

# SPA SERVICES

## MASSAGE

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**SOL Signature Massage** 60min | \$140

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 soothe the senses (please note this is a light to medium pressure massage).

**Sports Remedial Massage** 50min | \$140

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.

**SOL Hot Stone Relaxation Massage** 80min | \$190

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 | \$150

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.

## BODY TREATMENT

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**Retreat** 90min | \$220

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

**Serenity** 120min | \$295

The journey to serenity begins with a full body custom Rich Glen sugar scrub to invigorate and smooth the skin, rain shower followed by a back of the body relaxation massage with hot stones, express spa facial, foot and ankle massage buff and polish of the toes.

**Escape** 120min | \$280

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.

**Baby Moon** 105min | \$240

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.

## MANI & PEDI

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**Spa Botanical Foot Therapy & Pedicure** 120min | \$140

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

**Spa Botanical Hand Therapy & Manicure** 90min | \$110

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 gel polish or natural buff.

## FACIAL

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### SOL Signature Spa Facial 50min | \$140

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 | \$140

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 | \$220

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 with hot stones will complete this skin journey and awaken the SOL.

### LED Light Therapy 20min | \$49

Pain-free, non-invasive, soothing and rejuvenating skin treatment. This treatment will help treat acne breakouts, fine lines and wrinkles, post inflammatory scarring and rosacea. It will not only help minimise acne, but also soothe your skin and reduce both redness and inflammation. The different wave lengths of the light treat different concerns. Red lights are the most popular stimulating collagen production, reducing inflammation and addressing fine lines and wrinkles.

## INFRARED SAUNA

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### Infrared Sauna - Single 45min | \$50

Step into the tranquil setting of our outdoor barrel infrared sauna, designed to provide a serene sanctuary for detoxification, muscle recovery, or simply to reset your mind and body. With space for up

to two people, it's perfect for solo relaxation or sharing a luxurious wellness moment with friends.

2 people 45min | \$70

## ICE BATH

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### Ice Bath - Single 15min | \$30

Complement your session with our invigorating Ice Bath, designed to refresh and rejuvenate. Ideal for up to two people, it helps reduce muscle soreness, boost alertness, and improve energy levels. Whether you're an athlete or simply seeking a therapeutic escape, our wellness offerings are tailored to help you feel renewed and revitalised.

2 people 15min | \$40

## SPA EXPRESS

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### Full Body Exfoliation and Rain Shower 30min | \$70

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 | \$95

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



# SPA SERVICES

## SPA BOOKING INFORMATION

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 by the pool 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.