

L.M. SPA

LANCEMORE SPA

Lancemore Mansion Hotel Werribee Park
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WELCOME TO L.M SPA.

L.M. SPA OFFERS A HOLISTIC APPROACH TO HEALTH AND WELLBEING THAT FILLS YOUR SENSES WITH AMBIENT TONES, RHYTHMIC SYMMETRY AND PURIFIED AIR.

THIS HARMONIOUS ATMOSPHERE INVITES YOU TO IMMERSE YOURSELF IN THE SURROUNDINGS AND OPEN YOUR SOUL TO INNER PEACE, CONNECTION AND HAPPINESS.

A PLACE THAT PROMOTES AND EDUCATES PHYSICAL, NUTRITIONAL, MENTAL AND SOCIAL WELLBEING, IT IS A SPACE TO ESCAPE FROM CITY STRESSORS.

MASSAGE

Relaxation

60 minutes

Weekday \$150 | Weekend \$170

90 minutes

Weekday \$200 | Weekend \$220

Our nurturing and customized full body massage is designed to relieve tension, soothe the nervous system, and restore energy flow using light to medium pressure.

Deep Tissue

60 minutes

Weekday \$165 | Weekend \$185

Our fully trained specialist will use firm pressure with focused and deep flowing techniques to treat the muscles, tendons, and ligaments of your body. This treatment helps to assist with rehabilitation, pain, and injury management, by using advanced massage techniques.

Please note, you must request this treatment at the time of booking.

Unique Spa Experiences

Hamam 30 minutes | \$65

Hamam 45 minutes | \$75

Spa Soak 30minutes |\$75

With a Glass of Sparkling

Hot Stone

90 minutes

Weekday \$210 | Weekend \$230

Using heated stones, this treatment allows you to enter a deeper state of relaxation. The penetrating heat from the stones relaxes muscles and releases tension with benefits including relief from chronic pain, stress reduction, detoxification and reduced neck and back pain.

Pregnancy Massage

60 minutes

Weekday \$150 | Weekend \$170

Our nurturing and customized full body massage is designed to relieve tension, soothe the nervous system and restore energy flow using light to medium pressure with specialized techniques. Our pregnancy pillow is suitable and comfortable all the way up until meeting your precious baby.

Please note, you must be past your 1st trimester.

Optional enhancements - Per Person

Full body exfoliation 30 minutes | \$85

Barefoot Botanical Indulgence 30 minutes | \$80

Moroccan Rose Hand Treatment 30 minutes | \$80

Hair Treatment | \$25

Back, Neck & Shoulder Massage 30 minutes | \$85

Glass of sparkling | \$15

A plate of sweets | \$25

Eye Mask | \$20

SPA PACKAGES

Pure Bliss

3 hours

Weekday \$550 | Weekend \$630

The Pure Bliss is a luxurious sensory journey. Commencing with a decadent full body polish and mineral mud wrap. This treatment will detoxify, purify, and nourish your skin. Our therapists will alleviate any tension within your body with a full body aromatherapy relaxation massage. Followed by a beautiful rose quartz facial & hydrating hair mask. Your blissful day will conclude with a glass of sparkling wine for you to enjoy in our relaxation lounge.

- 15- minute Foot Soak
- 45-minute body wrap and exfoliation
- 60-minute relaxation aromatherapy massage
- 60-minute rose quartz facial and hydrating hair mask.
- A glass of Sparkling Wine

Moroccan Melt

3 hours

Weekday \$460 | Weekend \$480

Opulent precious oils of balsam and rose infused with the essence of crushed coffee and vanilla beans echo the ancient rites of Marrakech.

Beginning in our private Hammam chamber with a self-application of our Love note rose exfoliant and Detoxifying Clay mud. Your then journey continues with a full body Hot stone massage, to melt any tension away followed by an enriched Organic and therapeutic blended facial. Conclude with a fragrant hair treatment to nourish and hydrate your hair.

- 30-minute Hammam
- 90-minute hot stone massage
- 60-minute rose quartz facial & hydration hair mask

Mansion Essentials

120 minutes

Weekday \$320 | Weekend \$340

The perfect massage and facial combination. Begin with a relaxing full body massage using gentle and slow movements, releasing tension and stress from your body. Followed by our signature rose quartz facial, designed to leave your skin feeling soft, fresh and renewed.

- 60-minute relaxation massage
- 60-minute rose quartz facial
- Hair treatment

Sparkling Indulgence

90 minutes

Weekday \$295 | Weekend \$315

Allow us to buff your skin to perfection with a full body exfoliation. After a warm shower, enjoy a back, neck and shoulder massage, followed by a replenishing facial. Conclude your treatment with a glass of sparkling to enjoy in our relaxation lounge.

- 30-minute Exfoliation
- 30-minute Massage
- 30-minute Facial
- Glass of sparkling

Couple's Recovery

90 minutes

Weekday \$470 | Weekend \$490

Designed to enjoy more time together, this package includes a heavenly spa soak with a sweet treat and glass of sparkling, followed by a full body relaxation massage in our tranquillity suite.

- 30-minute spa soak
- Sweet treat from Joseph's Restaurant
- Glass of sparkling
- 60-minute Relaxation Massage

Baby Moon

90 minutes

Weekday \$215 | Weekend \$235

A beautiful milk bath to soothe your muscles, followed by a gentle relaxing pregnancy massage offering full body support for you and your baby. You will conclude your experience with organic tea.

- 30-minute milk bath
- 60-minute pregnancy massage

Please note, you must be past your 1st trimester.



SPA FACIALS

Petit Spa Facial

30 mins

Weekday \$90 | Weekend \$110

An express botanical facial harnessing pure aromaceutical concentrates with active botanical extracts, vitamins and omega rich infusions delivering the ultimate sensory Spa Ritual that promises visible results. The perfect way to experience skin luxury with our express facial offering.

Rose Quartz Spa Facial

60 mins

Weekday \$150 | Weekend \$170

A rich and intensely hydrating facial treatment packed with Vitamins A, C, D and E. We combine our unique products and practices to recover luminosity and replenish lost moisture to the skin. Our distinctive massage techniques leave clients feeling nurtured while our Certified Organic formulas nourish the skin.

Waterlily Body Ritual

90 minutes

Weekday \$270 | Weekend \$290

An artisan inspired exquisite spa ritual combining healing, rejuvenation and relaxation through the principles of Aromatherapy, Phytotherapy and Pelotherapy. Begin with a crème and clay exfoliation massage to smooth and remineralise skin. Follow with the ultimate French clay cocoon mousse steeped in vitamins, precious oils, and exquisite botanical extracts. Once removed the body treatment is complete with a moisture locking massage layered in nutrient rich aromatic oils.

Choose between Waterlily's two body wrap rituals

- Purifying Marine Body Wrap Ritual
- Organic Honey and Cocoa Body Wrap Ritual



PAYOT PARIS FACIALS

Born in 1920, Payot was created from the extraordinary vision of a female doctor Nadia Payot. Nadia discovered and introduced her clients to facial exercises, namely the 42-movement massage, still performed today. With her medical, scientific, and herbal expertise, she then created a line of beauty treatments that acted in synergy with these techniques.

Les Essentiels Beauté

60 minutes

Weekday \$180 | Weekend \$200

Payot's Les Essentiels Beaute meets all your skin's essential needs like hydration, brightness, nourishment, and cleansing. There are six Les Essentiels Beaute especially designed to combat your needs. Your therapist will make an assessment to guide you in choosing the best treatment for your skin type.

Les Absolus Beauté Payot Facial

75 minutes

Weekday \$210 | Weekend \$230

From even skin and anti-wrinkle effects to firming, the Les Absolus Beauté treatments preserve natural beauty. The 1.25-hour treatment corrects and prolongs the skin's natural beauty through three unique treatments: Liss Absoul, Lift Absoul & Detox Absoul.

Les Supreme Luxury Facial

90 minutes

Weekday \$240 | Weekend \$260

An anti-aging treatment which helps to combat the principal causes of skin ageing. Wrinkles, loss of elasticity, dullness, and age spots will visibly improve with this exceptional experience.



TERMS & CONDITIONS

Fitness Centre & Pool	Monday - Sunday	6.00am - 10.00pm
L.M. Spa	Monday - Thursday	9.00am - 5.00pm
	Friday - Saturday	9.00am - 6.00pm
	Sunday	9.00am - 5.00pm

We are closed on all public holidays.

Pool and fitness facilities are complementary for all hotel guests and L.M Spa guests who have each received spa treatments.

Bookings

All bookings require a credit card to be secured.

We highly recommend you make your bookings in advance to avoid disappointment.

Group bookings of 4 or more require a 50% deposit at the time of booking.

Please note that there is a surcharge for weekend bookings. We have a mid-week and weekend price for each treatment and package.

Cancellation Policy

Cancellations within 48 hours will be charged at 100% of treatment value. A credit card is required at the time of booking to secure your treatment.

Spa Arrival

We recommend that you check in 20 minutes prior to your treatment start time. Please understand that late arrivals will not receive an extension of scheduled treatment times. Full payment will still apply.

Pregnancy

We have specially designed treatments & beds for expectant mothers in their 2nd & 3rd trimester. All pregnancy woman MUST be past their first trimester in order to proceed with pregnancy appropriate treatments. Hammam & Steam rooms are not recommended for pregnant women.

Gift Cards

L.M Spa gift cards are available online at www.lancemore.com.au or via L.M Spa and Hotel reception. Vouchers purchased after Dec 2019 are valid for 3 years. Spa vouchers can be used for treatments & products. Funds MUST be used up all at once on the day of treatment. Funds CANNOT be split across multiple visits

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatment with us, Lancemore cannot be held responsible should conditions not be disclosed.

Loss or damage

Lancemore holds no responsible for any loss or damages made to personal items. Please keep your valuables secured in lockers provided.

Locker Keys

Locker keys must be returned at the end of each treatment. Lost or Damaged Keys will result in a \$15 replacement fee.

Facilities

Smoking is strictly prohibited. Appropriate attire must be worn while utilising pool, spa and gym facilities.

Spa Boutique

To continue your spa experience at home, spa products used in treatments are available to purchase at our spa reception as well as gifts for special occasions.

Service Charge

Credit cards will incur a 1.1% surcharge, Amex will incur a 3.6% surcharge on all purchases.

Age Requirements

The minimum age requirement to access the spa is 16 years of age. Failure to meet age requirement, will result in an appointment cancellation



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