



SPA MENU

MT. MULLIGAN
LODGE

CONTENTS

Indulge your senses and rebalance your mind and body. Our treatments are designed to reflect the tranquillity and uninterrupted beauty of Mount Mulligan (Ngarrabullgan).
Breathe in, breathe out, and find your inner peace.



FACIALS	4
BODY TREATMENTS	7
RITUALS	8 — 11
MASSAGES	12
ENHANCEMENTS	15
SPA ETIQUETTE	15

FACIALS

SPECIALIST C PRO FACIAL

1 HOUR 30 MINUTES

\$250

Sculpting Massage Cleanse | Advanced Skin Infusion | Cryo-cermmic facial therapy | Vitamin C Brightening & Resurfacing Activation
Acupressure Point head, neck & shoulder massage

Beyond extraordinary, this high-performance anti-ageing facial uses potent actives and antioxidants to repair environmentally stressed skin and enhance skin cell productivity. A vitamin C activation boosts collagen, brightens the complexion and quenches dehydrated skin, revealing a smoother, plumper and more youthful complexion.

Chilled ceramics are used to deliver a unique cooling experience, reducing inflammation and promoting collagen production, unveiling radiant skin. (as described in below facial)

AHA RESURFACING PRO FACIAL

1 HOUR 30 MINUTES

\$250

Sculpting Massage Cleanse | Advanced Skin Infusion | Cryo-cermmic facial therapy | AHA Resurfacing Activation System | Acupressure Point head, neck & shoulder massage

This transformative performance facial features a gentle yet effective exfoliation using alpha hydroxy acids to refine the skin's tone and texture, targeting congestion, dehydration, pigmentation and fine lines.

Chilled ceramics are used to deliver a unique cooling experience, reducing inflammation and promoting collagen production, unveiling radiant skin.

PH RESTORATIVE FACIAL

1 HOUR

\$195

Signature Sculpting Cleanse | Concern Specific Dual Mask Treatments
Acupressure point head, neck & shoulder massage

This luxurious customised spa facial is carefully crafted to address your specific skin concerns, whether it's hydration, rejuvenation, or purification. Your expert therapist will assess your skin's pH balance and select the perfect blend of botanical elixirs and targeted treatment products to restore dry, sensitive or aging skin to restore its natural equilibrium.





BODY TREATMENT

MULLIGAN ESCAPE

2 HOURS

\$330

Botanical foot ritual | full body exfoliation & thermal mud wrap
Gua Sha scalp therapy | Full body balancing Acupressure point massage

Quiet the mind and release the body. Your skin is gently exfoliated, leaving it silky smooth and prepared for the thermal mud wrap. While cocooned in the warm, mineral-rich mud you are treated to a Signature Gua Sha scalp therapy using a copper mineral conditioning treatment. A quick rinse in the shower leaves the skin ready for a full body massage for a complete awakening.

RITUALS

OUTBACK DREAMING

3 HOURS

\$430

Botanical foot ritual | Bespoke full body exfoliation & mask wrap Full body massage | pH restorative facial | Acupressure point head, neck & shoulder massage

Embrace the stillness of the outback, where worries float away like leaves in the gentle breeze. Your journey begins with a gentle yet invigorating scrub and wrap that will leave your skin feeling velvety smooth and rejuvenated. Following this, a soothing massage will unravel the knots of tension, leaving your muscles relaxed and your spirit at ease. Our pH restorative facial will then work its magic, purifying and replenishing your skin, leaving you with a radiant glow.

*Optional performance facial upgrade 3 ½ hours

DEEP CONNECTION

2 HOURS

\$330

Botanical foot ritual | Aroma unwind acupressure massage
pH restorative facial

Begin your journey with a deeply soothing and targeted massage that will melt away tension and stress, leaving your body in a state of blissful tranquillity. Following the massage, your skilled therapist will treat you to a customised restorative facial, tailored to address your specific skincare needs leaving your skin glowing with vitality.

*Optional performance facial upgrade 2 ½ hours





SACRED TIME
1 HOUR 30 MINUTES

\$260

Pregnancy facial | Head, neck & shoulder massage | Leg & foot relief

Carrying a new soul can wear on the body, so here is one just for the two of you. Designed to restore natal luminance, this tailored pregnancy facial will address the unique skincare needs that pregnancy can bring, leaving your complexion refreshed and radiant. Then, surrender to the blissful tranquility of a head, neck & shoulder massage, where our skilled therapist will use gentle techniques to release tension and promote a sense of calm. To complete the ritual, indulge in leg & foot relief, allowing the aches and fatigue of pregnancy to melt away as your feet and legs receive focused care.

*Treatment recommended after first trimester –all pregnancy treatments are preformed to safety guidelines.

MINERAL RICH BATHING
30 MINUTES - UP TO TWO PEOPLE

\$100

Enhance your spa journey with a private outdoor mineral bathing experience.

This private oasis at the edge of the weir is all yours. Slip into the healing waters and soak in the view of Mount Mulligan with the gentle sounds of the outback to help you drift into your most relaxed state. The pool is inspired by an outback water tank design, featuring a corrugated iron exterior. or cooled to a custom temperature depending on the weather and your personal preference. The water's essential mineral content has been scientifically proven to deliver a range of health benefits, including deeper sleep, relief for arthritic joints, and soothing tense muscles.

MASSAGES

KNOWING TOUCH

1 HOUR 30 MINUTES

\$235

Full body ceramic vessel massage | Head, scalp & neck massage

Utilising conducted heat therapy through LaGaia's hand made akwaterra ceramics. The warmed vessels are an elevated hot stone experience with therapeutic results. The warm ceramics applied with rhythmic massage techniques and pressure point therapy allows your therapist to focus on tightly wound areas, releasing trapped tension, lingering toxins and freeing your headspace.

DEEPER FIBRES

1 HOUR

\$190

1 HOUR 30 MINUTES

\$245

Full body Gua Sha massage

This unique and therapeutic treatment embraces the magical properties of the LaGaia Gua Sha made out of legendary bian stone, known for its ability to balance energy and release deep-seated tension, using both hands and tools your therapist will tailor your treatment to your specific needs.

AROMA UNWIND

1 HOUR

\$180

1 HOUR 30 MINUTES

\$225

Full body aromatherapy & acupressure point release massage

As the aroma of the essential oils envelop your senses, tensions melt away, and stress evaporates. With gentle, flowing strokes and expert hands, your therapist will release muscle tension and promote deep relaxation, leaving you with a profound sense of calm and renewal. Acupressure point therapy benefits transcend your treatment time, wellness results that linger.

*Aroma-free oil is also available.





ENHANCEMENTS

ADD TO ANY TREATMENT — 30 MINUTES

AROMA UNWIND - BACK MASSAGE

\$110

The perfect add-on to any facial or body treatment.

RESURFACE & REFRESH FACIAL

\$115

This treatment buffs away built up congestion.

The skin's hydration is restored and prepped for enhanced nutrient absorption.

GUA SHA SCALP & HAIR THERAPY

\$110

Let tensions slip away as a warm, nourishing treatment mask is massaged into the scalp and hair, transporting you to ultimate relaxation.

SOOTHING FOOT & LEG RELIEF

\$110

Ease tension in sore, tired feet with a kneading massage. A thermal scrub will increase circulation before a nourishing balm repairs tired heels.

SPA ETIQUETTE

We recommend that you arrive at least 10 minutes prior to your appointment. For your comfort we suggest that you shower before all treatments and dress in what makes you feel most comfortable. Please advise if you have any health concerns or if you are or may be pregnant.

Your spa treatment is a personal journey, created and modified for your specific needs. Choose a journey from our spa menu or allow our therapists to tailor a treatment which reflects your mood or preference.

Your treatment time has been reserved especially for you, however, we understand that plans change. Please provide a minimum 24 hours' notice if you wish to reschedule or cancel your treatment. Without notice, the full charge of your treatment will apply.

An aerial photograph of a vast, dense forest at sunset. The sun is low on the horizon, creating a warm, golden glow across the sky and the forest canopy. The forest extends to the horizon, with some distant hills visible. Two thin white horizontal lines are present: one above the text and one below it.

 Morris Escapes