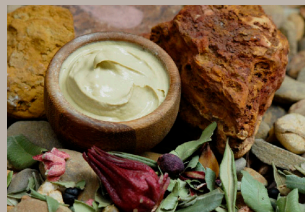




BOWRAL DAY SPA

GIBRALTAR HOTEL BOWRAL





WHAT MAKES US DIFFERENT

The No 1 Spa in the NSW Southern Highlands.

Offering internationally recognised spa indulgences to discerning clients. This is a spa for **men & women**. We specialise in weddings, groups, corporate and couples. The Bowral Spa's unique offerings of escapists' delights & the traditional will impress, complimenting the elegant & sophisticated lifestyle experiences within the Gibraltar Hotel.

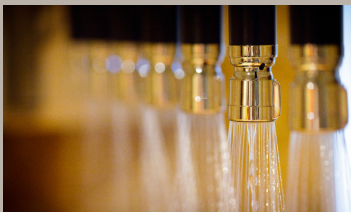
When you arrive.

Specific treatments begin with an ancient foot ritual and an **Aboriginal 'smudging ceremony'**. We complete your indulgent spa journey with complimentary lemon myrtle & wild rosella bud tea served in the serenity room.

The Aboriginal philosophy and treatments come from the Ya'itd-midrug people of north east alpine Victoria and the Kosciusko region of New South Wales.

Stylish, Traditional & Heavenly

Fusing ancient therapies from the Dreamtime using the uniquely Australian LI'TYA spa care range together with the exquisite Kerstin Florian delivering performance & exceptional results. Both these spa care ranges are known internationally & are featured in some of the best spas around the globe. You are invited to experience what the rest of the world has been praising.



SPA RITUALS

Mala Mayi Body Treatment

signature treatment

the total indulgence

90 MINS

\$214

120 MINS

\$250

Celebrate with this **uniquely Australian**, internationally acclaimed spa experience. The Mala Mayi ritual is recognised by Condé Nast Traveller UK & Spain, Harpers & Queen London, British & Australian Vogue.

Let us cleanse, exfoliate, rub, buff & energise the body then calm & revitalise the spirit cocooned & wrapped in warmed **Mapi muds** - whilst you submit to our amazing mind melting **Paudi head & scalp massage**. Follow all this with our exquisite 'rain therapy' under the pulsing **Vichy shower** then surrender your body & soul to the rhythms & the beat of our **signature massage – the Kodo**.

The Gibbergunyah Dreaming

(Rock Cave) A full body experience

180 MINS

\$368

Surrender yourself to the ultimate experience said to evoke the potent forces of the earth upon the giver & receiver. A vibration designed to reconnect the mind, body & soul. The Gibbergunyah Dreaming combines deeply therapeutic treatments with a healing approach. The journey includes Jina foot, Rain Therapy, Mala Mapi, Body Massage, Paudi Hair Masque, Mirri Facial & Polama hand treatments. You will experience the power of renewal from head to toe whilst embracing ancient Aboriginal techniques. Celebrate your energy, emotions & soul. (Includes a fruit and nut plate.)



Sea Scrub & Mud

Exfoliation, head massage & Vichy shower

90 MINS

\$215

Indulge in the wonders of this special full body exfoliation combining a detoxifying marine algae mud wrap, a beautiful hydrating facial & a mind melting scalp massage using Quandong – a super conditioning hair mask. You will complete your experience under the hypnotic rhythm of the pulsing warm waters of the Vichy Shower. Restores balance, radiance & vitality.

Mala Mapi

Body buff, scalp massage, Vichy shower & mud cocoon

60 MINS

\$145

Celebrate with this wonderful full body rejuvenation. We cleanse & buff with ancient desert salts then cocoon your body & soul in warmed ochre muds whilst we melt your mind under the spell of a slow methodic head & scalp massage. Come back to planet earth under the exquisite awakening of the 'rain therapy'.

Gubbera Kodo Stones

Indigenous Hot Australian Stone Therapy

Kodo stone massage

60 MINS

\$142

**Inc. Vichy
Shower**

90 MINS

\$196

The primordial stones from Northern Australia are called 'Gubbera stones.' Gubbera is the indigenous Dreamtime word for 'crystal stone used for magical purposes'. These hand tooled ancient magical stones are skillfully integrated into the rhythmic Kodo body massage inspired by traditional Australian Aboriginal techniques which tone & re-align energy flow, enhancing mind & body rejuvenation & wellness. The powerful healing properties of these special rocks will achieve both physical & emotional balance. This is your Dreamtime.

Correcting Advanced Repair Facial

60 MINS

\$130

Performance facial

This results oriented treatment is customized to address specific skin conditions including hyperpigmentation, congested skin, fine lines and premature aging. Includes an exfoliating multi-acid or enzyme peel on the face, neck, décollete and hands to renew the skin, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin. A heated hand treatment completes the experience.

Correcting Detox Facial

60 MINS

\$120

Performance facial

A deep cleansing, skin-refining facial specifically designed for congested, oily problem skin. This targeted treatment focuses on providing immediate lasting results. Includes a professional 30% multi-acid peel followed by a purifying organic masque. A thorough skin analysis and customised home care regimen promoting healthy-looking clear skin.

Correcting PRO Peel 30 Facial

30 MINS

\$65

Performance facial

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. Skin is deeply cleansed and toned, followed with a 16-point acupressure exercise on the face and scalp. Intensive serums are applied as beauty globes cool and tighten the skin.

Mikiri Facial

60 MINS

\$120

Performance facial

For a deep purification treatment – with the use of ancient native herbal remedies which will eliminate toxins, rejuvenate, hydrate & nourish the skin. Our therapeutic pressure point facial massage will enhance overall equilibrium.

Add Ons & Upgrades - *A little something extra*

Waxing: Full leg **\$60** Half **\$40** | Bikini **\$30** | Underarm **\$24** | Lip / brow **\$35**
Eyebrow **\$24**

Lash & brow tinting: Brow **\$15** | Lash **\$25** | Brow and Lash **\$35**

Eye rescue: Designed to improve dark circles, puffy eyes, fine lines and wrinkles. **\$40**

Intensive repair ampoule: Healing, soothing treatment for cell rejuvenation. Lending elasticity and firmness to skin tissue, this treatment achieves a visibly smoother and more youthful appearance. **\$60**

Lowana Treatment

Focusing on hands, feet, face & head

120 MINS

\$226

Our deluxe Lowana will nurture you to another level of relaxation. This is an 'extremities rush'... where we focus care & attention upon all 'zone therapy areas', hands, feet, face & head. We work with gentle exfoliants, wondrous hydrating masques & pressure point massage – a true indulgence releasing tension, re-energising the whole body & enhancing overall equilibrium – you will drift in the clouds.

Paudi Head Masque & Massage

Head, neck & shoulder relaxation

30 MINS

\$80

Float away to another dimension when you surrender your senses to ancient Aboriginal head massage techniques. Incorporating a warmed Quandong mask – extracts of the aromatic native peach which will condition, reactivate & nourish the scalp & hair follicles. We incorporate the neck & shoulders to complete this beautiful spa experience.

Aroma Mani Kur

Hand massage & hand rejuvenation

60 MINS

\$60

This deluxe manicure incorporates a unique French Gommage hand exfoliation treatment based on eleven nourishing plant oils. Hands are soaked in thermal minerals / essential oils, cuticles are enriched with Myrrh nail oil. Enjoy a relaxing hand massage with organic Ylang Ylang, Melissa and lavender essences. Select a polish of your choice.

Highland Foot Treatment

TLC foot therapy

60 MINS

\$85

Caring foot therapy for dry, rough cracked skin. Begins with a foot soak in thermal mineral salts enhanced with eucalyptus oil. Rough skin is exfoliated with a creamy eucalyptus salt mixture then soothed in a massage featuring natural foot balm rich in menthol, eucalyptus and lavender. Pedicure completes treatment - your choice of polish.

Beauxvisages

Cosmetic procedures

Every face is unique. We offer medical aesthetics in an environment of tranquil luxury. Come for a consultation by an experienced doctor who will take the relevant medical history examination, assess your treatment goals before recommending appropriate therapy. All treatments restore the natural facial contours. We use Dermal Fillers and Anti Wrinkle muscle relaxant injections for lines in the face.



Kodo Body Massage

Full body energiser

30 mins \$80 | **45 mins** \$97 | **60 mins** \$125 | **90 mins** \$162

This is a wonderful rhythmic full body relaxation massage, using ancient Aboriginal techniques which will tone, re-align energy flow & totally re-harmonise the mind, body & spirit.

Swedish Massage

Relaxation -

A traditional massage

Full body massage for pure relaxation of mind, body and spirit.

Traditional swedish strokes will relieve stress and impart a greater feeling of well being.

60 MINS

\$125

90 MINS

\$162

Specialised Massage

Remedial therapy

A firmer therapeutic massage that uses remedial techniques to relieve tension within the musculoskeletal regions of muscles, tendons & ligaments.

60 MINS

\$130

Pre-natal Massage (post 1st trimester)

(Bubba Bubba - Small one)

Using our specially formulated LITYA Pregnancy blend of Macadamia & Camellia oils & the comfort of our 'prenatal pillow' our fully qualified therapists will ensure your wellbeing with a beautiful gentle, nurturing treatment.

60 MINS

\$130

SPA ETIQUETTE

Making an appointment

It is important to make prior reservations so we can accommodate your schedule.

Choosing treatments

Our Spa Consultants will be happy to assist to ensure you choose treatments specifically suited to your special needs. All our treatments are modular & can be combined.

Dual treatments

We specialise in dual treatments – for couples, mother & daughter, best friends, honey mooners. We have several specialty rooms available for sharing your enjoyment.

When to arrive

We recommend that you arrive **10 minutes prior** to your appointed time. This will allow time for introductions and for you to change and relax in the serenity room.

What if i cancel or change my appointment, what if I'm late

Out of consideration of all our guests, a minimum of **24 hours notice is required to cancel or reschedule**. Cancellation or time change within this time will result in a 50% fee being charged. "No Show" appointments are charged at full price of the treatment booked. Public Holidays - a 10% surcharge applies. Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness & importantly your pleasure & enjoyment. As a courtesy to all our clients all treatments are completed as scheduled.

What to wear

Wear casual attire and bring reading glasses if required...a robe, towels, slippers, shower & locker with shampoos & soaps are all provided. Jewellery & valuables should not be brought to the spa. Lockers can be secured.

What if I have a health condition

Please inform your therapist of any health concerns that you may have when completing your treatment card. We do not treat any one in their first trimester of pregnancy. Our fully qualified therapists will advise on special conditions.

Payment of spa services

The Spa accepts cash & all major credit cards. Resort guests may charge spa services to their room account.

Gift certificates

Gift certificates are available for all occasions. Please ask your therapist or enquire at Hotel reception. A wonderful way to let someone know how special they are. Express gift vouchers are available by phoning 4862 8600

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