

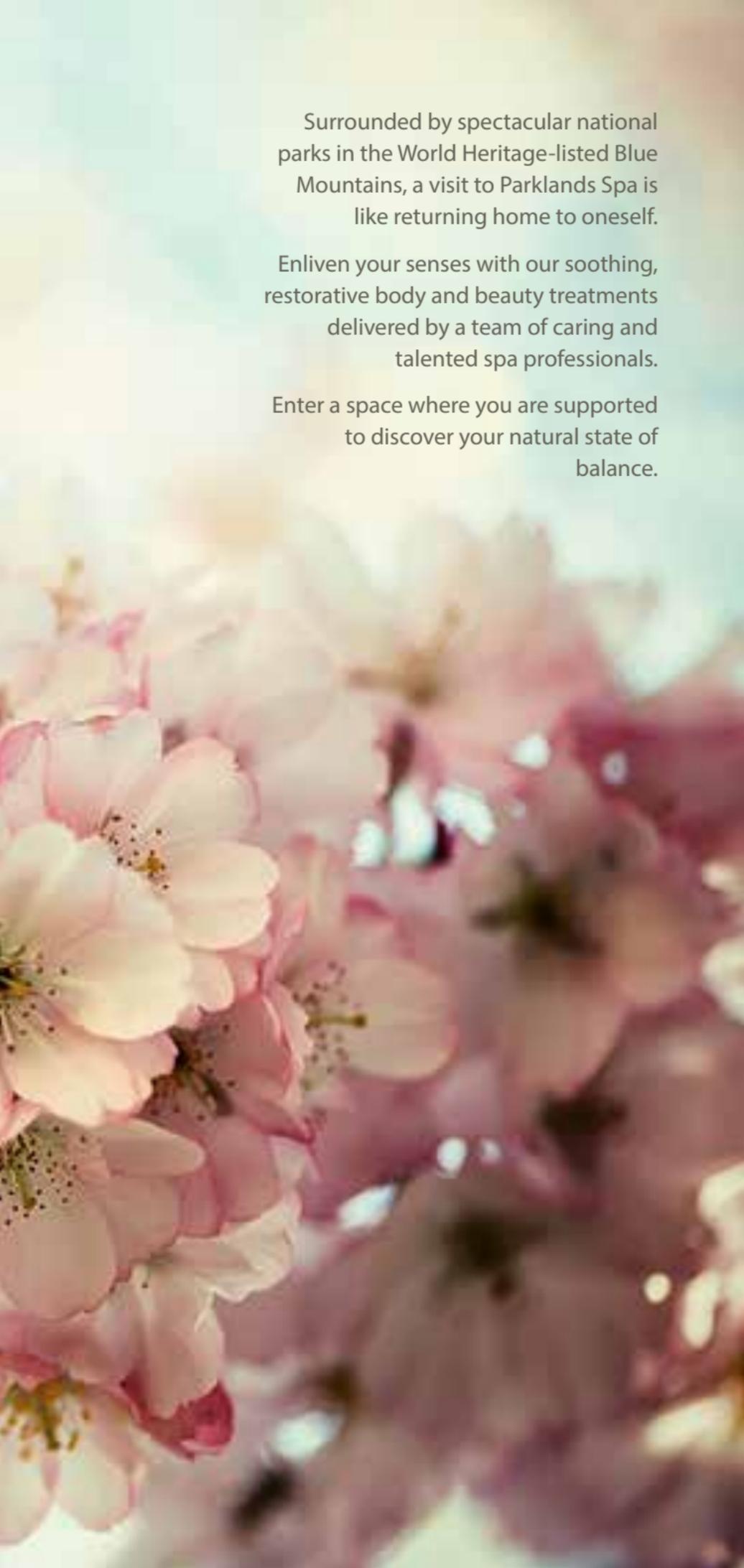


PARKLANDS  
BLUE MOUNTAINS



PARKLANDS SPA





Surrounded by spectacular national parks in the World Heritage-listed Blue Mountains, a visit to Parklands Spa is like returning home to oneself.

Enliven your senses with our soothing, restorative body and beauty treatments delivered by a team of caring and talented spa professionals.

Enter a space where you are supported to discover your natural state of balance.

# Spa Packages

Select from our popular favourites designed to allow you to experience the very best results while achieving the ultimate in relaxation. Enjoy alone or with a companion on your visit and indulge

## VOLCANIC STONE RITUAL

120 minutes

### Volcanic Stone | Scalp Massage

Be warmed with a ninety minute head to toe volcanic stone therapy to soothe muscles and stimulate circulation as the hot stones create a deeper muscle ritual to release blockages and ease any built up tension. Rounding off this treatment is a draining lymphatic face and scalp massage. Feel yourself float away as the stones glide with ease in combination with our aromatic blended oils to aid in a deeper level of relaxation. Unwind and relax after you massage with a hot chocolate blend.

## COCOON BLISS

120 minutes

### Massage | Facial

Have the best of both body and face treatment experiences with this two part ritual. Your journey begins with our soothing aroma massage. Using warm oil filled with pre-blended essential oils to aid in your relaxation along with hypnotic flowing massage techniques to submerge your mind into pure relaxation. Our second part is cocooning your body and moving into our personalised essentials facial. This deep cleansing facial will exfoliate and nourish your skin according to your skin type. Enjoy our deep cleansing massage to complete your whole body journey ending off with our signature cold beauty globe experience on the face to calm, and boost our active ingredients.

## BABY MOON

120 minutes

### Gentle Exfoliation | Pregnancy Massage | Personalised Facial

As your journey to becoming a mum unfolds we know that you need that little extra pampering as your body goes through a few extra changes. In this mum friendly package, be treated to a calming chamomile tailored body scrub which provides that nourishment softening to your skin, flowing into a gentle specialised pregnancy massage to ease out any stress points and ending off with a personalised deep cleansing facial to replenish revitalise and restore body and mind.

\*Must be 12 weeks and over



## GENTLEMEN'S OASIS

120 minutes

Exfoliation | Aroma Massage | Refresher Facial

Enjoy an energising all round mind and body journey starting off with an invigorating body exfoliation with our Turkish salt scrub to exfoliate and revitalise the skin and ease into an aroma pre blended body massage which will nourish and hydrate the skin whilst stimulating the circulation to ease out any tension in the muscles. Rounding off with our refresher men's facial specifically designed to calm, heal and treat the skin with this organically packed mud mask.

## WELLNESS

120 minutes

Back and Neck Massage | Personalised Facial | Remedy Eye |  
Aroma Mani & Pedi

Begin with a mind and body melting relaxation massage targeting the back, neck and shoulders. Next, experience a personalised deep cleansing facial from our essential line encompassing the eyes in our remedy eyes to target those often missed delicate areas to brighten smooth and de-puff the eye area. Ending off with our aroma manicure and pedicure to have your hands and feet feeling restored and renewed.

## PARKLANDS SERENITY - *OUR SIGNATURE TREATMENT*

4 hours

Hot Bath | Turkish Exfoliation | Organic Moor Mud Wrap | Aroma  
Relax Massage | Personalised Facial | Volcanic Foot Therapy

The ultimate form of relaxation from head to toe with a selection of all our best treatments to pamper, invigorate and revitalise you. This experience starts off with a relaxing hot bath to prepare your skin and balance your mind, followed by an invigorating traditional Turkish body exfoliation along with an application of organic mineral moor mud to cocoon and hydrate the skin. Unwind further with relaxing aroma massage to sooth and seal nourishment into the skin. Enjoy a customised deep cleansing and hydrating facial ending off with a volcanic stone foot therapy to rebalance mind, body and soul.

# Facial Therapy

We invite you to go on a journey of relaxation and tranquillity to experience our Kerstin Florian treatment products using the highest quality ingredients. Whether it be a quick fix skin booster or targeting a longer term problematic skin, lacking hydration, sensitivity or even preparing for that special occasion, our experienced spa angels can assist with any treatment. Using patented wild crafted ingredients natively grown and harvested in various countries, these treatments will leave you rejuvenated and refreshed.

## PERSONALISED FACIAL

60 minutes

Express yourself through this deep cleansing purifying facial from our essentials range, starting off with a consultation to analyse your skin over a warm cup of blended tea, your spa angel will guide you through your treatment options. Once your session starts close your eyes and drift off while you get treated to an opening aroma of lavender peppermint and cajuput to calm, clear and relax your mind and body. A rhythmical sequence follows with a double facial cleanse, exfoliation, skin stimulating massage and mask, completing your treatment with a serum which is massaged into the skin moisturiser. This treatment caters for a wide range of our everyday environmental challenges and skin conditions such as sensitivity, hydrating, combination.

\* Suitable for sensitive, dry, dehydrated and oily skin. Pregnancy friendly

## ADVANCED PEEL AND REPAIR

60 minutes

A results driven cosmeceutical based facial from our correcting line to repair, brighten and address specific problem areas such as congestion skin, fine lines and premature aging. This facial is treatment focused based on organic plant multi acids and enzymes to renew and repair the skin leaving your skin feeling balanced and revitalised. Includes an exfoliating multi acid peel on the face, neck, decollate and hands.

\*Suitable for all skin types

## PARKLANDS AROMA ORGANIC - *OUR SIGNATURE TREATMENT*

90 minutes

Reconnect with nature, in this aromatic signature treatment infused with wild crafted ingredients to relax and revive your skin. Your treatment journey will start with a soul lifting foot soak and scrub to rebalance your body, while sipping on an aromatic infused tea. Be indulged with a relaxing facial based on aromatherapy oils such as lavender, neroli, raspberry, and myrrh. Along with a hypnotic facial massage this ritual will also include a natural enzyme peel and pampering hand, arm and luxurious scalp massage.

\*Suitable for all skin types

## LUXURIOUS CAVIAR DELUXE

90 minutes

Luxurious and decadent caviar facial like no other which will infuse your skin with age defying nutrients. Exclusive patented and protein rich caviar containing powerful antioxidants to smooth fine lines and improve skin texture. A boosting combination of collagen and co-enzymes makes up this active anti-ageing treatment which will leave your skin supple, healthy and luminescent. Starting with your cleanse this facial encompasses a deep enzymatic peel followed by a hypnotic acupressure massage. Rounding off your facial our star performing specialised mask packed with collagen, antioxidants and nutrients to lift smooth firm and plump.

\* Suitable for anti-aging. Great for mature skin





A vertical photograph of a peaceful autumn landscape. The scene is bathed in warm, golden light. In the foreground, a grassy slope descends towards a small stream or pond. A wooden bench is visible on the right side of the slope. The middle ground is filled with trees, some with vibrant yellow and orange foliage, and others that are bare. In the background, a white building with a dark roof is partially visible through the trees. The overall mood is calm and contemplative.

“He who lives  
in harmony  
with himself  
lives in harmony  
with the universe”

Marcus Aurelius

# Massage Therapy

Under the skilful intuitive touch of our professional spa angels, you will be treated to a soothing and renewing experience. Whether it is the preference for a firm or moderate pressure or a specific focus of the massage, our aim is to restore health, wellbeing and vitality to your body.

## AROMA RELAX MASSAGE

45 minutes / 60 minutes / 75 minutes / 90 minutes

This nurturing full body therapy is designed to relieve built up tension, soothe the nervous system and restore energy flow. Using Lilianfels Spa signature blended essential oils, this treatment promises to rejuvenate and rebalance.

## STRESS RELIEF MASSAGE

45 minutes / 60 minutes / 75 minutes / 90 minutes

Using remedial massage techniques this restorative therapy helps release muscle pain and tension. This massage is beneficial for the relief of physical stress and discomfort.

## PREGNANCY MASSAGE

60 minutes

Suitable after the first trimester, this massage is nurturing safe and a deeply relaxing therapy designed for new mums and mums to be. Techniques used help to reduce stress and blood pressure, relieve strain on ankle, knees, back and increase blood and lymph flow.

\*Must be 12 weeks and over

## VOLCANIC STONE THERAPY

60 minutes / 90 minutes

This massage technique has been used in many healing cultures and uses the ancient practise of thermotherapy: therapy through the application of heat. Combining long stroke massage techniques with warmed volcanic basalt stones, areas of built up stress are relived. Stones are placed on meridian points and chakras to restore physical, emotional and spiritual wellbeing while you enjoy a soothing scalp and head massage.

## SPECIALISED MASSAGE

75 minutes

We pride ourselves with our experienced and diverse professional spa angels that are not only trained in the beauty and massage profession but branch out and qualify in treatments such as, aromatherapy, reiki, reflexology, remedial, shiatsu, yoga, meditation, personal coaching and nutrition. These specialised treatments are associated with an in-depth consultation to assist with long term wellbeing goals.

# Body Treatments

Find your glow with our full body exfoliation to stimulate your circulation system to reveal smooth and healthy radiant skin or indulge in a full body wrap that will engulf your skin moisturising and repairing. A selection of wellbeing journeys that are the ideal prelude to a relaxing massage.

## BODY EXFOLIATION

45 minutes

### Exfoliation

Improve your glow through a quick brisk body exfoliation to reveal and stimulate cell growth.

Select from our three favourites:

- **Traditional Turkish Scrub** an invigorating thermal mineral salt soaked exfoliation that goes back in time.
- **Chamomile** a softer silkier aromatic grain based scrub to soothe and calm gently exfoliating skin
- **Lavender Crush** for that ultimate healing and soothing powers.

## GINGER RENEWAL – OUR SIGNATURE TREATMENT

75 minutes

### Exfoliation | Massage | Cocooning | Scalp Massage

Ginger's healing and warming properties invigorate and nourish in this head to toe signature treatment. Earthly minerals are combined with Ginger's healing properties in an invigorating full body exfoliation. With a pampering back, neck shoulder massage with Ginger oil and warm healing stones while relaxing in a warm cocoon as your mind rebalances in tranquillity. This ritual is set to warm and smooth your skin, leaving you soft and hydrated.

## MINERAL HEALING

90 minutes

### Bath | Organic Moor Mud Wrap

Based on a century old European tradition of using medicinal mud, healing waters and light massage therapy, this deluxe treatment has a detoxifying and relaxing effect. Three treatments in one, it begins with a nourishing bath of mineral soak crystals followed by a 100% organic mud wrap and luxurious full body application of remineralising body cream which is rich in thermal minerals coupled with revitalising bath and body oils.



# Body Treatments

## COCOONING WRAPS

90 minutes

Nourish your body and soul with a selection of one of our cocooning wraps.

Select from;

***Energising Spirulina*** to awaken your senses with this purifying invigorating deep cleanse salt scrub imbued with Juniper which will detoxify and promote circulation. Followed by a cocooning application of spirulina algae for an instant nutrient boost along with an intensive grounding and cleansing result. Completing your treatment with a vibrant energising body massage to stimulate the skin for a firmer and toned appearance.

***Organic Moor Mud*** an age old remedy which is harvested only in two location around the world and takes over a thousand years for the natural process to create three metres of black organic mud rich in minerals and trace elements is used in this healing and revitalising. The moor mud itself acts as a gentle exfoliation whilst being cocooned. Let your mind drift off while your body revitalises.







## *Add-on Treatments*

Whether you are pressed for time or just want to add a little something extra to complete your experience, simply choose from the below, designed to stand alone or be incorporated as an addition to your treatments

### REFRESHER FACIAL

30 minutes

Don't be fooled by this express refresher as it is a deep refining, cleansing and mineralising facial, taking you back to nature with its organic moor mud mask to revitalize and exfoliate dull and lifeless skin. Experience all the luxurious elements of a facial for a complete pampering.

\*Suitable for any skin type

### REMEDY EYE

30 minutes

Our eyes are the windows to our soul so why not treasure this delicate eye area. Remedy eye is an intensive treatment designed to diminish fine lines and wrinkles, improve dark circles and relieves puffy eyes. A quick solution to a pre or after party pick me up and a must have in anyone's homecare regime.

### BACK, NECK AND SHOULDER MASSAGE

30 minutes

A therapeutic massage targeting the back, neck and shoulders to release tension and ease the muscles.

### SCALP AND HEAD MASSAGE

30 minutes

Calming yet energising as your scalp and head are massaged focussing on triggering pressure points to calm relax and stimulate the circulation around the scalp area.

# *Hand & Foot Treatments*

## VOLCANIC FOOT THERAPY

45 minutes

Soothe and revitalise tired, sore or simply neglected feet with an invigorating scrub to refresh the skin and stimulate circulation. Then surrender your feet with our warm volcanic stones treatment. Essential oils of Lavender and peppermint are used with heated stones as a massage tool to alleviate aches and pains in the feet, ankles and lower legs.

## AROMA MANICURE

60 minutes

A deluxe spa manicure with a unique multi acid peel for an exfoliation followed by a Myrrh nail oil and soak filled with minerals and essential oils. Melt away with the aromas of geranium, grapefruit and lavender as this is massaged into the skin to leave you feeling feather light.

## AROMA PEDICURE

60 minutes

A deluxe spa pedicure with an unique multi acid peel for an exfoliation followed by a Myrrh nail oil and soak filled with minerals and essential oils. Melt away with the aromas of geranium, grapefruit and lavender as this is massaged into the skin to leave you feeling feather light.





# Soak Therapy

Enjoy a selection of soaks to warm, relax and refresh you as you unwind from exploring the mountain trails. In a tranquil environment experience a ready drawn hot bath surrounded with lit candles and soothing music. With active filled soaks designed to nourish and absorb into the skin.

## MINERAL WELLNESS BATH

30 minutes

Experience transformative wellness in this purifying, re-mineralising, muscle-relieving bath. Hand-harvested, concentrated mineral crystals contain a rare balance of 60 essential minerals and trace elements to promote overall health benefits, helping to relax muscles and joints and re-establish the essential mineral balance of the body. Leaves the mind clear and the body feeling cleansed and balanced.

## HERBAL BATH

30 minutes

A traditional German natural remedy, "Kräuter Bad" translated means "herbal bath". These baths are a potent aromatic oil solution made from rich botanicals, which are still used in Germany for medicinal purposes. Infused soak with Eucalyptus to ease stiff muscles and aching joints, as it soothes the respiratory system.

## THALASSOBATH

30 minutes

Algae are extremely rich and balanced in their nutritional composition. For centuries, our ancestors have known the therapeutic and remedial qualities of these nonvascular plants, which draw their vitamins, trace elements, mineral salts and protein directly from the sea. Algae contain every element essential for cellular life and are nutritionally, remarkably like our own interstitial fluid. This closeness allows for maximum skin penetration for therapeutic results. It helps to stimulate circulation and the flow of oxygen from beneath the skin's surface, activating the exchange of substances, eliminating toxins and increasing the flow of nutrients to rebalance and mineralize the skin. The seaweed bath is based on the combination of seawater, fucus and laminaria algae.

# General Information

## SPA RESERVATIONS

To schedule an appointment please speak with our spa reception team who will help guide you to the right treatment choice. To ensure your preferred time and services are available, we recommend advance bookings. A minimum age of 16 is required for entry into the spa facilities. The Spa is open daily.

## SPA ARRIVAL

Please arrive 15 minutes prior to your spa appointment so that we can properly prepare you for your treatment. Please understand late arrivals will result in reduced treatment times.

## ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Parklands Spa is a mobile and smoke free environment

## MEDICAL CONDITIONS

Please advise us of any health conditions, allergies or injuries that might affect your spa experience when making your reservation.

## PREGNANCY

We have specially designed treatments for mums to be and nursing mothers. Please allow us to help guide you in selecting the most suitable treatments for you during this special time.

## CANCELLATION POLICY

100% cancellation fee applies to all bookings cancelled within 48 hours of your appointment or no shows.

## VALUABLES

We ask that that you leave your valuables in your guest room safe or at home.

## GIFT CERTIFICATES

Gift certificates are available for all treatments, products and packages. Vouchers can be courier express posted or ready for pick up at Parklands Spa. Vouchers are valid for 12 months from purchase date.

## HOME SPA

Choose from a range of spa beauty products, health and lifestyle products from our Kerstin Florian selection on display at Parklands Spa.

## GROUP BOOKINGS

We welcome groups and will be pleased to customise a program to suit all occasions.

*“Inspired wellness with outer beauty and inner health begins with a tranquil experience in the Blue Mountains”*

Let your journey begin...

Kerstin Florian

Founder & President

Kerstin Florian International



KERSTIN  
FLORIAN



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BLUE MOUNTAINS

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