

# OSBORN HOUSE DAY SPA TREATMENT MENU

OSBORN HOUSE

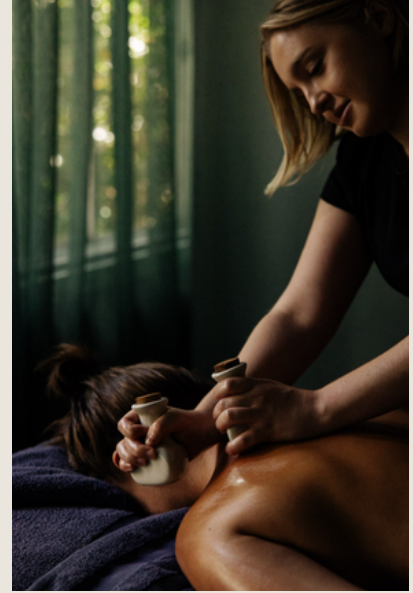
[spa@osbornhouse.com.au](mailto:spa@osbornhouse.com.au) | 96 Osborn Ave, Bundanoon NSW 2578

[www.osbornhouse.com.au](http://www.osbornhouse.com.au)

# OUR PHILOSOPHY

## Breathe In Breathe Out

Most of us have likely visited a hotel spa before. But few of us probably remember what the experience was actually like. At Osborn House, we make it impossible to forget. Here, we don't just offer luxurious spa treatments, we create space for a truly transformative journey of the mind, body, and spirit. That's how every treatment at our ultra-luxe spa begins; with simple breath work. As you take in the clean country air of the highlands, you enter a state of relaxation that deepens throughout your journey with us.



# SPA JOURNEYS

## RELAX, REPEAT JOURNEY

Sometimes, a traditional one-hour treatment doesn't cut it. This is one of those times. Put your feet up and unwind your mind during this tension-easing treatment featuring a Customised facial and full-body hot stone massage. Muscles will relax, years will return, and you'll wonder why you didn't do this sooner. Stress? Never heard of her.

90-minutes | 120-minutes

## THE COUPLES' JOURNEY

Embark on a tranquil 120-minute voyage designed for couples, where blissful relaxation awaits. Choose from one of our signature 60-minute relaxation massages, featuring options like the OMG, Rock Star, or Earthly Elements Massage. Following this, immerse yourselves in ultimate serenity with our renowned Back to Base Facial, ensuring a complete and rejuvenating experience from head to toe. Unwind together and create lasting moments of pure relaxation at Osborn House Spa.

120-minutes

## SPIRITUALLY SOAKED JOURNEY

Get back to nature with this nourishing full body scrub, detoxifying facial, and massage treatment trio that will leave your skin rehydrated, rejuvenated, and reborn. An immersive experience, feel like you're frolicking in the forest on a rainy afternoon without ever leaving the comfort of Osborn House Spa. What a trip!

90-minutes | 120-minutes

## THE GIRLS' SPA DATE

Celebrate special moments with your best friends with our 120-minute Girl's Spa Date – an indulgent journey meant to be shared. Enjoy a 60-minute OMG Massage, followed by your choice of either our Back to Base Facial or the express Out of This World Facial.

Your group will depart feeling rejuvenated, relaxed, and ready to cherish the memories created during this spa experience at Osborn House Spa.

120-mins



# FACIALS

## OUT OF THIS WORLD DERMALUX LED FACIAL

Ultra-luxe and luminous, this anti-aging facial puts the extra in extraordinary. Pairing potent actives and antioxidants to repair environmentally stressed skin and enhance skin cell productivity with Dermalux LED Phototherapy. Completed with an invigorating Akwaterra massage for the ultimate upper body indulgence. Book in and bask in the glow up.

90-minutes

## BACK TO BASE FACIAL

There's nothing basic about your base. A gentle reminder that sometimes less truly is more, let us restore your skin's natural balance using a range of premium Australian skincare that'll give you that unedited glow from the inside out. Forget filters, you really did wake up like this.

60-minutes

## WE'VE GOT YOU COVERED FACIAL

No one knows your skin better than you do...except us. Leave it to our expert team to tailor a treatment based around what nutrients your skin seeks right now. Using precious crystal quartz tonics and gua sha layered with hydrating botanicals and serums, we'll restore your skin back to radiant health

60-minutes | 90-minutes

# FACIALS



## LED REJUVINATE THERAPY FACIAL

Our Dermalux Treatment instantly boosts the complexion to restore vitality and glow to the skin in as little as one treatment. The treatment energises the skin to instantly revitalise a dull complexion, restore luminosity and calm irritation whilst being able to target specific skin concerns.

30-minutes

## DERMALUX POWER PLAN

Pay for 10 Dermalux treatments and receive 2 treatments FREE. Supercharge your skin for visible and lasting improvement with our Dermalux LED Power Plan. From the very first treatment, Dermalux LED instantly boosts the complexion to restore vitality and glow. An intensive skin activation programme of 12 treatments taken in close succession offers cumulative benefits and can be targeted to specific skin concerns.

30-minutes

# MASSAGES

## OMG SIGNATURE ACCUPRESSURE

The name pretty much sums up our signature massage designed to restore balance and wellbeing while relieving deep muscular tension. Incorporating pure essential oils chosen by you, intuitively, this is an all-encompassing experience that'll calm your body, mind, and spirit.

Prepare to enter ultimate relaxation mode.

60-minutes | 90-minutes

## EARTHLY ELEMENTS AKWATERRA

Ordinarily we'd say you're in good hands at Osborn House, but when it comes to this massage, you're in good tools. Devised in the South of France and new to Australia, Akwaterra is a consciously crafted massage concept synergising earth and water. Using unique heated ceramic tools to apply pressure and fluidity throughout the body via deep rhythmic motions. Indulge in a truly transcendental endothermal experience that'll leave you feeling indebted to French ingenuity.

60-minutes | 90-minutes

## ROCK STAR HOT STONE

Looking to go a bit deeper? What's knot to love about this tension releasing massage using Australian granite stones, pure essential oils and rhythmic movements that penetrate at a muscular level to aid with chronic pain and muscle tension. A grounding experience that leaves no stone unturned — both literally and figuratively.

60-minutes | 90-minutes

## PREGNANCY MASSAGE

Designed to nurture and support expecting mothers, this soothing massage focuses on relieving tension and promoting overall relaxation. Tailored to your needs, this experience ensures you feel rejuvenated and cared for.

Medical clearance required.

60-mins



# TREATMENT ADD-ONS

## REFRESHER FACIAL

Tailored to your skins needs this refreshing facial restores skin to its natural PH level leaving you glowing

30-minutes

## LED TREATMENT

Add medical-grade LED light therapy with the Dermalux Tri-Wave MD system. This advanced technology combines blue, red, and near-infrared light to improve skin clarity, boost collagen production, and reduce inflammation for a radiant, healthy complexion. Renowned as a gold standard in light therapy, Dermalux gently and effectively targets inflammatory skin conditions, aging concerns, and sensitive skin, delivering clinically proven results suitable for all skin types

30-minutes

## MASSAGE THERAPY

Add a massage focused on the areas you need attention most.

30-minutes

## HAIR & SCALP NOURISHMENT

Tailored to your skins needs this refreshing facial restores skin to its natural PH level leaving you glowing

30-minutes

## INFRARED SAUNA

Enhance your massage with a session in our state-of-the-art Jacuzzi 3-person infrared sauna. This wellness treatment uses far-infrared heat to promote detoxification, improve circulation, support muscle Recovery, and reduce stress. Enjoy soothing warmth that eases joint pain and enhances relaxation, leaving you refreshed and revitalised.

45-minutes

## COUNTRY CLUB DAY PASS

Enjoy access to our luxurious wellness facilities. Swim in the 25m heated indoor/outdoor pool, play tennis, workout in the gym, or unwind in the Jacuzzi, traditional sauna or steam room.

All-day



## TREATMENT PRICING

## Spa Journeys

	Weekdays	Weekends
Relax, Repeat Journey		
90-minutes	300	330
120-minutes	365	395
Spiritually Soaked Journey		
90-minutes	320	350
120-minutes	385	415
The Couple's Journey (per couple)		
120-minutes	715	785
The Girl's Spa Date (per person)		
120-minutes	355	390

## Massages

	Weekdays	Weekends
OMG Signature Accupressure Massage		
60-minutes	180	200
90-minutes	245	265
Rockstar Hot Stone Massage		
60-minutes	190	210
90-minutes	255	275
Earthly Elements Akwaterra		
60-minutes	205	225
90-minutes	265	285
Pregnancy Massage		
60-minutes	190	210

## TREATMENT PRICING

## Facials

	Weekdays	Weekends
Out of This World Dermalux LED Facial		
90-minutes	285	305
We've Got You Covered Facial		
60-minutes	190	210
90-minutes	225	275
Back to Base Facial		
60-minutes	190	210
LED Rejuvenate Therapy Facial		
30-minutes	115	125
Dermalux Power Plan (10pack)		
30-minutes	920	1000

## Add-Ons

	Weekdays	Weekends
Refresher Facial		
30-minutes	90	90
LED Treatment		
30-minutes	90	90
Hair & Scalp Nourishment		
30-minutes	80	80
Massage Therapy		
30-minutes	80	80
Infrared Sauna		
45-minutes	65	85
Country Club Day Pass		
All-Day	75	85

Infrared Sauna sessions can be booked independently of other treatments. Pricing is per person, with the option to add a second person for an additional \$20.

# TERMS & CONDITIONS

To enjoy your Spa experience to the fullest potential, please familiarise yourself with the Spa Guidelines.

## FACILITIES

To indulge in our luxurious wellness facilities including a pool, sauna and steam room, day passes are essential. Please book ahead with our spa team.

## RESERVATIONS

To schedule your preferred time and treatment, please contact our Spa team. Payment and contact details are required in order to secure your reservation.

## ARRIVAL TIME

We encourage hotel and day guests to arrive 15 minutes prior to a scheduled appointment.

## DREAMY DUO

Would you like to share your relaxation time? Upon booking, please request our designated treatment room big enough for two!

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies, injuries prior to your prior to your treatment.

## PREGNANCY

Certain spa treatments are not recommended whilst pregnant. If you are pregnant, please advise our spa team upon booking so we can help you to select the most suitable treatments.

## PREGNANCY MASSAGE

We request a medical clearance to be provided prior to your massage with us to ensure the safety of you and your baby.

## TAKE OUR SPA HOME

All products used in your treatments are available to buy. To order your favourite products, or to discuss your individual needs with a therapist, simply email [spa@osbornhouse.com.au](mailto:spa@osbornhouse.com.au). We will happily post products to you or deliver them to your room.

## PARKING

parking is available for non-hotel guests having treatments at the Spa.

## SPA ETIQUETTE

Our Spa environment is one of relaxation. Please respect all Spa guests right to privacy and serenity. In designated men's and women's areas, we ask that guests wear swimwear or robes and towels provided when moving around these areas.

## AGE REQUIREMENT

Spa, pool and sauna guests must be at least 18 years of age.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the Spa at least 48 hours in advance of your appointment to avoid being charged the full-service fee.