



## Welcome to O'Reilly's Lost World Spa

Nestled within World Heritage listed Lamington National Park, a scenic drive from Brisbane and the Gold Coast. O'Reilly's Lost World Spa is a true nature haven for those seeking rejuvenation, relaxation and balance. Created with vision and integrity and named after the rugged wilderness area to the southwest of O'Reilly's, The Lost World Spa embraces the natural elements of the surrounding environment, offering discerning guests a chance to be nurtured amongst nature.

Soak up the fresh mountain air and natural beauty of this spectacular World Heritage area. Curl up by the fire and enjoy stunning views of the surrounding mountains before embarking upon a nature inspired Spa ritual. The soothing sights and scents of the rainforest will calm your mind and refresh your soul as you surrender to the healing touch of our qualified and caring therapists.

Using all natural Australian Sodashi products, the spa offers mind-melting massages, therapeutic skin care treatments and Vinotherapy, which utilises the powerful anti-aging action of grapes from O'Reilly's Canungra Valley Vineyards. Enjoy some restorative quiet time alone or share with someone special.

## Opening Hours

Sunday-Thursday--9am -5pm

Friday and Saturday-9am -6pm  
or by prior arrangement

# Massages

## Remedial or Deep Tissue Massage

The ultimate in therapeutic massages. Your therapist will work with you on specific conditions to alleviate muscular tightness, chronic pain and restore joint mobility.

🕒 1 hour      \$145    🕒 1 hour 30 minutes      \$185

## Relaxation Massage

Feel all traces of tension dissolve, experience deep relaxation and counter the effects of a day in the mountains or lack of rest with our customized massage therapies. By focusing on your areas of tension, our skilled massage therapists can personalise your treatment to ensure you feel refreshed and revived.

🕒 1 hour      \$129    🕒 1 hour 30 minutes      \$169

## Hot Stone Therapy

Heated volcanic stones are placed strategically along pressure points to help melt away any tension creating a calming atmosphere. You will receive a full body massage promoting a positive energy flow giving a sense of harmony and balance helping you to feel at peace.

🕒 1 hour 30 minutes      \$185

## Sodashi Signature Massage

The ultimate in therapeutic massages. Your therapist will work with you on specific conditions to alleviate muscular tightness, chronic pain and restore joint mobility.

🕒 1 hour 30 minutes      \$185

## Mother To Be Relaxation Massage

Take some well-deserved time to nurture yourself and celebrate the wonderful changes in your body. Pregnancy massage can safely, comfortably and effectively relieve the physical stress of pregnancy, stimulating circulation and reducing postural discomfort and back pain. Or may simply offer a period of stillness and relaxation during this exciting time in your life.

Pregnant guests need to be in second trimester or further along.

🕒 1 hour      \$145    🕒 1 hour 30 minutes      \$185



## Book Your Treatment Today

EXT: 898  
+617 5544 0898

# Facials

## High Performing Thermal Skin Therapy

This high performance treatment uses an exclusive warm infusing mask to maximise the penetration of vitamins and minerals into the deeper layers of the skin leaving your skin hydrated and toned. By restoring forgotten elasticity and radiance, this is **more than just a facial. It's Nature's Face Lift.**

🕒 **1 hour 30 minutes**      **\$215**

## Men's Maintenance Facial

Begin with a salt therapy back massage that will ease stress and reduce tension. Continue with a deep cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. A relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalised.

🕒 **1 hour 15 minutes**      **\$165**

## Radiance Skin Therapy Facial

Essential, customised facial therapy for your skin's needs. Includes a deep cleanse and exfoliation, relaxing facial massage and masque to purify and hydrate. Your skin will feel revitalised and mountain fresh.

🕒 **1 hour**      **\$135**

# Body

## Refining Body Toner

This nourishing treatment begins with a gentle jojoba body polish to exfoliate and cleanse followed by a full body mask rich in french pink clay and herbal extracts to firm, tone and condition the skin. While you are wrapped up and warm, enjoy a relaxing head and scalp massage. This treatment is extremely beneficial in renewing scar tissue and stretch marks and is safe and effective before, during and after pregnancy.

🕒 **1 hour 15 minutes**      **\$165**

## Reviving Salt Glow

This refreshing treatment increases circulation and is perfect after long periods of travel and exercise. Combining warming and soothing oils with mineral salts, this exfoliation buffs and smooths the skin while reviving aching muscles.

🕒 **1 hour**      **\$129**



# Rituals

All rituals can be taken as a couple in our secluded spa suites or individually for some precious time out.

## The Lost World Ritual

A complete ritual for those seeking deep relaxation and rejuvenation. After some quiet time to relax in the steam room and warm soak in the bath enjoy an aromatic foot soak and full body exfoliation before being cocooned in an intensely moisturising and fragrant French clay body mask with a nourishing scalp treatment. Then enjoy a soothing cup of herbal tea and a light spa lunch. To complete your day of relaxation, surrender to a full body massage and customised facial, leaving your body revitalised and your skin glowing.

🕒 5 hours      \$595

## Vinotherapy Ritual

Begin your ritual with a warm steam to relax the muscles and a warm aromatic soak in the tub enhanced by the Lost World Spa's signature vinotherapy blend. This will slow the mind before a full body exfoliation to soften and smooth your skin. Continue your journey with a red grape and clay infused body mask to firm and nourish whilst enjoying a deeply relaxing scalp massage in your warm cocoon. Then surrender to a deeply relaxing full body massage.

🕒 3 hours      \$365

## Babymoon Experience

A momento mum to be candle is included in your package.

We have created a special package specifically for expectant parents, as a final chance for you to spend some quality time together as a couple before you begin your exciting life together with a new baby. Relax and surrender your senses while you enjoy our unique couple's full body soy candle wax massage. This experience is shared in our beautiful couples suite, mum to be is massaged on our special pregnancy bed to ensure complete comfort for both you and the baby. Afterwards you will receive a sweet and cravings plate.

🕒 1 hour      Mother      \$186      Couple      \$315

## Upgrades

### Vinotherapy steam and bath

Unwind before your spa treatments with some private time together in our luxurious couples suite and exclusive steam room. With total privacy, move between the warming and therapeutic steam room, refreshing showers and your personal soaking tub.

🕒 30 minutes      \$69 per person

### Eye Treatment

A great addition to any body treatment, this is a quick and effective eye treatment to reduce puffiness and dark circles or soothe irritation or tension.

🕒 15 minutes      \$29

### Foot Recovery

Recover after a hard walk....a warm foot soak with mineral salts and a pressure point massage to relieve and revive.

🕒 15 minutes      \$29

### Express facial massage

Sodashi combines natural ingredients with anti-aging, nourishing and balancing properties to create natural skin care solutions. Includes deep cleanse, exfoliation, facial massage, face mist and moisturiser.

🕒 30 minutes      \$79

### Pouch pass

Relax in the pouch area with a herbal tea, use the steam room and the infinity pool. Pouch pass is complimentary with any treatment that you have.

\$29

# Spa Essentials

## Spa Cuisine

Embody the experience of the Lost World Spa cuisine before or after your treatments. Choose from the nourishing menu designed to cleanse and restore your body's energies. Dine in the Pouch area whilst enjoying spectacular views. Some spa Rituals include lunch. *12 hour notice required.*

## Spa Lifestyle Boutique

Ensure you maintain the results you have achieved during your treatments with a selection of results oriented skin care products, sensory body care creams, wellness lifestyle literature, calming cd's, candles and herbal teas. Perfect opportunities to treat yourself, spoil your friends or stock up for a romantic weekend in your mountain villa.

## Product choice

Produced in Australia, Sodashi products are 100% natural, luxurious and effective. In ancient Indian Sanskrit, Sodashi translates to "Wholeness, Purity and Radiance" and these words aptly describe Sodashi products and unique spa treatments. Sodashi's skin and body care products and spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

## Information on Vinotherapy

Vinotherapy involves using grape seed extracts which happen to contain some of nature's most powerful antioxidants. These antioxidants are fifty times the strength of Vitamin E and ten times the strength of vitamin C. The grape products are rich in collagen and firm the skin and slow down the aging process. The infusion of the extracts of grape will introduce healing properties and rejuvenate.

## Gift Vouchers

A lost World Spa gift voucher is a thoughtful, precious and romantic gift. Whatever the occasion, we are just a phone call or email away and are happy to arrange a gift voucher of spa treatments. You may wish to create a special occasion getaway by combining a weekend in a mountain villa, dinner in the dining room and a selection of spa treatments.

## Valuables

Upon arrival, you will be provided with a personal locker; however the spa cannot take responsibility for valuables left in change room lockers or robes.

## Public Holiday

A 15 % surcharge may apply to treatments and rituals booked on a public holiday. Any surcharges will be advised upon reservations.

## Group Bookings

Celebrations are perfect opportunities to enjoy time together and the Spa is becoming a much-desired place to relax with friends. The Lost world Spa can customise a tailored program to suit your occasion.

## Reservations

We recommend pre-booking your spa treatments. Please let us know in advance if you have any special health or physical considerations that may effect your treatment in the spa. Please call our spa team to make a reservation at The Lost World Spa on 07 5544 0898. Minimum age for spa guests is sixteen years.

## Arrival

Please arrive at least 30 minutes before your treatment, ensuring adequate time for you to change into a robe and slippers, use the steam room facilities, relax with a herbal tea and fill in your consultation form. Please understand that if you arrive late your treatment time may be reduced accordingly.

## Cancellations

We request cancellations or change of appointments to be advised by spa close of business the day prior; otherwise a cancellation fee of 50% of the treatment value will apply.

## What to wear

During your body treatments you will be respectfully draped with large warm towels, with only specific areas undergoing treatment being exposed. Please bring your own swimwear if you plan on visiting the pool.

## Spa Etiquette

To ensure that all of our guests enjoy a tranquil experience we request that noise is kept to a minimum. Mobile phones should be turned off before you enter the Spa. Smoking is prohibited in the Spa, and we recommend that you refrain from consuming alcohol prior to enjoying your Spa service.