



BREATHTAKER

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 from nature 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 to 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

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

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

3 hr · \$45

Hydrotherapy Soak

Immerse yourself in one of our private hydrotherapy geisha tubs, with the added benefit of Epsom salts and hydro jets to ease tired muscles.

• Available upon request only.

30 min · \$90

spa packages

The Journey

120 min · \$320

Foot Ritual | Full Body Scrub | Elemental Relaxation Massage | Summit Air Facial

Your journey begins with a carefully selected aromatic exfoliant to boost skin's circulation. Soak it off in a beautiful milk bath immersion. Then enjoy a full body massage to help release muscle tension. Finally, finish with the Summit Air facial to restore radiance.

• Upgrade with Hot stones | Available as couple's treatment

Quinta Essentia

90 min · \$280

Foot Ritual | Elemental Relaxation Massage | Summit Air Facial | Lunch and Bubbles

Treat yourself with a full body relaxation massage followed by the Summit Air Facial for complete renewal. Using a nutrient infusion blend for ongoing muscle soothing. Complete your experience with lunch in the Signature Restaurant with a glass of bubbles.

• Upgrade with Hot stones | Available as couple's treatment

Mountain Refresh

90 min · \$310

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

A full body experience combining an exfoliation and body mask treatment followed by the Summit Air facial for total body moisture repair.

Breathtaker Ritual

60 min · \$180

Create your perfect spa experience. Choose any two of the following treatments:

- Back, Neck & Shoulder Massage – upgrade with Hot stones
- Summit Air Facial
- Full Body Scrub
- Body Mask & Wrap
- Beauty Balm Hair Therapy
- Foot & Calf Release

Date Night — couple's romantic escape

60 min · \$480

Elemental Relaxation Massage | Dinner for Two

Enjoy a couple's 60-minute full body relaxation massage followed by an indulgent chef's selection style dinner and glass of sparkling wine at our Signature Restaurant overlooking the mountains.

• Enjoy complimentary use of facilities before or after your treatment | Upgrade with Hot stones

massage

Relax the Mind, Body and Soul

Elemental Relaxation Massage

60 min · \$180

90 min · \$260

Foot Ritual | Sensory Aroma Journey | Full Body Massage

A relaxing full body massage.

Begin your treatment with a sensory aroma journey to choose the best aromatherapy blend of oil. Using relaxing techniques while focusing on areas of tension for full body relaxation.

Hot Stone Massage

60 min · \$190

90 min · \$270

Foot Ritual | Sensory aroma Journey | Full Body Massage

Warm Baltic stones are incorporated into a full body massage to relax muscle tension while using relaxing massage and effleurage techniques.

Remedial Massage

60 min · \$200

90 min · \$280

Deep tissue for deep tension. A firm to deep pressure massage focusing to release lingering tension. Using a recovery sports blend aroma oil to help invigorate tired muscles.

• Available upon request and by appointment only



face

Targeted Performance Facial

60 min · \$230

Specialist C or AHA Resurfacing PRO | Neck & Shoulder Acupressure Point Massage | Gua Sha Massage

The perfect brightening facial for when you're feeling tired & dull. Using premium actives, vitamins, and bioactive antioxidants to revive dermal function and youthful structures, aiding in boosting daily skin performance for increased cellular renewal, skin thickening, tightening, and reversing UV degeneration.

• For best results, a series of 3-6 treatments is recommended.

pH Balance Facial

60 min · \$180

Tailored Skin specific | 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 and lipids to restore peak skin function and pH balance.

Summit Air Facial — add on only

30 min

Essential Deep Cleanse | Hydration Treatment

The rapid face refresh solution that is included in our spa packages. Ideal for all skin concerns, this treatment restores pH balance and hydrates and nourishes the skin..

• Available as an add-on for spa treatments

hand & foot

Foot and Calf Release 30min \$90

Perfect after a day on the slopes, this targeted lower leg treatment will relieve tension in the foot and calf muscles. Using our recovery sports blend to put you on the mend.

Spa Pedicure 60 min · \$140

Soak | Exfoliate | Cuticles | Masks & Massage | File & Paint

Ultimate treatment for tired feet. Begin with a native Australian foot soak & exfoliation to refresh and renew. Enjoy a mask and massage and finish with your favourite wintertime colour.

• *Treatment includes a shellac or polish application.*

Spa Manicure 60 min · \$140

Soak | Exfoliate | Cuticles | Masks & Massage | File & Paint

An invigorating hand & arm treatment to hydrate and refresh. Begin with milk bath hand soak to soften before exfoliating. Follow with a hand & arm mask & massage with warm oil before finishing with your choice of colour.

• *Treatment includes a shellac or polish application.*

Express Shellac Manicure 30 min · \$90

Nail tidy & shape | Shellac Colour application

An express treatment to shape and tidy your nails with a quick colour application.

beauty bar

Nails, Waxing, Brow and Lash services available

Our specialty 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. A valid credit card is required to secure your 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 24 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. Breathaker 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 for an indulgent spa experience.

Location

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



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