



TREATMENT BROCHURE



The Stables Experience

The beautifully appointed Stables Day Spa offers a destination spa escape overlooking the stunning Adelaide Hills from the iconic Mount Lofty House.

We craft every element and experience carefully to offer you an enchanting wellness sojourn. Our exquisite rituals for face and body incorporate the latest techniques and meticulously formulated products to ensure each spa journey rejuvenates not only your skin but also offers you a slice of relaxation heaven.

EXCLUSIVE SPA COLLECTION

We are very proud to be an exclusive *Jurlique* approved day spa. This globally successful skincare brand places great focus on the finest, biodynamic and organic ingredients that are grown and hand-harvested at its farm, located just a stone's throw away from Mount Lofty House in Mount Barker.

PLEASE NOTE THAT MOST JURLIQUE PRODUCTS CONTAIN NUTS.

PROFESSIONAL SPA THERAPISTS

Time out and looking after yourself has become more and more essential in this day and age. Therefore, our professionally trained and compassionate spa therapists will do everything to make you feel looked after and tailor each day spa visit to your personal needs and preferences.

OUR PROMISE TO YOU AND YOUR BODY

All of our products are without chemicals, parabens, preservatives, and aluminium. We believe in the positive power of nature and that our bodies are best adapted to the gentle cures that earth provides.

Also, our naturopath designed herbal teas are all made from organic ingredients. Because this is how it was meant to be.

Retreat
to the old.
Emerge
as new.

LET YOUR SPA
WELLNESS JOURNEY BEGIN ...

Our Signature Spa Ritual

120 MINS | \$300

*botanical body exfoliation | full body hydration treatment |
warm jojoba hair treatment | seasonal botanical spa facial*

Our Signature Spa Ritual is the ultimate sensory journey entwining rejuvenation with relaxation for complete spa indulgence.

Catering to the sensory preferences of both her and him, this invigorating ritual is steeped in vitamins, omega serums, and fresh seasonal botanicals.

We begin with an incredibly soothing body polish. Once removed, surrender to a full-body hydration treatment enriched with this season's botanical harvest to replenish and deeply hydrate your skin.

While your body is resting, your therapist will perform a seasonal botanical spa facial, which includes a hydrating double cleanse, deep clay exfoliation, and vitamin-enriched emulsion massage. Face, eyes, and lips are then finished with a hydration treatment.

This is pure botanical indulgence from head to toe. Before you leave our sanctuary, let us warm your body and soul with one of our signature herbal teas.



Day Spa Escapes

PICCADILLY ESCAPE 120 MINS | \$310

*full body & scalp massage |
seasonal spa facial*

Close your eyes and let go of all the daily stress. This is your escape to a state of relaxation and rejuvenation.

Embarque on your ritual with a to you tailored full body massage using pure rose, lavender, or citrus oils. Your indulgent treatment continues with a seasonal facial that will revitalise your skin and leaves it with a beautiful, radiant glow. Your escape concludes with a tension dissolving scalp massage.

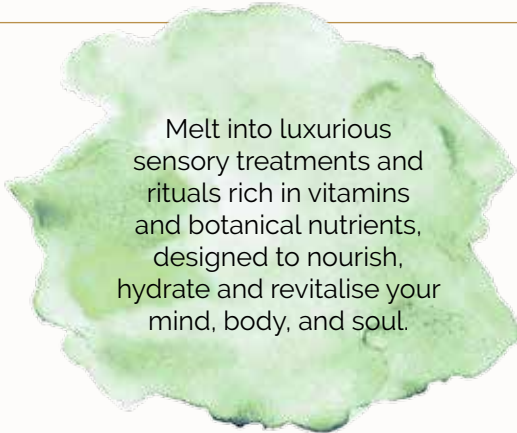
RECOVERY RITUAL 90 MINS | \$199

*hot stone back massage | express
refresh facial | jojoba scalp
treatment | foot massage*

Rest and revive with this performance therapy offering a deeply warming stress release back massage, a refreshing express facial, a scalp therapy with warm jojoba oil, and a citrus foot treatment.

This ritual is a popular choice with many of our male guests and anyone wanting to look and feel younger and refreshed.

Also available as a
120 minute ritual for \$260.



Melt into luxurious sensory treatments and rituals rich in vitamins and botanical nutrients, designed to nourish, hydrate and revitalise your mind, body, and soul.

ADELAIDE HILLS SENSORY JOURNEY 75 MINS | \$200

*hand treatment | neck &
shoulder massage | hydrating &
revitalising signature facial*

Experience the Adelaide Hills with all your senses. Let go of what keeps your mind occupied. This is your time to let your body rest and your mind travel.

The journey begins with a native honey or eucalyptus hand treatment. Let go of all tension held in your neck and shoulders with a relaxing rose, lavender or citrus oil massage, before finding peace through a hydrating and revitalising signature facial. We finish your little getaway with a house-made rose macaroon and herbal tea before farewelling you with a little surprise to continue your sensory journey at home.

MUM TO BE RETREAT 90 MINS | \$195

*foot bath & ritual | neck &
shoulder massage | hydrating &
revitalising signature facial*

Before it is time for you to nurture your little human being, allow us to take care of your body and soul.

We begin with a pampering foot soak and gentle exfoliation. This will invigorate your tired feet before we continue with a comforting neck and shoulder massage that will release any stored tension and stress. We complete your soothing experience with a tailored hydrating signature facial that will leave you revitalised, relaxed and ready for your next chapter in life.



Jurlique

For almost 35 years, Jurlique has been growing and harvesting botanicals at its biodynamic farm in the Adelaide Hills, chosen as the purest place on Earth. The farm is treated as a living organism, using advanced biodynamic practices to create potent botanicals – and to ensure nothing harmful makes it onto our skin and into our environment.

Always innovating, always at the cutting edge of skin science, always staying true to its artisanal roots. jurlique.com

Spa Facials

Our exclusive spa facials use premium **Jurlique** products formulated to harnessing premium dilutions of active botanicals and vitamin-rich infusions for a sensory ritual that promises visible results.

NUTRI-DEFINE TOUCH OF LUXE CONTOURING TREATMENT 90 MINS | \$200

*revitalising | anti-ageing | hydrating |
detoxifying | for all skin types*

This luxurious spa facial addresses multiple signs of ageing and leaves you feeling radiant.

The decadent treatment begins with a neck and shoulder massage to relieve sore muscles before a resurfacing enzyme peel is applied. Your skin is then rejuvenated and softened with our hydrating rose oil massage, followed by a contouring massage technique using cool jade and warm rose quartz crystals to help detoxify and restore the firmness to your skin.

FIRMING RESURFACING PEEL FACIAL 60 MINS | \$195

*firming | brightening | anti-ageing |
for mature, dry & sensitive skin types*

This deeply nourishing facial is perfect to add firmness to your skin and to minimise lines and uneven skin tone.

Let us revitalise your skin with an invigorating enzyme peel in combination with our specialised firming and contouring massage techniques. Treated with **Jurlique's** clinically proven natural-based anti-ageing skincare lines, your skin will feel deeply restored and firmer.



Beauty begins
the moment
you decide
to be yourself.

COCO CHANEL

RADIANT VITAMIN C FACIAL
60 MINS | \$195

*brightening | clarifying | firming |
for skin types*

Customised for your skin's needs this illuminating and skin brightening facial minimises the appearance of pigmentation other signs of ageing.

Your skin will feel more refined, plump and youthful after a deep cleanse, exfoliation, firming massage and mask.

JURLIQUE ULTIMATE RADIANCE FACIAL
60 MINS | \$145

*firming | revitalising | hydrating |
deeply relaxing | for all skin types*

This is the ultimate *Jurlique* experience, tailored to your skin's needs.

We begin with an aromatic foot ritual to soothe and refresh your tired feet. Your skin's texture is then refined with a resurfacing enzyme peel, concentrated botanicals, and a purifying mask. As you drift away, we ease any left tension with a luxurious hydrating rose oil facial and hand and foot massage.

SEASONAL WINTER FACIAL
60 MINS | \$155

*rejuvenating | anti-ageing |
nourishing | for all skin types*

Harnessing the healing properties of the amethyst crystal, this thermal facial uses a herbal infusion to enhance your complexion and boost your radiance. Combat oxidative stress, dehydration and signs of aging with this deeply nourishing and calming treatment.

SEASONAL SUMMER FACIAL
60 MINS | \$155

*anti-ageing | revitalising | for
mature, dry & sun-damaged skin*

Formulated to protect your skin from ageing, this antioxidant boosting facial treatment begins with a lemon oil opening ritual before your skin is treated with a sweet violet essence and grapefruit oil emulsion. Before you leave us feeling replenished and renewed, we will also pamper you with a refreshing citrus hand massage.

ANTI-STRESS FACIAL
30 MINS | \$85

*cleansing | relaxing | nourishing |
for all skin types*

This express facial treatment will boost your complexion with a deep cleanse, face compress and exfoliation. Your therapist will then gently knead away any tension with a relaxing face, neck, and shoulder massage using pure nourishing essential oils, leaving your skin feeling nurtured and calmed.



Massage Rituals

DEEP RELEASE MASSAGE 60 / 90 MINS | \$145 / \$195

The very firm and consistent pressure of this deep tissue massage is ideal for sports enthusiasts and anyone with deeply held tension or general muscle tightness.

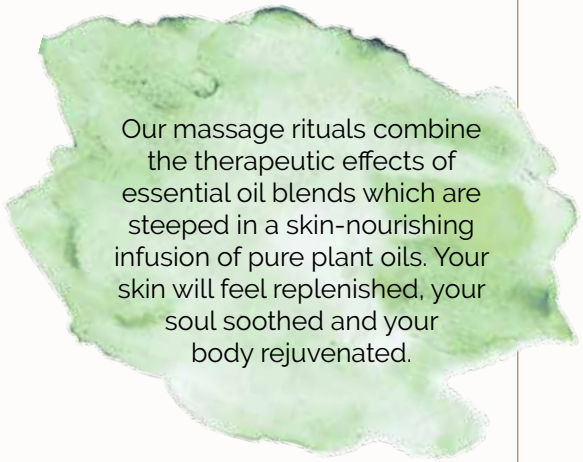
As blood flow is encouraged, metabolic toxins are flushed out, and muscular tension finds relief.

WELLNESS MASSAGE 60 / 90 MINS | \$145 / \$195

This gentle flowing massage offers the gift of a nurturing touch as traditional Swedish techniques and movements safely support the release of stress, tension, and fatigue.

HOT STONE MASSAGE 60 / 90 MINS | \$155 / \$200

Therapeutic heat is slowly released into the deeper muscle layers as warm stones, bathed in oils and held in the palms of your therapist, glide over your body. This deeply soothing and relaxing experience is also wonderful for blood circulation, the relief of stiff joints and injuries.



Our massage rituals combine the therapeutic effects of essential oil blends which are steeped in a skin-nourishing infusion of pure plant oils. Your skin will feel replenished, your soul soothed and your body rejuvenated.

No beauty
shines brighter
than the one
of a good heart.

Hand & Foot Rituals

Let us pamper your hands and feet in a luxurious experience, using botanical nutrients, exotic fruits, and pure essential oils.

MOROCCAN ROSE MANICURE 60 MINS | \$95

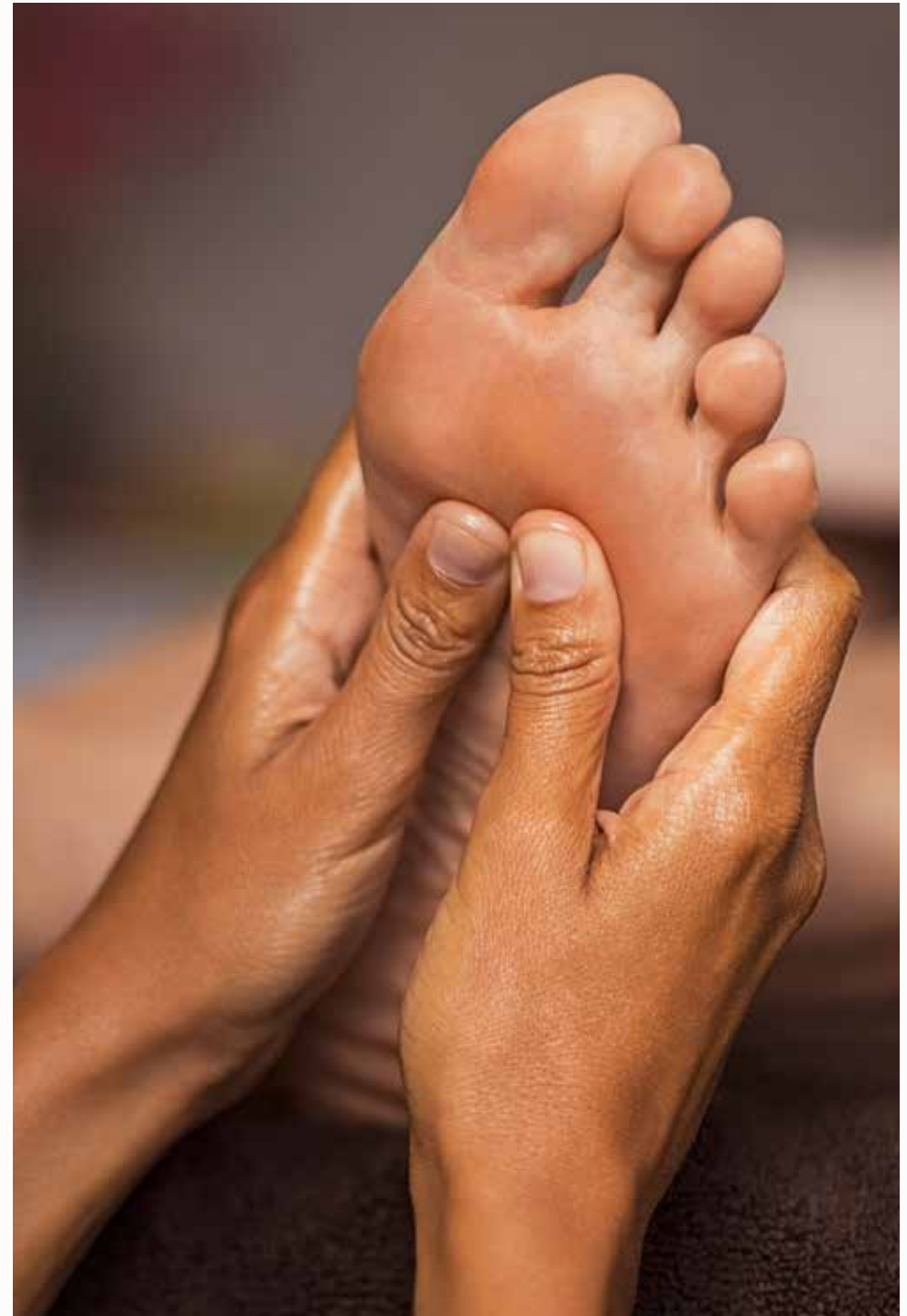
*hand soak | exfoliation |
cuticles & nails | hand massage |
nail polish*

We restore and nourish your hands with a fragrant hand soak, followed by a gentle skin exfoliation massage. Focused attention is then given to the cuticles and nails before we complete your manicure with a nourishing Moroccan Rose hand massage and nail polish of your choice.

CITRUS PEDICURE 60 MINS | \$95

*foot soak | exfoliation | cuticles,
nails, heels | foot massage |
nail polish*

Revive tired toes and feet as your soles are welcomed into a warm foot bath and revitalising sea salt exfoliation, which is followed by focused attention on cuticles, nails, and heels. This refreshing treatment finishes with a citrus oil foot massage and toenail polish of your choice.



Express Indulgences

Are you looking for something to round off your day spa escape?
Add any of the below options to your booked treatment.

COOL JADE EYE TREATMENT 15 MINS | \$30

BACK MASSAGE 30 MINS | \$60

HOT OIL HAIR & SCALP TREATMENT 30 MINS | \$60

HAND OR FOOT RITUAL 30 MINS | \$60

ILLUMINATING VITAMIN C PEEL 30 MINS | \$60

Our dream was to connect
people back to nature.

That connection... that's the
really important thing for us
as human beings.

ULRIKE KLEIN
Founder Jurlique

Tailored Treatments

Day spa your way. Create your very own experience by
combining your favourite spa treatments.

SPA ESCAPE 90 MINS | \$195

Choose any three 30 minutes options from below.

- 1 | Back Massage
- 2 | Express Facial
- 3 | Express Manicure
- 4 | Express Pedicure
- 5 | Hair & Scalp Therapy
- 6 | Foot Massage

SPA JOURNEY 180 MINS | \$380

Choose any three 60 minutes options from below.

- 1 | Body Exfoliation
- 2 | Wellness or Deep Release Massage
- 3 | Seasonal Botanical Spa Facial
- 4 | Express Manicure & Pedicure
- 5 | Express Facial & Scalp Therapy
- 6 | Back Massage & Foot Massage
- 7 | Moroccan Rose Manicure
- 8 | Citrus Pedicure



Beauty Indulgences

WAXING

- Upper Lip | \$20
- Under Arms | \$25
- Eye Brows | \$30
- Chin | \$30
- Full Face | \$50

TINTING

- Brow Tint | \$30
- Lash Tint | \$30

BROW BEAUTY | \$55

Brow Wax & Tint and Lash Tint

LASH PERMING | \$95

LASH & BROW PERFECTION | \$145

Brow Wax & Tint and Lash Perm & Tint

Spa Etiquette

SPA OPENING HOURS

The spa is open from 9 am to 6 pm from Sunday to Thursday, and from 9 am to 8 pm on Fridays and Saturdays. Appointments outside of these times can be arranged with advance notice.

RESERVATIONS

All bookings require credit card details to secure the reservation.

PUBLIC HOLIDAYS

Stables Day Spa is closed on public holidays.

CONFIRMATION

The time for your experience has been exclusively reserved for you, however, if your plans change, we do request the courtesy of 48 hours notice to cancel your appointment. Regrettably, without due notice, the full charge of your scheduled treatment will be applied to your account or credit card.

ARRIVAL

Please arrive at the spa 15 minutes before your appointment. This will allow time for your consultation and spa refreshment. Please note: Your late arrival may compromise the full length of your treatment as we endeavour to remain on schedule as a courtesy to each and every guest.

PARKING

Complimentary parking is available within Mount Lofty House grounds.

HEALTH CONSULTATION

Your wellbeing is very important to us. It is essential that you inform us of any health conditions or pregnancy when scheduling your appointment, as certain treatments may not be recommended.

CRITIQUE

We value your feedback and greatly appreciate any comments you wish to share about your spa journey.

SPA MANNERS

The spa environment is one of peace and quiet. Please keep noise to a minimum and switch off mobile phones.

PRIVACY & MODESTY

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential.

PAYMENT

We accept Eftpos and all major credit cards. In-house guests may charge therapies and products to their room account. A 3% Amex surcharge applies.

GIFT CARDS & CERTIFICATES

Stables Day Spa is delighted to offer gift vouchers. Gift certificates must be redeemed within three years. Please quote your voucher number when making your appointment and present it when arriving at the spa.

RETAIL THERAPY

Compliment your day spa experience or recreate the spa's ambience in your own home, with our beautiful selection of *Jurlique* and other skincare, bath, and home products.



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STABLESDAYSPA.COM.AU