



WALDHEIM ALPINE SPA
cradle mountain



private sanctuary

*vitality and beauty are
gifts of nature*

The Waldheim Alpine Spa at Cradle Mountain Lodge is a warm and inviting day spa retreat nestled amidst the spectacular Tasmanian wilderness. Overlooking fresh mountain springs and surrounded by towering King Billy pines, the Waldheim Alpine Spa reflects the pure and natural beauty of the Tasmanian highlands.

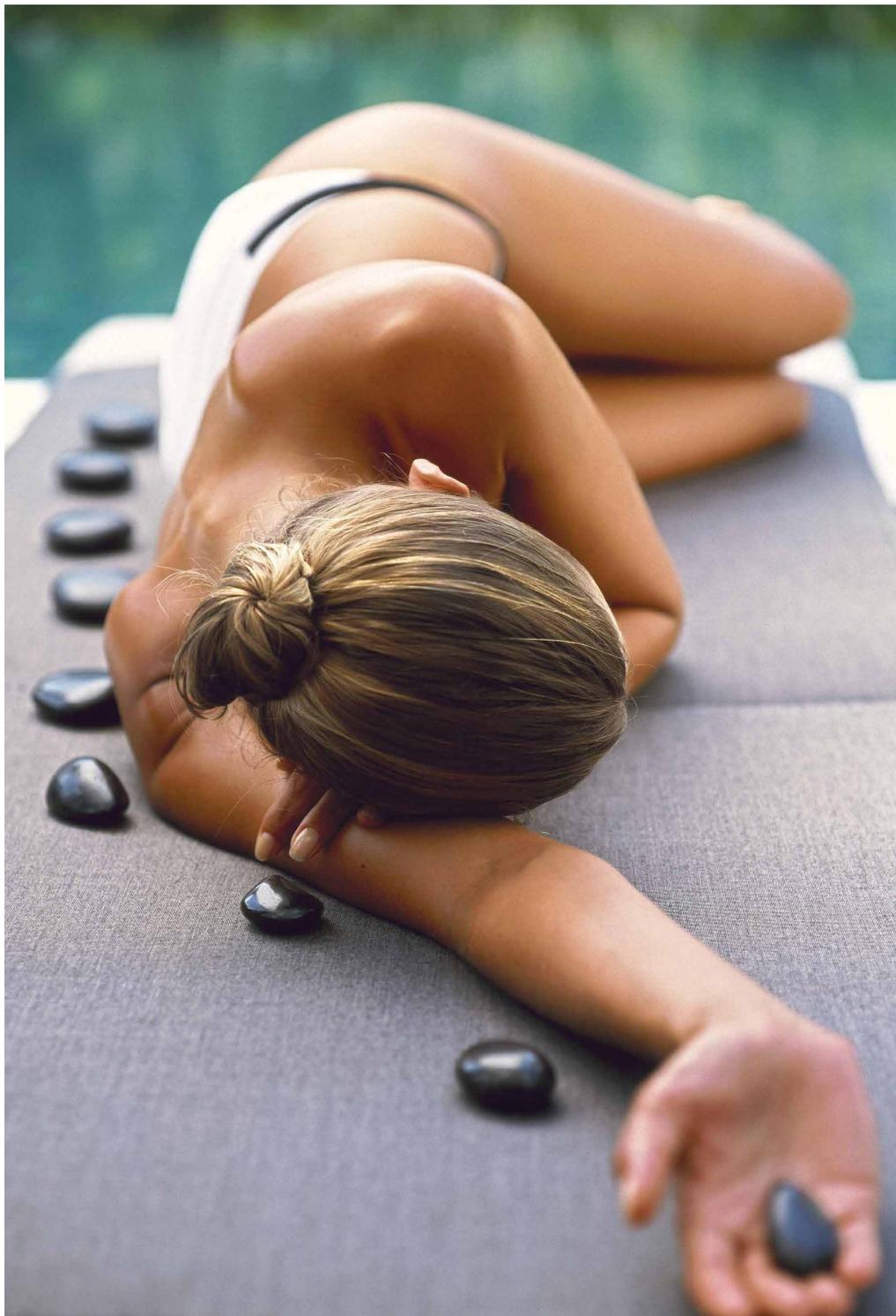
As you step through the door, a haven of harmonious textures and elements welcome you into a tranquil space of well appointed rooms and relaxation areas with views over the pristine Pencil Pine River. Our private sanctuary, available upon booking, features a dry heat sauna, wet steam room, large hot tub and cool vitality pool.

Curated rituals and therapies have been created with your wellbeing and delight in mind. While highly skilled therapists, trained in time honoured customs and highly specialised techniques, tune into your individual needs so as to personalise your spa experience and respond to the ever-evolving rhythm of your life.

Our exclusive skincare range by ELEMIS, has more than 25 years of wisdom inspiring its pioneering formulas, where spa meets science meet skin. Unique treatment sequences and age-defying facials address specific skin and body conditions to produce visible results, whilst re-awakening the senses.

Offering the only destination spa and wellness experience within this stunning World Heritage Area, the Waldheim Alpine Spa transports you into a space so beautiful and rejuvenating that your senses will be left in wonder long after your journey here ends.

This is Waldheim (forest home) where there is no time and nothing matters.



SIGNATURE SPA

experience a sense of place

Signature Alpine Journey

Hot Stone Massage, Advanced Facial, Scalp Therapy

150 mins / \$340

Capturing the spirit of the surrounds and using a combination of hot stones, the music of nature and a pure blend of essences, this deeply relaxing full body experience transports you into a space so beautiful and rejuvenating that your senses are left in wonder long after your journey ends. Soothing trails of heat relieve muscular aches and pains leaving their indelible mark with your body, before this restorative therapy continues with a bespoke advanced performance facial to profoundly restore and revive the skin for optimal radiance.

Private Sanctuary

60 or 90 mins / \$120 or \$170

Enjoy your very own spa sanctuary with views over the pristine Pencil Pine River and surrounding forest. Featuring a private relaxation area complete with a dry heat sauna, wet steam room, a large hot tub and a cool vitality pool, you are invited to enjoy, indulge and invigorate in these traditional wellness experiences.

Decadent Sanctuary

60 or 90 mins / \$200 or \$250

Add a bottle of Tasmanian sparkling wine and a platter of chocolate dipped strawberries to truly celebrate life, the magnificent view and relaxation at its best.

Note: Bookings for the Private Sanctuary are essential. Please contact the spa directly to reserve a time. Swimwear is required when using this area. Guests must be aged 16 years or over.

EXPERIENCE RITUAL

discover inner peace and contentment

Rainforest Ritual

*Exotic Frangipani Wrap, Salt Scrub, Scalp Therapy,
Wellbeing Massage, Alpine Refresh Facial*

150 mins / \$320

Escape into the realms of bliss and rejuvenation with an experience that warms you up, wraps you in bliss and polishes the skin for a truly sweet result. Rhythmic massage techniques hold the promise of relaxation and relief as your body succumbs to therapeutic touch, and the complexion is refreshed and revitalised with a facial using potent skincare formulations.

Mountain Dreaming

Wellbeing Massage, Skin Solutions Facial

120 mins / \$240

Take a journey into stillness with a relaxing full body massage that blends rhythmic massage strokes with traditional Swedish techniques to dissipate tightness and tension, before a tailored solutions facial harnessing the power of nature and science enhances and nurtures your skin back to glowing health.

Lilla Lullaby

Coconut Body Exfoliation, Hydration Massage, Skin Solutions Facial

120 mins / \$260

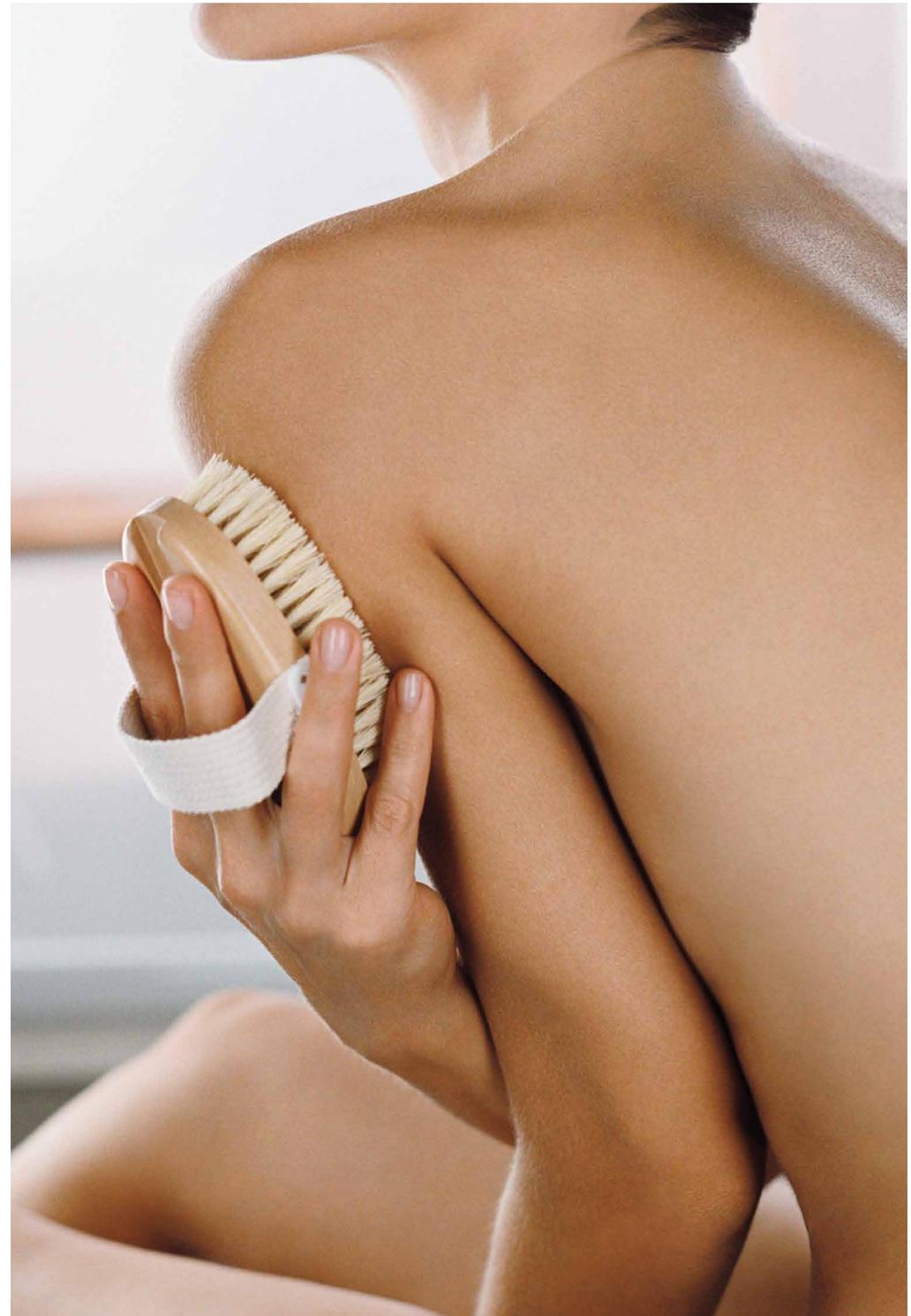
This sublime ritual commences with a skin smoothing coconut body polish and a warm cleansing rain shower. The body is then delighted with the rich hydration of a body milk massage, leaving the body nourished and happy, before a tailored extra sensory facial restores the skin to a harmonious balance.

Pandani Peace

Alpine Refresh Facial, Deluxe Pedicure, Mini Manicure

120 mins / \$240

Step into a fragrant foot bath and feel yourself dissolve as you are guided through a lavish pedicure experience. Comfortably supported on a reclined bed, slip into a deeper dream state whilst receiving a bespoke facial to hydrate and brighten any complexion, before finishing with a luxury touch up of hands and nails.



EXPERIENCE RESTORATION

explore the art of rest and reflection

Rebalance Ritual

*Hot Stone Back Massage, Alpine Refresh Facial,
Scalp & Foot Treatment*

90 mins / \$200

Discover the meaning of contentment as skilled hands and warm stones melt through tension held in the back, neck and shoulder muscles. This continues with a radiance inducing facial, bursting with active ingredients for healthy skin, and a scalp and foot massage to leave you unwound and also uplifted.

Rest & Refresh

Salt Scrub, 30 Minute Massage, Alpine Refresh Facial

90 mins / \$200

A full body salt scrub reveals a new layer of soft smooth skin, which follows with a nourishing oil massage, before our Alpine Refresh Facial cleanses and revitalises the complexion.

Alpine Revival

Express Focus Massage, Alpine Refresh Facial

60 mins / \$140

A speedy spa treat combining a massage in the areas where you most need it, along with our Alpine Refresh Facial, which offers an instant pick-me-up to brighten and revitalise any skin type.

Enlighten Escape

Body Exfoliation, Hydration Massage

60 mins / \$140

A drizzling of warm oil and your choice of body glow is vigorously applied to cleanse away dry winter skin, and once removed, a hydration massage nourishes the body back to a silky smooth glow.

Tension Tonic

Back, Scalp & Foot Treatment

60 mins / \$140

Combining three favourites, this de-stress therapy relaxes the back and scalp and treats the feet with a scrub and wrap to restore a sense of wellbeing and balance.



EXPERIENCE FACIALS

advanced skincare formulations meet beauty expertise to deliver unparalleled skin quality

Advanced Anti-Ageing Facial

75 mins / \$175

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Therapies include facial mapping analysis, eye treatment, luxurious hand, arm and optional scalp massage.

Pro-Collagen Quartz Lift Facial — Anti-wrinkle facial clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment*.

Pro-Lift Intense Facial — Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives to shape, lift and firm.

Tri- Enzyme Resurfacing Facial — Peel away the years for smoother, renewed skin. Clinically proven to resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*.

Skin Solutions Facial

60 mins / \$140

Specially created for all skincare concerns, ELEMIS scientific skin therapies are the perfect solution for daily skin challenges. With an array of formulas to work with, this facial is tailored to the individual needs of your skin, whether that be rebalancing stressed skin, soothing sensitive skin or purifying congested skin.

Alpine Refresh Facial

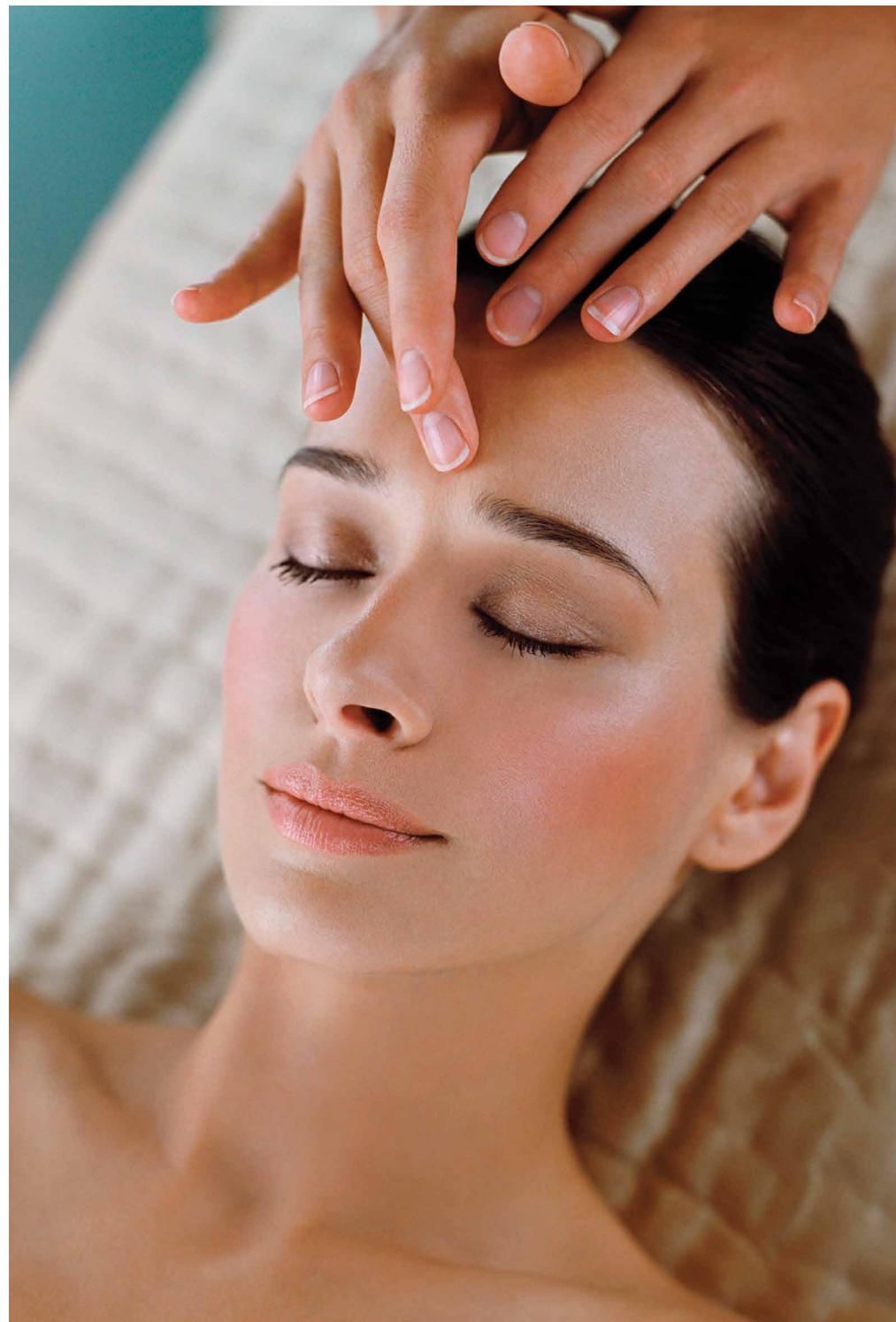
30 mins / \$80

This cleansing facial provides a quick and instant pick-me-up to brighten and revitalise every skin type.

Complement your facial with an added relaxation therapy.

— Private Sanctuary (60 mins \$120 / 90 mins \$170)

— Bath Ritual (30 mins \$75 / 45 mins \$90)



EXPERIENCE BODY

aromatic wonders inspire the senses

Body Bliss

Body Brush, Body Wrap, 30 or 60 min Massage **90 or 120 mins / \$210 or \$260**

Let your thoughts drift away, whilst you are cocooned in a comforting wrap and treated to a pressure point facial massage and de-stress scalp treatment followed by our Signature Wellbeing Massage. Choose from the following:

Muscle Ease Aroma Wrap — This beautiful, aromatic heated seaweed body mask containing muscle warming blends of Pine and Rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles.

Cellutox Aroma Spa Ocean Wrap — Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Helps refine the appearance of cellulite and relieve fluid retention.

Exotic Frangipani Body Wrap — Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce monoi, which is poured all over your body. Skin is drenched with moisture for immediate softness, suppleness and radiance.

Coconut Comfort

Coconut Scrub, Milk Wrap, 30 or 60 min Massage **90 or 120 mins / \$210 or \$260**

A skin softening balinese coconut scrub is applied to gently polish the skin, before a warmed nourishing milk bath is drizzled and wrapped over your entire body. This indulgent therapy then completes with your choice of a 30 or 60 minute massage, taking you on a journey of rediscovery and bliss.

Complement your body ritual with an added relaxation therapy.

— Private Sanctuary (60 mins \$120 / 90 mins \$170)

— Bath Ritual (30 mins \$75 / 45 mins \$90)



MOUNTAIN MAN

look younger and feel better with some time out

Weekend Warrior

Back Massage, Express Facial, Scalp Massage, Foot Massage **90 mins / \$190**

For the no fuss male, we offer the stress release back massage, an express facial treatment, scalp therapy and foot massage. These are the bare essentials for any mountain climber.

Stone & Scrub

Hot Stone Massage, Salt Scrub **120 mins / \$240**

Relieve muscular aches and pains with a deeper pressure massage using a synergy of movements and techniques combined with the added strokes of warm river bed stones. Afterwards a full body salt scrub and rain shower cleanses and exfoliates the skin leaving you relaxed and renewed.

Skin IQ Facial

75 mins / \$170

Specifically formulated for the male complexion, this tension dissolving treatment speaks to every skin concern, restoring vital moisture and maximising cell regeneration. Deep cleansing decongests the skin, whilst dynamic facial massage boosts circulation and releases tight facial muscles, delivering revitalised skin for a vibrant and energised result.

Fitness Facial

60 mins / \$140

This high performance facial is the perfect solution for all skincare challenges and is tailored to the individual needs of a your skin to help combat the effects of a hectic lifestyle and environmental stressors.

Complement your treatment with an added relaxation therapy.

— Private Sanctuary (60 mins \$120 / 90 mins \$170)

— Bath Ritual (30 mins \$75 / 45 mins \$90)

Note: All treatments on our spa menu can be enjoyed by men.



HAND + FOOT RITUALS

*redefine the hands of time and
indulge well-trodden feet*

Sole Delight Foot Treatment **30 mins / \$80**

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

With Pedicure (60 mins / \$125)

Mini Pedicure **30 mins / \$70**

A quick tidy of toes includes cuticle work, nail buff, shape and polish with a hydrating heal and foot treatment to finish.

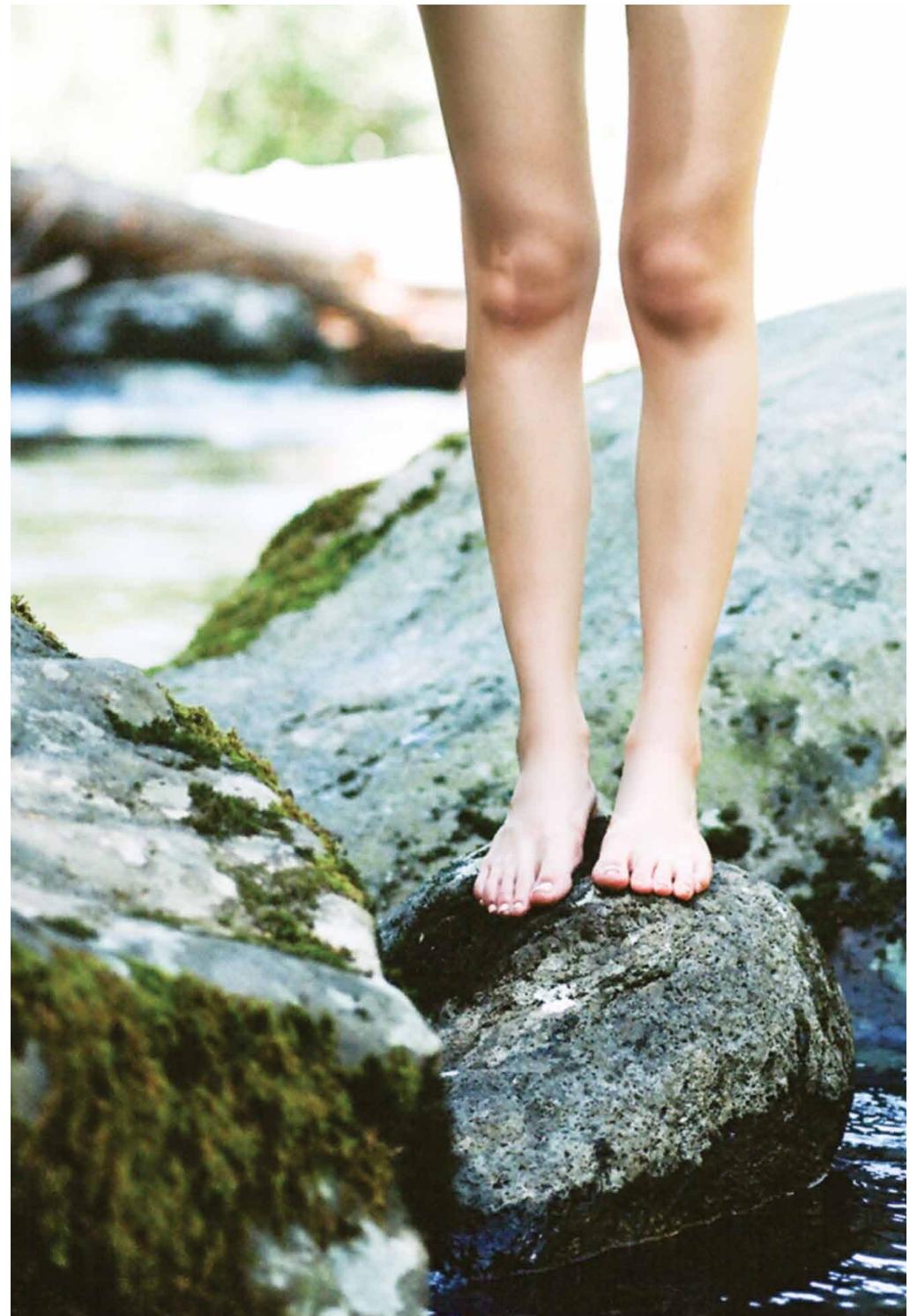
Pro-Radiance Hand & Nail Treatment **30 mins / \$80**

Cuticles and nails are conditioned and strengthened, whilst an indulgent Skin Nourishing Milk Bath combined with the Pro-Radiance Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

With Manicure (60 mins / \$125)

Mini Manicure **30 mins / \$70**

A quick tidy of fingers includes cuticle work, nail buff, shape and polish with a hydrating hand treatment to finish.



BATHING RITUALS

sink into sublime surrender

Private Bath Ritual

30 or 45 mins / \$75 or \$90

Relax in a beautiful warm bath whilst soaking up the view of the stunning alpine landscape. Enriched with a skin nourishing milk bath of vitamins, oat extract and camellia oil, this deeply relaxing escape leaves the mind calm and the skin soft and supple. The perfect addition to any one of our luxury spa experiences.

Decadent Bath Ritual

60 mins / \$175

Add a bottle of Tasmanian sparkling wine and a platter of chocolate dipped strawberries to truly celebrate life, the magnificent view and relaxation at its best.

Special Spa Time

Please speak to one of our Spa specialists who will be happy to assist you with choosing a treatment or ritual to suit you. Whether you are celebrating a special occasion, wanting to spa as a couple, on the precious path of pregnancy or sharing some mother daughter time we have the perfect spa treat for you.

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(forest home) where
there is no time and
nothing matters.*





SPA ETIQUETTE

Opening Hours

The spa is open from 10am to 7pm.

Arrival

Please arrive 15 minutes prior to your appointment. This will allow time for your preparation, consultation and spa refreshment. Please note: Your late arrival may compromise the full length of your treatment as we endeavour to remain on schedule as a courtesy to each and every guest.

Cancellations

The time for your experience has been exclusively reserved for you; however if your plans change, we do request the courtesy of 4 hours notice to cancel your appointment. Regrettably without due notice the full charge of your scheduled treatment will be applied to your account.

Spa Attire

Please wear whatever makes you feel comfortable. You will be provided with a personal locker, bathrobe, slippers and disposable underwear.

Health Consultation

Your wellbeing is very important to us and it is essential that you inform us of any health conditions or pregnancy when scheduling your appointment as certain spa treatments may not be recommended.

Privacy & Modesty

Our caring and professional therapists have the utmost respect for your privacy and modesty and all personal information shared will remain confidential. It is our intention to provide

a safe, healing environment based on trust where you can truly relax.

Valuables

We recommend leaving valuables and jewellery in your room as the spa does not have a safe and cannot accept responsibility for the loss of personal items.

Spa Manners

The spa environment is one of peace and quiet. Please keep noise to a minimum and switch off mobile phones in respect to other spa guests.

Minimum Age

Spa services can only be offered to guests over the age of 16 years old.

Payment

We accept eftpos and all major credit cards (2% surcharge applies). In-house guests may charge spa therapies and products to room account.

Gift Vouchers

The spa is delighted to offer customised gift vouchers. Please ask our Spa Concierge for more details. Gift certificates must be redeemed within 12 months. Please quote your voucher number when booking and present voucher on arrival.

Retail Therapy

Compliment your spa experience or create the spa ambience in your own home, with our beautiful selection of skincare, bath and home products. Your therapist will gladly recommend the products most suitable to you.

WALDHEIM
ALPINE SPA

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PEPPERS

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