

Feet 60 Mins \$149

Here we offer a warm powder foot bath combined with a soothing scalp massage, performed at the same time. This will give you total relaxation from head to toe. Then, our foot massage will take all of your stress and melt them away.

### Head Massage

30 Mins \$89

Ease the tension from head, neck and shoulder, relitigate the symptoms of headache, reduce stress, and promote feelings of relaxation.

### Remedial Massage

60 Mins \$189 90 Mins \$249

Deep and rejuvenating, perfect for tired, tense and sore muscles. Your personalized massage will be performed by a qualified Remedial Therapist, targeted at specific areas of tension, stress or discomfort. Pressure varies from light touch through to firm, deep-tissue massage, usually with a combination of both used throughout the treatment.