



ECHOES SPA



Surrounded by spectacular national parks in the World Heritage-listed Blue Mountains, a visit to Echoes 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.

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.

RELAX DELUXE

120 minutes

Private Sauna | Body Exfoliation | Aroma Relax Massage | Refresher Facial | Scalp Treatment

This package is great with a companion or for those needing a quiet meditating zone, enjoy our private sauna enclosed in our spacious duo sauna room to stimulate the skin and ready the body for a brisk exfoliation. After revitalising the skin your therapist will deliver a rhythmical aromatic relaxation massage with pre blended oils to aid in mind and body rebalancing. Rounding off your wellness, experience an organically moor mud packed facial which will exfoliate and nourish the skin, leaving you feeling revitalised and rebalanced.

OUTER BEAUTY INNER HEALTH RETREAT – *OUR SIGNATURE TREATMENT*

4 hours

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

Outer Beauty Inner Health is our signature spa package which offers 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 a 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 leaving you with outer beauty and inner health.

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

ANTIOXIDANT VITA C

90 minutes

Be enveloped with the soft aroma of myrrh nail oil and satin lotion as your hands and nails are massaged in our pampering spa ritual experience and that's just the beginning of this revitalising facial. Vita C says it all as this treatment is packed with antioxidants, proteins, vitamins, minerals and a range of botanical extracts to boost and fight all our environmental stresses affecting our skin. This facial encompasses a double hypnotic acupressure facial massage followed by our deep cleansing massage to stimulate and relax your skin. Along with our signature beauty ice globes this ultimate relaxing ritual will leave you with a soft smoother and a radiant glow. Experience a natural spirulina algae mask packed with nutrients to leave your skin oxygenised.

*Suitable for tired and dry skins and great all round skin care as a booster.

LUXURIOUS CAVIAR DELUXE - *OUR SIGNATURE TREATMENT*

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.





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

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.

WELLBEING BLISS

60 minutes

Bath | Body Exfoliation

This energising treatment combines blends of therapeutic benefits of thermal mineral and eucalyptus to create a relaxing yet revitalising experience. The Wellbeing Bliss experience begins with a herbal bath combining eucalyptus and pine to relieve aching muscles and joints while easing respiration followed by a brisk eucalyptus oil body exfoliation which increases circulation. An energising massage application using a blend of essential oils to invigorate the mind and body completes the journey.

GINGER RENEWAL – OUR SIGNATURE TREATMENT

75 minutes

Exfoliation | Massage | Cocooning | Scalp Massage 90 minutes

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.



Body Treatments

COCOONING WRAPS

90 minutes

Nourish your body and soul with a selection from 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, toned appearance.

Organic moor mud an age old remedy which is harvested only in two locations 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.



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

Marcus Aurelius



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.



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.

SAUNA SESSION

20 minutes

Book a sauna session enclosed in our Day spa room, a great way to completely meditate or spend with a companion.

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

If you are enjoying our hydrotherapy area before your scheduled spa treatment, we recommend that you arrive at least 45 minutes before your first service. Otherwise, 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. Echoes 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 Echoes 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 Echoes 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



ECHOES
BOUTIQUE HOTEL & RESTAURANT
BLUE MOUNTAINS

3 Lillianfels Avenue, Katoomba, NSW, 2780
Telephone 61 2 4782 1966 E: the.spa@echoeshotel.com.au
W: www.echoeshotel.com.au