



Deep Spring Estate

Exclusive Eco Spa Retreat

“Welcome to our Deep Spring Individual informative Brochure, here you will find all information regarding our special individual treatments. If any questions arise please don’t hesitate to ask”.

Hydro Jacuzzi

Combines the best of hydrotherapy and massage. Maybe that’s why a Hydro-Jacuzzi is sometimes called a bubbly pre-massager. Whether your aim is to relax, to sooth aching muscles, or to help heal a sports injury. These jets produce champagne sized bubbles that whip across your skin at lighting speed, in combination with he powerful surge of air bubbles coming through the floor, few things in life are as relaxing or as ideal to take away your worries. 1/2 hour hydro Jacuzzi in private room, essential oil application, jug of cold pure filtered rainwater, face washers in cold pure filtered rainwater with citrus oil. Towel supplied.

	Weekend*	Weekdays
Single	\$25	\$22
2 to 4 people	\$20 p.p.	\$18 p.p.
5 to 6 people	\$15 p.p.	\$14 p.p.

(Extra half hour session for half price if available)

Floation Room

Flotation; The wonderful thing about a float tank session is that you virtually slip into a state of meditation without trying, an excellent first step for those who are new to the whole idea of meditation. It’s been said that one hour in a float tank is equal to six hours of complete rest. The float tank is an enclosed fiberglass cocoon, containing warm water and Epsom salt to create buoyancy. You couldn’t sink even if you tried. Epsom salts help ease muscle spasms. The water is kept at skin temperature. So you do not feel hot or cold, just pleasantly neutral. Each session can take 1 hour. After a warm shower, you lower yourself gently into the float tank. After a few moments you completely forget about your physical body- this is as close as most of us will get to weightless space travel. Session includes essential oil application, jug of cold pure filtered rainwater, face washers in cold rain water with citrus oil. Towel supplied. Private room.

	Weekend*	Weekdays
Single 1.5 hr	\$90	\$81
Single 1 hour	\$75	\$67
Single 3/4 hour	\$60	\$54
Couple 1.5 hour	\$70 p.p.	\$63 p.p.
Couple 1 hour	\$50 p.p.	\$45 p.p.
Couple 3/4 hour	\$40 p.p.	\$36 p.p.

Herbal & Milk or Pela Mud Bath

Mud Baths; Pela mud lye, a solution of natural mud with a pH of 6 (slightly acidic) for a fully prepared bath, it consist of 8.5 % humic acid compounds (free humic acid). The mud bath has been used for centuries, in the treatment of ailments such as rheumatism, lumbago, neuralgia and peripheral circulatory disorders.

Herbal Baths;The use of plants to maintain health by keeping the body in balance, is the oldest and most popular form of natural medicine. Our formulas can help relieve symptoms of imbalance, dizziness, nausea, vomiting, indigestion, skin healing, rheumatism, colds & flu, aching muscles. Absorbed through the skin (osmosis) or breathed in herbs can detoxify and cleans the body.

Session includes essential oil application, jug of cold pure filtered rainwater, face washers in cold rainwater with citrus oil. Towel supplied. Private room.

	Weekend*	Weekdays
Single 1/2 hour	\$38	\$34
Couple 1/2 hour	\$25 p.p.	\$23 p.p.

Full Body Scrub

Or exfoliation, stimulates the circulation. Cleanses the pores. Creates a smooth, glowing complexion and stimulates new skin growth by removing dead skin cells. Session includes essential oils, in private room, towel provided.

	Weekend*	Weekdays
Single	\$78	\$78

Facials

The use of essential oils during a facial can be a deeply therapeutic experience, customizing the oils used to suit your particular needs. Aromatherapy facials tend to take the gentler approach, using natural non-aggressive products to cleanse, exfoliate and hydrate. Massage is usually quite a feature of this holistic facial, leaving you feeling fantastic, inside and out. Choose from either a 3/4 hr Facial including Reflexology or a 1/2 hour facial including aroma therapy.

	Weekend*	Weekdays
3/4hr Facial including Reflexology	\$80	\$80
Additional Aromatherapy	\$13	\$13

Turkish steam bath/Sola sauna

Since roman time these have brought a sense of wellbeing. With many beneficial effects by opening the pores, impurities are flushed out leaving the skin clean and fresh, burning calories because of increased metabolic rate. The energy required for sweating can burn hundreds of calories. 1/2 hour indoor- or outdoor session, incl essential oils, towels supplied.

	Weekend*	Weekdays
Single	\$25	\$23

Full body Mud Wrap or Hot Mud Envelope

The high concentration of minerals in the dead sea mud creates a natural phenomenon, which allows the passage of minerals through the skin (osmosis), thus improving the quality of the skin and subcutaneous tissues and enhancing their drainage. The result includes, detoxification, re-hydration, re-mineralisation, toning, deep cleansing and exfoliation. The effects are lasting and increase from one treatment to the other. 3/4 hour session including mini exfoliation and essential oils. Private room, bathrobe & towel provided.

	Weekend*	Weekdays
Single	\$148	\$133
Wrap plus 1/2 hr Herbal or mud bath.	\$135 p.p	\$122 p.p

Aroma-Therapy

Combines the health benefits of massage with the therapeutic pleasures of scent. It relaxes the nervous system, stimulates circulation and restores the skin. Even more, it can actually relieve a host of minor ailments, including headache, insomnia, aching joints and even depression.

Single	Weekend* \$13	Weekdays \$13
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Zen Chi

A aerobic massager that stimulates digestion and relaxes overtired leg muscles (15 minutes max).

Single	Weekend * \$15	Weekdays \$15
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Step up power vibration unit

Is a muscle relaxing and blood flow-enhancing unit (10 minute max).

Single	Weekend * \$15	Weekdays \$15
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*Public/School holidays included
All prices include GST & are subject to change without prior notice



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