



breathe®- Rituals

Mountain Escape

2.5 hours • \$300

Find a time to escape. This ritual is designed to give you a complete head- to- toe experience, treating all elements of the skin and body. You will be deeply exfoliated and cocooned with mineral mud for intense skin hydration. Following a warming back massage to de-stress and nourish, complete the journey with our Breathtaker Facial to repair and replenish. This nurturing mountain escape is an opportunity to re-connect, and breathe®.

Includes: Foot Ritual – Dry body brush – Body Mask – Back Massage – Breathtaker Facial – Exclusive Retail Offer

**Beauty and Nail services available upon request*

Spa Etiquette

Appointments

Bookings are essential. Contact us on +613 5777 6377 to assist us in meeting your requirements.

Arrival

To enjoy the full spa experience, we encourage you to arrive at least 30 minutes prior to your appointment time. This will allow you time to immerse into our water and heat experiences. These facilities include lap pool, spa and steam room. We provide lockers with fresh robes, towels and slippers for each guest.

Health Considerations

To ensure your maximum safety and comfort, please advise prior to making your spa reservation of pregnancy, high blood pressure, heart conditions or any other serious medical concerns.

Cancellation policy

We require a minimum of 24 hours' notice for cancellations; because we reserve your therapist exclusively for your booking, cancellations within 24 hours of your appointment time will incur a 100% cancellation fee.

Gift Vouchers

We offer customised gift vouchers that make unique gifts for special people.



breathetaker on high

S P A R E T R E A T



breathe® products are available for purchase at Breathtaker On High

Located at Mt Buller's premier boutique hotel

Breathtaker All-Suite Hotel

8 Breathtaker Road

Mt. Buller • Victoria • Australia

Tel +613 5777 6377 Fax +613 5777 6312

www.breathtaker.com.au

Bookings 03 5777 6377



fire



water



earth



air



Welcome to Breathtaker on High Spa Retreat, introducing

breathe®

A beautifully designed Australian inspired Spa, Active and Skin Care range created from the flora of the mountains, desert and rainforest to bring balance to your life through taking the time to ... breathe®.

Our performance-driven products are **Inspired by nature** and all that the earth has to offer. Our product line has evolved naturally. With meticulous attention to detail, we have seamlessly created a marriage between the science of nature and performance.

Enjoy the breathe® immersion.

The breathe® Team

Organic Nation

A green science spa range designed for luxury and results. A combination of beautiful blends of active and organic raw materials, this fusion brings a soil to skin experience which will nourish and revitalise you and your skin. We want your skincare routine to be an experience, to delight your senses and most importantly produce results you can see and feel.

The Organic Nation Team

Breathtaker Spa Menu

Quinta Essentia – **breathe® Mountain Revival**

90min • \$195

Incorporating all of the elements, this treatment truly embodies our Quinta Essentia philosophy. Juniper, Lemon Myrtle and Peppermint essential oils combined with lymphatic manual drainage will encourage circulation and cell regeneration. All ingredients promote detoxification, facilitate healing and support the immune system. A bespoke facial with Australian organic botanicals and plant extracts completes to this deeply restorative journey.

Includes: Full Body Massage – Express Facial – Unique Gift

Elemental Massages

60min • \$135

Focusing on nature's four key elements, indulge in our signature body massages. Inspired by the combination of Eastern and Western techniques, this therapy is designed to realign the energy pathways and relieve physical and emotional strain. Through authentic strokes, kneading and assisted stretches this treatment will rebalance and uplift. Upon arrival, you will be welcomed with an aromatherapy sensory journey. Your selection of aromatic oil will be used throughout your treatment. Your choice of Aromatic Oils include;

Water – Calming Body Massage – with Ylang Ylang and Pettigrain

Air – Relaxation Body Massage – with Australian Lavender and Cedarwood

Earth – Meditation Body Massage – with Sandalwood and Myrrh

Fire – Energising Body Massage – with Juniper Berry and Rosemary

breathe®– Express Massages

breathe® express massages are ideal for the relief and prevention of minor muscular injuries or conditions, whether through sport, occupation, or postural problems. These treatments are developed for those whose lifestyles are demanding. **breathe®** express massages provide an opportunity to unwind, relieve muscle pain and achieve overall balance and rejuvenation.

Sports Active Massage

30min • \$80

breathe® Sports Active body massage is ideal for the relief of muscular and joint pain after intense activity. Our powerful deep tissue massage focuses on pressure points and muscle energy, incorporating menthol and mountain pepper to boost circulation and assist in speedy recovery.

Soothe Massage

30min • \$80

breathe® Soothe body massage is designed to release and dissolve any muscle stress. The use of wild rosella and Australian lavender will calm and provide a deep state of relaxation.

Rescue Massage

30min • \$80

breathe® Rescue body massage is tailored to reduce inflammation and swelling. Developed with aniseed myrtle, arnica and chamomile to renew and revive the body.

All massages are available for 60 minutes upon request.

breathe®– Body Treatments

breathe® body masks are formulated using some Australia's finest ingredients, incorporating Kaolin clay these treatments are designed to transform and nourish the skin. These luxurious treatments include a sensory journey and can be experienced individually or in addition to one of our Quinta Essentia elemental massage treatments.

Energising Body Mask

45min • \$90

Our pink clay with extracts of Quandong and Juniper Berry stimulates circulation and is highly effective on muscular pain, rheumatism, arthritis and inflammation. Your body will feel cleansed and renewed, leaving your skin nourished and revitalised.

Includes: Dry body brushing – Body Mask – Body Oil – Scalp Massage

Meditation Body Mask

45min • \$90

Unwind, de-stress and simply reflect with this indulgent body experience. Cocooned in a warm layer of mineral rich mud, Desert Lime and Australian Sandalwood are used to restore energy, promote a sense of wellbeing and calm the mind.

Includes: Dry body brushing – Body Mask – Body Oil – Scalp Massage

breathe®– Additional Indulgences

Indulge in the following experiences along with another Spa treatment or create your own bespoke package.

Mountain Body Scrub

30min • \$35

Our mountain body exfoliation uses Tea tree, Rosemary and Acacia to deeply cleanse and polish the skin, removing any impurities and refining the skin texture. Recommended before our massage treatments.

Revitalising Express Facial

30min • \$35

Renew your beauty with our revitalising express treatment. Desert lime, peach and Australian lavender nourishes and provide lasting hydration to restore a dull and tired complexion. Add this to any massage or body treatment to complete your journey.

breathe® Foot & Calf Release

20min • \$35

A targeted and intense massage will relieve deep tension and joint stiffness associated with the lower leg. Designed to stimulate and alleviate pressure, this is ideal for the sports enthusiasts. Recommended with any facial or body treatments.

breathe® Hydrotherapy Soak

30min • \$45

Soak in our geisha tubs infused with the healing benefits of mineral salts and pure essential oils. Release the tensions and stress which are part of our everyday lives. Start any spa treatment with this Hydrotherapy Soak to melt away aches and pain.

Organic Nation – Facials

A green science skincare range designed for luxury and results, a combination of beautiful blends of active and organic raw materials this fusion brings a soil to skin experience which will nourish and revitalise you and your skin.

The Soil to Skin Philosophy developed by Organic Nation is embraced throughout our Facial treatments and products. The Soil is where organic native Australian ingredients begin, and the Skin is where it finishes, we have embraced the opportunity to partner with a brand whose values go hand in hand with our breathe® product range, respecting natures gifts.

Breathtaker Facial

90min • \$195

This signature treatment is our complete facial experience. After a warming back massage, your skin will be treated to your individual needs for optimal skin health. We apply alternative sustainable technologies using non-toxic and organic ingredients that have the ability to repair, heal and transform your skin. We want your skincare routine to be an experience, to delight your senses and most importantly produce results you can see and feel.

Includes: Foot Ritual – Back Massage – Cleanse & Exfoliate – Facial Massage – Facial Mask – Hand & Arm Massage – Moisturise

Essential Facial

45min • \$90

Designed to brighten and awaken your skin. Ideal for busy lifestyles, this facial will deliver softer, smoother, clearer and more radiant skin.

Includes: Cleanse & Exfoliate – Facial Massage – Facial Mask – Hand & Arm Massage – Moisturise