

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 under the age of 16 are not permitted in treatment rooms. If under 16 we do offer a mini treatment menu and a parent must be present at all times. 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.

Public Holidays

Public Holiday appointments are available only with advance booking and includes a 25% surcharge.



Facials

Deep Cleansing Facial

Duration 30 minutes \$60 or 60 minutes \$95

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 \$60 or 60 minutes \$95

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 \$115

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 45 minutes \$75, 60 minutes \$95, 75 minutes \$115

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 45 minutes \$80, 60 minutes \$100, 75 minutes \$120

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 45 minutes \$80, 60 minutes \$100, 75 minutes \$120

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

Bathe

Herbal Infusion

Duration 20 minutes \$45

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

Organic Cocoa Bath

Duration 20 minutes \$45

Soak in our Organic Cocoa Milk bath leaving your skin silky smooth and invigorated.

Hands & Feet

Spa Foot Ritual

Duration 60 minutes \$90

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 \$90

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

Pure Indulgence

Duration 90 minutes \$120

Soak in a Pure Coca Milk Bath which is filled with protective and healing antioxidants. Cocoa smoothes the skin reduces wrinkles and sun damage. While Caffeine leaves your skin feeling refreshed. Follow on with a delicious Chocolate Aromatherapy Massage. Finish this luxurious treatment with a hot cocoa.

Body Polishes

Duration 60 minutes \$110

This full body sea salt and lemon grass exfoliation helps to remove build up of dead skin cells, finishing of with a Shea butter to leave your skin soft and supple with its restored youth.

Body Wrap

Duration 60 minutes \$120

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.

Spa 407 Signature Treatment

Duration 150 minutes \$320

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.

