

Private Mineral Retreat

The Retreat is yours to explore with your loved one, including a Treatment of Choice, Mineral Bath Soak, Vichy Shower Steam and Sun Beds with breathtaking ocean views.

- Locally sourced refreshments on arrival
- Treatments of choice including massage and/or facial
- Mineral soak in circular stone mineral bath
- DIY detox body scrub and mineral rich clay mask
- Full body six shower jet massage, drenching rain showers, aromatherapy steam
- Full body hydration
- Graze & Bathe Platter, a Bottle of Local Sparkling, Time to Enjoy the View

120 mins / \$620 per couple / inc. 45 min treatment of choice
180 mins / \$780 per couple / inc. 75 min treatment of choice

Detox & Revival

A comprehensive purification process using highly potent active ingredients working as detox agents stimulating cells and lymphatics. This journey commences with refreshments and a guided meditation. An invigorating full body exfoliation is followed by a detoxifying wrap and private steam. Concludes with a Blissful Marma massage that is deeply relaxing but energising.

150 mins / \$395

Reflect & Immerse

A journey of deep relaxation and balance. Begin with refreshments and a gentle meditation, followed by a mineral soak in water straight from the caves below. Your journey than follows with an aromatic facial compress, Blissful Marma Massage to increase your vital energy and completes with a customised facial.

120 mins / \$305

Group Escape

Mineral Pool Bathing / 60 mins
Massage or Facial of choice / 60 mins
Graze & Bathe Platters
Glass of Local Sparkling

\$245 per person / Minimum 3 guests

Additional Information

Opening hours

Wednesday – Saturday
10am to 5pm

Accommodation Guests may request treatments outside opening hours – subject to availability.

Arrival

Please arrive 15 minutes prior to your appointment. Understand that late arrival may compromise the full length of your treatment. Please note we are a mobile phone and smoke-free environment.

Cancellations

The time for your experience has been exclusively reserved for you. Therefore if your plans change we request the courtesy of 24 hours notice to cancel or change your appointment. Regrettably without due notice the full charge of your reserved treatment will be applied to your credit card provided on booking.

Minimum Age

Spa guests must be aged 16 years or over.

Gift Vouchers

Available for all treatments, journeys and retreats. Valid for 12 months from purchase.

Spa Reservations & Enquiries

(03) 5258 2990

www.lonretreat.com.au

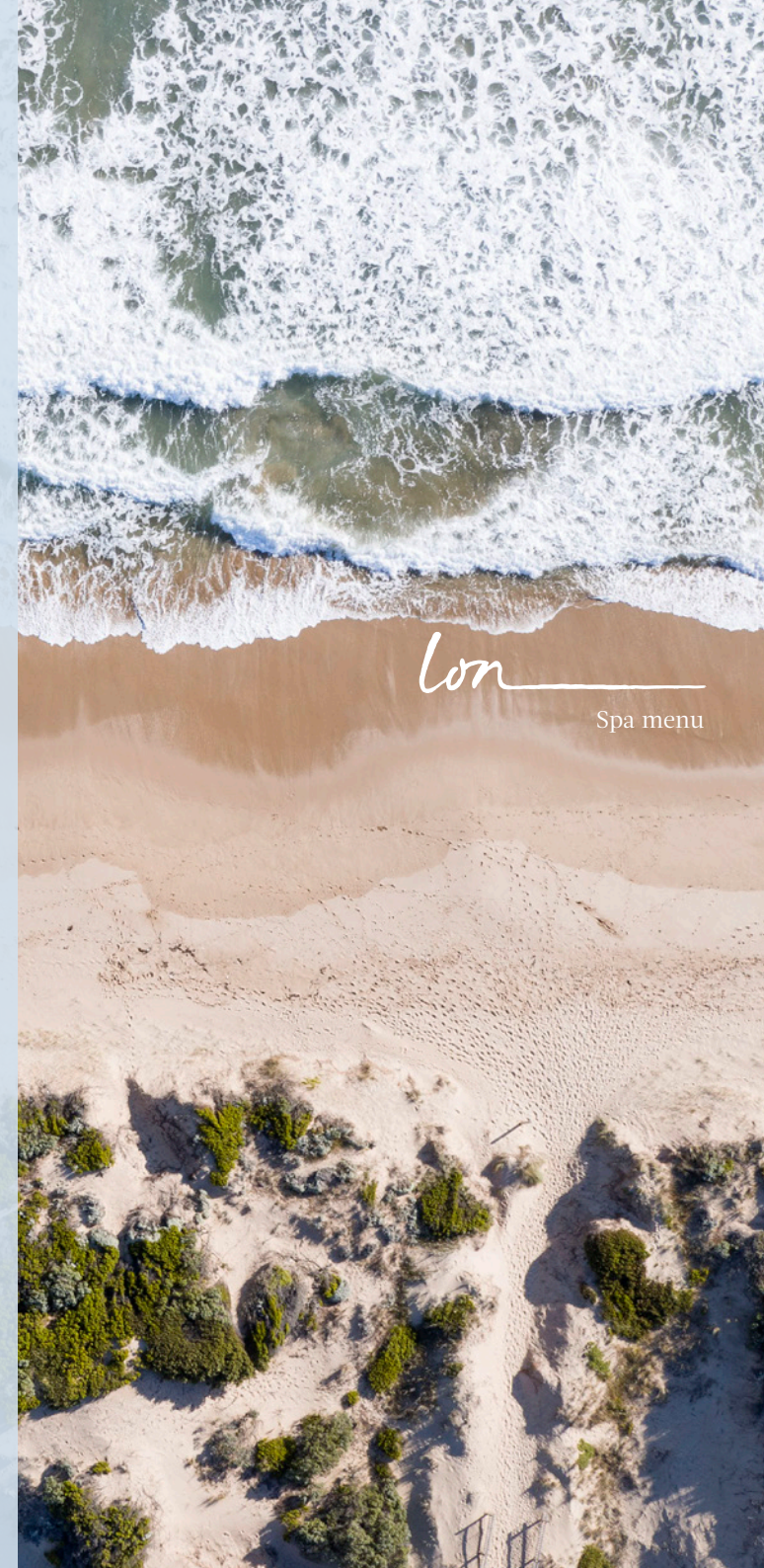
spa@lonretreat.com.au

25 Gill Road, Point Lonsdale, Victoria 3225

To ensure your preferred time and treatment(s) are available, we recommend you book in advance.

Lon _____

Retreat & Spa



Lon _____

Spa menu

Lon

High on the hill and inspired by the farm and coastal surroundings, Lon Spa is a simple yet luxurious spa experience. Water therapy is sourced from natural mineral springs running beneath the farm that has been held within our family for over 100 years.

A small and exclusive space, Lon Spa consists of three unique treatment rooms featuring mineral water fed soaking tubs, steam rooms and breathtaking views to the ocean, lighthouse and coastal landscape.

Our Mineral Water sourced heated pool leads to a sunroom, private gardens and sundecks gazing towards the entrance to Port Phillip Bay.



Mineral Pool Access

We recommend our mineral pool is experienced prior to your treatment commencement time. Swimwear is to be worn at all times.

30 mins / \$35
60 mins / \$50

Please note, Mineral Pool Access 60 mins is included in Private Mineral Retreats, Detox & Revival and Reflect & Immerse. It is complimentary for all Lon accommodation guests.

Blissful Marma Massage

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centres. The 90 minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

60 mins / \$165
90 mins / \$215

Pregnancy Nurture Massage

Designed for new mums and mums-to-be, Subtle Energy Pregnancy oil blends are used in this therapeutic massage designed to reduce stress, relieve strain on ankles, knees and back, and increase blood and lymph flow. Suitable for women after their first trimester.

75 mins / \$195

Deep Tissue Massage

Combining the therapeutic benefits of Subtle Energies Muscle Ease body blend with deep, soothing massage techniques, your therapist will focus on releasing built-up tension and targeting areas of concern.

60 mins / \$180
90 mins / \$220

24K Gold Age-Defying Facial

This exotic and enriching skin remedy will enliven the skin whilst restoring balance. Working to boost collagen production and increase skin cell renewal, restorative powers of 24k gold leaf penetrate and revive deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that creates a positive glow inside and out.

60 mins / \$180
90 mins / \$220

Soothe & Enrich Antioxidant Facial

Designed for dry, sensitive or damaged skin, this intense facial therapy delivers an exceptional nutrient rich elixir that revitalises. Essential fatty acids fight free radical damage protecting the skin from visible signs of ageing.

60 mins / \$170
90 mins / \$210

Mukha Chikitsa, Holistic Facial

Harnessing the potent blend of ancient cellular wisdom and modern science, this customised facial delivers a unique anti-ageing experience. Releasing muscle tension whilst leaving the skin visibly smoother and luminous.

60 mins / \$175

Pearl Infused Remineralising Body Mask

This exceptional treatment is designed to deliver multi-sensory results. Perfect preparation for your special occasion. A skin softening exfoliation followed by private steam, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned, receive a facial marma massage, using Indian rose oils to release tension and restore balance.

90 mins / \$240

Himalayan Energising Body Polish

Feel invigorated as this mineral rich exfoliating body polish, using Himalayan Crystal Salts and nourishing oils releases toxins and stimulates circulation. Includes a private steam and ends with a personalised full body hydration.

60 mins / \$165

Treatment Elevations

We highly recommend mineral bathing or steam prior to any treatment to help relax & enhance your experience.

Massage	30 mins / \$80
Scrub & Steam	30 mins / \$95
Petite Facial	30 mins / \$80
Hair & Scalp	30 mins / \$80
Vichy Shower Steam	30 mins / \$60
Private Mineral Bath	30 mins / \$65 45 mins / \$80
Graze & Bathe Platter	Locally Sourced / \$35 pp

Rasayana Detox Body Wrap

Revitalise, tone and purify. Begin with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as mineral rich clay infused with powerful herbs of Ginger Lily, Spirulina and Green Tea envelope your body providing the ultimate detox. Includes a private steam and customised full body hydration leaving skin glowing.

90 mins / \$200

Rasayana Detox Body Scrub

A rejuvenating exfoliation using cinnamon bark and walnut shells, blended with uplifting aromatics of tulasi, limbu lime and wild turmeric. Removing dead skin cells, detoxifying and reducing signs of cellulite. Includes a private steam and customised full body hydration.

60 mins / \$165