

## Body Massage

*Our relaxing massage style offers a unique way of dealing with the effects of stress on the mind, body and soul. We do not offer deep tissue or remedial massage.*

**WARM OIL MASSAGE** 60 min | \$141 90 min | \$205

A personalised massage with warm oil and essential oil pulse point infusion. Enjoy the benefits of heated lavender pack to help relax tense muscles and hot towels on your feet.

**MUM 2B MASSAGE** 75 min | \$180

A nurturing treatment for expectant mothers, you can rest assured that you and your bundle of joy will experience complete relaxation. Your tired feet will be treated to our foot ritual, an essential face cleanse and moisturise followed by a tension-releasing massage on our specially designed pregnancy table.

**HOT STONE MASSAGE** 90 min | \$228

This ancient technique of bodywork uses warm basalt stones to create an undeniable experience of relaxation. Relax as you are treated to a luxurious whole body massage to cleanse the lymphatic system, increase your circulation, and relieve physical and emotional stress.

## Spa Guidelines

**SPA COUPLES:** Spa treatments and packages can be for two guests in our dedicated double treatment room. Due to high demand, we recommend booking in advance.

**MINIMUM AGE:** Silo Day Spa welcomes guests aged 16 years and over.

**ARRIVAL:** Please arrive 10 minutes prior to your spa appointment to complete your consultation form, and prepare for your experience. Arriving late may limit your treatment time so that the next guest is not delayed.

**CANCELLATIONS:** Should you need to reschedule or cancel your appointment, we ask that you provide us with a minimum of 24hrs notice. Cancellation within 24 hours of your appointment may result in a fee equal to 50% of the total charges. No show will result in 100% charge.



Gift Vouchers  
available through  
QR code



## SILO DAY SPA

*Perfectly Luxurious. Perfectly Natural.*

Reflecting the natural beauty of our precious environment, Silo Day Spa treatments offer a return to your natural state. Experience luxurious treatments to elevate your body to new levels of relaxation and rejuvenation; matched with natural botanical products that are proudly Australian and cruelty free. Our locally made Tasmanian essential oils and balms immerse you in a sensory journey to connect you with your true self.

*Return to nature at Silo Day Spa.*

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*Open Monday - Saturday from 10am  
Closed Sundays & Public Holidays*

Reservations Essential. Gift Certificate no-shows will result in forfeiture of the Gift Voucher. A credit card number or Gift Voucher number is required to secure an appointment at time of booking.

# siilo

DAY SPA

*perfectly luxurious,  
perfectly natural.*



# Signature Treatments

Experience true luxury with our signature treatment, complemented with our exclusive signature scent, "Serenity of the Silos": a soothing blend of Mandarin, Lavender and Rosewood essential oils.

## SERENITY 60 min | \$152

- body massage • face cleanse • scalp massage • foot massage
- foot exfoliation

You will be treated to a soothing back of body massage, followed by an essential face cleanse and tension release scalp massage. Feel the warmth of lavender flower bolus radiating under your neck, and drift away as your feet are treated to an invigorating peppermint scrub and massage.

## ULTIMATE SERENITY 90 min | \$230

Serenity treatment with full facial featuring uniquely Tasmanian Honey Mask

Enjoy the benefits of our "Serenity" treatment, and expand on your session by experiencing the wondrous healing properties of your face mask, blended freshly by your therapist with a wondrous combination of Australian honey, clay and soothing Essential Oils. This mask will leave your skin feeling strengthened, calm and radiant. This facial is suitable for all skin types.

# Facials

Relax with a divine face, décolletage, neck and scalp massage. Allow your therapist to design a customised facial ritual specific to your skins needs.

## USPA FACIALS

USPA facials are a luxurious combination of pure botanical ingredients carefully selected to balance your skin and restore a healthy glow.

Age Defying • Hydrating • Purifying • Soothing • Sensitive

60 min | \$152

## COMFORT ZONE FACIALS

Developed and made in Italy to ensure the comfort of the skin and protection of the environment, CZ facials are rich in natural-origin and high-tech ingredients. CZ Facials are also free from animal derivatives, parabens, and silicones.

## HYDRAMEMORY 60 min | \$168

The ultimate treatment for deep hydration and radiance of the skin. This facial is ideal for restoring your natural glow, giving an instant plumping effect.

## REMEDY 60 min | \$168

An innovative, fortifying facial for sensitive, red and delicate skin types. This facial will calm and soothe, giving instant relief to irritation or inflammation on the skin's surface.

# Facial add on:

## SUBLIME SKIN EYES 15 min | \$38

Triple action eye treatment to combat dark circles, puffiness, fine lines and wrinkles.

# Spa Retreats

All Spa Packages include our signature Sensory Journey, Foot Ritual and Full Body Massage.

## SILO BODY BLISS 2 hours | \$265

- body exfoliation – local lavender sugar scrub

Begin with a full body relaxation massage then awaken your senses with a full body exfoliation where your skin is softened and polished with Lavender Sugar Scrub.

## BODY REVIVE & DETOX 2.5 hours | \$350

- body exfoliation with detoxifying coffee and kelp
- body performance mud wrap • mini facial

Realign and rejuvenate your mind and body with treatments designed to stimulate and oxygenate the full body.

## BODY RENEWAL HYDRATION 2.5 hours | \$350

- body exfoliation with detoxifying coffee and kelp
- gentle flower hydration linen wrap • mini facial

Realign and rejuvenate your mind and body with treatments designed to nourish and soothe the full body.

## SILO ULTIMATE INDULGENCE 3 hours | \$425

- shea butter hair treatment and scalp massage • gentle body exfoliation suitable for the most delicate skin • full body warm oil massage • foot mask • full facial tailored to suit your needs

You deserve the best, so treat yourself to a top-to-toe in the ultimate pampering session.

# Spa add on's:

## MASSAGE 30 min | \$75

## FACIAL 30 min | \$80

## FOOT RITUAL - soak & exfoliation 15 min | \$33

## FULL BODY EXFOLIATION 45 min | \$120

# Body Treatments

## BODY PERFORMANCE WRAP 90 min | \$275

- foot bath • full body exfoliation • body wrap • face cleanse
- scalp massage • body moisturise

The perfect detox and muscle relief treatment for when you are feeling tired and lethargic. This coffee and sea kelp exfoliation is rich in minerals and high in anti-oxidants, and further infused with a warm cleansing mud mask. Designed to stimulate and encourage circulation for healthy and smooth even textured skin, as well as reducing fluid retention.

## GENTLE FLOWER HYDRATION & LINEN WRAP 60 min | \$190

- foot bath • body brush • body wrap • face cleanse • scalp massage

Restore your glow with this treatment beginning with dry body brushing before a warmed nurturing combination of Macadamia Nut Oil and Aloe Vera is smoothed over the skin before the body is wrapped for warmth. Relax with a facial cleanse and scalp massage leaving your entire body nourished and soothed.

## COCO CREAM BODY WRAP 60 min | \$190

- foot bath • body brush • body wrap • face cleanse
- scalp massage • foot massage

Dry body brushing prepares the skin for a luxurious blend of warm Cocoa Seed and Coconut Oil infused with vanilla and bergamot. Relax in a warm wrap of natural cloth for an uplifting face cleanse and scalp massage. Finish with a relaxing foot massage.

## FEET FIRST PEDICURE 75 min | \$145

Treat your feet with a wonderfully warm lavender salt soak, followed with peppermint exfoliation and a luxuriously foot and lower leg massage. Your feet are then dipped in warm paraffin to increase hydration, soften and soothe. Finish with having your nails trimmed and cuticles nourished, complete with a shining polish or natural buff.

## PURIFYING BACK CLEANSE & MASSAGE 60 min | \$152

Treat yourself to a back of body massage, Coffee and Sea Kelp back exfoliation, hot towels followed by our Deep Cleansing Mud Mask to draw out toxins, leaving you with renewed, smoother skin.