



## GYM AND EXERCISE ROOM

Stay active and energized in our fully equipped gymnasium, complimentary for all motel guests.

Enjoy the cardio zones or strength training area. There is also extra room for stretching and yoga.



## CONTACT US AND PLAN YOUR VISIT TODAY

At Barossa Palms Wellness Day Spa, we want to nurture your health and happiness.

Combine with romantic escapes, staycations, mental health mini breaks, hens/bucks' nights or team building.

BAROSSA  PALMS

Open 9am – 5:30pm, seven days a week.  
Or by appointment.

**7 Kalimna Road in Nuriootpa**

**08 8562 1033**

**[www.barossapalms.com.au](http://www.barossapalms.com.au)**



BAROSSA  
PALMS

*Relax • Restore • Revive*

Welcome to Barossa Palms  
Wellness Day Spa

Discover the perfect retreat  
for relaxation, rejuvenation, and  
restoration at Barossa Palms  
Wellness Day Spa.

Our curated services are  
designed to nourish your  
body, mind, and soul.



# MASSAGE ROOM

*(up to 4 people)*

Barossa Palms Wellness Day Spa has a massage room to help restore and relax you.

**Ionic Detox Foot Spa**  
(includes a botanical eye mask)

Relax and let the ionic detox foot spa detoxification system restore your energy and well-being.

- Draws out impurities to leave you feeling lighter and refreshed, while balancing your body's natural energy levels.
- Soothes tired feet while supporting overall health and relaxation.

## Zero Gravity Massage Chairs

Unwind like never before in our state of the art zero gravity massage chairs with zero gravity positioning and multi zone heating.

- Relieves tension and promotes spinal alignment by simulating weightlessness.
- Enhances relaxation with soothing, customizable massage techniques.
- Reduces stress and improves overall circulation for a sense of deep peace.

## PRICING AND BOOKING FOR SPA TREATMENTS

**Zero Gravity Massage**  
30 minutes

*\$25*

**Ionic Detox Foot Spa**  
30 minutes  
(includes choice of eye mask)

*\$25*

**Deluxe Pamper Massage Pack  
with massage and foot spa**  
60 minutes

*\$45*

(includes botanical eye mask  
and wellness welcome drink)

