

Treatment Menu

*Spa*4.0.7



Spa 407 has been created with one person in mind – you

Designed to complement your lifestyle, Spa 407 offers treatments and services to rejuvenate and restore balance within the body. In the comfortable and relaxing surroundings of the RACV Goldfields Resort, you can focus on your health and vitality, enjoying a wealth of holistic treatments delivered by highly skilled therapists and health professionals. Our tailored treatments together with the dedicated Spa 407 team will help you to create life-long healthy habits.

ANESI
BEAUTE



RACV Resorts welcomes members of all auto clubs to enjoy treatments at special member prices. Prices are subject to change so please confirm at time of booking.

Spa 407 Products

ANESI BEAUTE

Designed and manufactured in Spain, Anesi Skin Care is formulated using highly concentrated active ingredients including marine and mineral extracts, plus the finest selection of cosmetics formulated to solve skin problems. Anesi products are designed to provide newer and more beautiful complexions for all ages and skin conditions. The skin surface will gradually start to display a more youthful appearance. Your skin will become firmer and smoother to the touch and deep wrinkles that are present now will appear much less pronounced.

OPI

As the world leader in the professional nail care industry, OPI, a division of Coty, is committed to providing high-quality products and services with a focus on industry safety and innovation. Known for its exceptional formula, fashionable colours and iconic names, OPI's heavily-pigmented lacquers are super rich, long-lasting, and chip-resistant – offering an affordable luxury to consumers.



Massages

RELAXATION

60 MIN \$95M \$105NM | 90 MIN \$130M \$145NM

This therapeutic massage combines the most relaxing elements of Swedish and Eastern tradition. All movements are slow and rhythmic leaving a deep sense of calm and wellbeing.

REMEDIAL MASSAGE

60 MIN \$100M \$110NM

A remedial massage is ideal for treating chronic muscular conditions, sporting recovery or injury rehabilitation. Therapists will concentrate on specific problem areas to stimulate circulation and ease aches and pains.

DEEP TISSUE MASSAGE

60 MIN \$100M \$110NM | 90 MIN \$145M \$160NM

Warm Oil is used in intensive massage, focussing on tension areas and aching muscles at a deeper level.

STRESS REVIVE

45 MIN \$85M \$95NM

Perfect for relieving headaches, migraines and stress, this treatment starts with a warm mask brushed through the hair (optional). The scalp is then cocooned in hot towels. Attention is then turned to the neck, shoulders, arms and décolletage with a stress relief massage with warm oils.

PREGNANCY MASSAGE

60 MIN \$95M \$105NM

Specific massage techniques are used to reduce pregnancy discomfort and to enhance the physiological and emotional well-being of both mother and baby. Special positioning and cushions provide optimum comfort and safety. Suitable for women after their first trimester.

HOT STONE

90 MIN \$140M \$155NM

Experience the powerful combination of smooth volcanic basalt stones and a personalised blend of oils to de-stress, energise or relax. The warmth of the naturally formed stone works deep into the muscles to relieve tension.

M = Member, NM = Non Member



Body Treatments

SEA KELP WRAP

75 MIN \$120M \$135NM

Following a dry body brush exfoliation, enjoy a Sea Kelp mineral enriched clay mask to detoxify and contour the body. Enjoy a scalp massage while the body is then cocooned in warmth to enhance absorption. Finish with an Organic Silicon cream to sculpt, tone and provide elasticity while fighting stretch marks formation.

APRICOT SEED SCRUB

45 MIN \$90M \$100NM

Indulge with a full body Apricot Seed Scrub, to gently exfoliate for an effective body peel to brighten the skin. Follow on with a serum of your choice (Anti – Cellulite serum | Liquid drainage serum), and finish off with a thermo active moisturiser (Caffeine and Guarana) which helps break down fat at a cellular level, giving a long lasting effect well after your treatment has finished.

COCONUT AND VANILLA SUGAR SCRUB

45 MIN \$90M \$100NM

A full body exfoliating experience using coconut to hydrate the skin, vanilla to help you unwind, and sugar to gently buff away aging skin cells, leaving your skin nourished with a healthy glow.

CITRUS INFUSED SCRUB

60 MIN \$110M \$120NM

Following a full body exfoliation using a dry body brush, enjoy a mineral enriched salt scrub (lemon, tea-tree, orange and kelp extract) to exfoliate and detoxify the skin. Hot towels are used to relax muscles and a hydration Shea butter is massaged into the skin for a complete hydration and rejuvenated skin.

CLEANSING BACK TREATMENT

60 MIN \$75M \$85NM

Begin with a tension releasing back, neck and shoulder massage, followed by an exfoliating mask treatment to nourish and brighten the skin. Finish off with an orange and mandarin contouring cream.



Facials

PURIFYING FACIAL

75 MIN \$110M \$125NM

A highly effective treatment for oily, problematic skin of all ages. Designed to reduce excessive oiliness and its related problems such as open pores, blemishes and stubborn impurities. The skin is deeply cleansed and treated with Anesi's special preparations containing fruit enzymes, marine extracts and minerals.

ANTI-AGING FACIAL

60 MIN \$95M \$105NM | 90 MIN \$130M \$145NM

A "Botox" effect facial to combat the signs of aging and reduce the appearance of fine lines immediately. Anesi incorporates two active principals "Bioxilift" and "Argireline" to reduce lines and wrinkles.

CALMING FACIAL

60 MIN \$95M \$105NM

A luxurious facial for sensitive skin which balances and soothes the skin while building and strengthening the defence system. This treatment is formulated for high tolerances and effectiveness by the use of numerous plant extracts including aloe vera to soothe, liquorice to calm irritations, apricot oil to gently nourish and Silk proteins to restructure and hydrate.

HYDRATING FACIAL

60 MIN \$95M \$105NM

Formulated for all skin types that need hydration and oxygenation. 3D Hydra APS is a revolutionary ingredient consisting of polarised water that produces rapid cellular hydration in three stages on the skin. It is also enriched with Celldetox®, which increases the elimination of toxins accumulated in the skin.

FOOT RITUAL

60 MIN \$95M \$105NM

A unique pedicure. While you lay back and relax, your feet are soaked in a warm aroma foot bath and gently exfoliated with a mineral salt scrub. A hydrating foot mask is massaged into your feet and then left to infuse while your feet are cocooned in hot towels. This luxurious pedicure includes file, buff, cuticle work and polish.



Add-On's

EXPRESS MASSAGE	30 MIN \$50M \$55NM
EXPRESS FACIAL	30 MIN \$65M \$72NM
SPA BATH	30 MIN \$55M \$61NM
Mineral enriched bath soak • Cocoa bath soak • Milk, honey and sandalwood bath	
HYDRATING HAIR TREATMENT	20 MIN \$39M \$44NM
BEVERAGES	
Glass of sparkling / beer / cider \$POA	
WINE AND CHEESE BOARD	(SERVES TWO) \$40
South Cape blue, Cobram vintage, double brie. Served with crackers, dried fruit and homemade watermelon paste. Two glasses of wine.	
GOLDFIELDS TASTING PLATE	(SERVES TWO) \$28
Tuki smoked trout, Meredith goat's cheese, Tuki lamb chorizo, duck terrine, sundried tomatoes, marinated olives and crisp bread.	
PETIT DESSERTS	(SERVES TWO) \$24
Lemon citrus tart, chocolate brownie, macaroons, profiteroles, strawberries	
FRESH FRUIT PLATTER	(SERVES TWO) \$24
Selection of fresh seasonal fruit served with a honey yoghurt	

Packages

REJUVENATE ME	5 HOURS \$475M \$525NM
The perfect way to spend a day, with every part of your body renewed:	
• Sea Kelp wrap • Spa bath soak • 60 min anti-stress massage • Your choice of 60 min facial	
• Foot ritual • Spa cuisine platter	
RE-ENERGISE ME	3 HOURS \$295M \$330NM
Give your body a boost and detoxify with:	
• Apricot seed scrub • Scalp and foot massage • Spa bath soak • 60 min anti-stress massage	
RELAX ME	2 HOURS \$190M \$210NM
Completely unwind with:	
• 60 min anti-stress massage • Your choice of 60 min facial	
• Glass of wine or fruit juice in the Spa Lounge	
REFRESH ME	60 MIN \$110M \$125NM
Choose three of the following 20 minute treatments:	
• Back, neck and shoulder massage • Express facial • Dry body brush and moisturise	
• Paraffin hand treatment • Paraffin foot treatment	
HENS / GIRL'S DAY OUT	\$85M \$95NM PER PERSON
(minimum of 6 people)	
Choose one of the following 30 minute treatments:	
• Back, neck and shoulder massage • Dry body brush and moisturise • Express facial • Express hand ritual	
• Express foot ritual • Spa cuisine and a glass of Champagne enjoyed in our private spa lounge	

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