



DEEP WATER

DAY SPA & HOT SPRINGS



*Treatment
Menu*

www.thedeepblue.com.au

The Geothermal Experience

Deep underground, beneath our Bathhouse is ancient water sources known as the Dilwyn Aquifer.

Travelling deep underground, the unique water supply collects health restoring minerals, salts and heat as it gradually makes its way from the sand dunes to arrive under the bathhouse at 42°C, rich in natural therapeutic benefits. The cycle of rain water being drawn to the vast aquifer provides a continually replenishing source and has particularly high levels of iron and bicarbonate which contributes to its unique colour.

Thermal spring water facilitates therapeutic and healing in many ways.

Bathing in hot springs gradually increases the temperature of the body, thus killing harmful germs and viruses.

Thermal bathing increases hydrostatic pressure on the body, thus increasing blood circulation and cell oxygenation. The increase in blood flow also helps dissolve and eliminate toxins from the body.

Repeated Hot springs bathing, especially over a three to four week period can help normalise the functions of the endocrine glands as well as the functioning of the body's autonomic nervous system.

Our Open Bathhouse thermal water ranges between 37 – 41°C. No appointment necessary to bathe in our open water.

We also provide private rooms to bathe and enjoy in your own privacy. Our private rooms can bathe from 2 to 6 people. Your private thermal water can range between 35 – 42°C. Private rooms are subject to availability. Please contact the Day Spa for bookings.

Open 7 days a week.



Signature Treatments



> TOGETHER TIME

Spend quality time together of pure relaxation with that special person.

Your journey begins with an hour bathe in our natural geothermal mineral water in one of our private rooms. Before starting your massage you will be guided on a true sensory journey using Deep Water Spa's signature essential oil blends followed by a head to toe relaxation massage in our deluxe couple's suite. Finished your journey with a refreshing drink and our delicious seasonal fruit and cheese platter in our relaxation lounge.

Allow 3 hours	
Monday – Saturday	\$280 per couple
Sunday & Public Holidays	\$320

> DE-STRESS RITUAL

Start with a gentle dry body brushing to polish away superficial impurities, remove toxicity and rough skin. Before starting your massage you will be guided on a true sensory journey using Deep Water Spa's signature essential oil blends followed by a relaxing full body massage tailored to your body's needs. Complete your treatment with a detoxifying and nourished facial.

Allow 2 hours	
Monday – Saturday	\$200
Sunday & Public Holidays	\$260

> BOTANICAL RESCUE

Start your massage on a true sensory journey using Deep Water Spa's signature essential oil blends with a complete relaxing full body massage including hands and feet which is customised to your body's individual needs. Followed by a soothing and rejuvenating facial to improve your skin on multiple levels from detoxifying, firming and anti-aging using pure essential oils for a true face and body renewal treatment in one.

Allow 1.5 hours	
Monday – Saturday	\$150
Sunday & Public Holidays	\$180

> DETOX SAUNA AND BODY COCOON

Detoxify from the inside and out

Start your detox treatment in our wellness infrared sauna for a deep, detoxifying sweat warming you from the inside out, while relieving and relaxing your muscles. Melt away the tension and soothe any aches and pains.

Enjoy a full body dry body brushing to remove toxicity and rough skin followed by an ancient healing natural moore mud cocoon body with is rich in nutrients, vitamins and enzymes leaving your skin feel soft, supple and hydrated. It has therapeutic benefits for conditions such as muscular pain and inflammation, sports injuries, fatigue and arthritis, while enjoying a scalp massage.

Allow 2 Hours	
Monday – Saturday	\$150
Sunday & Public Holidays	\$180

> COMPLETE BODY INDULGENCE

Your journey begins with an hour bathe in our natural geothermal mineral water in one of our private rooms. You will then enjoy a full body exfoliation using dry body brushing, followed by your body been wrapped in our natural detox mud cocoon, rich in nutrients, vitamins, minerals enzymes leaves your skin feeling soft, supple and hydrated. While your body is wrapped in a mud cocoon enjoy an appetizer facial with pure essential oils and plant extracts to refine the skin's texture and balance moisture and oil levels, leaving your face positively vibrant.

Allow 2 Hours	
Monday – Saturday	\$200
Sunday & Public Holidays	\$220

> RADIANCE GLOW

You will then enjoy a full body exfoliation using dry body brushing. Achieve instant results with our invigorating brushing on your skin. Then be guided on a true sensory journey using Deep Water Spa's signature essential oil blends followed by a head to toe full body relaxation massage tailed to your needs. Bring your body back to superb radiance.

Allow 1.5 Hours	
Monday – Saturday	\$150
Sunday & Public Holidays	\$170

> BODY COCOON

Start your treatment with a full body dry body brushing to soothe the skin followed by an ancient healing natural moore mud, rich in nutrients, vitamins and enzymes leaving your skin feel soft, supple and hydrated. It has therapeutic benefits for conditions such as muscular pain and inflammation, sports injuries, fatigue and arthritis.

Allow 1 Hour	
Monday – Saturday	\$130
Sunday & Public Holidays	\$160

> BREAKFAST & BATHE

Relax and bathe in our open natural geothermal mineral hot springs before enjoying our Deep Blue Buffet breakfast.

Allow 2 hours	
Available Mon – Fri 7am – 10am	
Monday – Saturday	\$30
Sunday & Public Holidays	\$35



Massage

ALL OUR MASSAGES START BY ENJOYING A TRUE SENSORY JOURNEY USING DEEP WATER SPA'S SIGNATURE ESSENTIAL OILS BLENDS

> **HEAD, SHOULDER & BACK - 30 min**

Soothe away your tension in your upper body, break down knots and improve your flexibility.

Your massage will help relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head, making you feel relaxed and re-energised.

Monday – Saturday	\$75
Sunday & Public Holidays	\$100

> **HEAD, NECK & SHOULDER - 30 min**

Relieve all that tension focusing on stress-relieving massage to ease head, neck and shoulder tension.

Increased blood flow to the area and releases tightness so you leave feeling lighter and re-energised.

Monday – Saturday	\$75
Sunday & Public Holidays	\$100

> **45 MINUTE RELAXATION - 45 min**

Relieve tension from the back of your legs, your back, neck and shoulders. Your massage stimulates not only the muscles, but also gives positive effects on the whole body, leaving you feel rejuvenated.

Monday – Saturday	\$85
Sunday & Public Holidays	\$115

> **FULL BODY RELAXATION - 60 min**

A deeply therapeutic full body massage dedicated to concentrate on your body's needs.

Your massage will consist of flowing strokes, kneading and gentle manipulation of the muscles performed at your chosen pressure.

Monday – Saturday	\$95
Sunday & Public Holidays	\$130

> **PREGNANCY MASSAGE** - 45 min

Minimum term 12 weeks

Enjoy a nurturing massage for any mum-to-be with supportive, comfortable pillows while relieving any tension in your lower and upper back.

Monday – Saturday	\$90
Sunday & Public Holidays	\$125

> **MUM & BUB PAMPER** - Allow 1.5 hours

Enjoy a nurturing massage designed to relieve the common discomfort of pregnancy followed by an appetising facial leaving your skin positively vibrant.

Monday – Saturday	\$150
Sunday & Public Holidays	\$190

> **HOT STONE MASSAGE** - 60 min

This massage uses warm basalt stones on the back of your body to bring about healing, balance and rejuvenation. Deeply calming and remarkably healing, bring balance physically, mentally and emotionally.

Monday – Saturday	\$100
Sunday & Public Holidays	\$140

> **HOT STONE MASSAGE** - 90 min

This full body massage uses warm basalt stones to bring about healing, balance and rejuvenation. Deeply calming and remarkably healing, bring balance physically, mentally and emotionally.

Monday – Saturday	\$140
Sunday & Public Holidays	\$160

Upgrade any massage

- > **ANTI-STRESS LOTION** \$20
- > **TENSION RELIEF GEL** from \$10 - \$30





Facials

> DEEP REJUVENATING FACIAL - 45 min

A deluxe facial customised for your specific concerns with an emphasis on 'true health' for your skin.

This therapy will visibly enhance your skin's texture and maximise hydration. With a refreshing lift off mask leaving your skin calm and nourished with a radiant glow and even tone, complete with a hand or scalp massage.

Monday – Saturday	\$120
Sunday & Public Holidays	\$140

> DIVINE DETOX FACIAL - 60 min

With a nourishing boost of essential fatty acids, vitamins and minerals this facial will leave your skin feeling rejuvenated and strengthened. This facial is the perfect deep cleansing facial, with the use of liquorice extract, an anti-inflammatory that helps to eliminate acne-causing bacteria whilst also reducing the redness and sensitivity that can come with breakouts.

Monday – Saturday	\$120
Sunday & Public Holidays	\$140

> MICRO RETINOL FACIAL - 60 min

This high performance facial uses exclusive technology to disperse tiny retinol micro-particles deep within the skin. Oily, combination, acne-prone or sun-damaged skin types will benefit the most from this facial although it will have an anti-aging benefit to all skin types. It smooths wrinkles, densifies the skin, strengthens elasticity, increases moisture, evens skin tone and pigmentation, provides a radiant glow. This treatment recaptures smoother, denser, and younger looking skin instantly.

Monday – Saturday	\$140
Sunday & Public Holidays	\$160

Spa Etiquette

GIFT CERTIFICATES

We are happy to arrange a Gift Certificate for any spa treatment, services or spa products for any occasion. You may create your own personalised gift or choose a treatment from our spa menu.

RESERVATIONS

Pre-booking your treatment is essential so we can best accommodate your needs. Please check in at spa reception at least 15 minutes before your scheduled appointment. Please understand that if you arrive late, your treatment time will be reduced accordingly.

CANCELLATION & RE-SCHEDULING

If you need to change or cancel your appointment, please let us know 24 hours prior to your treatment, otherwise a cancellation fee of 50% of the treatment value will apply. 48 hours for conference, group and package bookings. All treatments are non-refundable, non-transferable and non-exchangeable.

CREDIT CARDS

1.5% Surcharge for all credit cards.

PLEASE NOTE

Advanced booking of at least 2 hours is essential for the Private Geothermal Mineral Spa. Towels are supplied for the Geothermal Mineral Spa Private Baths. Towels may be hired for a \$5 non-refundable fee for use in the Open Geothermal Mineral Spa Pool. We do advise that you wear dark coloured swimming costumes, due to the high level of iron in the water.

OPEN HOURS

Day Spa Treatments
Mon – Fri: 8am – 7pm
Sat: 8am – 6pm
Sun: Open by app. only

Open Geothermal Mineral Spa Pool and Private Baths
Mon – Fri: 8am – 7pm
Sat: 8am – 6pm
Sunday & Public Holidays:
8am – 4pm

Opening hours, prices and treatments contained within this booklet are subject to change with no notice at management discretion.

