

# Olinda Health & Spa

Consistently voted the best massage and day spa experience in the Dandenong Ranges, Olinda Health & Spa has become a must on the list of things-to-do for tourists and locals alike.

Situated in the heart of the beautiful Olinda Village, Olinda Health & Spa is the area's only eco day spa catering to individuals, couples and groups. Our philosophy is simple. Pure, organic skincare and exceptional treatments. Our range of beautiful face and body products will nourish your skin, while our luxurious treatments, performed without the use of showers or spas, will reconnect you with yourself, and back to the earth...

Olinda Health & Spa is open 7 days a week and caters for couples and groups. We can assist with accommodation for corporate and event groups and our facilities include multiple single and couples rooms, lounge area, dry spa bed and retail store. We also have an integrated wellness centre offering a variety of natural and alternative therapies and health products.

If you are looking to indulge, or simply need to be restored, we invite you to immerse yourself in a blissful couples package, spa treatment or deep tissue massage that will truly exceed your expectations...

1606 Mt Dandenong Tourist Rd Olinda 3788

Tel: 9751 0662

www.olindahealth.com.au mail@olindahealth.com.au

## Treatments

*Escape the hustle and bustle of day to day life, and delight your senses with our blissful Body Treatments*

**Hands & Feet** 60 mins - \$105 single / \$220 couple

Reward your hard working hands & feet with a 60 min reflexology spa treatment. The relaxation begins with massage of the hands, arms, feet and lower legs followed by reflexology to stimulate reflex areas. Hands & feet are scrubbed and exfoliated with an organic handmade body polish, followed by aromatherapy hot towelling, leaving them soft, smooth and invigorated. The treatment is concluded with super-rich moisturising cream enriched with plant derived oils to leave your hands and feet soft and renewed, and a mini head & scalp massage that will leave you floating...

**Head & Scalp** 60 mins - \$105 single / \$220 couple

A divine 60 min treatment designed to ease tension, awaken the senses and invoke deep relaxation. Head & scalp massage is an ancient technique involving pressure point and meridian therapies performed on the scalp, face, neck and shoulders. The hair is brushed to stimulate circulation, and a combination of luscious essential oils in our nourishing hair balm are used throughout this heavenly treatment to restore health to the scalp & hair. Aromatherapy infused hot towels applied to the face, neck, head & scalp to ease stress & tension, whilst massage increases circulation & hair growth...

## Massage

Revitalise the body, ease the mind, and soothe the soul. Our experienced massage therapists will have just the right massage for you...

<b>relaxation</b>	30 / \$50	45 / \$75	60 / \$90	75 / \$105	90 / \$120
<b>therapeutic</b>	30 / \$55	45 / \$80	60 / \$95	75 / \$115	90 / \$130
<b>deep tissue / remedial</b>	30 / \$60	45 / \$90	60 / \$100	75 / \$125	90 / \$140

*\*hot towels \$10 extra \*10% discount for local residents*

## Couples Massage

Treat yourselves to a truly memorable experience...

You and your partner will enjoy a blissful massage side by side in a soft candlelit room, with your choice of spa music. Couples massage is perfect for couples wanting to share an intimate massage together, mothers and daughters, or those wanting to share a fun experience with a friend...

30 / \$110 45 / \$160 60 / \$190 75 / \$220 90 / \$250

**Face** 60 mins - \$105 single / \$220 couple

Pamper yourself with our signature 60 min deep relaxation spa facial. This luxurious package begins with a stimulating face, scalp and neck and shoulder massage. Clean skin begins with a pre cleanse, and delicious coconut facial cleanser. Our exclusive exfoliant blend of lemon myrtle, ground pumice stone and mother of pearl will leave your face ridiculously soft and smooth... Next a specially formulated mask for the face, such as rose geranium with chamomile and kaolin clay is applied to draw out impurities. A series of aroma steam hot towels open pores and prepare the face for deep hydration with our anti-aging primrose and rosehip facial oil and nourishing patchouli & sandalwood hydrating face cream... bliss!

**Back** 60 mins - \$105 single / \$220 couple

A 60 min back, neck and shoulder indulgence which will leave you glowing inside & out. This package includes a 30-minute back, neck, shoulder and scalp massage, in your choice of relaxation, therapeutic or deep tissue. A full back exfoliation using an all natural handmade body polish will increase circulation and remove dead skin cells, leaving the back smooth and clear.

A series of hot towels open the pores and warm the muscular tissue. The bliss continues with a detoxifying clay mask for the back, which is suitable for all skin types and results in beautifully purified skin. A 10 min head and scalp massage will melt your cares away, and for the final indulgence a generous serving of Kakadu lime, macadamia or frangipani body lotion will leave you feeling, and smelling, heavenly...

## Ultimate Packages

*Combine a blissful full body massage with your choice of treatments for the ultimate pamper experience...*

**Relax Package** 90 mins - \$155 single / \$320 couple

The perfect treat for those looking for a little more than just a massage, the Relax Package combines a full body deep relaxation massage and continues treatment (choose from Hands & Feet, Head & Scalp, Facial or Back)

**Rejuvenate Package** 2 hrs - \$210 single / \$430 couple

Relax, unwind and totally restore your mind, body and soul as you design your own unique pamper experience. The indulgence of the Rejuvenate Package begins with a full body deep relaxation massage and continues with your choice of any two mini treatments... heaven!

**Revitalize Package** 2.5 hrs - \$260 single / \$530 couple

The ultimate experience for those who can't decide... or just want it all! The Revitalize Package combines the best of everything in two and a half heavenly hours, and will leave you refreshed, renewed and tingling from head to toe... Let your cares drain away as every part of your body is pampered as it deserves to be. This total package incorporates a full body massage with our four favourite signature treatments, Back, Hands & Feet, Spa Facial and Head & Scalp...

**Skin** 90 mins - \$155 single / \$320 couple

### Scrub

This energising package begins with dry brushing to increase circulation followed by a full body massage to relax the muscles. Next, a gentle body scrub, specially prepared from a selection of organic dry ingredients mixed with coconut milk is applied to the entire body... Aroma steam hot towels reveal new skin, which is smothered with a super rich hydrating macadamia or coconut body lotion... heaven!

### or Mask

Nurture yourself with this purifying package consisting of a full body massage to stimulate blood flow, followed by hot towels to open the pores. A choice of organic clay or mud is applied from top to toe to draw out impurities and leave your skin beautifully soft and refined. Ultra rich body lotion completes the metamorphosis...

**Body** 2 hrs - \$250 single / \$510 couple

The ultimate skin treatment begins with dry brushing to increase circulation, followed by a full body massage to relax your muscles and unburden your mind... A gentle full body scrub, specially prepared from a selection of dry ingredients and salts reveals fresh new skin... Aroma steam hot towels are applied to the entire body, opening the pores in preparation for the clay body mask which is applied from top to toe to draw out impurities and leave your skin beautifully soft and refined. Finally the body is hydrated and cocooned with our signature super-rich hydrating body butter, a sumptuous package guaranteed to leave you tingling all over...

*\*Gift Vouchers available for all packages*