

Facials

Solar Radiance Facial

Duration	Monday to Friday	Sat, Sun & Public Hols
55 mins	\$115	\$125

This classic Solar Springs facial is for all skin types. Skin will be cleansed and exfoliated before a deeply relaxing shoulder, head and face massage. A mask and moisturising cream finishes this beautiful treatment.

Solar Lymph Fitness Facial

55 mins	\$105	\$115
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This facial features slow deep pressure point massage. A revolutionary new technique stimulates lymphatic drainage. While a mask nourishes the skin, the scalp receives special attention with a fingertip massage. This treatment benefits those with sinus, headaches, blemished skin and dark circles under the eyes.

Consider having a course of these during your stay. 3 for \$260.00.

Solar Serenity Facial

1 hr 25 mins	\$200	\$220
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A luxurious intensive skin treatment designed to treat specific skin conditions and to nourish the delicate eye contour. Tired, stressed skins are rejuvenated and the result is beautifully re-energised skin. Hands and feet are massaged during the mask and then cocooned during the facial massage allowing deep penetration of the creams.

An extremely therapeutic and relaxing treatment designed to restore radiance to the complexion and reduce fine lines around the eye contour.

Solar Men's Facial

55 mins	\$115	\$125
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Our specific 'men's only' facial treatment cleanses, exfoliates and moisturises before a deeply relaxing head, shoulder, face and scalp massage.

A relaxing and hydrating treatment that is a must for every man.

Steam Infusion Facial

55 mins	\$125	\$135
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An intensive facial using papaya enzymes to naturally and gently exfoliate the skin, while selected essential oils are infused with massage and steam. Your skin will look brighter and be wonderfully hydrated, helping to soften the appearance of fine lines and wrinkles

Suitable for all skin types except the very sensitive.

Massage Therapies

Swedish Massage

Duration	Monday to Friday	Sat, Sun & Public Hols
55 mins	\$100	\$110

A Swedish massage is a full body relaxation therapy - the perfect way to release stress & tension and increase circulation.

Remedial Massage

55 mins	\$105	\$115
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Remedial massage uses several specialised techniques to locate and repair damage often sustained through repetitive stresses on the body. This massage concentrates on specific areas of the body and is not a full body massage. Perfect if you are experiencing pain or discomfort in your muscles and/or joints or just like a deeper massage.

Shiatsu Massage

55 mins	\$100	\$110
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This oriental therapy, closely related to acupuncture, aims to re-balance ki (energy) and involves applying pressure with fingers, palms, elbows and feet along the pressure points to improve energy flow, blood circulation and flexibility. Healing, energising and very effective at reducing stress.

Reflexology

55 mins	\$100	\$110
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Reflexology is based on the principle that every organ in the body has a corresponding reflex point on the feet. These points respond to pressure, stimulating the body to progressively clear blockages, re-establish energy flows and balance itself, resulting in better health.

Lymphatic Drainage

55 mins	\$100	\$110
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Light, rhythmic movements in the direction of the lymph nodes mimic the natural action of the body and boosts the lymph system, thereby enhancing the immune system.

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Our Signature Body Treatments

Lithos Treatment

1 hr 40 mins \$200 \$220

A full body Lithos treatment is an unparalleled sensory experience. It involves the simultaneous use of specifically crafted heated and chilled rocks to massage your body from head to toe.

If you have pain and stiffness in the joints and/or muscles, your body needs a thorough detox or you would like to experience the deepest relaxation that any treatment can offer, then the Lithos treatment is for you.

Yin & Yang

1 hr 40 mins \$200 \$220

Rejuvenate body and soul with this luxurious treatment, which hydrates and balances using energising and relaxing (ying & yang) essential oils. This distinctive treatment involves dry skin brushing, total body exfoliation, a stimulating hydrotherapy bath and a long flowing massage.

If you only have time for one treatment during your stay, then book this one in!

Solar Cocoon Body Wrap

This therapy can provide the body with an anti-oxidant boost, lymphatic drainage, increased circulation or hormonal support depending on the wrap chosen. A gentle application of marine salts combined with a special oil blend exfoliates the body in preparation for the application of the individually selected mask. The body is cocooned as the mask is infused into the skin and then rinsed away under the Vichy shower.

An intensive, individually tailored treatment that revitalises the skin and the body.

55 mins \$125 \$140

Solar Polish

45 mins \$105 \$115

Exfoliate and hydrate your skin. The skin is dry brushed and a cream exfoliant applied from the neck to the feet. A rinse under the vichy shower and the application of a light hydrating cream completes this distinctive treatment.

Walk out of this treatment with feeling squeaky clean and silky smooth.

Special Back Treatment

55 mins \$105 \$115

Your back will look and feel fantastic after this unique treatment! The skin is dry brushed, exfoliated and then treated to a delightfully light massage. A warm paraffin mask is applied and then a nourishing cream seals in the moisture completing this blissful treatment.

Give your back the attention it deserves. Your back is brushed, buffed, moisturised and massaged leaving it clean, smooth, soft and relaxed.

Face'n'Feet

55 mins \$105 \$115

This lovely treatment is the ultimate in relaxation. The feet are soaked in preparation for a foot massage that ends at the knee! Your face, neck and shoulders are cleansed and indulgently massaged. A moisturiser locks in the hydration to finish this Solar Signature therapy.

Hand & Foot Therapies

Manicure

45 mins \$80 \$90

Our complete manicure features a relaxing hand massage infused into the skin with a mask of nourishing paraffin wax. Complete this treat with an optional nail colour.

Pedicure

50 mins \$80 \$90

After a relaxing foot spa your feet will be exfoliated, your nails will be buffed, filed and cuticles treated. A luxurious foot massage followed by a paraffin mask makes the Solar Springs pedicure a real treat for the feet. Add a nail colour if desired.

Decadence or a Necessity - either way you look at it a Pedicure is a must.

Tinting and Waxing

Eyelash Tint	\$25	Half Leg Wax	\$40	Underarm Wax	\$22
Eyebrow Tint	\$25	Full Leg (inc bikini)	\$80	Lip Wax	\$15
Lash & Brow Tint	\$45	Bikini Wax	\$30	Chin Wax	\$15
Eyebrow Wax	\$15				

Solar Springs Retreat
Please book at reception
Or call 1800 044 944