



SOL

WELLNESS CENTRE

Find Your Serenity

Open Tuesday to Saturday

To book
Dial 9 from your room or call 03 5745 9103

SOL

WELLNESS CENTRE

Find a serene respite from the hustle and bustle of everyday life by drawing inspiration from the land itself—the salt, sun and clay direct from Mother Nature.

Influenced by the tranquility of the Yarrawonga bush and the winding Murray River, SOL Wellness is a relaxing space designed to treat all the senses and instill calm and relaxation in each guest.

At Sol Wellness you will find an array of Rich Glen natural and local products. Rich Glen is an olive farm located in Yarrawonga producing olive oil and skin care. Ask one of our friendly spa therapists to find the right product for you.

Find Your Serenity



MASSAGE

Find your own serenity

SOL Signature Massage

60min

Relax & let go with our signature SOL relaxation massage. Begin with calming Rich Glen oil inhalations to help start your journey to relaxation. Calm music and lighting to help restore the balance in you. These oils and other elements at SOL are designed to calm and sooth the senses (please note this is a light to medium pressure massage)

SOL Hot Stone Relaxation Massage

80min

Melt into relaxation with the radiant heat from our hot stones. Applied to your whole body, the heat from hot stones combined with a massage will release tension from soft tissue and help promote relaxation, reduce stress, and boost immunity.

Pre-Natal Massage

60min

Reduce stress with a relaxing pre-natal pregnancy massage to soothe your body and calm your mind. We recommend pregnancy massage after the 1st trimester.

Sports Remedial Massage

50min

Targeting specific areas to ease stiff, sore muscles and stretch connective tissue. This treatment can improve circulation and aids in increasing flexibility and range of motion.



FACE

Face Therapy

Your spa therapist will consult with you prior to your treatment to select the most suitable facial for your skins concerns.

SOL Signature Spa Facial 50min

Unwind and relax while we restore the skins natural moisture levels in this skin boosting hydrating facial. With Australian active ingredients we will customise this facial for your skin from our Rich Glen products that are high in antioxidants and will hydrate and firm, leaving the skin clean, even and hydration rich.

Calm + Repair 50min

Customised to suit your skin with our Rich Glen range of products. Excellent for sensitive skins, rosacea prone or eczema prone skin. Helping repair and soothe the skin, by boosting hydration, reduce redness leaving skin calm and hydrated.

SOL Skin Perfecting Treatment 80min

Reinvigorate the SOL of your skin with this custom skin perfecting facial. Melt into your skin ritual with a double cleanse followed by gentle exfoliation of the skins upper surfaces, Microdermabrasion is then used to unclog pores and remove dead skin cells. This reveals a healthier, smoother skin. This treatment includes facial massage with vitamin rich, Rich Glen serums and oils to replenish and nourish the skin. Finish this 5 star treatment with skin boosting LED for your skin type while a foot and ankle massage will complete this skin journey and awaken the SOL.



SPA RITUALS

Experiences for a renewed you

Sol Wellness is the perfect escape to retreat, relax and indulge in much needed self care. The most luxurious skincare and effective spa treatment protocols have been chosen to calm, heal, soothe and repair—ensuring you leave relaxed and revitalised, and looking forward to your next visit with us.

Retreat

90min

Retreat to relaxation with a full body custom Rich Glen sugar scrub with your chosen Rich Glen oil. Full body clay wrap to nourish and refresh, while cocooned enjoy a Rich Glen hair elixir & scalp massage treatment, a foot & ankle massage. Complete your retreat with a rain shower and Rich Glen body hydration oil or butter applied to finish leaving the skin supple and hydrated

Serenity

2hr

The journey to serenity begins with a full body custom Rich Glen sugar scrub to invigorate and smooth the skin, rain shower followed by back of the body relaxation massage with hot stones, express spa facial with a scalp massage, and a foot and ankle massage. Enter your serenity with the final touch of a Rich Glen body butter or oil. Pure bliss.

Escape

2hr

Escape to relaxation with this SOL signature spa ritual combining elements of our two SOL signature treatments. Begin your escape with a soothing foot soak and scrub. Feel rested and restored with a full body massage including hot stones on the back of the body, a tranquil SOL customised spa facial, de-stress the mind and body, leaving you with an inner & outer glow.

Baby Moon

105min

Mums-to-be will leave feeling calm, nurtured and stress-free. Start your ritual with a warm foot soak and customised Rich Glen foot scrub. Continue the journey to relaxation with a mini spa facial, hand, arm and décolletage massage, hydrating face mask, foot, ankle and lower leg massage. Your journey is complete with our Rich Glen facial products and your toes buffed and polished with your choice of colour. You will leave SOL feeling pampered and every inch of you feeling nourished and relaxed.

(All products used in this treatment are safe for pregnancy in the second or third trimester, we do not recommend having this treatment before the 2nd trimester)



SPA EXPRESS

Scalp & Hair Elixir Treatment 20min

Revive and hydrate your locks with a Rich Glen Hair Elixir treatment. Encourage circulation and boost hair growth with a soothing scalp massage.

Foot Treat 30min

Custom Rich Glen foot soak with an aromatic olive balm massage to soften feet and reduce aches and tension.

Full Body Exfoliation and Rain Shower 30min

Choose a custom Rich Glen sugar scrub and remove dead and dry skin cells through gentle full body exfoliation. Enjoy soft, revitalised skin as the exfoliation improves texture and stimulates circulation.

Red Gum Bath Soak 30min

Drift away in our ultimate Red Gum Bath. Choose from the following bath soaks:

1. Magnesium
Relieve muscle tension and improve recovery.

2. Rich Glen Bath Bomb
- Rose, Patchouli & Orange
- Peppermint & Grapefruit
- Lavender & Chamomile

*** Add any Spa Express options to your 60min+ treatment.

MANICURE & PEDICURE

Buff and Polish 30min

For either your hands or feet. File and buff finished with polish.

Spa Botanical Hand Therapy & Manicure 50min

Treat your hands with our customised Rich Glen soak and spa exfoliation, hot towel, cuticle and nail work, cuticle oil treatment finish with a luxurious hot stone hand massage. Choice of nail polish or natural buff. (Includes a take home Rich Glen cuticle oil treatment)

Add on Gel Polish for \$30

Spa Botanical Foot Therapy & Pedicure 75min

Revive your feet with a customised Rich Glen foot soak and exfoliation, full cuticle and nail work, luxurious Rich Glen foot mask followed by a relaxing foot, ankle and lower leg hot stone massage. Choice of nail polish or natural buff

Add on Gel Polish application for \$30



ESSENTIAL BEAUTY

Eye Enhancements

Eye Lash OR Brow Tint 15min

Lashes look darker, eliminating the need for mascara.
Enhance your eyes with a well defined brow line.

Brow Tint & Shape 20min

Enhance your eyes with a well defined brow.

Lash Lift & Tint 45min

Adds beautiful curl and colour to your lashes. Lasts 6-8 weeks.

Waxing

Eyebrow Tidy 15min

Lip OR Chin 15min

Sides of face 15min

Under Arm 15min

Half Arms 30min

Full Arms 30min

Half Leg 30min

Full Leg 45min

Bikini 30min

Brazilian/G String 45min

Back & Neck 45min

Chest & Shoulders 45min





TANNING

Certified Organic Spray Tan

20min

Made in Australia, Three Warriors Spray Tan and tanning products are organic and ethically conscious. A tan that feels as good as it looks. Every plant-derived ingredient has been ethically sourced and purposefully chosen for its skin nourishing properties. Three Warriors has a full range of home tanning products. See in spa for more details.

TEEN SPA MENU (12 - 16 yo)

SOL Teen Ritual

75min

Start your teen spa ritual with a soothing & glowing youth facial using Ava Marija product. While a dewy mask brightens the skin Ava Marija skin products will leave the skin happy & healthy. We will buff & polish your toes or fingers to your chosen colour. Complete with an oil hair elixir treatments & scalp massage. You will be feeling revitalised and chill from head to toe.

SOL Ava Marija Youth-Boosting Facial

45min

Featuring everything you need to leave your skin happy, healthy and glowing. A gentle double cleanse, facial massage, hydration mask, complete with plumping skin-boosting serums and dewy creams.

FREE AVA MARIJA LIP SCRUB TO TAKE HOME WITH EVERY AM FACIAL

SOL Teen Mani & Pedi Delight

60min

A coconut and lemongrass foot scrub starts this heavenly treatment, nails will be prepped, buffed and a soothing skin hydrating massage on hands and feet will have you floating away. Toes and fingers will be looking their best finished with your chosen colour, the best holiday treat ever!

SPA BOOKING INFORMATION

A 50% deposit will be required for all treatments booked on a Saturday/Sunday/Public Holiday or for groups of 4 or more.

We kindly ask that any cancellations are made 24 hours prior to your appointment time.

10% surcharge for Sundays and Public Holidays

Please arrive 10 minutes prior to your appointment time to complete our consultation form.
Arriving late will impact your treatment time.

You will be asked to disclose relevant medical information.

We accept all major credit cards, and if staying in house, you may charge your services to your room.

SOL wellness does not provide access to lockers and safes. We have a tray for you to leave your jewellery and other small personal items on in the treatment room.

Please contact in advance with any special requests and we will be happy to tailor your treatment for you.

Food can be ordered to enjoy on the terrace post treatment. Food must be ordered and prepaid for pre-treatment.

If for any reason you are not satisfied, please let us know immediately so we can work to rectify the matter.

PRICE LIST

Eye Enhancements

Eye Lash OR Brow Tint	15min 25
Brow Tint & Shape	30min 50
Lash Lift & Tint	45min 80

Waxing

Eyebrow Tidy	15min 30
Lip OR Chin	15min 15
Sides of face	15min 30
Under Arm	15min 25
Half Arms	30min 35
Full Arms	30min 60
Half Leg	30min 40
Full Leg	45min 75
Bikini	30min 45
Brazilian/G String	45min 65
Back & Neck	45min 65
Chest & Shoulders	45min 65

Spa Express

Scalp & Hair Elixir Treatment	20min 49
Foot Treat	30min 65
Exfoliation & Rain Shower	30min 70
Red Gum Bath Soak	30min 95

Tanning

Certified Organic Spray Tan	20min 50
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Manicure & Pedicure

Buff and Polish	30min 50
Hand Therapy & Manicure	45min 70
Foot Therapy & Pedicure	60min 100
Add Gel Polish \$30	

Face Therapy

SOL Signature Spa Facial	50min 140
Calm + Repair	50min 140
SOL Skin Perfecting Treatment	80min 220

Massage

SOL Signature Massage	60min 140
Sports Remedial Massage	50min 140
Hot Stone Massage	80min 190
Pre-Natal Massage	60min 150

Spa Rituals

Retreat	90min 220
Serenity	2hr 295
Escape	2hr 280
Baby Moon	105min 240

Teen Menu

SOL Teen Ritual	75min 150
SOL Ava Marija Youth-Boosting Facial	45min 105
SOL Teen Mani & Pedi	60min 75

Find Your Serenity

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