



Southern Spa





A short boardwalk through pristine coastland leads to the secluded Southern Spa, atop the pure limestone cliffs of Kangaroo Island's Hanson Bay. Enter to experience the refreshing tranquility of unobstructed views of the wild Southern Ocean, mineral-rich and abundant in marine life, inspiring images of the last great wilderness, the Antarctic. A physical and spiritual retreat, the Southern Spa indulges body and soul under the gaze of the wondrous osprey soaring in the blue expanse above. Emerge to breathe the pure, highly oxygenated air delivered straight from the Southern skies to complete an overwhelming feeling of well-being.





# Kangaroo Island Journeys

A signature menu of rejuvenation and relaxation treatments embraces the island's bounty of natural beauty products: lavender, eucalyptus, Ligurian honey and sea salts.

Home to the world's only pure strain of Ligurian bee, Kangaroo Island produces honey renowned for its outstanding healing, cleansing and nourishing qualities. With scents of native island flora, Ligurian honey is a luxurious moisturiser, bestowing glowing, soft skin and solace to the soul.

Each island-inspired treatment incorporates the Bay of Shoals mineral salts, hand-drawn from ancient coastal lagoons, rich in beneficial nutrients such as magnesium and calcium. The gently exfoliating salts are uniquely hydrating to the skin, promoting cellular regeneration and moisture retention.

Locally produced botanicals including lavender from the Emu Bay Lavender farm and eucalyptus oil from the Emu Ridge Distillery are used for their healing, relaxing and rejuvenating properties.



# Indigenous Spa Journeys

The Southern Spa also features Li'Tya spa care products. Meaning 'of the earth', Li'Tya is a unique practice of healing rituals that integrate the natural aesthetics of the Australian earth and spirit. The Li'Tya spa experience combines a range of sensory therapies that purify, nourish and harmonise the body using the profound wisdom of ancient Aboriginal medicines and healing modalities.

To ensure the Aboriginal teachings remain true within the Spa environment, all Southern Spa therapists have been extensively trained by Li'Tya professionals on the source and traditional use of Australian native ingredients.

Relax and let the journey begin...





# Facial Therapies

## Dihlbi Bio Active Facial

90 minutes \$280

*Intensive high performance facial*

Using the bio-active properties of banksia flower, Kakadu plum and native fragonia, this potent treatment supports the skin with a luxurious age-defying serum, targeting visible signs of aging. An intensive bi-phase mask is applied to reduce inflammation and stimulate cellular renewal, leaving the skin toned and visibly luminous.

## Southern Karmal

75 minutes \$220

*Signature facial treatment*

The Southern Karmal invokes the aromas of wattle, lilly pilly and lemon myrtle, traditionally used in Aboriginal medicines. Surrender to a soothing facial massage before a natural clay mask is applied to purify and rebalance the skin. A hair mask nourishes the scalp, regenerating and restoring lustre. A nourishing clay mask soothes the hands, whilst a head and hand massage leaves you feeling nurtured and refreshed.

## Sea Spirit

60 minutes \$180

*Rejuvenating facial*

The Sea Spirit is designed to revitalise and replenish, to set your soul adrift for a short while. This anti-aging facial uses powerful marine nutrients and potent native plant extracts along with a high concentration of amino acids, to refine and clarify skin. Relax with your choice of hand and foot massage. An Aboriginal-inspired pressure-point massage for the face and shoulders invigorates facial muscles. The serene ritual is complete with a Li'Tya Paudi scalp massage.

## Mariner's Rhyme

60 minutes \$180

*Facial designed for men*

This facial utilises the properties of grass lily to heal and soothe, Kakadu plum to restore skin cells and a blend of essential oils to nurture and hydrate. A herbal kelp hydrating polish detoxifies and remineralises the skin, leaving it free of impurities while achieving a smooth look and feel.



# Body Elements

## Kodo Massage

60 minutes \$180 | 90 minutes \$240

*Li'Tya relaxation massage*

This rhythmic body massage is inspired by traditional Aboriginal techniques, which work to balance and realign energy flow, enhancing mind and body wellness. Muscular aches and pains are relieved by massaging pressure points with swirling movements to ground and uplift, leaving the body's energies renewed and refreshed. A choice of native aromatic oils is prescribed to address your personal needs, to rejuvenate, harmonise or detoxify.

## Kodo Island Rocks

90 minutes \$270

*Australian stone therapy*

Cocooned in a bundle of warmth, this nurturing and therapeutic treatment integrates massage with warmed basalt and ancient primordial stones sourced from north-western Australia, hand-carved to suit specific body needs. The magic of the rocks works with the body's pressure points to leave your body and soul uplifted and dancing with joy.

## Island Essence Massage

75 minutes \$220

*Therapeutic massage*

This massage incorporates a firmer technique combining acupressure, Swedish and focussed techniques with particular attention given to any problem areas. A series of languid strokes enhanced by use of Emu Bay lavender balm have a calming effect, combining with eucalyptus to improve circulation and ease muscle or joint pains.

## Marma Kodo

60 minutes \$190 | 90 minutes \$250

*Pregnancy massage*

This specifically designed nurturing and rhythmic body massage is inspired by the Aboriginal Dreamtime to tone and realign energy flow, enhancing balance and wellness for mother and child. Supported by the Southern Spa purpose-designed massage table, mothers have the opportunity to both centre and completely relax, soothed by a macadamia and camellia pregnancy oil blend.



# Body Rituals

## Southern Sojourn

120 minutes \$320

*Body exfoliation, mud wrap and massage*

Unwind, relax and nourish your body with this complete rejuvenation experience. Begin with an energising native mint body exfoliation before being cocooned in warm, vitamin-packed pearl and kelp body mud which works to cleanse and deliver essential nutrients to the skin. Follow with a quandong-infused scalp massage inspired by Aboriginal bush medicines. Indulge body and soul in a rhythmic Kodo massage to complete this truly holistic spa experience.

## Untouched Horizons

90 minutes \$280

*Facial, hand and foot therapy*

An anti-aging facial designed to revitalise and replenish, Untouched Horizons uses marine minerals and potent native plant extracts such as marine algae, bull kelp and mother of pearl to smooth and restore vitality in the skin. This powerful yet serene Aboriginal-inspired facial massage uplifts and restores. While your skin is purified and hydrated, hands and feet are treated with masks and massage lotions using the Munthari Berry to heal and protect.

## Ligurian Honey and Almond Wrap

90 minutes \$270

*Massage, body exfoliation, body mask, water therapy*

Kangaroo Island's pure Ligurian honey combined with natural almond contains vitamin E and minerals to lighten skin blemishes, cleanse and provide nourishment for a bright, clear skin. A back massage eases tensions and aches, while a lavender body exfoliation softens skin before a rich blend of ground almonds and honey is applied to the body. Cocooned in a comforting wrap, relax and allow the treatment to be absorbed. Refresh under the pure island rainwater shower and emerge with glowing soft skin.







## Remarkable Man

90 minutes \$280

*Steam, back exfoliation and massage, facial - especially designed for men*

A revitalising therapy designed especially for men, this complete treatment begins with an invigorating lemon myrtle desert salt back exfoliation. Follow with a steam to detoxify and relax. Unwind with a back, neck, shoulder and scalp massage using Li'Tya detox oil and signature massage techniques. Enjoy a gentle face cleanse and deeper exfoliation treatment. Finish with a relaxing facial massage, restoring tone and leaving skin refreshed and calm.

## Baudin's Foot Therapy

60 minutes \$180

*The ultimate feet treat*

Soak away tensions and treat your soul to this wonderfully relaxing and grounding treatment. Begin with a warm foot soak infused with island-grown eucalyptus and gentle exfoliation using local mineral salts. Next, a nourishing pepperberry and Tasmanian peat pedimask is applied to stimulate circulation, leaving feet beautifully smooth. Enjoy a scalp, neck and shoulder massage to ease pains and tension. Finish with an Emu Bay peppermint, lavender and lemon foot butter treatment to lock in nutrients and moisture. Step out with happy feet!

## Mano Ritual

60 minutes \$180

*Rejuvenating hand treatment*

Drift away on the scent of lavender gathered from the farm at Emu Bay as your hands are bathed and shoulders massaged. A smoothing cream applied to hands and arms prepares the skin to receive a herbal kelp hydrating mask, whilst your scalp neck and shoulders receive their due attention. Gently awaken to a reviving hand massage.





# Signature Ceremonies

## The Dreaming

3 hours \$480

*Complete face and body treatment*

The ultimate spa journey. Experience ancient rituals used by Aboriginal Australians over thousands of years. Using traditional healing techniques this deeply therapeutic treatment encourages you to embrace the escape of a body wrap, followed by a Kodo massage, indulgent facial, hair mask and decadent hand and foot treatments. Yield to the ultimate renewal and potency of this experience through the power of nourishing Australian native plant essential oils and extracts, cleansing earth ochres and purifying desert salts.

## Mala Mayi

120 minutes \$330

*Body exfoliation, mud wrap, Kodo massage, hair and scalp treatment*

Mineral salts sourced from below ancient riverbeds combined with native botanicals are used to invigorate body and soul through a full body exfoliation. The pure embrace of your chosen body mud takes you on a journey of escape as fingertips massage a warm quandong mask into your scalp. Following a warm and calming shower, the rhythmic Kodo massage leaves you spiritually invigorated. Emerge feeling alive and rebalanced with refreshingly smooth skin.

## A Touch of SOL

120 minutes \$700 couple

*Couple's ceremony - steam, back exfoliation, full body massage and facial*

Let healing hands take you on a journey together from a sea salt and native mint back exfoliation to an aromatic steam. Surrender to a rhythmic body massage utilising the wonderfully refreshing ocean oil blend combining frangipani, ylang ylang, sandalwood and clary sage to evoke the Southern Ocean outside and to ground the spirit. Finish with a delicate facial treatment using the purest Australian marine essentials.





# Spa Essentials

Select an enhancement therapy from the menu below for a more tailored approach to your spa treatment. *(Available in combination with a minimum 60 minute treatment only).*

## Osprey's Ascent

15 minutes \$50

*Hair and scalp ritual*

Surrender your senses to ancient Aboriginal massage techniques that invoke spiritual balance and contentment. A luxurious infusing hair mask set with warm towels conditions and deeply nourishes the scalp and hair.

## Island Renewal

30 minutes \$100

*Nourishing facial*

Designed to revitalise skin with the use of marine nutrients, marine algae, bull kelp, and finally crushed mother of pearl, your skin is cleansed, exfoliated and hydrated before being treated with a deeply relaxing pressure point facial and shoulder massage. A prescriptive mask, designed to purify or nourish the skin is used while you relax with a Li'Tya Paudi scalp massage. Island Renewal is a nurturing facial to complete a massage or body treatment, relieving stress and clearing the mind.

## Salt Therapy Exfoliation

15 minutes \$50

*Back exfoliation*

Revive tired back muscles with a cleansing exfoliation using pink desert salts. As a finishing touch, the application of an aromatic lotion will leave your skin vibrant and replenished.

## Focus Massage

30 minutes \$100

*Remedial massage therapy*

Feel tension melt away during this dedicated massage on any specified areas of concern. The perfect addition to any treatment.







## Consider...

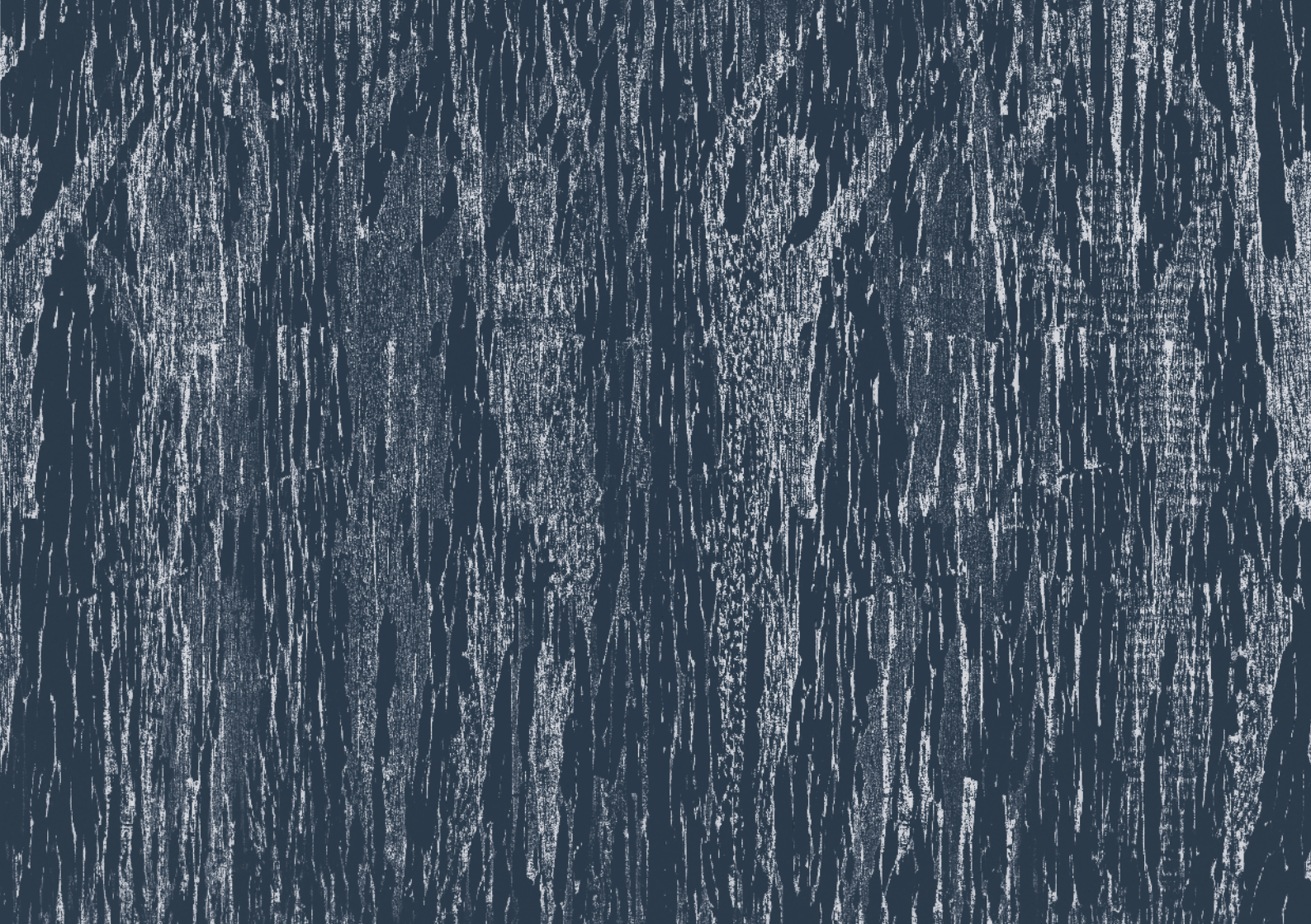
The Southern Spa reflects an environment of relaxation and harmony. We recommend arriving 20 minutes prior to your appointment to allow time to relax and enjoy the purifying properties of the steam room. For your comfort we suggest showering before all treatments. Lockers and robes are provided in the Spa.

Each Southern Spa treatment is a personal journey. Select a therapy that resonates most with your mood or desired focus and tailor any treatment with the addition of a Spa Essential for a complete soul, mind and body retreat. All Southern Spa journeys commence with a traditional Aboriginal welcome ceremony and foot soak.

Please inform your therapist of any health concerns that you may have or if you are, or may be pregnant.

Your treatment has been reserved especially for you, however, we understand that plans change. We require five hours' notice to change or cancel a booking. Without notice the full charge may still apply.









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LODGE

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