



otanica

Rainforest Day Spa

Escape to a place of natural beauty

Menu of Treatments

Body Scrubs

Coffee and Sea Kelp Scrub: a stimulating body contour scrub that utilises the intense anti-cellulitic properties found naturally in coffee and sea kelp. An invigorating body exfoliation.

Bamboo and Ginseng Polish: a dual action exfoliating gel recommended for even the most delicate skin types. The bamboo micro-particles exfoliate dead skin cells leaving your skin smooth and alive. The ginseng and ginko revitalise and awaken even the weariest skin.

Scrubs include mini facial and scalp massage.

Duration 1 hour \$ 110

Body Masques or Wraps

Rejuvenating Mud Wrap: ideal for all skin types, particularly benefits devitalised skins. Luxuriously rich clay to detoxify and rejuvenate your skin. Nurtures your skin whilst infusing it with essential vitamins and herbs. Designed to be rinsed away in the shower or bath.

Herbal Hydration Masque: ideal for sensitive, dry devitalised skins. A nourishing blend of organic herbs, this masque will gently exfoliate, detoxify and hydrate even the most sensitive skins.

Wraps include mini facial and scalp massage or foot treatment.

Duration 1 hour \$ 120

Botanica Spa uses pure plant based products from both the Dr Hauschka biodynamic range and the USPA Australian made range. USPA strives to use only pure elements and natural extracts from plants. Wherever possible their ingredients are organically grown and produced in Australia.

Baths

Milk and Rose Petal

Aroma Therapy Epsom Salts

Duration 30 mins \$ 40

Massage

Remedial or Swedish 1 hour \$ 110

1 1/2 hour \$ 160

Hawaiian 1 1/2 hour \$ 175

Hot Rock 1 1/2 hour \$ 175

Reiki 1 hour \$ 90

Pranic Healing 1 hour \$ 90

The last 4 modalities are available on request, Remedial or Swedish are a constant.

Sauna, Hot Spa, Plunge Pool \$ 30

Light Organic Meal \$ 20

Fruit Platter \$ 15

Body Ritual Packages

Mini: Sauna, Pool, 1 1/2 hours Massage or 1/2 hour Scrub and 1 hour Massage.

Herb tea or juice, organic fruit platter.

Duration 2 - 2 1/2 hours \$ 180

De Luxe: Sauna, Pool, full Body Masque/Wrap or Scrub including express Facial or Foot Treatment, Rose Petal Milk Bath, 1 hour Massage.

Herb tea or juice, light organic meal.

Duration 3 hours \$ 290

Botanica Rainforest Day Spa offers total privacy and can cater for only two people at a time.