

Spa407, is a boutique health spa located on the Penthouse level of Novotel Forest Resort.

Please contact Spa407 for availability and further information about our growing menu and our customised packages for any event or occasion.

Spa407

Penthouse 407 Novotel Forest Resort  
1500 Midland Highway, Creswick VIC 3363  
Inhouse Guests dial 659 t. 03 5345 9659  
e. [spa407@forestresort.com.au](mailto:spa407@forestresort.com.au)



## Booking Conditions

### **Making 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**

Spa407 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 to cancel. Cancellations after this time will incur a 50% charge of the treatment value.

### **Health considerations**

Please advise Spa407 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.

*Treatment Menu*

## 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 and scalp massage.

## Massages

### Relaxation Massage

Duration in 30 minutes \$60 , 60 minutes \$85 , 75 minutes \$110 and 90 minutes \$130

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 in 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 in 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 gently exfoliates then warm oil is massaged into both feet and legs then 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 Pedicure

Duration 60 minutes \$85

This classic pedicure includes everything the foot ritual does including your nail work and polish to finish.

### Spa Manicure

Duration 60 minutes \$85

This classic manicure includes everything the hand ritual does including your nail work and polish to finish.

## 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 it restored youth.

### Body Wrap

Duration 60 minutes \$110

Pamper yourself and escape the stresses 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

### Total Body

Duration 1 hour 45 minutes \$180

This total body experience is a classic combination of our body polish and body wrap working together to give you the ultimate results in restoration, circulation and hydration. Includes mini facial or scalp massage

### Spa 407 Signature Treatment

Duration 2 hours 30 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 you will be floating out our door.