

SANCTUARAT'S

treatment menu



Welcome to Ballarat's Sanctuary Day Spa

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 award winning Day Spa, located within the serene gardens of the Mercure Hotel and Convention Centre.

Purpose built in 2018 & having recently undergone a new extension, Ballarat's Sanctuary Day Spa features eight treatment rooms including two dual suites, one with private bath, two relaxation lounges with fire place, a pedicure lounge and The Sanctuary – heated hydrotherapy spa & traditional stone sauna.

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.



SARAH EMMANUEL DIRECTOR



Awarded Australia's BEST Luxury Day Spa



The Sanctuary

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.

60min single access	\$35
60min dual access	\$60
60min access when booking a Spa treatment	\$25

Bookings for The Sanctuary are essential with casual access bookings opening the day prior. 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.

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.

10 pass - valid for 3mths	\$250
20 pass - valid for 6mths	\$410



USPA^{*}

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USPA[®] Lavender & Olive Leaf Age Defying Hand Cream

> this silky hand cream increases hydration for imode, refined skin.

egomL/3.04fl.oz

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.

Detox

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

Nurture

Grounding Foot Bath, Back, Neck & Shoulder Massage, Petite Facial, Hair & Scalp Treatment, Foot Massage *Suitable for pregnancy*

Invigorate

Body Exfoliation, Hair & Scalp Treatment, Magnesium Bath, Back, Neck & Shoulder Massage, Full Body Hydration

Renew

Full Body Massage & Sensory Facial *Suitable for pregnancy*

Clarity

Body Exfoliation, Clay Mask Wrap, Scalp Massage, Sensory Facial

3HRS \$325

All our Signature Spa Journeys include access to The Sanctuary and conclude with refreshments. Actual treatment time is 2hrs. May be performed in our dual treatment rooms for friends & couples.



Intense Exfoliating Ritual

Enjoy an intensely invigorating exfoliating massage to not only effectively smooth the skin but stimulate circulation to gently detoxify the body. Botanicals of lime caviar & Kakadu plum are dispersed with vitamins C & E to repair & protect against environmental stress.

60 mins \$150

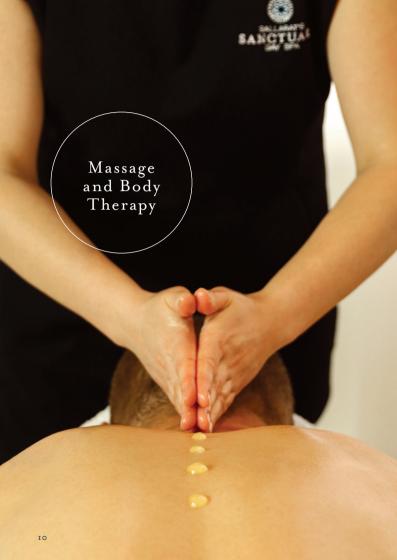
Waterlily Body Wrap

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. Your treatment includes scalp massage & full body hydration. Choose from:

Purifying Detox - Thalasso Therapy: A stimulating & purifying wellness treatment designed to combat congested, uneven, sluggish & cellulite prone skin.

Calming & Soothing - Vanilla & Honey: A deliciously nourishing wellness treatment to gently nurture & support the body. Ideal as a pre & postnatal treatment, excellent for dry & sensitive skins. Grounding & Anti-Stress - Hinoki & Cypress: Reconnect body & soul with a fortifying treatment to oxygenate & regulate the body while restoring mental clarity.

75 mins \$180



Spa Sampler

Create your own treatment combination with 2 of the following 3 treatments:

- Ease stress & tension with a back, neck & shoulder massage
- Increase circulation with a rejuvenating body exfoliation
- Cleanse & hydrate with our petite sensory facial

60 mins \$155

Head and Sole

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*

75 mins \$180

Hydrating Body Boost

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

90mins \$210

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.

60min	\$155
90mins	\$205

Muscle Relief Massage

Alleviate muscular aches and pains and enhance detoxification with firmer massage strokes and a specialised anti-inflammatory balm of arnica and camphor. Ideal pre and post physical activity or for those who like a deeper style of massage.

60min	\$155
90mins	\$205

Wanting more? Add a little of indulgence to any of our massage and body therapies pages 8-13



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 and prenatal oil.

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.

60min	\$160	90mins		\$225
Private Mag	g Body Scrub nesium Bath alp Treatment	30mins 30mins 30mins 15mins 15mins	\$90 \$90 \$60 \$45 \$45	

Shared Spa Therapies

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

Twilight Bathing

\$140 per person

- + Access to The Sanctuary
- + 30min massage or facial
- + Produce board with a glass of wine
- ~ 2-6ppl required. Available Wednesday-Friday from 3pm

Couples Spa Retreat

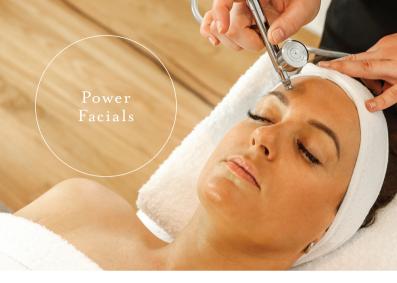
Retreat to our couples room & reinvigorate the body with a full body exfoliation followed by back, scalp & foot massage.

90min	\$445 p/cpl
2hrs - with bath	\$530 p/cpl

Couples Spa Indulgence

Indulge in a complete head to toe experience in our couples room. Your treatment commences with a full body exfoliation & clay mud wrap followed by a hotstone back massage. Finish with full body hydration & a sensory facial.

2.5hrs	\$740 p/cpl
3hrs - with bath	\$825 p/cpl



Peel

An effective peel, customised to all skins to gently resurface & encourage cell turnover.

Microdermabrasion

Achieve a smooth complexion with machine based crystals.

Oxygen

Hyperbaric oxygen is used to assist in the delivery of advanced hyaluronic based serums to the skin. Zero downtime & ideal for that pre-event glow, leaving your skin hydrated, lifted & revitalised.

RF Firm & Tone

A comfortable and effective treatment to stimulate production of new collagen whilst plumping & lifting the skin.

LightStim LED

Clinically proven treatment utilising multi-wave length technology to stimulate cellular regeneration. Suitable for all skins, LED can assist with acne control &/or age management resulting in a more radiant glow.

Power Facials 30 mins \$125

Facial Therapy

- Seller

Customised Facial

60mins \$180

A hands on facial, completely tailored to your skin's needs. Your facial includes thorough cleansing & customised exfoliation, rejuvenating massage of the face, decolletege, neck & scalp, professional treatment mask, active serums & hydration.

+ Oxygen Infused Serum	+15mins	\$80
+ LightStim LED	+15mins	\$45
+ Eye Treatment		\$25
+ Lip Treatment		\$25

Power Glow

60mins \$195

Unleash your skins full potential with a powerful combination including customised peel, LightStim LED & Oxygen Infusion. Ideal before a special occasion or for those just wanting to hydrate & brighten their skin.

Facial Enhancements		
Add a little bit of indulgence t from pages 16-18	o any of our fa	cials
Back Massage Rejuvenating Body Scrub Private Magensium Bath Soothing Foot Massage Hair and Scalp Treatment	30mins 30mins 30mins 15mins 15mins	\$90 \$90 \$60 \$45 \$45

Hands, Feet and Eye Define

Luxe Pedicure

Sit back and relax on our 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.

60mins

\$110

\$95

Foot Renewal

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

45mins

Express Pedicure

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

 30mins
 \$80

 Wanting more?
 Professional Foot Peel

 Professional Foot Peel
 \$20

 Shellac Polish
 \$20

 Shellac Removal
 \$10

 * Please note we only remove our own work. If you have Shellac or SNS applied elsewhere we ask you have it removed prior to your appointment.

Luxe Manicure

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

	45mins	\$75
-	Express Manicure Nail and cuticle work, buff and polish.	
-	30mins	\$50

Spa Memberships

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VIP Platinum \$3000

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

Total value \$4000+

Gold \$2000

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

Total value \$2550+

Silver \$1000

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

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.

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.

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.

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.

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.

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.

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.

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.

Gift Cards

Gift cards are not refundable, transferable or redeemable for cash. Simply keep in a safe place as we are unable to honour if lost or stolen. Purchased gift cards are valid for 3 years. Donated or promotional gift cards may have a shorter period of validity which will be stated on the gift card. No extensions granted.

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.

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.

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.

Prices

Printed prices are current as of January 2025 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

Opening Hours

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 Boad Ballarat

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