



BALLARAT'S  
**SANCTUARY**  
DAY SPA

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treatment menu

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Welcome to  
Ballarat's  
Sanctuary  
Day Spa

You are entering a quiet zone

## Experience Luxury!

At Ballarat's Sanctuary Day Spa our ultimate goal is to guide you towards a lasting sense of wellbeing through holistic healing and nurturing treatments.

A 90 minute drive from Melbourne is our brand new purpose built facility located within the serene gardens of the Mercure Hotel and Convention Centre. Ballarat's Sanctuary Day Spa features six luxury treatment rooms including two dual suites, private bathing, a floating pedicure lounge, relaxation lounge with open fire place and The Sanctuary with sauna and heated hydrotherapy pool.

We invite you to take a few deep breaths as you step inside our grand entrance. Leave life's stresses at the door and allow our attentive team of skilled therapists to take you on a decadent journey to promote wellbeing, vitality and radiance from within.



A handwritten signature in black ink that reads "Sarah".

SARAH EMMANUEL  
DIRECTOR



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Awarded Australia's BEST Luxury Day Spa

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## The Sanctuary

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Ideal before a treatment, or an experience on its own, The Sanctuary is a dedicated therapeutic area for communal use, including a sauna and heated hydrotherapy pool, as well as relaxation lounges.

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60min single access	\$30
60min dual access	\$50
60min access when booking a Spa treatment	\$25

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Bookings for The Sanctuary are essential. For the comfort of all spa guests, swim wear is required when using this area. Spa guests must be aged 16 years or over. No outside food or drink is permitted.

Enquire with our Spa Reception about booking The Sanctuary privately for a couple or small group. Pre-paid Sanctuary Access Passes also available if you want to use the Spa and Sauna on a regular basis, reducing the casual access rate.



Private  
Bathing

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Relax in a beautiful warm bath enriched with your chosen bathing blend. Our dual bathing room means you can bathe with a friend or loved one, but choose your own individual bathing blend. Perfect prior to a treatment, in conjunction with time in The Sanctuary or on its own.

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### Detox

A cleansing magnesium soak packed with naturally derived ingredients that are known for their detoxifying properties. Specifically designed for oily, congested and blemished skin but is gentle enough to be used on any skin type.

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### Hydrate

An abundant variety of revitalising salts that relaxes the muscles, blended with Macadamia Oil and antioxidant rich Plum Extract to hydrate, soften and firm your skin.

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### Soothe

Organic Coconut Milk and Oatmeal is infused with Australian Native Wattleseed to soothe and nourish your skin while bringing the lush and luxuriant flora to your bathtub.

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\$60 for single

\$80 for dual

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Signature  
Spa  
Journeys



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Escape the world for a few hours and allow our dedicated therapists to take you on a journey which best appeals to your body and state of mind.

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### Detox

Grounding Foot Bath, Dry Body Brush, Mud Mask Wrap, Scalp Massage, Hot Stone Massage

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### Nurture

Grounding Foot Bath, Back, Neck & Shoulder Massage, Petite Facial, Hair & Scalp Treatment, Foot Massage

*Suitable for pregnancy*

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### Invigorate

Sensory Journey, Body Exfoliation, Hair & Scalp Treatment, Bathing Ritual, Back, Neck & Shoulder Massage

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### Renew

Welcome Ritual, Full Body Massage & Sensory Facial

*Suitable for pregnancy*

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2HRS    \$300

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All our Signature Spa Journeys can be performed in our dual treatment room for friends and couples. They also include access to The Sanctuary and conclude with refreshments.

### Wanting more?

Make a day of it, soothe your soul in The Sanctuary, choose your Spa Journey, break for lunch at Azzuri, and finish with our Luxe Pedicure and Express Manicure

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5.5HRS    \$480

Massage  
and Body  
Therapy



## Intense Exfoliating Ritual

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Enjoy an intensely invigorating treatment to not only effectively smooth the skin but stimulate circulation to gently detoxify the body. Infused with vitamin C, lime caviar, mandarin and sweet orange.

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60 mins \$140

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## Waterlily Body Wrap

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An indulgent ritual for your entire body. Begin with a papaya crème exfoliation to smooth and remineralise the skin, followed by a luxurious French clay cocoon steeped in vitamins, antioxidants, aromatic essential oils and botanical extracts.

Choose from:

**Detoxifying & Decongesting:** A stimulating blend designed to combat congested, uneven, sluggish and cellulite prone skin.

**Calming & Soothing:** A deliciously rich emollient treatment to hydrate the skin. Safe during pregnancy.

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60 mins \$150

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## Massage and Facial Combo

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Our most popular treatment combination! Ease stress and tension with a 30min back, neck and shoulder massage before skin is perfectly cleansed and hydrated with our Petite Sensory Facial. Includes scalp massage.

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60 mins \$145

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Massage  
and Body  
Therapy

## Hydrating Body Boost

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Banish dry skin and rediscover your outer glow with an invigorating and aromatic full body experience. Skin is smoothed with a full body exfoliation, before a warm oil back massage, finishing with a hydrating coco crème cocoon and scalp massage.

*Suitable for pregnancy and skin sensitivities*

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90 mins \$200

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## Head and Sole

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Ease muscle aches and re-enter the world walking on cloud 9. Your treatment starts with a grounding foot bath and exfoliation, before tension is eased with a warm oil back massage. Feet are cocooned with a hydrating foot masque whilst your mind drifts with a soothing scalp massage. Your treatment is then completed with an invigorating foot and lower leg massage.

*Suitable for pregnancy*

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75mins \$160

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# Massage and Body Therapy



## Wellness Massage

Designed to relax your mind and body, ease nervous tension and stimulate blood flow. This full body massage combines gentle rhythmic motions with an aromatic warm oil infusion to encourage a heightened state of relaxation.

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60min	\$135
90mins	\$185

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## Thermal Muscle Relief

Alleviate muscular aches and pains and enhance detoxification with firmer massage strokes and a warming blend of red pepper, camphor and menthol. Ideal pre and post physical activity or for those who like a deeper style of massage.

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60min	\$135
90mins	\$185

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### Wanting more?

*Add a little of indulgence to any of our massage and body therapies pages 10-15*



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### Pregnancy Massage

A gentle, relaxation massage to ease areas of tension, improve circulation and alleviate back pain, whilst promoting a state of calm and wellbeing for both you and your baby. Enjoy your massage in comfort with our specialised pregnancy mattress.

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60min

\$135

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### Hot Stone Massage

A relaxing and restoring massage combining rhythmic massage strokes and warmed volcanic stones to release muscular tension and dissolve stress. A complete head to toe experience including face and scalp massage.

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90mins

\$200

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Petite Sensory Facial

30mins

\$70

Rejuvenating Body Scrub

30mins

\$70

Hair and Scalp Treatment

15mins

\$35

Thermal Foot Massage

15mins

\$35

A woman with long dark hair is lying on a massage table, receiving a facial massage. Her eyes are closed, and she has a relaxed expression. A therapist's hands are gently massaging her forehead and temples. In the background, another person is lying on a table, also receiving a massage, though they are out of focus. The setting is a bright, clean spa with white towels and a soft, warm light.

Shared  
Spa  
Therapies

Mid-Week Wellness \$95 per person

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- + Access to The Sanctuary
- + Choice of 45min massage, facial or body exfoliation
- ~ Available Monday-Friday, 9am-2pm

Twilight Bathing \$130 per person

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- + Access to The Sanctuary
- + 30min massage or facial
- + Vegas & Rose produce board w glass of wine
- ~ 2-6ppl required

Ladies That Lunch \$185 per person

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- + Access to The Sanctuary
- + 60min treatment
- + Lunch and glass of wine
- ~ 4-6ppl required

Couples Spa Ritual \$345 per couple

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2 x 60min treatments in our couples suite followed by private bathing, sparkling wine and strawberries.

Couples Spa Escape \$415 per couple

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Relax with overnight accommodation at Mercure Ballarat, with breakfast and choice of 60min massage or facial in our couples suite.

Couples Spa Journey \$729 per couple

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Relax with overnight accommodation at Mercure Ballarat, with breakfast, 60min access to The Sanctuary and your choice of Signature Spa Journey.



Power  
Facials

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### Peel

The skin is deeply cleansed, gently resurfaced and nourished using a multi acid or enzymatic peel to rebalance and brighten the skin.

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### Microdermabrasion

A non invasive treatment to achieve immediate, smooth and clear results to the outer surface layer of your skin. Thalgo's Skin-Expert machine uses crystals for a gentle and controlled exfoliation.

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### Oxygen

Oxygen is nature's most powerful healing element. By infusing it into the skin with our medical grade machine and in conjunction with Linda Meredith's advanced treatment serum, skin is visibly plump, firm and hydrated, with results visible after just one treatment. Ideal before a special occasion.

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### RF Firm & Tone

A comfortable and effective anti aging treatment to lift, firm and tone the skin. Using Radio Frequency technology, the skins tissues are heated internally to 40-45 degrees which assists in producing new collagen whilst plumping and hydrating the skin.

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<b>Power Facials</b>	30 mins	\$100
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<b>Power Plus</b>	60 mins	\$160
	90 mins	\$240

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### Courses

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In all cases, a series of skin treatments along with the use of home care will assist in achieving desired results.

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Course of 6 = \$500

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+ receive 10% off all skincare purchases

A woman is lying on a treatment table, her head resting on a white towel. A hand is holding a rectangular light therapy device with a grid of small lights, positioned above her face. The scene is illuminated with a soft, pinkish-purple light. A white circle is drawn around the text 'Power Facials'.

Power  
Facials

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## LightStim Anti Aging

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An advanced clinically proven treatment that uses multi-wave technology, combining 4 different wavelengths (colour of light) at one time to achieve dramatically greater results. LightStim Anti Aging stimulates cellular regeneration to build and repair collagen and elastin within the skin as well as improve overall cellular function. Will assist to reduce inflammation and accelerate healing within the skin, minimise fine lines and wrinkles and produce a radiant glow.

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## LightStim Acne

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A combination of 2 different wavelengths (blue and red light) effectively and safely destroy the bacteria causing acne. Assists to reduce inflammation within the skin, promote healing and helps to oxygenate and deliver nutrients to the skin. A soothing and relaxing treatment to help promote visibly improved, healthy looking skin.

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<b>Power Facials</b>	30 mins	\$100
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<b>Power Plus</b>	60 mins	\$160
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## DIY LightStim

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*Come in with a pre-cleansed skin. Serum and/or finishing cream provided*

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<b>Singular Session</b>	\$50
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<b>Course of 3</b>	\$129
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<b>Course of 6</b>	\$250
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Facial  
Therapy

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## Skin Brightening

60mins

\$160

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Over time, the natural process of pigmentation gets disrupted. This is happening earlier, and is worsened by environmental stress such as UVA, pollution, blue light and smoking. Visible dark spots appear, resulting in an uneven complexion while invisible dark spots cause a dull, less youthful appearance. Thalgo's new Brightening Facial, combines microdermabrasion and peel along with a vitamin C mask to not only lighten age spots and pigmentation but give the skin a radiant glow. Ideal skin prep before a special occasion.

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+ Eye Smooth & Soothe	\$20
+ LightStim LED	\$40
+ RF Firm & Tone	\$40

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## Anti-ageing

60mins

\$160

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From our mid-20s, our skins production of collagen and hyaluronic acid begins to slow with the effects starting to show from mid-30s. Following a thorough skin cleanse and enzyme peel, Linda Meredith's fine sheet of freeze dried collagen and infused hyaluronic acid is moistened into the contours of the face. This process reactivates the ingredients which then absorb deep into the epidermis revealing a plump younger looking skin.

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+ LightStim LED	\$40
+ RF Firm & Tone	\$40
+ V-TOX Oxygen	\$40

Facial  
Therapy



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## Skin Solutions

60mins \$160

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Thalgo's "Signature" facial treatment has been designed to address all basic skin functions utilising a gentle double phase enzymatic exfoliation and a fresh enveloping mask. This treatment can be tailored to address dryness, dehydration, sensitivity, or excess oil flow.

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+ Microdermabrasion	\$20
+ Eye Smooth & Soothe	\$20
+ LightStim LED	\$40

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## Skin Boost

60mins \$160

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New from Thalgo, this facial uses marine rich magnesium and energising Spirulina to address cellular fatigue and combat oxidative stresses from pollution, diet and stress which are often the cause of the very first signs of aging. This treatment will assist in smoothing fine lines, and reviving the skin.

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+ Microdermabrasion	\$20
+ Eye Smooth & Soothe	\$20
+ LightStim LED	\$40

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### Wanting more?

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*Add a little bit of indulgence to any of our facials from pages 18-25*

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Back Massage	30mins	\$70
Rejuvenating Body Scrub	30mins	\$70
Thermal Foot Massage	15mins	\$35
Hair and Scalp Treatment	15mins	\$35

Hands,  
Feet and  
Eye Define



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### Luxe Pedicure

Sit back and relax on our floating pedicure lounge. A heavenly foot treatment including foot soak and exfoliation, dead skin removal, warm oil foot and leg massage, nail and cuticle work and polish.

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60mins	\$100
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### Foot Renewal

Soothe tired, aching, swollen feet. Nail buff and shape (no polish), circulation boosting and stimulating foot and leg massage.

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45mins	\$85
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### Express Pedicure

Foot soak and exfoliation, dead skin removal, nail and cuticle work and polish.

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30mins	\$70
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Lash Lift & Tint	\$85
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Eyebrow Shape & Tint	\$40
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Eyelash Tint	\$30
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### Luxe Manicure

Nail and cuticle work, warm oil hand and lower arm massage, buff and polish.

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45mins	\$70
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### Express Manicure

Nail and cuticle work, buff and polish.

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30mins	\$50
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#### Wanting more?

Professional Foot Peel \$20

Shellac Polish \$20

Shellac Removal \$10

Please refer to our website for a full list of waxing services and prices



Spa  
Memberships

### VIP Platinum \$3000

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- + \$3500 worth of Spa & Beauty treatments
  - + \$150 Gift Card
  - + 10 Access passes to The Sanctuary
  - + 20% Discount on all retail purchases
  - + Welcome gift
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Total value \$4000+

### Gold \$2000

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- + \$2250 worth of Spa & Beauty treatments
  - + \$100 Gift Card
  - + 5 Access passes to The Sanctuary
  - + 15% Discount on all retail purchases
  - + Welcome gift
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Total value \$2550+

### Silver \$1000

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- + \$1000 worth of Spa & Beauty treatments
  - + \$50 Gift Card
  - + 2 Access passes to The Sanctuary
  - + 10% Discount on all retail purchases
  - + Welcome gift
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Total value \$1150+

Terms and Conditions: Memberships valid for 12-24 months from date of purchase and will be stipulated at time of purchase. Membership treatment value is only valid for the nominated member and not transferable. The gift card included is valid for services only and can be used by the member or gifted to a person nominated by member. Membership not available in conjunction with any other offer.

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## Bookings

Our friendly Spa Reception team are available to assist you with your booking via phone or email. We apologise that we are unable to assist with bookings via text or social media pages. Bookings are required for all treatments and for access to The Sanctuary.

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## Confirmation

Upon booking we ask you provide us with a valid mobile number, this ensures our booking system can send you a reminder 48hrs prior to your appointment. A deposit may be required also to secure your booking.

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## Cancellations

Please provide a minimum 24 hours notice should you need to cancel or reschedule your appointment time. We reserve the right to apply a surcharge to gift vouchers or forfeit your deposit should you fail to show or provide adequate notice.

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## Arrival Time

Please ensure you arrive 15 minutes prior to your spa treatment time. This allows us time to check you in for your treatment, take you through to the change rooms for your robe and relax in our relaxation lounge filling in appropriate health and wellbeing form before your therapist greets you to commence your treatment.

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## Late Arrivals

Arriving late not only means your treatment will be reduced, it may also impact on the quality of your Spa experience as our relaxation lounge is dedicated to clients who are changed into robes. We complete all our treatments as scheduled to ensure we run on time for all our clients.

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## Spa Parking

There is ample parking within a short stroll of the Spa premises in and around the grounds of Mercure Ballarat. We ask for your respect of the hotel guests and not park directly opposite the Spa as this is allocated for the adjacent rooms.

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### Medical Conditions

Please inform upon booking and when filling in your health and wellbeing form any health concerns, including pregnancy. This allows us to design a suitable treatment plan for your specific needs. Some spa therapies may be contraindicated due to certain medical conditions or medications you are taking. You may also be asked to seek prior approval from your health care professional before your appointment if you are undergoing medical treatment.

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### Gift Cards

Purchased gift cards now have a three year period of validity. Simply keep them in a safe place as we are unable to honour if lost or stolen. Donated or promotional gift cards may have a shorter period of validity which will be stated on the gift card. No extensions will be granted.

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### Group Bookings

We would love to host you & your friends for an intimate spa experience. Please enquire with our team who would be happy to assist you in organising. We cater for group sizes of no more than 6ppl.

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### Children

Spa time is time out for you (and our other clients!) We please ask you arrange alternative care for your children. Access to The Sanctuary and spa treatments are provided to those 16 years of age and over. Waxing services can be provided earlier with parental consent.

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### Personal Belongings and Mobile Phones

Please keep your valuables at home. Whilst you will be provided with a locker during your visit, we cannot be held responsible should things be lost or stolen. Mobile phones are not permitted in The Sanctuary, treatment rooms or relaxation lounge.

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### Prices

Printed prices are current as of July 2022 and subject to change without notice. For up to date treatments and prices, along with any special promotions and seasonal packages please visit our website. [www.ballaratsanctuary.com.au](http://www.ballaratsanctuary.com.au)

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## Opening Hours

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Monday 9am - 6pm  
Tuesday 9am - 6pm  
Wednesday 9am - 8pm\*  
Thursday 9am - 8pm\*  
Friday 9am - 8pm\*  
Saturday 9am - 6pm  
Sunday 10am - 4pm\*

\*Sunday and evenings by appointment only  
Closed Public Holidays

Mercure Ballarat Lodge and Convention Centre

613 Main Road Ballarat

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