





Surrounded by spectacular national parks in the World Heritage-listed Blue Mountains, a visit to an Escarpment Spa is like returning home to oneself.

Enliven your senses with our soothing, restorative body and beauty treatments delivered by a team of caring and talented spa professionals.

Enter a space where you are supported to discover your natural state of balance.

Spa Packages

Select from our popular favourites designed to allow you to experience the very best results while achieving the ultimate in relaxation. Enjoy alone or with a companion on your visit and indulge

VOLCANIC STONE RITUAL

120 minutes

Volcanic Stone | Scalp Massage | Refresher Facial

Be warmed with a sixty-minute head to toe volcanic stone therapy to soothe muscles and stimulate circulation as the hot stones release blockages and ease any built up tension. Following this is our Refresher Facial and draining lymphatic face and scalp massage also incorporating warm stones and head wrap. Feel yourself float away as the stones glide with ease in combination with our aromatic blended oils to aid in a deeper level of relaxation.

COCOON BLISS

120 minutes

Massage | Facial

Have the best of both body and face treatment experiences with this two-part ritual. Your journey begins with our soothing aroma massage. Using warm oil, filled with blended essential oils to aid in your relaxation along with hypnotic flowing massage techniques to submerge your mind into pure relaxation. Our second part is warmly wrapping your body, moving into our personalised essentials facial. This deep cleansing facial will exfoliate and nourish your skin according to your skin type. Enjoy our deep cleansing face massage to complete your whole-body journey finishing with our signature cold beauty globe experience on the face to calm and boost our active ingredients.

BABY MOON

120 minutes

Gentle Exfoliation | Pregnancy Massage | Personalised Facial

As your journey to becoming a mum unfolds we know that you need that little extra pampering as your body goes through a few extra changes. In this mum friendly package, be treated to a calming hydrating Body Polish which provides that nourishment softening to your skin, flowing into a gentle specialised pregnancy massage to ease out any stress points and ending with a personalised deep cleansing facial to replenish revitalise and restore body and mind.

*Must be 12 weeks and over

Spa Packages

GENTLEMEN'S OASIS

120 minutes

Exfoliation | Aroma Massage | Refresher Facial

Enjoy an energizing all round mind and body journey starting with an invigorating body exfoliation with our essential oil infused salt scrub to exfoliate and revitalise the skin. Ease into an aroma blended body massage which will nourish and hydrate the skin whilst stimulating the circulation to ease out any tension in the muscles. Rounding off with our Refresher Men's Facial specifically designed to calm, heal and treat the skin with this organically packed clay mask.

WELLNESS

210 minutes

Back and Neck Massage | Personalised facial | Remedy Eye | Jessica Mani & Pedi

Begin with a mind and body melting Relaxation Massage targeting the back, neck and shoulders. Next experience our Jessica Delux Manicure and Zenspa Pedicure leaving your hands and feet feeling restored and renewed. Ending off with our Personalised Tailored Facial from our essentials line encompassing the eyes in our Remedy Eye to target those often missed delicate areas to brighten smooth and de-puff the eye area.

OUTER BEAUTY INNER HEALTH RETREAT - *OUR SIGNATURE TREATMENT*

3.5 hours

Bath | Invigorating Exfoliation | Essential oil infused Mud Wrap | Aroma Massage | Personalised Facial | Volcanic Foot Therapy

The ultimate form of relaxation from head to toe with a selection of all our best treatments to pamper, invigorate and revitalise you. This experience starts off with a relaxing hot bath to prepare your skin and balance your mind, followed by an invigorating Salt Body Scrub along with an application of essential oil infused Mud to cocoon and hydrate the skin. Unwind further with a relaxing Aroma Massage to soothe and seal nourishment into the skin. Enjoy a customised Deep Cleansing and Hydrating Facial, finishing with a Volcanic Foot Therapy to rebalance mind, body and soul.



PARKLANDS SERENITY * – OUR SIGNATURE TREATMENT

3.5 hours

Bath | Invigorating Exfoliation | Essential oil infused Mud Wrap | Aroma Massage | Personalised Facial | Volcanic Foot Therapy

The ultimate form of relaxation from head to toe with a selection of all our best treatments to pamper, invigorate and revitalise you. This experience starts off with a relaxing hot bath to prepare your skin and balance your mind, followed by an invigorating Salt Body Scrub along with an application of essential oil infused Mud to cocoon and hydrate the skin. Unwind further with a relaxing Aroma Massage to soothe and seal nourishment into the skin. Enjoy a customised Deep Cleansing and Hydrating Facial, finishing with with a Volcanic Foot Therapy to rebalance mind, body and soul.

** Only available at Parklands Day Spa*

ECHOES RELAX DELUXE *

135 min

Private Sauna | Body Exfoliation | Aroma Massage | Refresher Facial | Scalp Treatment

This package is great with a companion or those needing a quiet meditating zone. Enjoy our private sauna, enclosed in our spacious duo room, to stimulate the skin and ready the body for a brisk exfoliation. After revitalising the skin your therapist will deliver a rhythmical aromatic massage with essential oils to aid in mind and body rebalancing. Rounding off your wellness an AHA Peel and Mask, facial which will exfoliate and nourish the skin, leaving you feeling revitalised and rebalanced.

** Only available at Echoes Day Spa*

Facial Therapy

We invite you to go on a journey of relaxation and tranquillity to experience our Certified Organic treatment products from the pristine environs of Byron Bay, using the highest quality ingredients. Whether it be a quick fix skin booster or targeting a longer-term problematic skin, lacking hydration, sensitivity or even preparing for that special occasion, our experienced spa angels can assist with any treatment. Using patented wild crafted ingredients natively grown and harvested in various countries, these treatments will leave you rejuvenated and refreshed.

PERSONALISED FACIAL

60 minutes

Express yourself through this deep cleansing purifying facial from our essentials range, starting off with a consultation to analyse your skin, your spa angel will guide you through your treatment options. Once your session starts close your eyes and drift off while you get treated to an opening aroma of lavender and peppermint to calm, clear and relax your mind and body. A rhythmical sequence follows with a double facial cleanse, exfoliation, skin stimulating massage and mask, completing your treatment with a serum which is massaged into the skin and selected moisturiser. This treatment caters for a wide range of our everyday environmental challenges and skin conditions such as sensitivity, hydrating, combination.

* Suitable for sensitive, dry, dehydrated and oily skin. Pregnancy friendly

ADVANCED PEEL AND REPAIR

60 minutes

This results-oriented treatment is customised to address sensitivity, congestion and fine lines. The intensive AHA exfoliating peel and high potency multi detox mask, calms and balances. Moisture will be restored to leave your skin visibly brighter and firmer.

* Suitable for all skin types

ANTIOXIDANT VITA C FACIAL

90 minutes

Your treatment journey includes a soul lifting foot soak and scrub to rebalance the body, moving into our antioxidant packed facial, featuring a range of botanical extracts to boost and fight environmental stresses affecting our skin. The ingredients used, help reduce pigmentation and brighten the skin. This facial encompasses a hypnotic acupressure treatment followed by a deep cleansing massage to stimulate and relax your skin. Experience a nutrient packed Age Vita Renewal Mask and Vitamin C serum to boost collagen production to leave your skin deeply restored.

ULTIMATE HYDRATION ELIXIR FACIAL

90 minutes

Luxurious and decadent like no other, our signature facial will infuse your skin with age defying nutrients. A boosting combination of hyaluronic acid and plant extracts will drench your skin with moisture. Your journey includes enzymatic peel, relaxing massage, two masks; the Bio Hydra infusion mask followed by a luxurious combination of organic Rose Hip oil and cream mask to smooth, firm and plump.

PARKLANDS AROMA ORGANIC FACIAL* - Our Signature Treatment

90 minutes

Reconnect with nature, in this aromatic signature treatment infused with wild crafted ingredients to relax and revive your skin. Your treatment journey will start with a soul lifting foot soak and scrub to rebalance your body, while sipping on an aromatic infused tea. Be indulged with a relaxing facial based on aromatherapy oils such as lavender, bergamot and rose. Along with a hypnotic facial massage this ritual will also include a natural enzyme peel and pampering hand, arm and luxurious scalp massage.

*Suitable for all skin types. Only Available at Parklands Day Spa





“He who lives
in harmony
with himself
lives in harmony
with the universe”

MARCUS AURELIUS

LILIANFELS INDOOR POOL

Massage Therapy

Under the skilful intuitive touch of our professional spa angels, you will be treated to a soothing and renewing experience. Whether it is the preference for a firm or moderate pressure or a specific focus of the massage, our aim is to restore health, wellbeing and vitality to your body.

AROMA RELAX MASSAGE

45 minutes / 60 minutes / 75 minutes / 90 minutes

This nurturing full body therapy is designed to relieve built up tension, soothe the nervous system and restore energy flow. Using Lilianfels Spa signature blended essential oils, this treatment promises to rejuvenate and rebalance.

STRESS RELIEF MASSAGE

45 minutes / 60 minutes / 75 minutes / 90 minutes

Using a firmer style of massage this restorative therapy helps release muscle pain and tension. This massage is beneficial for the relief of physical stress and discomfort.

PREGNANCY MASSAGE

60 minutes

Suitable after the first trimester, this massage is a nurturing, safe and a deeply relaxing therapy designed for new mums and mums to be. Techniques used help to reduce stress and blood pressure, relieve strain on ankle, knees, back and increase blood and lymph flow. *Must be 12 weeks and over

VOLCANIC STONE THERAPY

60 minutes / 90 minutes

This massage technique has been used in many healing cultures and uses the ancient practise of thermotherapy: therapy through the application of heat. Combining long stroke massage techniques with warmed volcanic basalt stones, areas of built up stress are relived. Stones are placed on meridian points and chakras to restore physical, emotional and spiritual wellbeing while you enjoy a soothing scalp and head massage.

SPECIALISED MASSAGE

75 minutes

We pride ourselves with our experienced and diverse professional spa angels that are not only trained in the beauty and massage profession but branch out and qualify in treatments such as, aromatherapy, reiki, reflexology, remedial, shiatsu, yoga, meditation, personal coaching and nutrition. These specialised treatments are associated with an in-depth consultation to assist with long term wellbeing goals.

Body Treatments

Find your glow with our full body exfoliation to stimulate your circulatory system to reveal smooth and healthy radiant skin or indulge in a full body wrap that will engulf your skin moisturising and repairing. A selection of wellbeing journeys that are the ideal prelude to a relaxing massage.

BODY EXFOLIATION

45 minutes

Exfoliation

Improve your glow through a quick brisk body exfoliation to reveal and stimulate cell growth.

Select from our three favourites:

- Grapefruit & Black Pepper: Scrub a zesty and stimulating salt-soaked exfoliation
- Chamomile: A softer silkier aromatic scrub to sooth and calm gently exfoliating the skin.
- Lavender Crush: For ultimate healing and soothing.

Improve your glow and circulation through our Body Polish blend of Kakadu Plum, Lilly Pilly and cocoa butter to reveal and stimulate cell growth.

SPA RENEWAL – OUR SIGNATURE TREATMENT

75 minutes

Exfoliation | Massage | Cocooning | Scalp Massage

Invigorate your skin and nourish your soul in this head to toe signature treatment. We commence with our Akorah Aroma Ritual allowing you to customise your experience to your individual needs. Then enjoy a pampering back, neck shoulder massage with warm healing stones, and a revitalising Body Polish. Then relax in a warm body cocoon as your mind rebalances in tranquillity. This ritual is set to warm and smooth your skin, leaving you soft and hydrated.

MINERAL HEALING COUPLED WITH ORGANIC BATH AND BODY OIL*

90 minutes - Parklands only

Bath | Oil infused Clay Wrap

Based on a century old European tradition of using medicinal mud, healing waters and light massage therapy, this deluxe treatment has a detoxifying and relaxing effect. Three treatments in one, it begins with a nourishing bath of mineral soaked crystals followed by an essential oil infused clay wrap and luxurious full body application of hydrating and nourishing body cream, leaving skin feeling smooth and satin soft.

Body Treatments

COCOONING WRAPS

90 minutes

Nourish your body and soul with a selection of one of our cocooning wraps.

Select from:

Thrive: Ylang Ylang, Basil, Lemongrass, Rosewood

Dream: Cinnamon Leaf, Mandarin, Vanilla, Lavender, Clarry Sage, Roman Chamomile

Spirit: Pink Grapefruit, Lemon, Lime, Juniper Brazilian Orange, Tea Tree, Spearmint

Choose from the above 3:

Awaken your senses with these purifying and invigorating body scrubs to promote circulation followed by a cocooning application of rich clay, for an instant nutrient boost for an intensive grounding and cleansing result. Complete your treatment with a vibrant and soothing body massage to stimulate the skin for a firmer and toned appearance. Let your mind drift off while your body revitalises.

NEROLI BLOSSOM SENSORY BODY GLOW

90 minutes

Awaken the senses with the signature aroma of Neroli in this deeply uplifting experience. Purifying creamy salts are combined with the uplifting Neroli essential oil in an invigorating full body exfoliation ending with a luxurious application of Neroli Bath & Body Oil for the ultimate in skin hydration & revitalisation





Add-on Treatments

Whether you are pressed for time or just want to add a little something extra to complete your experience, simply choose from the below, designed to stand alone or be incorporated as an addition to your treatments

REFRESHER FACIAL

30 minutes

Don't be fooled by this express refresher as it is a deep refining, cleansing and mineralising facial, taking you back to nature, the enzyme micro exfoliant will revitalize dull and lifeless skin. Experience all the luxurious elements of a facial for a complete pampering.

*Suitable for any skin type

REMEDY EYE

30 minutes

Our eyes are the windows to our soul so why not treasure this delicate eye area. Remedy eye is an intensive treatment designed to diminish fine lines and wrinkles, improve dark circles and relieves puffy eyes. A quick solution to a pre or after party pick me up and a must have in anyone's homecare regime.

BACK, NECK AND SHOULDER MASSAGE

30 minutes

A therapeutic massage targeting the back, neck and shoulders to release tension and ease the muscles.

SCALP AND HEAD MASSAGE

30 minutes

Calming yet energising as your scalp and head are massaged focussing on triggering pressure points to calm relax and stimulate the circulation around the scalp area.

CORRECTING FACIAL PEEL

30 minutes

Using an exclusive 40% Lactic Enzyme peel, this facial provides immediate results to brighten and maintain even skin tone. Skin is deeply cleansed whilst intensive serums help to firm and tone the skin resulting in a more youthful appearance.

Hand & Foot Treatments

VOLCANIC FOOT THERAPY

45 minutes

Soothe and revitalise tired, sore or simply neglected feet with an invigorating scrub to refresh the skin and stimulate circulation. Then surrender your feet with our warm volcanic stones treatment. Essential oils of Lavender and peppermint are used with heated stones as a massage tool to alleviate aches and pains in the feet, ankles and lower legs.

JESSICA DELUXE MANICURE

60 minutes

A luxurious yet prescriptive manicure to treat specific nail concerns whilst revitalising tired hands. An ageless hand treatment incorporated acts as a therapeutic facial for the hands using marine collagen to pamper and protect your hands whilst we shape, buff and polish your nails to perfection completing your experience.

JESSICA ZENSPA PEDICURE

60 minutes

A pure, peaceful, serene indulgence. Zenspa combines the power of Asian aquatic plant extracts to replenish feet & keep you feeling, & looking, your absolute best.





PARKLANDS SPA

Soak Therapy *

Enjoy a selection of soaks to warm, relax and refresh you as you unwind from exploring the mountain trails. In a tranquil environment experience a ready drawn hot bath surrounded with lit candles and soothing music. With active filled soaks designed to nourish and absorb into the skin.

MINERAL WELLNESS BATH

30 minutes

Experience transformative wellness in this purifying, re-mineralising, muscle relieving bath. Hand harvested, concentrated mineral crystals contain a rare balance of essential minerals and trace elements to promote overall health benefits, helping to relax muscles and joints and re establish the essential mineral balance of the body. Leaves the mind clear and the body feeling cleansed and balanced.

HERBAL BATH

30 minutes

Enjoy a potent aromatic oil soak, made from rich botanicals. This soak is infused with Eucalyptus to ease stiff muscles and aching joints, soothing the respiratory system, for greater all over clarity.

* Available at Parklands & Echoes Spa only.



General Information

SPA RESERVATIONS

To schedule an appointment please speak with our spa reception team who will help guide you to the right treatment choice. To ensure your preferred time and services are available, we recommend advance bookings. A minimum age of 16 is required for entry into the spa facilities. The Spa is open daily.

SPA ARRIVAL

Please arrive 15 minutes prior to your spa appointment so that we can properly prepare you for your treatment. Please understand late arrivals will result in reduced treatment times.

ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Escarpment Day Spa's are all smoke free environments.

MEDICAL CONDITIONS

Please advise us of any health conditions, allergies or injuries that might affect your spa experience when making your reservation.

PREGNANCY

We have specially designed treatments for mums to be and nursing mothers. Please allow us to help guide you in selecting the most suitable treatments for you during this special time. Must be over 12 weeks.

CANCELLATION POLICY

100% cancellation fee applies to all bookings cancelled within 48 hours of your appointment or no shows.

VALUABLES

We ask that that you leave your valuables in your guest room safe or at home.

GIFT CERTIFICATES

Gift certificates are available for all treatments, products and packages. Vouchers can be courier express posted or ready for pick up at nominated property. Vouchers are valid for 36 months from purchase date.

HOME SPA

Choose from a range of spa beauty products, health and lifestyle products from our selection on display at Day Spa Reception.

GROUP BOOKINGS

We welcome groups and will be pleased to customise a program to suit all occasions.

DISCLAIMER

Price, products and treatments are subject to change without notice. Please refer to websites for further details.

“Inspired wellness with outer beauty and inner health begins with a tranquil experience in the Blue Mountains”

Let your journey begin...





LILIANFELS SPA

5-19 Lilianfels Ave.
Katoomba, NSW, 2780
Telephone 61 2 4780 1200
W: www.lilianfels.com.au

ECHOES SPA

3 Lilianfels Ave.
Katoomba, NSW, 2780
Telephone 61 2 4782 1966
W: www.echoes.com.au

PARKLANDS SPA

132 Govetts Leap Road,
Blackheath, NSW, 2785
Telephone 61 2 4787 7211
W: www.parklands.com.au

CONTACT US: spa@escarpmentgroup.com.au