



#### OVERDALE DAY SPA AND RETREAT

Private, secluded and exquisitely beautiful, Roseleigh Manor offers the ultimate Day Spa experience.

Specialising in couples getaways and small groups Roseleigh Manor's Day Spa has an old world charm that is sure to spoil your senses.

Inside, a warm and welcoming sanctuary awaits in which to retreat and restore balance to mind and body.

Our team of fully qualified and dedicated massage and spa therapists offer an array of luxurious therapies and treatments.

We offer an unrivalled service for you to experience the best in beauty, spa and wellness treatments using the finest quality aromatherapy oils and natural skin care products.

Personalised gift certificates are also available on request

#### RELAX IN COMFORT

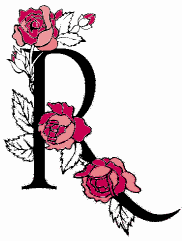
*Overdale Day Spa & Retreat encourage you to benefit from the therapeutic powers of self indulgence. Our highly qualified therapists will ensure that you experience the most beautifying and relaxing treatments. The products that we use are based on organically grown herbs and founded upon traditional healing principles. From the dawn of civilisation both men and women have enjoyed these rejuvenating treatments, so make time and allow our experienced and friendly staff to indulge you with restorative face & body treatments.*

*Pamper yourself.....you deserve it!*

'Overdale' Pattersons road VIA WAGGA WAGGA NSW 2650

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### SPA RELAX PACKAGE

The hydrotherapy spa & detoxing sauna will leave you stress free to relax into your full body massage or hot stone therapy

120 minutes

\$260.00

### QUICK FIX PACKAGE

Spa, sauna, mini facial & back massage; a quick way to pick yourself up

180 minutes

\$300.00

### EXECUTIVE PACKAGE

De-stress in a spa bath, detox in the sauna and enjoy a full body massage with standard manicure & pedicure, a truly amazing experience

4 Hours

\$460.00

### COUPLES IN LOVE PACKAGE

Spa & sauna for two with complimentary champagne. Couples room to experience a full body massage.

3 hours

\$590.00

### DETOX PACKAGE

Spa, sauna, full body massage, exfoliation, Vichy Shower, mud wrap & re-hydration lotion. Combine this treatment with a refreshing lemon juice & water; internal saturation & you are well on your way to detoxifying.

4.5 hours

\$560.00

### DELUXE PACKAGE

This package is the ultimate day out including spa & sauna followed by your choice of wrap or full body massage. Lunch & Champagne included. After lunch a deluxe facial will be complimented by a manicure & pedicure

6.5 hours

\$800.00

## FULL BODY MUD WRAP TREATMENT

120 minutes

\$260

Enjoy a full body exfoliation as it prepares you to be wrapped in a warm Aromatic Moor Mud, rich in natural vitamins, minerals and enzymes. Finish your treatment with a Vichy Shower. You emerge feeling relaxed, restored and rejuvenated.

## AGE DEFYING TREATMENT

120 minutes

\$260

Turn back the hands of time with a facial that brightens, tightens and improves skin texture.

## OVERDALE PACKAGE

180 minutes

\$400

A deluxe facial to help optimize your skin's health and inner glow with mask treatments specifically chosen for your skin type. A deluxe manicure and pedicure which provides your hands and feet with the care and attention they deserve. Full exfoliations, masks, shaping, trimming and moisturisation to help brighten, smooth and rejuvenate to leave your hands and feet feeling fully regenerated.

## REFRESHMENT PACKAGE

180 minutes

\$345

A full body exfoliation with an essential body polish and natural oils to remove those dead skin cells leaving your skin smooth and revitalized. Followed by a Vichy Shower with adjustable water jets which caress your body under an invigorating water fall with a re-hydration lotion to help seal in the smoothness.

## OPTIONAL EXTRA (Only available with packages)

Treat yourself and return home looking and feeling glamorous

Please feel free to choose from any of our optional extras to add to any of our packages/treatments.

They cannot be purchased individually.

## INIKA MINERAL MAKE-UP

\$90

## HYDROTHERAPY SPA

30 minutes

\$50

To help relax the muscles, increase blood circulation and to relieve pressure on nerves and muscles. Recommended for sport injuries, arthritis and vascular disorders.

## INFRARED SAUNA

30 minutes

\$50

Detox at a cellular level, ridding your body of heavy metals and harmful chemicals - purifying cells of body waste and harmful cholesterol.

## DELUXE MANICURE

60 minutes

\$90

Indulge your hands with an exfoliating hand scrub, soothing mask, massage and moisturisation leaving your hands shaped, trimmed and feeling smooth and rejuvenated. Painting optional.

## DELUXE PEDICURE

60 minutes

\$90

The ultimate foot care with a foot spa, exfoliating foot scrub, soothing mask, massage and moisturisation leaving your feet shaped, trimmed and feeling smooth and rejuvenated. Painting optional.

**VICHY SHOWER**

60 minutes

\$150

Adjustable jets caress your body under an invigorating water fall. Our therapist will adjust the pattern, placement and temperature of the jets to achieve whole body water massaging treatment.

**FULL BODY SALT SCRUB**

90 minutes

\$180

A wet room full body exfoliation and Vichy Shower massage treatment. A cleansing body scrub which incorporates essential salts and natural oils.

**DEEP CLEANSE FACIAL**

60 minutes

\$100

A facial to thoroughly cleanse and nourish your skin. Exfoliation, lymphatic drainage massage, mask and moisturisation will leave you skin feeling completely refreshed.

**HOT STONE MASSAGE**

60 minutes

\$150

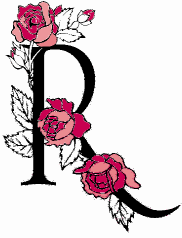
Heated ancient stones are massaged over integral pressure points and lined up to deliver pressure while a deep tissue massage is delivered and finished with hot towel therapy.

**FULL BODY MASSAGE**

60 minutes

\$120

A total body experience for relaxation and well being. Experience the power of essential oils and restorative massage, both relaxing and healing.



## SPA ETIQUETTE

To ensure that you feel totally comfortable on your visit and in order for us to provide the ultimate spa experience - please read through our spa etiquette protocol. This will demystify "what goes on behind spa doors"

### "SURRENDER TO LUXURY"

#### Making an appointment

It is important to make prior reservations so we can accommodate your schedule

#### Who Can Spa?

Overdale Day Spa & Retreat is open to men & women over the age of 16 years. As we do not have child care facilities, we ask that all children under 16 years remain with your child carer

#### How Early Should I Arrive?

For your first appointment, we ask that you arrive 20 minutes early to ensure that you will have time to complete our pre-treatment forms

All subsequent visits we recommend that you arrive 10 minutes prior to your appointed time

#### What Should I Wear?

Maintaining your sense of dignity and wellbeing is of the utmost importance to us

For all body wraps or water treatments please bring along a 2 piece swimsuit

Please enjoy your treatment without clothing if you wish

We recommend that you wear comfortable clothes

Robes & under garments can be provided by the spa

Please keep in mind that our therapists are trained to ensure your privacy is kept

## What Do I Need To Tell You About Me?

Prior to your treatment you will be required to complete a simple questionnaire to assist us in providing the best possible experience in relation to any ailments, allergies or areas of discomfort you may have

As we value your privacy, all personal and medical information provided will be treated confidentially and securely, and will not be passed onto third parties without your written consent

## What if I cancel or I want to Reschedule My Booking?

For all services, reservations must be made with a credit card or gift voucher number

Out of consideration of all our guests, please note that 24 working hours notice is required should you need to reschedule or cancel these reserved services

Cancellation or time change within this time will result in a 50% fee being charged. "No Show" appointments are charged at full price of the treatment booked

## What if I am late for my appointment

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness and importantly your pleasure and enjoyment

As a courtesy to all our clients, all treatments will be completed as scheduled

## Choosing Treatments

Our Spa Consultants will be happy to assist to ensure you choose treatments specifically suited to your special needs

All our treatments are modular and can be combined

We specialise in dual treatments - for couples, mother and daughter, best friends, honeymooners

We have several specialty rooms available for sharing your enjoyment

## How Can I Pay?

Overdale Day Spa & Retreat will accept all major credit cards, cash or EFTPOS

Please note that there is a 20% surcharge for Sunday, Public Holidays and after hour appointments

All prices are inclusive of GST and are subject to change without notice

Where a booking has been made in advance, the original price quoted will remain unchanged

## ADDITIONAL

As our Day Spa is a place of relaxation with tranquil surrounds, we request that you turn off your mobile phone and/or pager and leave these items in your locker

We offer Gift Certificates for all available treatments and products of any specified amount

Purchases can be made in person, via telephone or email, with the Gift Certificate being sent directly to your or recipient via post for a minimal fee

Gift Certificates are to be presented when redeeming treatments or products

Gift Certificates have a 3 (three) month expiration from the purchase date

## HOURS OF OPERATION:

Thursday

Friday

Saturday

8.30 am - 6.00 pm