



# breath taker on high

S P A R E T R E A T



LI' TYA

Spa Care from the Australian Dreamtime



FIRE



WATER



EARTH



AIR





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## Welcome to Australia's first Alpine Destination Spa Retreat

Breath taker On High's concept and design is based on the embodiment of the four elements: **fire, water, earth and air**. The result being the fifth element: the **Quinta Essentia**.

Avail yourself and rejuvenate, relax and indulge in this luxurious haven of renewal. Soak in hot pools, revive under water jets and renew in warm steam. Take advantage of spa packages, be massaged, soothed and nurtured by skilled therapists in this unique and tranquil environment.

Our spa therapists will restore your skin and body to optimum health. We combine expert



advice with exceptional skin care and body therapy. Our goal is to ensure your complete satisfaction combined with ultimate relaxation.



### Quinta Essentia

*/kwintə/ ɪ'senʃə/n. propr.*

Medieval Latin, literally: fifth essence.

The fifth and highest element in ancient and medieval philosophy that permeates all of nature and is the substance composing the celestial bodies.

Thought to be first postulated by the Pythagoreans, **Quinta Essentia** is the fifth element — after fire, water, earth, and air, the element that is necessary to explain the diversity and multiplicity of life, the finest or best of any substance. It embodies the philosophies and goals of Breath taker — that being, to ensure you have the ultimate experience in comfort, quality and service.



Spa Care from the Australian Dreamtime

## The Product — LI'TYA Spa Care from The Australian Dreamtime

Pronounced *Lee de ya*.

Combining ancient indigenous medicines and massage techniques with aromatherapy, colour therapy and herbalist principles, and utilising potent Australian flora, earth, sea minerals and plants, the utmost purity of nature is offered within this exciting high performance range.



LI'TYA seeks to integrate this ancient Aboriginal philosophy within the practice of holistic health. For health and well being, we must secure our precious connection with earth, on physical, emotional, spiritual and social dimensions, in order to preserve vitality, balance and a sense of harmony. We can do this through holistic lifestyle and way of thinking. Nurture our beings by exercise, sleep, relaxation, and cleansing and pure lifestyle. LI'TYA utilises the properties of the ancient



Australian ingredients in their raw form to nurture and purify our bodies and support wellbeing.

LI'TYA, meaning '**Of the Earth**', represents the way in which we perceive the products and ourselves.

# HOW TO SPA

Our goal is to enhance your life style and well-being and to revolutionise your approach to the Spa Experience.

## Spa Awareness Tours

Our staff love to show off the spa and will be happy to give you a tour and explain different treatments. Please phone to arrange an appointment.

## Appointments

Bookings are essential. Please phone at your earliest convenience to assist us in meeting your requirements.

## Arrival

To enjoy the full value of your spa experience, we encourage you to arrive at least 20 minutes prior to your appointment time. This allows you time to shower and change, enjoy a refreshment while completing your personal history form and undertake a comprehensive consultation if necessary. You are also welcome to enjoy the water experience area for up to 30 minutes before and after your treatment.

## Amenities

We have separate men and women's changing areas with showers, grooming areas and personal lockers for your convenience. In addition, we will provide you with fresh robes, slippers, towels and disposable underwear, which will be available in the lockers for each guest. Please bring your personal hairbrush or comb if needed.

## Attire During Your Treatment?

Our primary concern is your total relaxation. Our professional therapists are trained to drape towels to ensure your complete privacy and comfort. In these treatments, your own under clothes are optional; we also offer disposable underwear should you prefer.

## Can't Decide on a Treatment?

Our spa receptionist and qualified therapists are available for you to plan the treatment best suited to your needs and interests. Please feel free to call in or phone for a consultation appointment.

## Etiquette

To ensure that all guests of the spa enjoy a relaxing and peaceful environment, we respectfully request that all guests keep noise to a minimum. Mobile phones, pagers and other electronic devices are not suitable in this environment. We appreciate your co-operation in assisting us to maintain the harmony of Breathtaker On High.

## What to Wear

On arrival in the spa we offer you a robe and slippers. Personal lockers and showers are available in the change areas to allow you to prepare for your treatment. For guests of the Hotel, you may shower in your room prior to visiting us. Please avoid using deodorants or moisturisers before your treatment and leave all valuables in your room. Swimwear is essential in the communal bathing areas.

## Running Late?

Arriving late will unfortunately lessen your treatment time. We would sincerely regret keeping any client waiting and therefore need to maintain a punctual booking system. This ensures our therapists are always ready for your appointment.

## Need to cancel?

We require a minimum of 24 hours notice for cancellations, because we reserve your therapist exclusively for your booking, cancellations within 24 hours of your appointment will incur a 100% cancellation fee.

## Special Health Consideration?

To ensure your maximum safety and comfort, we encourage you to fill out a personal health history and questionnaire. This also allows our therapists to give you the most beneficial and personalised treatment. Client's who are pregnant, have high or low blood pressure, a heart condition or any other serious medical concerns are advised to consult their doctor before making any bookings and before using the spa's facilities.

## Minimum Age

Breathtaker on High is an adult's playground and therefore all guests must be strictly 18 years and over.

## Payment

We accept cash and all major credit cards. In-house guests may charge treatments and products to their room account.

## Gift Vouchers

We offer customised gift vouchers that make unique gifts for special people.

## FOR THE FACE

### LI'TYA Ocean Renewal

For a deeply cleansing, refining and anti ageing treatment, integrating the use of marine nutrient rich ingredients, your skin will be cleansed, exfoliated and hydrated before being treated to a deeply relaxing Aboriginal inspired facial pressure point, scalp and shoulder massage. Your skin will be left nurtured and renewed.

*45 mins*

*60 mins   with double mask*

### LI'TYA Mikiri Facial Mist Treatment

ORIGIN: *Diyari, Northern South Australia*

MEANS: *Deep*

Native herbal remedies will eliminate toxins, renew, restore, nourish and hydrate the skin while gentle steam helps to open pores for deep cleansing. Embrace a revitalizing facial massage and *paudi* scalp treatment that will leave your body and mind refreshed and energised.

*60 mins*

## FOR THE HEAD

ORIGIN: *Northern Territory*

MEANS: *Head*

### LI'TYA Paudi Mask and Scalp Massage

Surrender your senses to ancient aboriginal massage techniques invoking spiritual balance and contentment. Incorporating a warm *quandong* hair mask to condition and nourish the scalp and hair, this experience is complete with a relaxing neck and shoulder massage.

*30 mins*

## FOR THE HANDS

### LI'TYA Polama

ORIGIN: *Ngadjon, Far North Queensland*

MEANS: *Hand / fingers*

Rescue tired, rough and parched hands with this intensive soothing, and replenishing treatment for hands and lower arms. Nourishing soaks, masks and creams, together with gentle massage removes every ounce of stress.

*30 mins*

*60 mins including full nail shaping/buffing, cuticle tidy and your choice of colour*

## FOR THE FEET

### LI'TYA Jina

ORIGIN: *Yindjibarndi, New South Wales*

MEANS: *Footprint*

Soak away tension and treat your soul to this wonderfully relaxing and grounding treatment incorporating pressure point foot massage to rejuvenate the entire body and calm the senses.

*30 mins*

*60 mins including nail and cuticle work and your choice of colour*

## HANDS, FEET & FACE

### LI'TYA Lowanna

ORIGIN: *Northern Territory*

MEANS: *Beautiful*

A deluxe pampering experience combining Hands, Feet and Face to care for all the energy zone therapy areas. Recharge the body and enhance overall equilibrium.

*75 mins*

## FOR THE BODY

### LI'TYA Sapphire Sea Wrap

Unwind, relax and nourish your body with this complete anti-aging rejuvenation experience. Wonderful for increasing circulation and firming the skin; you will be energized and nourished with a complete Mother of Pearl body exfoliation before being cocooned in warm and vitamin packed Pearl & Kelp Body Mud; whilst you enjoy the benefits of a *quandong* hair mask and scalp massage. Surrender your body to a rhythmic massage using an oil blend to evoke memories of the seaside and ground the spirit.

*120 mins includes 60 min massage*

*90 mins includes 35 min massage*

### LI'TYA Mala Mayi Body Wrap

ORIGIN: *Ngadjon, Far North Queensland*

MEANS: *Clan food*

Invigorate and celebrate with this uniquely personal journey. After a revitalising and cleansing salt exfoliation, your body will be cocooned in a layer of silky warm, mineral-rich Mapi Body Mud that you have personally selected based on your body's requirements. An aboriginal-inspired scalp massage and hair treatment will calm your spirit before yielding your body and soul to our healing kodo massage. Emerge content and revitalised, inside and out.

*120 mins includes 60 min massage*

*90 mins includes 35 min massage*



# MASSAGE

## LI'TYA Kodo

ORIGIN: *Meryam Mer, Torres Straits*

MEANS: *Melody*

This rhythmic body massage is inspired by traditional Australian Aboriginal healing techniques which work to balance and re-align energy flow, enhancing mind and body wellness.

*60 mins*

*90 mins*

## Burrambyi Stone Therapy

ORIGIN: *The Ya'idt-midtung,  
the Indigenous People of the local alpine region*

MEANS: *Healing through rock and water*

An ultimate Breathtaker temptation... Soothing, nurturing massage incorporating the placement of warm stones along energy lines to enhance wellbeing and calm the soul.

*75 mins*

*90 mins*



## Remedial Massage

A therapeutic massage that helps to relieve chronic muscular, joint, tendon and ligament problems related to overuse or injury.

*60 mins*

*90 mins*

## Kawa Towilla

ORIGIN: *Kawa — Wembawemba, North west Victoria*  
*Towilla — Kaurna, Adelaide Plains*

MEANS: *Mountain Spirit*

A tailor made massage; ideal to relieve stress and soothe tension. After a thorough consultation, your therapist will design a unique massage treatment to best suit your needs for complete mind and body regeneration..

*30 mins*

*60 mins*

*90 mins*



## WATER THERAPIES

### Ailee Brim Brim Soak Experiences

ORIGIN: *The Ya'idt-midtung, the Indigenous People of the local alpine region*

MEANS: *Water for the soul*

*Create your own spa journey with the addition of a therapeutic and relaxing private bath.*

*The selections below must be taken in conjunction with another treatment.*

*Your choice includes a deliciously healthy fruit platter.*

### LI'TYA Gadhag Gumbee Tub Journey

ORIGIN: *Central New South Wales*

MEANS: *Happy Bath*

An intense multivitamin, rejuvenating bath blend of Tasmanian peat mud and essential oils that assists in relaxing, detoxifying and toning; by simultaneously cleansing and delivering essential nutrients to the skin. Excellent for any muscular problems or fatigue.

*30 mins*

### Yalgiri Yilgi Stress Release

ORIGIN: *The Ya'idt-midtung, the Indigenous People of the local alpine region*

MEANS: *Salt water soak*

Relax and unwind in warm water swirling with the healing and mineral benefits of pink desert salts sourced from the heart of Australia. Wild rosella buds help to ground the spirit, while high pressure water jets and colour therapy aid to remove stress and tension.

*30 mins*

## Warrayala Private Signature Steam Room Experience

ORIGIN: *The Ya'idt-midtung, the Indigenous People of the local alpine region*

MEANS: *Gathering for Healing*

Invite a partner or group of friends to indulge in the privacy and fun of our Signature steam room experience. Apply your personalised selection of exfoliating desert salts and natural nutrient-rich muds then sit back, relax and enjoy the therapeutic benefits. The steam activates the mud to draw out toxins and promote nourishment to the skin. Take pleasure in sharing your experience in the company of others while your body and soul is rejuvenated.

*30 mins*

## LI'TYA Yanko (Vichy)

ORIGIN: *Northern Territory*

MEANS: *Song of running water*

A full body exfoliation therapy cleanses the spirit, revitalises the energy meridians and brings tone and clarity to the skin. A warm water massage washes away the stresses of the outside world before an application of cherry alder body lotion to leave skin silky smooth. A sensory experience for the body that leaves skin invigorated and the spirit revitalised.

*60 mins   includes 15 min  
private steam experience*



## RITUALS FOR TWO

### Heaven On Earth

Unwind in a private geisha soak swirling with desert salts and the therapeutic benefits of native plants while you enjoy a fresh fruit platter and the company of each other... Immerse into total relaxation with our rhythmic Susu Dew massage and luxurious LI'TYA Ocean Renewal facial to leave you both feeling rejuvenated and connected.

*105 mins with 30 min massage*

*135 mins with 60 min massage*

*Custom made couple packages can be arranged.  
Please talk to our Spa Manager for inspiration...*



## SPA JOURNEY

### The Dreaming

In the beginning was *The Dreaming*, the unseen vibration of creation — the sacred source from where all things are. Relax, revitalize, rejoice... Indulge.

This journey is designed to reconnect body, mind and soul, from head to toe and from outside in.

Your ultimate adventure will include *mirri* facial, *polama* hand and *jina* foot treatments, body exfoliation and mud wrap, *paudi* hair and scalp treatments and *kodo* body massage.

Embracing traditional Aboriginal healing techniques, these deeply therapeutic treatments work to nurture and heal. The skin of the face and body is cleansed, invigorated, restored and nourished, tired muscles are eased and energized, and all the body systems are rebalanced and rejuvenated.

*180 mins*



## FOR HIM...

### LI'TYA Marli Mikiri

ORIGIN: *Paakantyi, New South Wales*

MEANS: *Man/male, deep*

A soothing and uplifting experience incorporating the back and face. A steam exfoliation with a massage softens and soothes the tired muscles of the back. The face is treated to invigorate the skin and target any problem areas. This facial integrates *Kakadu Plum* to nourish, soothe, strengthen and heal the face from the harsh effects of shaving and every day life.

*60mins*

### Imbw'ee Bluff Body Buff

ORIGIN: *The Ya'idt-midtung,*

*the Indigenous People of the local alpine region*

MEANS: *Just for me*

Begin with a luxurious soak in a nourishing mud bath to relax and relieve any muscle tension. Your body will then be brushed and buffed to promote toxin elimination and skin renewal followed with the application of a soothing lotion for optimal skin hydration. Add a Kawa Towilla massage for ultimate body and mind relaxation.

*120 mins with 60 min massage*

*90 mins with 30 min massage*





LI'TYA products  
are available  
for purchase at  
Breathaker On High





- Breathtaker All-suite Hotel
- Private Conferences
- Private Weddings
- Private Groups
- Private Team
- Signature Restaurant
- BT Gourmet Pizzeria
- The Loft Lounge and Bar
- Off-mountain Valet Parking and Transfers (winter only)
- Children very well catered for



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S P A R E T R E A T

LOCATED AT  
MT BULLER'S PREMIER BOUTIQUE HOTEL  
**Breathtaker All-Suite Hotel**

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