



All of our facial treatments utilise Solace Therapies "Aromatika" Skincare. This range harnesses pure natural ingredients, complex synergies and powerful formulations to create truly unique, completely natural and highly effective skincare.

**Intense Hydro-Lipid Facial** *60 min \$120*

Dehydrated and de-lipidized skin requires intense nutrition in order to be restored, strengthened and rejuvenated. The Intense Hydro-Lipid Facial utilises a highly nourishing vitamin serum and hydrating Nutritive Moisture Mask to deliver an enriching treatment designed to assist in restoring the skins natural hydro-lipid balance. This facial will leave the skin glowing with hydration.

**Nurturing Aroma-Facial** *60 min \$110*

The Nurturing Aroma-Facial takes the senses on a wonderful aromatic journey using some of nature's most exquisite pure essential oils. Hot towels infused with special aromatic oils, an intense vitamin serum high in essential fatty acids and soft pink facial clay combine to make this a highly beneficial treatment for mature, dry, environmentally damaged skins. A deeply relaxing aromatherapy massage of the face, neck, shoulders, décolletage and head, plus the manipulation of specialised aromatherapy points, complete this outstanding facial.

**Clarifying Facial** *60 min \$110*

The Clarifying Facial is a deeply cleansing, purifying facial designed for oily, congested and blemished skin. This treatment utilises a blend of antibacterial and antiseptic oils that helps to reduce inflammation and over-activity in the sebaceous glands. An active green facial clay with natural antiseptic and toxin-drawing properties augments the blend, allowing it to penetrate deeper into the skin. This deeply cleansing treatment is completed with an acupressure massage to assist lymphatic drainage.

**Back-to-Front - Relaxing/Nurturing** *70 min \$120*

The Back-to-Front "Relaxing/Nurturing" treatment combines a calming, nurturing facial with a relaxing back massage. The soothing properties and exquisite aroma of the Lotus Massage Oil complement the heady, floral essences of the pink facial clay. Together, these products create a softening, nourishing treatment for the skin and a relaxing, nurturing journey for the senses.

**Back-to-Front - Energising/Revitalising** *70 min \$120*

The Back-to-Front "Energising/Revitalising" treatment is an uplifting, revitalising facial combined with a relaxing back massage. The moisturising properties and crisp citrus aroma of the Papyrus Massage Oil complement the purifying, clarifying aromatic essences of the green facial clay. Together, these products create a deep-cleansing, detoxifying, revitalizing treatment for the skin and an uplifting, energizing journey for the senses.



**Nourishing, Firming, Relaxing, Nurturing  
Body Treatments**

*The Spa Body Treatments in this category utilise the Solace Therapies Lotus Signature Synergy This divine synergy is a delicate blend of essences from beautiful fragrant flowers and delicate sweet fruits that when combined create a heady, floral aroma that is deeply relaxing, calming, and nurturing. The Lotus body products gently perfume your whole body with their sensual and exotic aroma.*

**Total Heaven** *1hr 15 min \$160*

Total Heaven is an extremely nurturing full body spa treatment that utilizes a pure salt and white clay exfoliating blend to remove impurities, increase circulation and improve skin texture. This is followed by the application of the highly enriching Lotus treatment oil, which is then infused with the Lotus Body Clay Mask. The treatment is concluded with a nourishing moisturiser which leaves the skin delicately scented with the sensual and exotic aroma of Lotus.

**Sweet Serenity** *1hr 30 min \$150*

Sweet Serenity has been designed for those wishing to have all the benefits of a salt and clay exfoliation combined with a relaxing Swedish massage. The treatment begins with the application of warm aromatic towels that have been infused with the beautiful Lotus Synergy and an exfoliation with a salt and clay blend to remove impurities, increase circulation and improve skin texture. As the treatment concludes, the body and senses are wrapped in the sweet, heady, floral aroma of the Lotus Treatment Oil.

**Soothing Mantle** *45 min \$85*

The Soothing Mantle Facial treatment is essentially a deep-cleansing, soothing and relaxing facial for the back. The treatment begins with the back being exfoliated by dry brushing, then cleansed with a gentle cleansing milk. The back is then coated with the highly nourishing Aromatika Treatment Oil, which is followed with a nurturing pink clay mask. This relaxing treatment is concluded with the application of a superb nourishing moisturizer and our unique body rake massage.

**Lotus Massage** *60 min \$85*

The Lotus Massage is a relaxing, nurturing massage that works on the light tissue and muscles of the body. It is a wonderful massage for calming nerves, releasing tension and improving overall circulation. Because the technique uses both slow and vigorous movements the massage can be customised for each individual.



**Deep Cleansing, Detoxifying, Invigorating,  
Energising Body Treatments**

*The Spa Body Treatments in this category utilise the Solace Therapies Papyrus Signature Synergy. The Papyrus synergy contains some of nature's most refreshing, uplifting and energizing essential oils. The fresh, crisp essences from bitter-sweet fruits, strong lemon grasses and fresh woody berries combine to create a crisp, citrus aroma that revives, uplifts and awakens the senses.*

**Total Detox** *1hr 15 min \$160*

This detoxifying full body spa treatment utilizes a salt and white clay exfoliating blend to remove impurities, increase circulation and improve skin texture. This is followed by the application of the highly nutritious Papyrus treatment oil, which is further infused with the intense, toxin-drawing properties of the Papyrus Body Clay Mask. The treatment is concluded with a light hydrating lotion that smoothes away dryness and leaves behind a crisp, uplifting citrus aroma which revitalizes the skin and awakens the senses.

**Pure Invigoration** *1hr 30 min \$150*

Pure Invigoration is an uplifting body treatment designed to stimulate, cleanse and refresh the body. It is an excellent choice for clients wishing to have all the benefits of a salt and clay exfoliation combined with a Deep Tissue Massage. The treatment begins with an invigorating scrub to assist in removing impurities, increase circulation and refine skin texture. Finally, the body and senses are wrapped in the fresh, uplifting and energizing scent of the Papyrus Treatment Oil.

**Cleansing Mantle** *45 min \$85*

The Cleansing Mantle Facial treatment is essentially a heavy-duty facial for the back, designed to assist in removing impurities, rebalance and rejuvenate the skin. Initially, the back is cleansed with our unique salt and clay scrub to give the skin a deep cleanse and exfoliation. Special strengthening and purifying oils that are massaged into the skin are further infused by the Papyrus Body Clay, with its intense toxin-drawing properties. The treatment is concluded with our unique body rake massage

**Papyrus Massage** *60 min \$85*

The Papyrus Massage uses various massage styles that are directed toward the deeper tissue structure of the muscle. It is designed to increase circulation, stimulate nerve endings and release tight muscles. The essential oils used throughout this treatment leave behind a crisp, uplifting citrus aroma which revitalizes the skin and awakens the senses.



### Optional Extras

The following mini treatments have been created to be included into any of the Spa treatment / massage programs as an optional extra.

#### **Aromatic Vitamin Treatment** **\$35**

This superb treatment has been especially designed to be included into a Spa Body treatment. It is performed whilst you are relaxing cocooned in warm blankets whilst the clay is drying., or at the completion of a Signature Massage. The skin is prepared with a light cleanser and warm towels that have been infused with aromatic oils, this is followed with a treatment oil which is massaged into the facial tissue The Aromatic Vitamin Treatment is available in two superb treatment serums:

##### ***Intensive Vitamin Serum***

*IVS is a luxurious, rejuvenating skin treatment serum. It is high in vitamins A, D, E, F, minerals and essential fatty acids that nourish, soothe and moisturise the skin. The exquisite scent of the formulation induces a state of blissful relaxation and stress relief. The Intensive Vitamin Serum is suitable for all skin types*

##### ***Clarifying Vitamin Serum***

*CVS is created from a synergy of nature's finest organic plant oils. It is high in vitamins A, D, E, F, minerals and essential fatty acids as well as antibacterial and sebum-balancing essential oils. CVS helps to reduce over-activity of the sebaceous glands, gently unblocks pores, reduces inflammation and breakouts, and replenishes the skin with vital nutrients to improve skin condition and reduce scarring.*

#### **Signature Head Massage** **\$25**

This exquisite head massage utilises a nourishing treatment oil which has a specialised blend of organic coconut and jojoba oil, rosemary, cedarwood atlas and sage essential oil which when combined create a superb hair and scalp treatment. The oil is left in the hair to be washed out at your convenience.

#### **Spa Manicure/Pedicure Treatments**

The Lodges' Signature Spa Manicure/Pedicure treatments are designed to provide specific skin treatment benefits and as such do not include standard nail technician services such as painting, shaping etc. These treatments combine beautifully with all facial treatments and are also a key component in our Head Over Heels Packages. Please see our insert for further information.

As a courtesy to our other guests 24 hours notice for cancellation is required or a 50% fee will apply. A 100% cancellation fee will apply for failure to keep an appointment



### Package Inspirations

Package Inspirations has been created to offer truly outstanding Spa experiences. We hope that this selection will inspire and entice you to indulge in some of the truly unique and outstanding treatments that we have to offer.

#### Lotus Garden

The treatments in the Lotus Garden packages are relaxing, calming, nurturing treatments that utilize sweet, heady, floral aromas. These treatment packages are particularly appealing for female clientele.

##### **Package One:** **\$285**

- Sweet Serenity
- Nurturing Aroma Facial
- Head Massage

##### **Package Two:** **\$220**

- Total Heaven
- Aromatic Vitamin Treatment
- Head Massage

#### Ultimate De-Stress

The treatments in the Ultimate De-Stress packages are deep-cleansing, detoxifying, revitalizing treatments that utilize fresh, uplifting and energizing essential oils.

##### **Package One:** **\$240**

- Total Detox
- Mini Facial
- Head massage

##### **Package Two:** **\$175**

- Back-to-Front Energising/Revitalising
- Detox Spa Pedicure

##### **Package Three:** **\$250**

- Papyrus Massage
- Clarifying Facial
- Detox Spa Pedicure

#### Head Over Heels

The combination of a superb facial and luxurious foot treatment is absolute bliss.

##### **Package One:** **\$180**

- Intense Hydro-Lipid Facial
- H<sub>2</sub>O Intensive

##### **Package Two:** **\$165**

- Nurturing Aroma Facial
- Pink Aroma Pedicure



# Possum Creek Lodge

## Specialty Spa Treatments

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## Spa Manicure / Pedicure Treatments

The following mini treatments have been created to be included into any of the Spa treatment / massage programs as an optional extra.

### Hydrating Manicure / Pedicure Treatments Treatment Procedures

All Hydrating Manicure / Pedicure treatments begin with the application of hot aromatic towels and an exfoliation with pure sea salt and white clay. This is followed with a relaxing massage using a nourishing treatment oil, which is further infused by the application of the Hydrating Mask. The hands / feet are cocooned in thermal mittens / booties whilst the mask penetrates further into the skin. Finally, the mittens / booties are removed leaving the skin refreshed and hydrated.

#### **H<sub>2</sub>O Repair** **30 min \$60**

H<sub>2</sub>O Repair is an extremely nurturing, healing and hydrating skin treatment for the hands. One of the key components in this treatment is the superb hydrating mask, which supports the healing, nourishment and moisturisation of the skin and nail bed. This intensely hydrating treatment will leave the hands feeling soft, soothed and hydrated.

#### **H<sub>2</sub>O Intensive** **30 min \$60**

H<sub>2</sub>O Intensive is a stimulating and hydrating foot treatment designed to soften, soothe, hydrate and restore tired and overworked feet. The key to this superb treatment is the hydrating foot mask. This light-textured mask contains highly nourishing and healing oils to assist in the hydration of the skin. Essential oils of Rosemary, Lemon Tea Tree, Myrrh and Peppermint assist in circulation, helping to relieve cold, tired feet and legs. The aroma and properties of the essential oils used throughout this treatment are invigorating and uplifting for both mind and sole.

\* Possum Creek Lodge Signature Spa Manicure/Pedicure treatments are designed to provide specific skin treatment benefits and as such do not include standard nail technician services such as painting, shaping etc.



## Clay Manicure / Pedicure Treatments Treatment Procedures

All clay Manicure / Pedicure treatments begin with the application of hot aromatic towels and an exfoliation with pure sea salt and white clay. This is followed with a relaxing massage using a nourishing treatment oil, which is further infused by the application of the Clay Mask. The hands / feet are cocooned in thermal mittens / booties whilst the mask penetrates further into the skin. Finally, the mask is removed and the final treatment creams are applied leaving the skin refreshed and hydrated.

#### **Revitalising Clay Manicure** **40 min \$55**

The Revitalising Clay Manicure is an excellent treatment for those wishing to combine all the benefits of a clay mask and highly nourishing treatment oils to provide an enriching and revitalising treatment for dry, devitalised hands.

#### **Pink Aroma Pedicure** **40 min \$55**

The Pink Aroma Spa Pedicure utilizes the Lotus Body Clay, which has been infused with some of nature's most nurturing essential oils. The gentle floral aroma helps to ease tension and promote relaxation whilst the essential oils soothe, calm, heal and nurture the skin. The Pink Aroma Pedicure will assist to improve the tone and texture of the epidermis, leaving the feet feeling soft, refined and revitalized.

#### **Pink Aroma Plus** **40 min \$60**

Pink Aroma Plus is an excellent treatment for those wishing to combine all the benefits of the Pink Aroma Pedicure with highly nourishing treatment oils to improve the tone and texture of the epidermis and provide a hydrating, enriching and revitalizing treatment for dry, devitalised feet.

#### **Detox Spa Pedicure** **40 min \$55**

A refining salt exfoliant combined with the deep cleansing and detoxifying Papyrus Green Clay makes the Detox Spa Pedicure an excellent treatment for tired, overworked and neglected feet. The Detox Spa Pedicure will stimulate and detox the feet, leaving them feeling refreshed and revived.

#### **Detox Plus** **40 min \$60**

The Detox Plus Pedicure is an excellent treatment for those wishing to combine all the benefits of a deep-cleansing, detoxifying green clay with highly nourishing treatment oils to stimulate and refresh tired, neglected feet, leaving them feeling soothed, hydrated, refined and revived.



Possum  
Creek  
Lodge

Specialty Spa  
Manicure  
&  
Pedicure  
Treatments