



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, as prey soaring in the wide sky 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 embrace the island's bounty of endemic natural beauty products – lavender, pink clay, eucalyptus, Ligurian honey and nutrient-rich sea salts among them.

Home to the only known pure strain of Ligurian bee in the world, Kangaroo Island produces honey renowned for its outstanding quality. This sweetly fragranced ingredient is a divine natural moisturiser, bestowing delectably smooth skin and solace of both body and mind.

Kangaroo Island mineral salt is hand-drawn from ancient coastal lagoons around the Bay of Shoals. Rich in beneficial nutrients such as magnesium and calcium, the soothing salts are uniquely hydrating to the skin, promoting cellular regeneration and moisture retention.

Each island-inspired treatment incorporates the Bay of Shoals mineral salts as a gentle exfoliation, often combined with local essential oils for a more prescriptive effect.

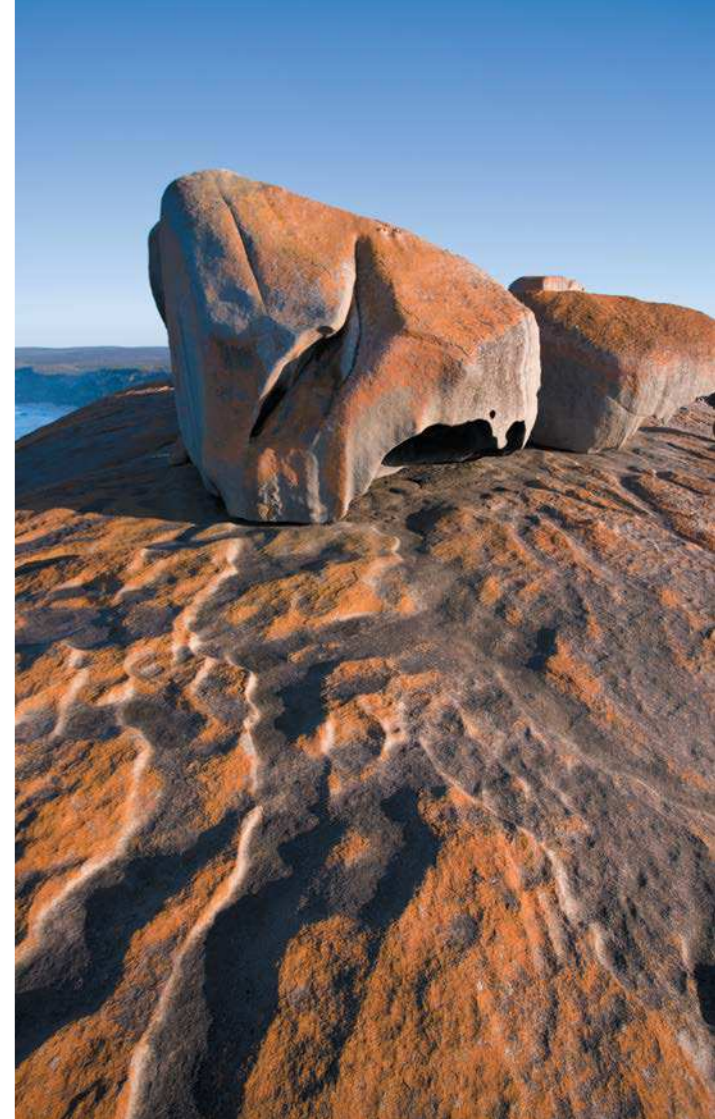


## Indigenous Spa Journeys

The Southern Spa also features Li'Tya spa care products. Meaning 'of the earth', Li'Tya is a unique collection of healing rituals that integrate the revered, ancient 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, spirituality 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*

Utilising the bio active formulas 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 stimulates cellular renewal, leaving the skin toned and visibly luminous with this restorative facial therapy.

### Southern Karmal

75 minutes \$220

*Signature facial treatment*

Enjoy 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. A hair mask nourishes the scalp, regenerating and restoring lustre to your hair. 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. This anti-aging facial encompasses powerful marine nutrients and potent native plant extracts along with a high content of amino acids, refining and clarifying skin whilst you relax with your choice of hand and foot massage. An Aboriginal-inspired pressure point facial massage for the face and shoulders invigorates facial muscles. Your ritual of serenity 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 selected 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 the use of warmed basalt stones and ancient primordial stones sourced from north-western Australia, hand-carved to suit specific body needs. Skilfully integrated, the magic of the rocks work with the body's pressure points to leave your body and soul 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 to any problem areas. A series of languid stretches enhanced by use of Emu Bay lavender balm have a calming effect, combined with eucalyptus to improve circulation and ease muscle or joint pains.

### Marma Kodo

60 minutes \$190 | 90 minutes \$250

*Pregnancy massage*

This 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 and nourishing 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 Aboriginal-inspired scalp massage. Indulge body and soul in a rhythmic Kodo massage to complete this truly holistic marine spa experience.

## Untouched Horizons

90 minutes \$280

*Facial, hand and foot therapy*

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

## Ligurian Honey and Almond Wrap

 90 minutes \$270

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

Kangaroo Island Ligurian honey and almond contain vitamin E and minerals to lighten skin blemishes, cleanse and provide nourishment for a bright clear skin. Settling into the treatment with a back massage, tensions and aches are eased. A Bay of Shoals Salt exfoliation smooths skin before a rich blend of ground almonds and honey is applied to the body. Wrapped in a warm cloth, relax to allow the treatment to penetrate the skin and soothe the mind. Refresh under the pure island rainwater shower. Emerge with glowing soft skin.



## Remarkable Man

90 minutes \$280

*Steam, exfoliation, massage, facial especially for men*

A revitalising therapy designed especially for men, this complete treatment begins with an invigorating lemon myrtle desert sea 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 Kangaroo Island eucalyptus warm foot soak and gentle exfoliation using locally sourced mineral salt. Next, a nourishing pepperberry and Tasmanian peat pedimask is applied as warm Kodo stones are placed on the feet. Finish with an Emu Bay peppermint, lavender and lemon foot butter treatment to lock in nutrients and moisture. Step out with happy feet!

## Ligurian Mano Ritual

 60 minutes \$180

*Rejuvenating hand treatment*

Drift away on the scents of cinnamon, honey and the top note of blood orange as your hands are bathed and shoulders massaged, then experience a citrus and Bay of Shoals salt exfoliation to your arms. Slip further into bliss with a Ligurian honey and yoghurt hand mask whilst your feet 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, the all-encompassing Kodo massage, an 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 your body and soul through a full body exfoliation. The pure embrace of your chosen body mud takes you on a journey of escape as the indelible traces of 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, exfoliation, massage and facial*

Let healing hands take you on a journey together from a sea salt and native mint back exfoliation to 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 memories of the seaside and to ground the spirit. Finish with a delicate facial treatment using the purest Australian marine essentials.



# Spa Essentials

Select an indulgence from the menu below to add a special touch of relaxation and pampering to your spa treatment.

## Osprey's Ascent 15 minutes \$50

*Hair and scalp ritual*

Surrender your senses to ancient Aboriginal massage techniques that invoke spiritual balance and contentment. Incorporating a luxurious infusing hair mask with warm towels to condition and deeply nourish 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 crushed mother of pearl, your skin will be 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. A nurturing facial to complete a massage or body treatment, relieving stress and clearing the mind.

## Jina Foot Therapy 15 minutes \$50

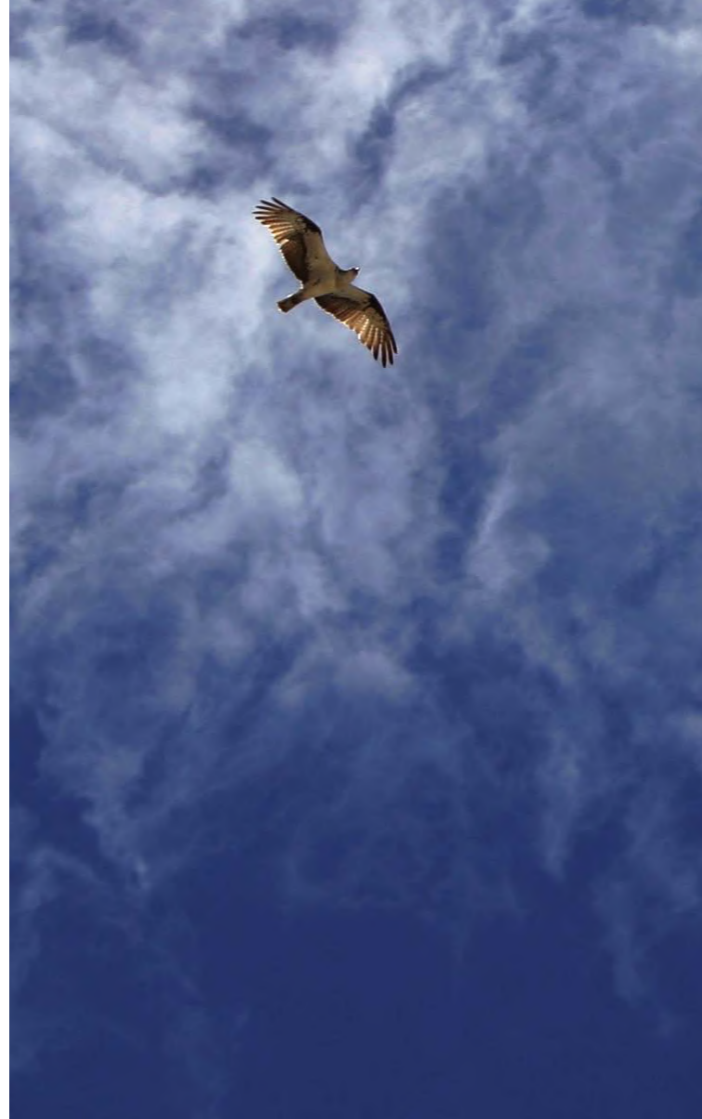
*Foot pamper*

Cleanse tired feet with a foot soak ritual infused with the scent of eucalyptus followed by a rejuvenating exfoliation using pink desert salts to encourage balanced health and enlightenment.

## Focus Massage 30 minutes \$100

*Remedial massage therapy*

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



# Journeys for Kids

## Footprints and Fingernails

**Kanga Manicure** 45 minutes \$130  
with polish application

**Paw Print Pedicure** 45 minutes \$130  
with polish application

## Facials and Body Bliss

**Dreamtime Massage** 30 minutes \$90

**'KI' Kids Facial** 30 minutes \$85

**Beez Kneez Body Wrap** 60 minutes \$190

## Spa Kids Workshop

**Facetime Fun** 60 minutes \$110 per child | Minimum of 2

A tailored workshop teaching the basics of healthy skin care as well as a hands-on session making bath bombs, body scrubs and masks using all natural ingredients – good enough to eat!

*Parent or guardian to be in attendance during 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, enjoy the purifying properties of the steam room and a welcome aromatic tea. For your comfort we suggest that you shower before all treatments. Lockers and robes are provided within the Spa.

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

A Southern Spa treatment is a personal journey, created and modified for your specific needs by our therapists. Select a therapy that resonates most with your mood or desire and choose to tailor any treatment to your liking with a journey addition for a complete soul, mind and body treat. Each Southern Spa journey starts with a traditional indigenous ritual of foot soak and smoking ceremony to clear the past and bring mind and spirit into the present.

Your treatment has been reserved especially for you; however we understand that plans change. We require five hours notice to cancel or change a booked spa treatment; without notice the full charge may still apply.

