



# *astra*

— DAY SPA —



MASSAGE

**Astra Luxury Massage Treatment** **90 min \$219**

Indulge in our signature treatment with a lovely aromatherapy oil infused warm foot bath and foot scrub followed by a 60 minute relaxation massage. A perfect treat to soothe those apres ski muscles or just because...

**Relaxation Massage** **60 min \$169 | 90 min \$219**

A deeply soothing massage that uses light to medium pressure with smooth, long, gentle strokes that promotes tension release and calmness. You are now ready to cosy up by our Astra fire place with a good book and a glass of red!

**Muscle Release** **60 min \$179 | 90 min \$239**

A restorative massage designed to release tight muscles using firm pressure to deeply penetrate underlying tissue. This trigger point therapy also promotes muscle recovery and the body's own healing process. Let us relieve those sore spots for the perfect Astra dream-like sleep!

**Add hot rocks \$20**

**Hot Stone Therapy** **60 min \$179 | 90 min \$239**

A holistic natural treatment using hot basalt stones in synergy with aromatherapy for an all over body massage. This warming technique increases blood circulation and tissue repair to speed up muscle recovery. Emerging completely rebalanced and invigorated for another day on the slopes!

**Foot Reflexology** **45 min \$119**

A specialty treatment that starts with a cleansing warm foot bath and scrub, followed by a foot massage using medium to firm thumb pressure. This pressure will unblock your Qi channels to rebalance ones energy flow. A soothing leg massage completes this heavenly treatment, so you will feel like you're walking on air!

**Indian Head Massage** **45 min \$119**

A relaxing holistic treatment that uses acupressure around the face (Marma Points), head, neck, shoulders and upper back area. This massage uses an essential blended oil to address tension and tightness around the neck and shoulders with a soothing gentle scalp massage that helps to increase and stimulate blood and lymph flow that will leave you feeling rejuvenated.

EMINENCE ORGANIC FACIALS

**Express Organic Facial** **30 min \$109**

Want to look and feel refreshed but short of time? Come in for a quick and relaxing treat.

**Marine Peptide Collagen Facial** **50 min \$179**

The perfect all-inclusive peel with marine peptide infusion with zero downtime! Formulated with cruelty-free collagen, natural plant peptides and sustainably sourced algae to give your skin the look of increased strength, elasticity and suppleness while boosting collagen and providing long-lasting hydration.

**Berry Refined Glow** **50 min \$179**

Time to spice things up and experience this cult treatment adored by celebrities worldwide! This naturally exfoliating peel cleanses the pores deeply and tones the look of the skin. The refining and rejuvenating properties of berries, along with detoxifying and stimulating paprika are sure to take years off your skin, leaving behind a youthful glow.

**Firm Up Superfood Facial** **50 min \$179**

This berry infused facial plumps and rejuvenates to minimise the appearance of fine lines and wrinkles while restoring moisture to soften and smooth the skin. Enrich and purify the layers of your skin both inside and out with antioxidant-rich acai berries and boost collagen and elastin production for that firm, smooth berry-luscious glow!

**Organic Body Scrub and Wrap** **\$229**

Astra Day Spa uses Australian organic clay and native botanical extracts that have been an integral part of the healing traditions within the indigenous culture. Each treatment includes a body exfoliation with a clay wrap of your choice followed by a rich and hydrating Shea Butter or Coconut body moisturiser that will leave you feeling fresh and invigorated.

**Add 20 min mini facial \$50**

**Himalayan Salt with Australian Pink Clay** **75 min \$229**

(Infused with Lemon Myrtle, Mandarin and Sweet Orange)

A hydrating treatment rich with natural minerals and antioxidants. Pink clay helps to draw out skin impurities, improves elasticity, evens skin tone and promotes cell regeneration to restore a healthy glowing skin. An ultimate moisture boost for a silky smooth body.

**Coffee Bean with Yellow-Turmeric Clay** **75 min \$229**

(Infused with Jasmine, Rose and Ylang-Ylang)

A treatment fit for an Astra Princess (or Prince)! An ancient treatment that has been treasured by Indonesian Princesses as a pre-wedding tradition to prepare the bride for her special day. Yellow clay and turmeric are renowned for their anti-inflammatory and anti-ageing properties. They tone and repair the skin by stimulating it's natural collagen production. Let the celebrations begin!

PACKAGES

**Renew** **90 min \$249**

The Renew body treatment is all about regeneration and skin nourishment. Starting with a full body exfoliation then a detoxifying body wrap that is rich in antioxidants. Followed by a relaxation massage using a combination of organic apricot, grape seed and jojoba oils. This will leave your body super hydrated and ready for another day on the slopes!

**Unwind** **90 min \$249**

Be transformed with our mountain essential package complete with a customised relaxation massage and Eminence organic luxe facial. A perfect duo treatment personally tailored for you.

**Astra Ultimate Alpine Escape** **5.5 hours \$620**

Let us take you on a relaxation journey with our ultimate Astra day package that will leave you in Seventh Heaven.

Your spa day begins with an exfoliation and wrap of your choice that will help restore your skin's moisture. Followed by a customised full body massage to ease muscle tension and calm your mind as you drift off with our organic luxe facial. A mini break for an artisan refreshment then complete your day with an express manicure and pedicure. Head to toe bliss! Add on private 50 min yoga session \$65

HANDS AND FEET

**Spa Manicure** **60 min \$100**

Restore your busy hands with this essential hand treatment. An aromatic soak, nail shaping and cuticle work are followed by a soothing hand and arm massage completed with your choice of regular polish.

**Spa Pedicure** **60 min \$110**

This pedicure has all the essentials for your feet. A relaxing foot soak, cuticle work and nail shaping are followed by a soothing foot and lower leg massage. Finished with your choice of regular polish.



BEAUTY

**Tinting and Body Waxing** **Starts from \$25**

Ask us for the Beauty Menu.

HAIRDRESSING

Haridressing by our own in-house hairdresser: book online or by calling 03 5758 3496.

HOURS OF SERVICE

10am - 7pm

AFTER HOURS REQUEST

From 7pm - 10pm  
Should you wish to schedule any spa treatment outside our operating hours, please contact our hotel reception. An additional surcharge of \$40 applies to all spa appointments.

CANCELLATION POLICY

Appointment changes or cancellations made within 24 hours of the treatment time will be subject to a 50% cancellation fee. Group cancellations are subject to policies as noted in the individual group contracts.

SPA ACCESS

Enjoy complimentary access (45 mins max) to our pool facilities if you book any facial or massage treatments. It includes a Heated Mineral Magnesium Pool, Spa, Steam and Sauna. Please inquire with Spa Reception regarding availability.

ARRIVAL TO APPOINTMENTS

Please arrive 10 minutes prior to your appointment. Late arrival will result in reduced time on your service.



5 SITZMARK STREET, FALLS CREEK VIC 3699  
P: 03 5758 3496 | SPA@ASTRAFALLSCREEK.COM.AU  
WWW.ASTRAFALLSCREEK.COM.AU