

Spa 407, is a boutique health spa located on the Penthouse level of Novotel Forest Resort Creswick.

Please contact **Spa 407** for availability and further information about our growing menu and our customised packages for any event or occasion.

Spa 407

Penthouse 407 Novotel Forest Resort
1500 Midland Highway, Creswick VIC 3363
In house Guests dial 659 t. 03 5345 9659
e. spa407@forestresort.com.au

Booking Conditions

Make a booking

We recommend you book your treatment time in advance to avoid disappointment. If you receive our voice mail please leave a message as we check these regularly. All treatment times are inclusive of consultation and serving of tea.

Spa etiquette

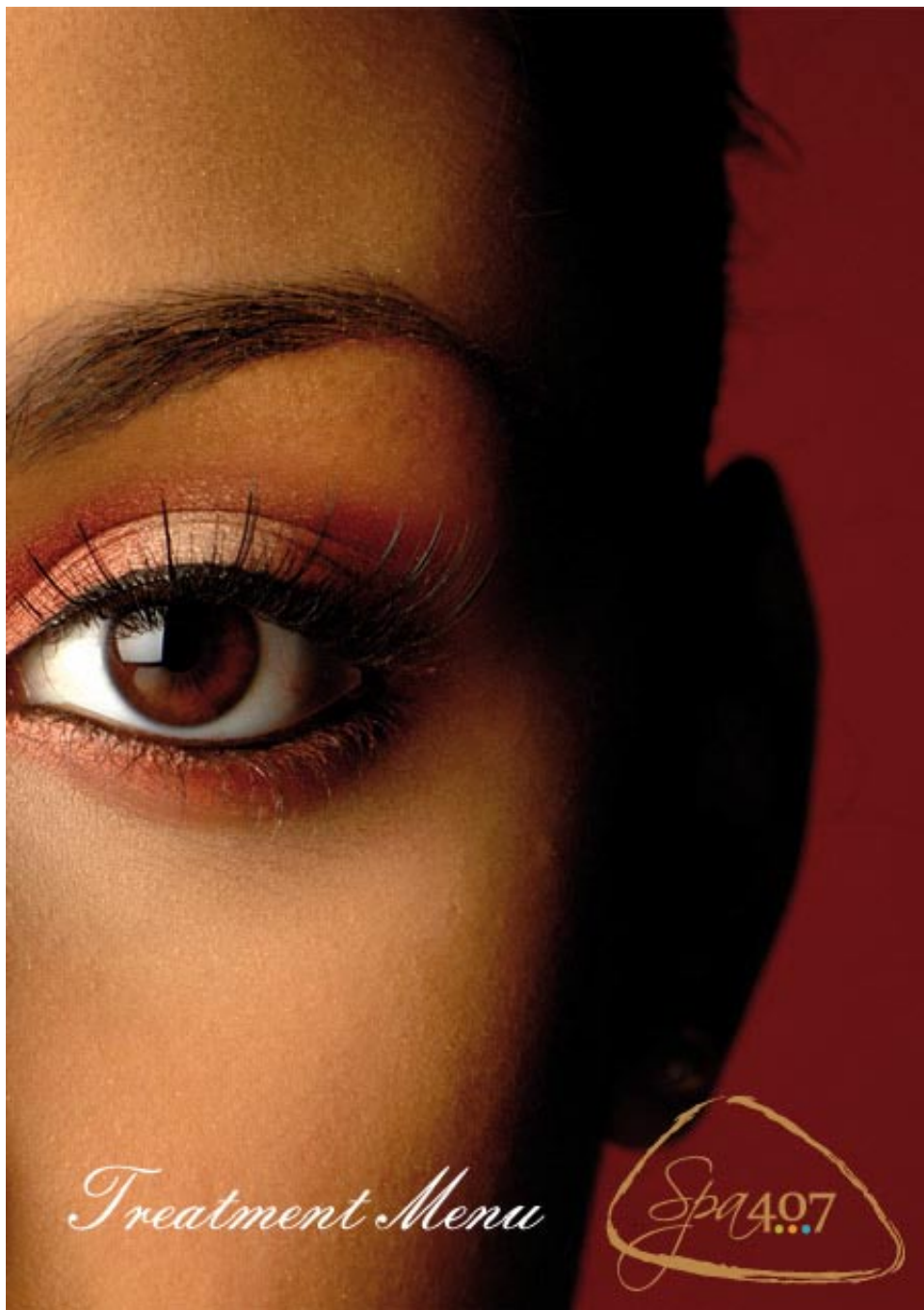
Spa 407 is here to provide a place of complete relaxation to all guests. Before you enter the spa please ensure you have turned off all electronic devices including your mobile phone. Please keep noise to a minimum to respect the relaxation of other guests. To ensure a peaceful environment, children are not to accompany guests. If you require assistance in arranging child care please contact us prior to the day of your treatment.

Cancelling a booking

Please provide 24 hours notice prior to your treatment time of any change to your booking including treatment selection, treatment time or time to cancel. Cancellations after this time will incur a 50% charge of the treatment value.

Health considerations

Please advise Spa 407 if you are pregnant or if you have any serious health conditions prior to your treatment. Your therapist is able to personalise your treatment to ensure it is most beneficial for you and your health.



Facials

Deep Cleansing Facial

Duration 30 minutes \$55 or 60 minutes \$90

This facial deep cleanses and re-hydrates the skin using the infusion of natural aromatherapy oils, by absorbing excess oil, removal of dead skin cells and healing damaged or blemished skins. Includes hand or scalp massage.

Aromatherapy Facial

Duration 30 minutes \$55 or 60 minutes \$90

A complete skin balancing treatment restoring your skin to its former healthy glow, by stimulating the circulation and regenerating healthy skin cell renewal. Includes hand or scalp massage.

Intense Antioxidant Facial

Duration 75 minutes \$110

This ultimate antioxidant facial helps re-hydrate, rejuvenate and lift the skin. Antioxidants help kill off free radicals that destroy cells resulting in premature signs of ageing. Includes hand or scalp massage.

Massages

Relaxation Massage

Duration 30 minutes \$60, 60 minutes \$85, 75 minutes \$110

Relaxing massage techniques using a blend of warm oils soothes and calms the nervous system, whilst hydrating properties improve the skins texture. Improved energy flow increases blood and lymphatic circulation resulting in improved muscle tone, skin appearance and all over pure relaxation.

Deep Tissue Massage

Duration 30 minutes \$65, 60 minutes \$90, 75 minutes \$115 and 90 minutes \$135

Warm oil is used in an intensive massage focusing on specific problem areas to relieve tension and aching muscles at a deeper level.

Remedial Massage

Duration 30 minutes \$65, 60 minutes \$90, 75 minutes \$115 and 90 minutes \$135

With all the deep tissue massage has to offer and more. Not for the faint hearted.



Hands & Feet

Spa Foot Ritual

Duration 45 minutes \$75

This traditional foot ritual begins with a warm infused footbath, then comes the foot salt scrub that gently exfoliates. Then warm oil is massaged into both feet and legs and a hydrating foot mask is applied finishing off with a hydrating and nourishing cream.

Spa Hand Ritual

Duration 45 minutes \$75

This unique hand experience enlivens you from fingertips to elbow. Hands are hydrated and soothed using warm oils. They are further exfoliated using a salt scrub then gently massaged. A hand mask further hydrates to reveal a renewed appearance to your arms and hands. This treatment helps to improve and restore damaged and dry hands.

Spa Foot Ritual

Duration 60 minutes \$85

This traditional Spa Pedicure begins with an essential oil infused footbath and exfoliating lemon grass salt scrub. A warm paraffin mask is applied and massaged into the feet for hydration and pure relaxation. Treatment includes full nail work and polish.

Spa Hand Ritual

Duration 60 minutes \$85

This unique hand experience enlivens you from fingertips to elbow. Hands are hydrated and soothed using warm oils. They are further exfoliated using a lemon grass salt scrub then gently massaged. A paraffin mask further hydrates to reveal a renewed appearance to your arms and hands. Treatment includes full nail work and polish.

Body Rituals

Traditional pastes made from nuts, grains and flowers, polish every part of the body leaving skin refreshed and rejuvenated.

Body Polishes

Duration 60 minutes \$100

This full body exfoliation helps to remove build up of dead skin cells, finishing off with a hydrating body moisturiser, leaving your skin soft and supple with its restored youth.

Body Wrap

Duration 60 minutes \$110

Pamper yourself and escape the stress of everyday life with an intense body wrap leaving your skin soft and regenerated with nature's essential vitamins and minerals. Feeding your skin is just as important as feeding your body. Includes mini facial or scalp massage.

Pure Indulgence

Pure Coca is filled with protective and healing antioxidants. Chocolate and Cocoa Butter smoothes the skin, reduces wrinkles and sun damage. While Caffeine leaves your skin feeling refreshed.

Soak in a luxurious Cocoa Milk bath leaving your skin smooth and hydrated. Follow on with a luscious Chocolate aroma full body massage. Treatment served with a cup of delicious hot chocolate.

90 minutes \$120

Herbal Infusions

Unwind and relax as the warm herbal infused water soothes your body, mind, and spirit. The therapeutic herbs rejuvenate your skin, relax your muscles and stimulate circulation.

20 minutes \$45

Cocoa Milk Bath

Soak in our Pure Cocoa Milk bath leaving your skin smooth and hydrated.

20 minutes \$45

Spa 407 Signature Treatment

Duration 150 minutes \$280

We offer you our ultimate signature treatment. A combination of our top treatments rolled into one rewarding experience. Including dry body brush, hair and scalp treatment, exfoliating body wrap, full body massage and finishing off with a mini facial. No need to walk out as you will be floating out our door.