

A woman with her hair in a bun is sitting in a hot spring, leaning her arms on the tiled edge. The water is bubbling. The background shows a stone wall and some foliage.

MINERAL SPA

MINERAL SPA

Mineral Spa

(Located in the grounds of Peppers Mineral Springs Retreat)

124 Main Road, Hepburn Springs, 3461 Victoria, Australia

Ph. +61 (0) 3 5348 2100

Fax. +61 (3) 5321 6269

Email. treatments@mineralspa.com.au

mineralspa.com.au

The elegant lifestyle group that showcases the hospitality, style, heritage and mineral water of Australia's most famous spa region.

PEPPERS MINERAL SPRINGS RETREAT | MINERAL SPA | MINERAL SPA VILLAS | VILLA PARMA
DAYGET RETREATS | BIRCH CLUB | BIRCH ESTATE | SPRING CREEK MINERAL WATER

AN IDYLIC RURAL
RESTORATIVE
HAVEN TUCKED
IN THE HEART OF
DAYLESFORD &
THE MACEDON
RANGES,
AUSTRALIA

Our unique signature feature is the highly acclaimed Mineral Water Retreat; a relaxing indoor/outdoor private haven with steam room, lavender sauna, detox box, outdoor sun deck, two outdoor mineral water spas and cold plunge pool. Signature treatments are by the prestigious spa specialist, Pevonia Botanica, performed by therapists, each with their own area of expertise, and personally selected for their healing hands and calming spirits. The spa features 11 spacious treatment rooms including eight double suites, a hydro-bath double suite and sleek relaxation room.

CONTENTS

Retreat Packages.....	2
Mineral Rituals.....	4
Hands and Feet.....	5
Water Therapy.....	6
Body.....	10
Massage.....	12
Face.....	14
Makeup.....	15
Price List.....	16



SPA PACKAGES & DINING

ULTIMATE MINERAL SPA INDULGENCE

APPROX. 6 HOURS

The “Rolls Royce” in spa relaxation. We start with the essentials, firstly relaxing you through the calming effects of gentle massage. Then cocooning you, your body and your senses in the healing powers of minerals, water and touch. Luxuriate in the delicious aromas and delightful sensations all around you. Make this day an occasion - it's yours to enjoy.

Includes:

- 60 mins relaxation massage
- 60 mins Mineral balance facial
- 60 mins Body Signature Mineral Cocoon (on soft pack bed)
- 60 mins pass to The Retreat, our mineral water therapy zone
- 25 mins hydrotherapy massage bath
- Choice of 2 course spa lunch or High Tea

TOTAL FLOAT & RELAX

APPROX 5.25 HOURS

Float away stress in a cloud of weightlessness, after an original Aboriginal re-balancing & moisturising massage. Being cocooned in a world of relaxation and calm will restore you to your original self.

Includes:

- 60 mins Kodo massage
- 60 mins Body Signature Mineral Cocoon (on soft pack bed)
- 60 mins pass to The Retreat, our mineral water therapy zone
- Choice of 2 course spa lunch or High Tea
- 45 min Mineral float facial on soft pack bed

MINERAL STRESS BUSTER

APPROX 4.5 HOURS

A professional body massage does wonders for reducing stress, relieving tension, both physical and emotional, by eliminating the built-up negative effects of everyday pressures. Coupled with the many healing benefits associated with mineral water baths and other water therapies - including stress relief, alleviation

of sleeping problems, lower blood pressure, and calming internal organs and endocrine system by stimulating nerves on the spinal cord – stress and tension fade into the gentle country air.

Includes:

- 90 mins relaxation massage
- 60 mins pass to The Retreat, our mineral water therapy zone
- 25 mins hydrotherapy massage bath
- Choice of 2 course spa lunch or High Tea

HEAD-TO-TOE

APPROX 4 HOURS

Taking time out or down time to give our bodies time to relax helps to reduce stress helps us feel rejuvenated and ready to take on the world again. So close your eyes and let yourself be pampered... head to toe.

Includes:

- 90 mins body & face massage
- 60 mins pass to The Retreat, our mineral water therapy zone
- Choice of 2 course spa lunch or High Tea

MINERAL ESCAPE

APPROX 3.25 HOURS

Escape the world for a few hours and let Mineral Spa wrap you in pampering.

Includes:

- 45 mins relaxation massage
- 60 mins pass to The Retreat, our mineral water therapy zone
- Choice of 2 course spa lunch or High Tea

DINING

SPA LUNCH

Eating healthily can increase vitality, immunity and life expectancy, and is essential to a well-balanced body and mind. Proving that beauty and pleasure of food can be part of a healthy lifestyle, we have introduced the healing Spa Lunch. 5-star dining for the body and soul.

HIGH TEA UNDER THE ARCHES

Enjoy the revival of a truly English tradition, as traditions of glamour, starched white tablecloths, fine bone china and afternoon tea have returned. Relax over delectable bite-sized sandwiches, a delicate collection of cakes and fancies, and freshly baked, warm scones served with thick fresh cream and traditional berry preserves. Elegantly presented on tiered cake stands and served with a selection of freshly brewed teas.

Guests staying at Peppers Mineral Springs Retreat are entitled to exclusive discounts on all Mineral Spa packages. Ask about these when making your booking. Be sure to bring your swimwear for The Retreat.

MINERAL RITUALS

THE DREAMING

ULTIMATE FULL BODY RITUAL
3 HOURS

Surrender yourself to the ultimate experience that will relax and revive you from head to toe. Embracing traditional Aboriginal healing techniques that include a Li'Tya hand and foot treatment, exfoliation, body wrap, rhythmic full body kodo massage, conditioning hair and scalp treatment, and facial. Through the power of nourishing Australian native essential oils and plant extracts, cleansing earth ochre's and purifying desert salts, the skin of the face and body is cleansed, invigorated, restored and nourished; tired muscles are eased and energised, and all the body systems are rebalanced and rejuvenated.

MINERAL PURIFYING RITUAL

120 MINS

Marine therapy is a powerful tool to increase the body's circulation, aiding the body's "self-cleansing" mechanisms. Detoxify with a zesty sea polish and invigorating algae wrap. While your wrap is penetrating, enjoy a deep cleansing facial treatment including exfoliation and rebalancing seaweed mask. A stimulating full body massage completes this ritual.

MINERAL WELLBEING RITUAL

120 MINS

This treatment combines the benefits of salt polish exfoliation to aid the medicinal penetration of healing and moor mud body wrap actives, prized for their high mineralising and balancing content. While your body wrap absorbs, completely relax with a soothing scalp massage. Then a rejuvenating and restoring hydrotherapy massage bath, leaves you simultaneously calm and energised.

MINERAL YIN RITUAL

90 MINS

The Yin Ritual begins with a mineral salt polish to smooth away dry skin cells and purify the skin. A waterlily gel is applied to the body to calm and deeply repair the skin. Followed by a facial cleanse, a cooling ginkgo eye mask, a customised aromatherapy soothing gel mask and then finally a decongesting massage to the calves and feet with tension relief gel.

MINERAL YANG RITUAL

90 MINS

The Yang Ritual begins with an invigorating sea polish to smooth and soften the skin, increase circulation and aid internal detoxification. Your body is then cocooned with a natural Rassoul mud that delivers mineralising, rejuvenating and smoothing effects, while relieving fatigue. Whilst cocooned, your face is cleansed and exfoliated, then massaged under warm steam. Then receive a final rejuvenating lift with dry oil body moisturiser.

HANDS & FEET

Choose from a wonderful selection of ELES mineral nail enamel polish with your foot or hand therapy to enhance the look of your hands and/or feet.

MINERAL FOOT THERAPY

45 MINS

OPTIONAL NAIL POLISH - 15 MINS

Callous formation and epidermal thickening can result in painful and unappealing feet. Salicylic acid and glycolic acid powerfully unite in this luxurious foot and nail treatment designed to soften, exfoliate and smooth your soles and heels while caring for your nails. Your feet resurface refreshed, hydrated and velvety-smooth.

MINERAL HAND THERAPY

45 MINS

OPTIONAL NAIL POLISH - 15 MINS

Keep your hands from revealing signs of uneven skin tone and hyper-pigmentation by visibly improving their appearance. This treatment includes a gentle exfoliation to remove accumulated impurities and dead cells, followed by an application of a lightening mask. As a final touch, a hydrating veil of replenishing hand cream is massaged in, rendering your skin tone visibly brighter for attractive, evenly toned hands.

Midweek special: Book any Mineral Ritual and a Retreat pass and receive a complimentary 2 course lunch or High Tea.



WATER THERAPY

THE RETREAT

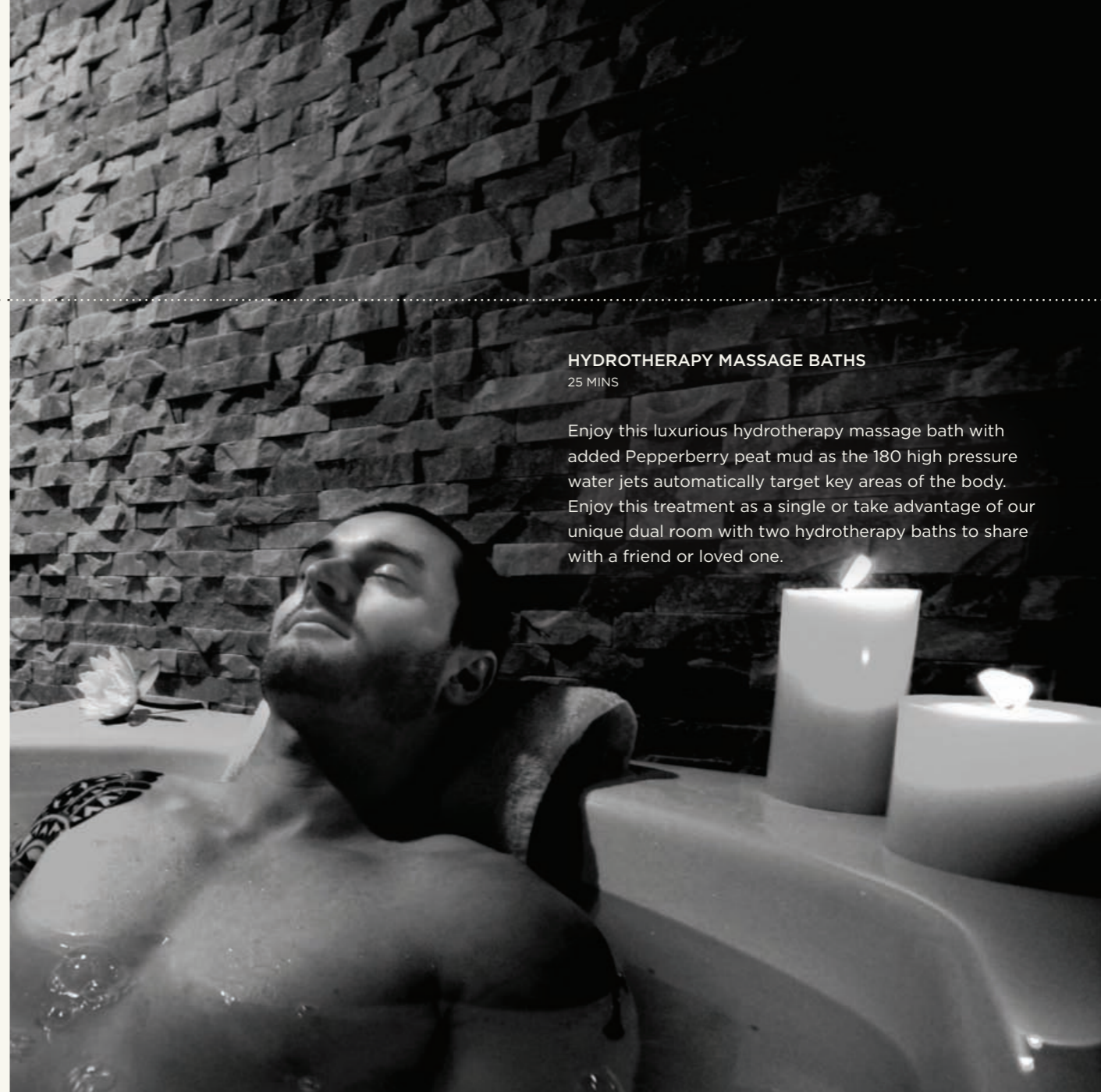
60 MINS / 90 MINS

Tucked in a secluded, peaceful corner of the spa, the Retreat is an indoor/outdoor Mineral Water therapy area with sundeck, guest lounge and open fireplace. Soak away stress and tiredness in Australia's only true "taking the waters" spa; the world's most enduring healthful healing traditions for which European mineral spas are so famous. Two 37°-39° mineral water plunge spa pools revive and relax stressed bodies, and a cooler plunge pool invigorates. The transition from hot to cool stimulates the circulatory system, feeding nutrients to every organ and all the tissues of the body. The covered spa pools and plunge pool are on the Retreat veranda, overlooking beautiful landscaped gardens. The lavender-infused basalt stone sauna is the only one in the Southern Hemisphere and has to be experienced to be believed. The hot rocks are plunged into the copper cauldron filled with essential oils. Then step into the infrared detox box and be engulfed by gentle warmth that activates the body's natural cleansing process. The "soft" radiant heat created has been compared to the comforting warmth of sunlight through a glass window on a winter's day. The wet steam room assists in opening the pores and clearing chest and sinus congestion.

HYDROTHERAPY MASSAGE BATHS

25 MINS

Enjoy this luxurious hydrotherapy massage bath with added Pepperberry peat mud as the 180 high pressure water jets automatically target key areas of the body. Enjoy this treatment as a single or take advantage of our unique dual room with two hydrotherapy baths to share with a friend or loved one.





When we relax, we breathe deeper, the lymph system is energised and the reproductive and digestive systems are strengthened, which is all reflected in the look and feel of our skin.

BODY SIGNATURE MINERAL COCOONS

45 MINS/60 MINS

Our exclusive signature cocoons deliver mineralising, replenishing, rejuvenating, and smoothing effects, while relieving fatigue and exhaustion. Cocoon treatments are even more special when on our Soft Pack Floatation Beds; the only ones in the Southern Hemisphere. Wrapped in a warm, water-heated blanket, the treatment bed lowers into 6 inches of water (you don't get wet). Cocooned and submerged, you'll float in a peaceful, almost weightless environment as our special wrap aids your body in the absorption of muds, oils, creams and other products, thereby dramatically increasing your body's absorption rate, decreasing stress and fully relaxing the entire body. Choose from:



ENERGISING

Volcanic ash is historically recognised as a purifying source for skin cleansing and moisture retention. This warm Rassoul mud stimulates the release of impurities and deeply hydrates the skin.

INVIGORATING

Detoxify and re-mineralise dry, depleted skin using Pevonia's naturally stimulating marine elixir. Your body is covered with warm micronised algae and gently wrapped to release stress and toxins.

HEALING

Scientifically proven black magma mud, rich in natural vitamins, minerals & enzymes, is recognised for its healing properties dating back to ancient civilisations. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and muscles relax. Ideal for those prone to chronic pain, fatigue and rheumatism/arthritis pain.

REPLENISHING

Soothing Pevonia gel moisture surge combines the benefits of waterlilies and green tea extracts for a cocoon that relieves and replenishes sun-exposed or stressed skin.

CALMING

Breathe in tranquillity as your body relaxes and stress gently slips away. Natural essential oils are applied to stimulate your body's ability to release stress.

MINERAL EXFOLIATION

45 MINS

Recommended as an ideal pre-treatment to maximise the effect of Body Cocoons. Choose from:

PEVONIA SEA POLISH

Seaweed polish eliminates dead cells, superficial toxicity, impurities, and sebum accumulation.

PEVONIA MINERAL SALT POLISH

An exfoliating sea salt enriched with grapefruit, mandarin, orange and lavender.

PEVONIA AROMA POLISH

Utilising jojoba beads to eliminate dead cells while lemon, rosemary and sage reduce superficial toxicity, impurities and sebum accumulation.

BODY TREATMENT ADDITIONS

CONDITIONING HAIR AND SCALP TREATMENT

Cleanses, replenishes, hydrates, and mineralises the head and scalp whilst also being a perfect stress antidote. Your hair is generously treated with micro-emulsified oil or a quandong hair mask.

No extra time

APPETISER FACIAL

An introductory skincare treatment, including a facial cleanse, exfoliation and treatment mask.

No extra time

MASSAGE

MINERAL BODY AND FACE MASSAGE 90 MINS

In the pursuit of the ultimate massage, this ritual combines a top-to-toe full body and facial massage with a facial cleanse, exfoliation & professional mask treatment to soothe the nervous system, calm the mind and relieve built up tension and stress. Combining the skin repairing benefits of micro-emulsified oil with vitamin E and the rebalancing benefits of essential oils.

MINERAL STONE MASSAGE 90 MINS

Mineral enriched granite rocks provide a heat relaxing massage incorporating the body's energy points. Incorporates customised aromatherapy oils with a ground mineral blend of malachite and zincite for the ultimate in skin healing and regeneration.

KODO MASSAGE 60 MINS/90 MINS

This rhythmic body massage is inspired by traditional Aboriginal techniques which work to balance and re-align energy flow. A combination of pressure points and rhythmic movements work to relieve muscular aches and pains, whilst rejuvenating the body's energies. A choice of native aromatic oils is prescribed depending on your individuals needs.

DEEP TISSUE MASSAGE 45 MINS/60 MINS/90 MINS

This deep, regenerative massage integrates a variety of techniques to relieve pain, realign and balance your musculoskeletal system. Localised on areas of concern, we will unravel tension in sore and tight muscles by invigorating blood flow to enhance circulation and detoxification. Recommended to ease chronic tension, muscular stiffness and headaches.

RELAXATION MASSAGE 45 MINS/60 MINS/90 MINS

Designed to relax your mind and body, this massage uses slow rhythmic strokes and concentrates on easing nervous tension and stimulating your blood and lymphatic circulation.

MARMA KODO PREGNANCY MASSAGE 60 MINS

This gentle, relaxing treatment uses macadamia and camellia oils to create a nurturing treatment for specific needs after the first trimester of pregnancy. With a unique combination of oils that has been formulated to condition the skin, this massage eases areas of tension, improves circulation and alleviates back pain, whilst promoting a state of calm and wellbeing for both you and your baby.

ONCOLOGY MASSAGE 60 MINS

This gentle massage performed by specially trained therapists is an excellent way to support you in staying healthy, stimulating immune system functioning, and helping the body to rest and recover from cancer and cancer

treatment. Extensive research has shown that oncology massage reduces anxiety, eases pain, improves sleep and eases fatigue. This special massage has been developed in conjunction with recognised medical research and tactile therapies. Traditional massage techniques are modified to lessen and work around the side-effects and complications of surgery, radiation, chemotherapy, and medications.

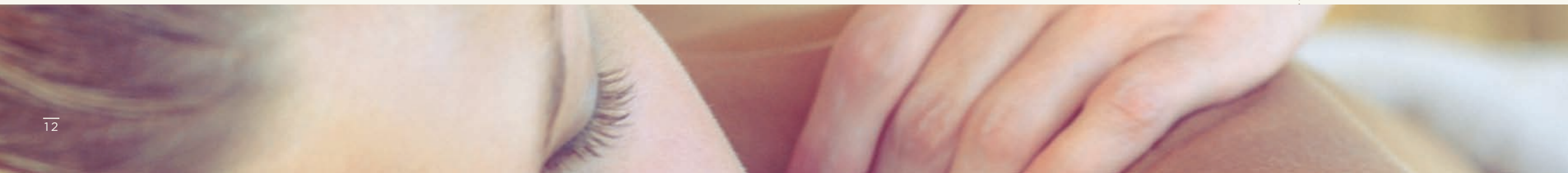
MASSAGE ADDITIONS

MINERAL MAXIMISER

Maximise the benefits of your relaxation or deep tissue massage with this vitamin enriched massage emulsion combining the skin repairing benefits of micro-emulsified oil with vitamin E and the rebalancing benefits of essential oils.
No extra time

CONDITIONING HAIR & SCALP TREATMENT

Cleanses, replenishes, hydrates, and mineralises the head and scalp whilst also being a perfect stress antidote. Your hair is generously treated with micro-emulsified oil or a quandong hair mask.
No extra time



FACE

MINERAL SIGNATURE

90 MINS

Drenches skin with the mineralising benefits of malachite copper (detoxification, tissue regeneration, energy balancing) and zincite zinc (healing, scar reduction, and stress reducing) with pure essential oils of lavender, neroli or rosemary. Ritual includes 30 minute back, neck and shoulder massage before a complete facial including a gentle exfoliation cleanse, facial massage and application of rich multi-vitamin mask selected for its PH balancing properties, as well as a soothing arm and foot massage.

MINERAL INFUSE

60 MINS

For instant visible results and correcting skin conditions such as sensitivity, dehydration, premature skin ageing and hyper-pigmentation. Enjoy a deep cleansing and steam exfoliation before your customised extracts are selected and infused with the aid of a high performance setting mask abundant in replenishing sea minerals. Includes a deeply relaxing hair & scalp massage.

MINERAL BALANCE

60 MINS

Harnessing the balancing power of plant extracts to normalise and rejuvenate the skin. Combining a gentle exfoliation with pure essential oil blends and rich multi-vitamin mask to restore freshness and radiance. Includes a deeply relaxing hair & scalp massage.

MINERAL FLOAT

ON SOFT PACK BED

45 MINS

This serene treatment includes deep cleansing, exfoliation and a soothing facial massage followed by a cooling, decongesting waterlily mask rich in proline and green tea to restore collagen synthesis and fight free radicals. The healing and hydrating effects of chamomile and waterlily combine to provide deep hydration and calmness. During the mask you are wrapped up and floated in a warm, water-heated blanket on our Signature Soft Pack Beds.

FACIAL ADDITIONS*

Enhance your face treatments with our specially selected extra touches.

EYE SOOTHE

Reduces puffiness & dark circles
No extra time

EYE SMOOTHIE

Reduces fine lines & wrinkles
No extra time

LIP CONTOUR

Smoothes & plumps lip contours
No extra time

CONDITIONING HAIR & SCALP TREATMENT

Cleanses, replenishes, hydrates, and mineralises the head and scalp whilst also being a perfect stress antidote. Your hair is generously treated with micro-emulsified oil or a quandong hair mask.

No extra time

* Facial additions can also be incorporated with your choice of mineral cocoon.

MAKEUP

AFTER TREATMENT MAKEUP BY ELES MINERAL MAKEUP

15 MINS

FULL MAKEUP BY ELES MINERAL MAKEUP

30 MINS