



BREATHAKER

HOTEL & SPA



TREATMENT MENU

Breathtaker on High Spa

A tranquil oasis from the snow-capped mountain outside.

Immerse yourself in our luxurious water facilities or indulge in one of our relaxing treatments after a day on the slopes.



skincare range

LaGaia Unedited

LUE formulations are designed and made in Melbourne. A pH balanced, scientifically formulated skincare range that delivers potent vitamins, botanical extracts and nutrients to provide unsurpassed results.

Using precious quartz crystals and native Australian ingredients, LUE works to relieve stress and tension while restoring optimum skin function daily. Protecting against premature ageing and environmental distress.

A heritage brand delivering ethical and sustainable formulations for 15 years, their mission is to rid the beauty industry of marketing wizardry and false promises of beauty, assisting every client achieve their unedited beauty confidence and filter free worthy skin.

water therapies

Relax in a luxurious haven of renewal.

Enjoy our 20-metre lap pool, Spa and Steam Room at your leisure.

- Complimentary for in-house hotel guests 18+.

Water Pass

3 hr · \$45

Relax, soak and unwind in our water facilities. Soak for up to 3 hours.

- Water experience is complimentary with treatments 45 min or more.

Lunch and Soak

3 hr · \$75

Relax in the water experience area, then enjoy a light meal with a complimentary glass of wine, beer or non-alcoholic beverage in Signature Restaurant.

spa packages

The Journey

120 min · \$320

Full Body Scrub | Aromatherapy Enzyme Bath | Full Body Acupressure Point Massage | Summit Air Facial

Allow us to provide you with a moment of pure luxury.

Your journey begins with a carefully selected aromatic exfoliant to boost skin's circulation and revive skin clarity, preparing for total renewal. Next soak and soften skin while relieving muscular tension in a milk enzyme bath topped up with pure essential oils right before a targeted acupressure release massage.

Now that tension is tamed the final step of this journey is a deep facial cleanse and moisture infusion to remedy any dry skin and restore radiance.

• Available as a couple's treatment

Mountain Escape

90 min · \$280

Full Body Hot Stone Massage or Acupressure Point Massage | Summit Air Facial | Lunch and Bubbles

Choose your remedy with either a deep hot stone release or a targeted acupressure point massage designed for your ultimate mountain escape.

Tend to muscles that need release. Using a nutrient infusion blend for ongoing muscle soothing. Free up some headspace, lengthen your muscles and enjoy your stay with us with a revitalised and soothed body.

This journey completes with a deep cleanse and moisture infusion to remedy any dry skin and restore radiance. Complete your experience with lunch in Signature Restaurant with a glass of bubbles.

Date Night — couple's romantic escape

60 min · \$420

Full Body Hot Stone Massage or Acupressure Point Massage | Summit Air Facial | Dinner for Two

Enjoy your selection of massage technique for 1 hour with a signature aroma journey designed relax the mind, body, skin and couple.

Followed by a well-deserved glass of sparkling wine and a decadent two-course dinner in Signature Restaurant.

Mountain Refresh

90 min · \$310

Full Body Scrub | Full Body Mask | Herbal Cocoon Wrap | Summit Air Facial

An indulgent ritual combining exfoliation and a mask treatment to completely saturate the skin in vitamins and minerals.

Locking in moisture and invigorating blood flow to decongest and refine skin texture. Perfect for skin craving deep repair, radiance and tangible skin magic.

massage

Hot Stone Massage

60 min · \$180

90 min · \$260

Full Body Hot Stone Massage | Lymphatic Activation | Beauty Balm Nutrient Treatment

Muscle tension is deeply and gradually released with the combination of hot stone, sweeping effleurage and targeted acupressure point therapy. Designed to balance energy, diffuse muscle tension and lingering toxins from the body.

• Available as a couple's treatment

Elemental Relaxation Massage

60 min · \$180

90 min · \$260

Full Body Acupressure Point Massage | Lymphatic Activation | Signature Aromatherapy Journey

Choose your journey beginning with an intuitive aromatherapy blend selection.

This blend will be diffused in the room and blended into your bespoke massage oil.

Using the finest grades of essential oils are cold pressed to lock in vitamins and minerals, for the ultimate skin regeneration. Designed based on ancient Chinese techniques we use old wisdom for modern corporeal medicine.

• Available as a couple's treatment

Remedial Massage

60 min · \$200

90 min · \$280

Full Body Remedial Massage | Lymphatic Activation | Muscle Blend & Nutrient Treatment

Deep tissue for deep tension. A focussed massage to release lingering tension

within the deep layers of muscles and connective tissue. The medium for massage is a recovery sports blend that invigorates blood flow to tired muscles, while providing a wintery cooling sensation for added soothing benefits.

• Available upon request and by appointment only





face

Targeted Performance Facial

60 min · \$230

SpecialistCORResurfacingPRO | Neck&ShoulderAcupressurePointMassage | GuaShaScalpMassage

This professional skin treatment was born in medi-spa's, delivering proven results. At Breathtaker, we provide these clinical results without the cold clinical experience. Premium actives, vitamins and bioactive antioxidants revive dermal function and youthful structures, aiding in boosting daily skin performance for increased cellular renewal, skin thickening, tightening and reversing UV degeneration. Restore cellular radiance and reduce the signs of ageing with this mountain medi-spa experience. Total face and upper body indulgence. Available as a single treatment or for lasting results, a series of 3 to 6 treatments is recommended.

pH Balance Facial

60 min · \$180

Tailored Skin Experience | Jade Roller | Neck & Shoulder Acupressure Point Massage

Active botanical elixirs revitalise dry and sensitised skin, addressing premature ageing for optimum biological rejuvenation. Beginning with a deep cleanse and exfoliation, the skin is then drenched in antioxidants, essential skin fortifying lipids and clinical vitamins to restore optimum skin function and pH balance. All tailored around your skin health ambitions. Suitable for all skin concerns.

Summit Air Facial

An Essential Deep Cleanse | Hydration Treatment

The rapid face refresh solution that is included in our spa packages. Ideal for all skin concerns and complexions, this treatment selects your ideal cleansing formulation to buff away cellular debris and daily pollution. Restore pH balance and prepare skin for a deep hydration treatment infusing vitamins, minerals, and botanical radiance.

• Available as an add-on for body and journey treatments to enhance your experience

hand & foot

Foot and Calf Release

30min \$85

Perfect after a day on the slopes, this targeted lower leg treatment will relieve tension in the foot and calf muscles.

Spa Pedicure

60 min · \$160

Soak | Exfoliate | Cuticle Refinement | Acupressure Point Massage | File & Paint

Refresh and restore, beginning with a native Australian inspired foot soak, followed by a cuticle tidy and exfoliation. Smooth skin and improve circulation.

Feet and legs are nourished with a balance clay mineral mask and pampered with a warm oil and invigorating pressure point massage. Tiptoe out with beautiful colour.

Spa Manicure

60 min · \$160

Soak | Exfoliate | Cuticle Refinement | Acupressure Point Massage | File & Paint

A unique and invigorating experience to completely nourish the hands and arms.

Begin with a hot compress, cuticle tidy and exfoliation to smooth skin and improve circulation. Hands and arms are nourished with a clay mineral mask and pampered with a warm oil and invigorating pressure point massage.

No hand is complete without a little polish to finish.

beauty bar

Nails, Waxing, Brow and Lash services available

Our speciality trained beauty therapists offer a range of services to help keep you looking and feeling your best all season.



spa essentials

Appointment

To avoid disappointment, we recommend booking in advance. Full payment is required at time of booking. Phone **+61 3 5777 6377** to book.

Arrival

Please arrive at least 15 minutes prior to your appointment time to complete the consultation card and change before your experience begins. Arriving late, will unfortunately, result in a reduced treatment time.

Cancellations

As we reserve your therapist exclusively for your booking, cancellations within 48 hours of your appointment time will incur a 100% cancellation fee.

Health Considerations

Medical information: Please advise staff of any health conditions, past or present at time of booking, so we can tailor your treatment to suit your needs.

Pregnancy: Certain spa treatments are not recommended during pregnancy. Please advise staff at the time of booking if you are pregnant, so we can tailor your treatment to suit your needs.

Minimum Age

18 years and over

Amenities and Attire

Male and female changing rooms with showers, grooming facilities and lockers are available for your convenience. Robes, slippers and towels are provided to all guests receiving a treatment. We recommend leaving valuables at home. Breathtaker does not take responsibility for lost or misplaced belongings. Appropriate swimwear must be worn when using our water facilities.

Etiquette

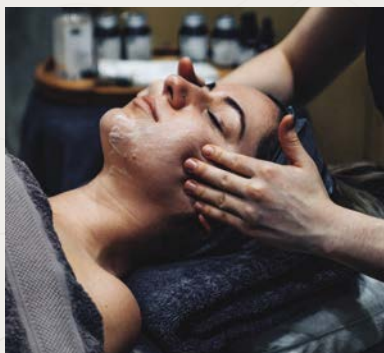
Our facility primarily focuses on health and wellness and while we want you to enjoy your soak, we ask that noise is kept to a minimum out of respect to other guests enjoying their treatment. Mobile phones should be switched to silent when entering the spa.

Gift Vouchers

Indulge your friends or family with one of our customised gift vouchers. Valid throughout the current winter season only.

Location

Located on the lower ground level at Breathtaker Hotel & Spa. Approximately 80 metres from the ABOM Express Chairlift and stop number 10 on the free village shuttle bus.



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