



Created with vision, 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.

**Enjoy some restorative time alone or share with someone special.**



**SPA CUISINE**

Enjoy a glass of sparkling wine and a tasty snack after your treatment!

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.

**MENU**



Dine in the Pouch area whilst enjoying spectacular views. Some spa rituals include lunch. 24 hours notice required. Remember to pre-order from our Online Spa Menu when you make your booking.



**MASSAGES**

**REMEDIAL OR DEEP TISSUE** 1 hr \$175 90 min \$225  
The ultimate in therapeutic massages. Your therapist will work with you on specific conditions to alleviate muscular tightness.

**RELAXATION MASSAGE** 1 hr \$159 90 min \$199  
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 will personalize your treatment.

**HOT STONE THERAPY** 90 min \$225  
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 feel at peace.

**MOTHER TO BE**

**RELAXATION MASSAGE** 1 hr \$175 90 min \$225  
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. Pregnant guests need to be in 2nd trimester or further along.



**FACIALS**

**HIGH PERFORMANCE FACIAL** 90 min \$215  
This facial treatment combats dry, dehydrated skin. Vitamin-enriched, it infuses the skin with vitamins A, E, and D, fighting free radicals that cause premature aging. This dramatic bi-thermal, hard lift-off treatment mask first warms to promote vitamin absorbency within the skin, then cools to seal in hydrating benefits, firm and refine the skin.

**RADIANCE SKIN THERAPY FACIAL** 1 hr \$169  
A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience includes cleansing, gentle exfoliation, an aromatic massage and the ideal mask best suited for your skin type. A truly relaxing and custom facial treatment.

**MEN'S MAINTENANCE FACIAL** 1 hr \$169  
This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. Includes deep cleansing and a soothing propolis ampoule for deep repair. As a final step, a treatment mask is applied to refine the pores, soothe and condition the skin.

**AMPOULE FACIAL UPGRADES - Add for \$40**

Let us customize your Facial with an Ampoule food booster for deeper and longer lasting results targeted to your individual concerns. Discuss your concerns with your therapist and they will choose from the following food boosters:



**BODY**

**CHOCOLATE INDULGENCE BODY WRAP** 90 min \$225  
This exquisite treatment pampers your skin and soothes the soul with the tantalising scent of Cacao. Reap the benefits of chocolate's natural antioxidants and moisturizing action as your skin is enriched from head to toe as you are warmly enveloped in a luscious chocolate infused cocoon.

**AROMA COCOON WRAP TREATMENT** 75 min \$200  
One of most popular wraps as it's the perfect nourishing body treatment for dry skin and is the perfect wrap for 'mums to be' to prevent stretch marks and itchy skin. This gorgeous yoghurt wrap is rich in Vitamin E, squalane and lavender.

**REVIVING SALT GLOW** 1 hr \$169  
This pure sea salt scrub is rich in negative ions to replenish and re energise your body whilst also removing dead skin cells, improving circulation and softening the texture of your body. This high concentration of pure microminerals is drawn from the sea water.

## SPA INFO

Book Online or call (07) 5544 0898



### GROUP BOOKINGS AVAILABLE

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 customize a tailored program to suit your occasion.

### RESERVATIONS

We recommend pre-booking your spa treatments. Please let us know in advance if you any special health considerations.

### ARRIVAL

Please arrive at least 30 minutes before your treatment.

### CANCELLATIONS

We request cancellations or change in appointments to be advised to the Spa by 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 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.

## BODY RITUALS

### THE LOST WORLD RITUAL 5 HOURS \$669 PER PERSON

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 our intensely moisturizing chocolate indulgence body wrap. Then enjoy a soothing cup of herbal tea and a light spa lunch. To complete your day of relaxation, surrender to a full body relaxation massage and customized facial, leaving your body revitalized and your skin glowing.

### VINOTHERAPY RITUAL 3 HOURS \$395 PER PERSON

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 an aromatic yoghurt wrap to nourish whilst enjoying a deeply relaxing scalp massage in your warm cocoon. Then surrender to a deeply relaxing full body massage.

### BABYMOON COUPLES EXPERIENCE 1 HOUR \$365 PER COUPLE

We have created a delightful 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 couple's suite, 'mum to be' is massaged on our special pregnancy bed to ensure complete comfort for both you and the baby. Afterwards you'll receive a sweets and cravings plate and a scented candle to take home. Pregnant guests need to be in 2nd trimester or further along.

## UPGRADES

### AMPOULE FACIAL UPGRADES

- **Vitamin C with Oxyzomes** - this illuminating ampoule releases vitamin C into your skin to rebuild collagen and brighten your complexion.
- **Soothing Propolis** - A natural antibiotic for the skin is known for its calming, healing and antibacterial benefits. Ideal for any skin with sensitive or capillary damage, men and acneic skin.
- **Rejuvenating Vitaminic** - Rich in vitamins A, E and D this revitalizing, brightening and nourishing ampoule is perfect to restore that youthful glow and fight free radical damage, especially during the winter season.
- **Hydra Serum** - for ultimate anti-aging, firming, plumping and more youthful skin.

### VINOTHERAPY STEAM AND BATH

30 min \$40 pp

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.

### EXPRESS FACIAL

30 min \$95

Includes deep cleanse, exfoliation, facial massage, face mist and moisturizer.

### FOOT RECOVERY

15 min \$40

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

### GINKGO DE-STRESS EYE TREATMENT

15 min \$40

Counteract puffiness and dark circles with an instant-release collagen bio matrix infused with ginkgo biloba.

### SMOOTHING EYE TREATMENT WITH COLLAGEN

15 min \$40

Treat your eye area to the repairing benefits of 100% pure marine collagen. This potent treatment immediately smooths fine lines and wrinkles.

### SCALP TREATMENT

15 min \$40

A moisture rich scalp treatment and pressure point massage releases tension, while the mask treatment is left on to deeply nourish your scalp and leave your hair feeling silky and looking shiny.

### POUCH PASS

\$29

Relax in the Pouch area with a herbal tea, use the steam room and the infinity pool. The Pouch Pass is complimentary with any treatments that you have.



WELCOME TO O'REILLY'S LOST WORLD SPA