

# LONGVIEW

## DAY SPA

### TREATMENT MENU

Ph (08) 8388 9694

[www.longviewsa.com.au](http://www.longviewsa.com.au)



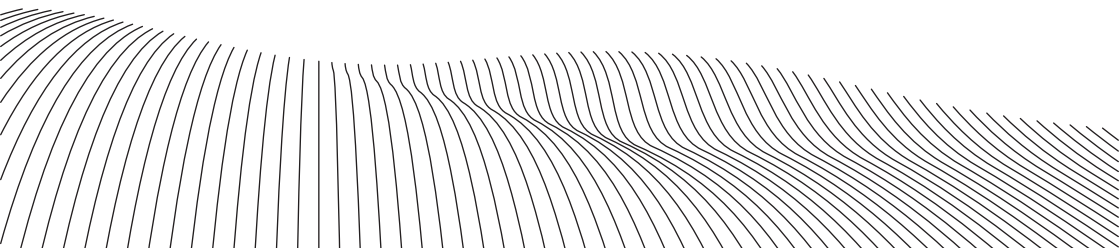
# Rebalance your mind and body

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Longview Day Spa provides a unique wellness experience in a stunning vineyard setting, offering a variety of relaxing body and facial treatments with a focus on pampering, calming, and nourishing your body.

You can choose to end your treatment with award-winning Longview wine and one of our chef created platters, while sitting blissfully on the self-enclosed balcony, overlooking our Pinot Noir vineyard.

Not ready to leave yet? Extend your Longview Spa Experience with a stay in one of our luxury 4 ½ star accommodation options or venture on to the cellar door and indulge in a Italian inspired meal.



# Our holistic approach

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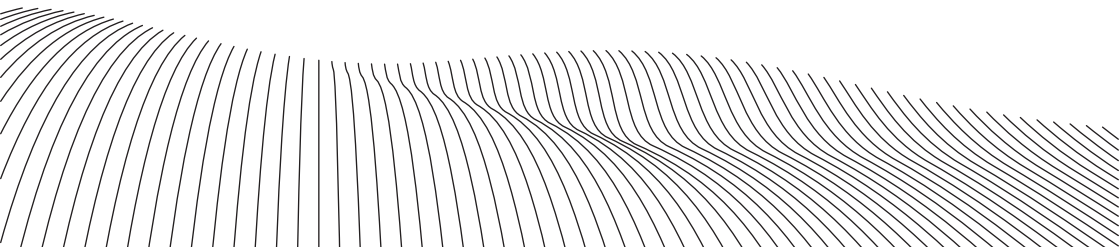
At Longview Day Spa we use organic skincare brand, Swiss Wellness in all our treatments. Made locally in the Adelaide Hills, Swiss Wellness is cruelty free, vegan friendly and contain nothing but natural, organic ingredients.

For our manicures and pedicures we use Australian owned and made Gloss and Co nail polish. Their nail range is cruelty free, vegan friendly and contain no toxic chemicals. Protecting not only you and your nails, but the environment too.

Kindred Self essential oils and mists are used throughout our treatments to help you relax, ground and centre. Kindred Self is a South Australian owned and Australian made company. All of the Kindred Self products contain 100% pure essential oils, are vegan friendly and contain no synthetic fragrances or palm oil.

We have also had the pleasure of working with Etikette candles to create a bespoke fragrance, used in our range of soy candles and diffusers, made lovingly by hand on Peramangk and Kaurna Country in the Adelaide Hills.

All treatments begin with a consultation with your therapist to ensure that your treatment is customised and any concerns and needs are addressed.



# MASSAGE

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## Customised Relaxation

Soothe your soul, with a relaxing full body massage. Our therapists will customise your treatment using grounding essential oil blends combined with long, rhythmic Swedish massage techniques.

60 Minutes \$145  
90 Minutes \$200

## Hot Stone

Ease tight muscles with a full body hot stone massage. The warmth of the basalt stones on the skin, along with your customised massage, will help relieve tension and stress held deep within the body.

60 Minutes \$150

## Stress Relieving

Revive tired muscles and help relieve tension and stress stored within the body with a customised full body massage.

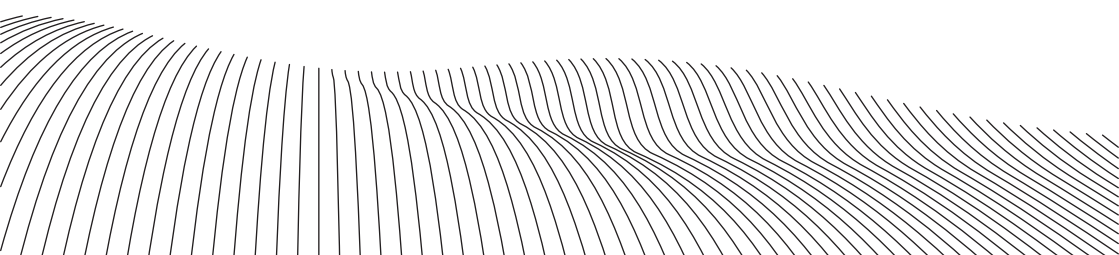
60 Minutes \$145  
90 Minutes \$200

## Pregnancy Massage\*

Nurture yourself with an hour-long massage laying on one of our specially designed pregnancy pillows, your body will feel supported and relaxed while your therapist works to ease the aches and stresses that pregnancy creates on the body.

60 Minutes \$145

**\*massage after the first trimester only**



# FACIALS

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**All of our facial treatments begin with a skin care consultation with your therapist, to ensure that your skin concerns and needs are addressed.**

**All 60 minute facials include your choice of either a relaxing hand or foot massage.**

## Customised Organic Facial

Designed to nourish and replenish your skin, our customised organic facial will leave your skin feeling softer, smoother and looking more radiant.

45 Minutes     \$135

60 Minutes     \$175

## Hydrating Organic Facial

Nourish your skin with our hydrating organic facial, which will have your skin feeling refreshed and rejuvenated.

60 Minutes     \$175

## Anti-aging Organic Facial

Our stimulating anti-aging facial helps promote collagen growth, increase the skins elasticity and helps to reduce the signs of ageing.

60 Minutes     \$175

## Purifying Organic Facial

Gently cleanse and detoxify your skin with our purifying organic facial. This facial is designed for those who have problematic and blemished prone skin or those wanting to give their skin a deep cleanse.

60 Minutes     \$175



# MANICURE & PEDICURE

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**Our manicure and pedicures include nail colour to finish. If you prefer to have no nail colour, please let us know at the time of booking your treatment.**

**All 60 minute manicure and pedicures include a hand/foot soak and treatment.**

**We are unable to remove gel and acrylic nails, please do so prior to your appointment.**

## Luxe Manicure

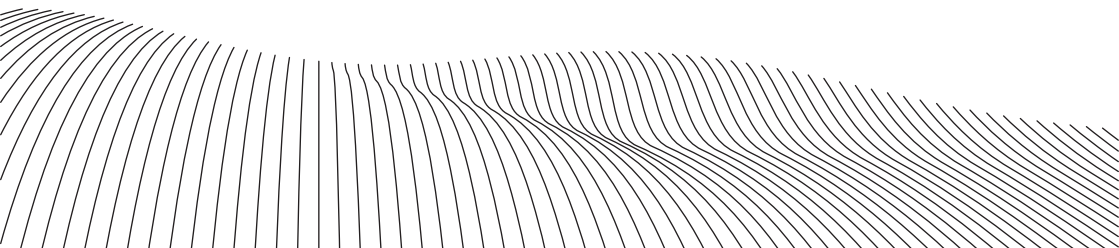
Restore and nurture your hands with an organic hand scrub, relaxing arm and hand massage, nail and cuticle care and your choice of nail colour to finish.

45 Minutes	\$95
60 Minutes	\$100

## Luxe Pedicure

Revive tired feet with an organic foot scrub, leg and foot massage, nail and cuticle care and your choice of nail colour to finish.

45 Minutes	\$95
60 Minutes	\$100



# SIGNATURE PACKAGES

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## Pregnancy Pamper

105 Minutes \$225

Take a moment before your little one arrives to nurture you. You'll be treated to a customised full body massage, organic facial and soothing foot pamper.

## Mumma Be Blissed

3 Hours \$405

Experience 3 hours of luxury, with our Mumma Be Blissed treatment, specially designed for the Mumma to Be. With a customised full body massage, organic facial, luxe manicure and luxe pedicure, you will feel absolute bliss.

## Hand and Foot Pamper

60 Minutes \$130

Treat your hands and feet to a luxurious pamper. With a warm magnesium salt soak, revitalising scrub and soothing massage.

## Top to Toe Pamper

75 Minutes \$180

Be blissed away with our top to toe treatment including a customised organic facial, while your feet are treated to a detoxing foot soak, revitalising scrub and relaxing foot massage.

## Luxe Manicure and Pedicure

90 Minutes \$170

Nurture your hands and revive tired feet with a Signature Manicure and Signature Pedicure.



# SIGNATURE PACKAGES

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## Back To Good

75 Minutes

\$180

Revive tired muscles and stressed skin with our 75 minute back treatment. Your treatment will start with warm towel on your back, followed by a back scrub, a detoxing clay mask, finishing with a customised back massage.

## Me Time

90 Minutes

\$190

Take some time out for you with a full body relaxation massage and a customised organic facial, because we all deserve some "Me Time".

## Total Relaxation

90 Minutes

\$190

Calm the body and soul with our total relaxation treatment. Start with a tension releasing shoulder, neck and scalp massage, followed by a nourishing hand treatment, finishing off with a grounding foot pamper.

2 Hours

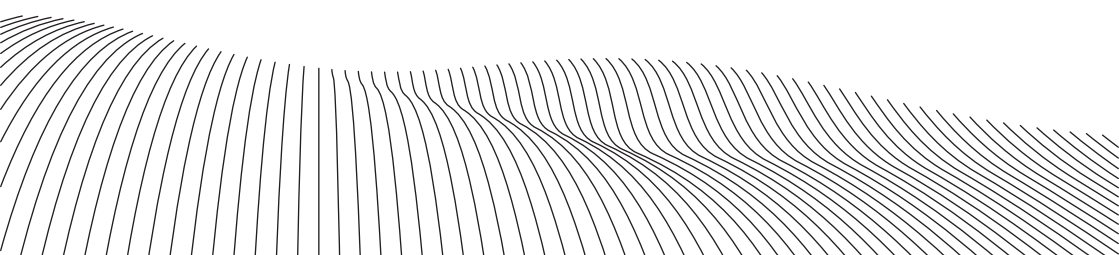
\$230

## Pamper Me

2 Hours

\$225

Ease your body with a relaxing full body massage, nourishing organic facial and sole-ful foot pamper.





# SIGNATURE PACKAGES

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## Longview Signature Pamper

The Longview Signature Pamper is a whole-body treatment to relax your body, mind and replenish the soul. Starting with a tension releasing massage, followed by a customised organic facial and finishing with manicure and pedicure.

2 Hours

\$250

3 Hours

\$405

## Couples Package

Book you and a partner in for some much-needed time together in our couple's treatment room. Choose from any of our treatments and be blissed away.

## Group Packages

Longview Day Spa is an idyllic setting for a hen's day, baby shower, girls weekend or wellness retreat.

Please contact us for more details on our group packages.

## COVID 19 HEALTH AND SAFETY PRE CAUTIONS

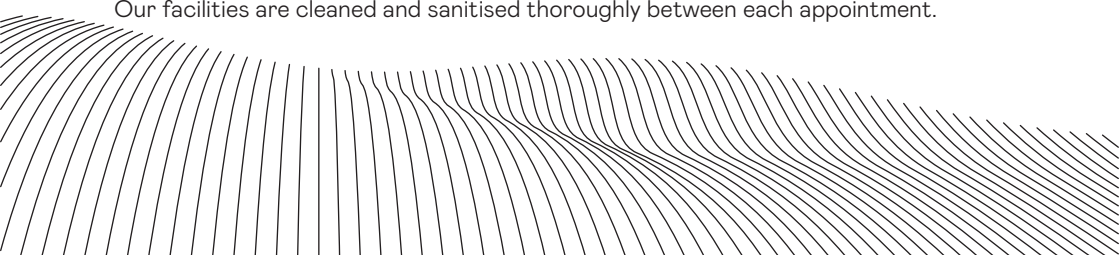
Longview Day Spa ensures all Covid-19 health guidelines are enforced.

- We ask that you attend the Day Spa alone, unless you are attending with another Day Spa guest.
- Please ensure that you do not attend the Day Spa if you are feeling unwell.
- Electronic payment methods to be used at all times.

Our staff following the following personal health guidelines:-

- Masks are essential for employees at all times.
- Hands are thoroughly washed and sanitised between treatments.
- Guests are required to wear a mask when entering the Day Spa, removing only when advised by the Longview Day Spa employee.

Our facilities are cleaned and sanitised thoroughly between each appointment.



# Nourish & Replenish

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**Our platters contain local and house made produce and are subject to change due to seasonal availability and must be ordered prior to the day of your treatment.**

*Please advise of any allergies or dietary requirements at the time of booking your platter.*

Wellness Platter _____	\$35 per person
Adelaide Hills Produce Platter _____	\$35 per person
Wagtail Sparkling Wine _____	\$14 glass / \$50 bottle
Vista Grigio Gruner _____	\$30 per bottle
Vista Shiraz Barbera _____	\$30 per bottle

## Terms & Conditions

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**Arrival time** – Please arrive 15 minutes prior to your appointment time.

This allows time for you to complete your consultation card and to relax before your treatment starts. A late arrival may result in an alteration of your treatment.

**Booking policy** - All appointments require a 50% deposit at the time of booking

**Cancellation policy** - We require 24 hours' notice to avoid a 50% cancellation fee.

We have the right to refuse treatment if people are intoxicated at the time of their treatment. This will incur a 100% cancellation fee.

Parking is available on site. Please enter via Bowey Road, Macclesfield.

Gift vouchers are available to purchase and can be redeemed in Spa, Cellar Door and

Accommodation.

