



HERITAGE  
**YARRA VALLEY DAY SPA**

**THE HERITAGE GOLF AND COUNTRY CLUB**  
HERITAGE AVE, CHIRNSIDE PARK VIC 3116

**PH (03) 9760 3388**  
open 9am - 6pm

## FACIALS

### LI'TYA MIRRI

45 Minutes \$120

Introduce your skin to Australian native ingredients with a cleansing and replenishing facial treatment. Incorporates a facial pressure point massage to gently relieve tension.

### LI'TYA MIKIRI

60 Minutes \$130

A deep cleansing facial incorporating two customised clay masks to hydrate, balance and purify the skin. The Paudi scalp massage helps to relieve a dry, stressed scalp. Includes your choice of hand or foot massage.

### LI'TYA YIRRI

75 Minutes \$140

You will see dynamic results with this intensive treatment that combines the use of skin specific cleansers, cellular activating exfoliators, herbal masks, treatment elixirs and moisture therapies. The treatment uses targeted pressure point therapy and specialised facial massage techniques adapted from ancient Aboriginal healing to rebalance your energy from within to ensure the optimum skin care results. Discover the wonderful feeling of well being that comes with a specialised skin programme specifically designed by a LI'TYA trained Spa Therapist.

## HAND & FOOT THERAPIES

### BLISSFUL HAND & FOOT THERAPY

120 Minutes \$180

Treat overworked, tired or neglected feet and hands to this intensive spa treatment. Combines the Polama hand and Jina foot therapies to rejuvenate the entire body and calm the senses. Includes skin softening soak, exfoliation, nail and cuticle work, mask, massage and polish application.

### LI'TYA POLAMA HAND THERAPY

60 Minutes \$110

Enjoy a hand soak, exfoliation, hydrating mask, hand massage, extensive work on the nails and cuticles, finishing with a polish application.

### LI'TYA JINA FOOT THERAPY

60 Minutes \$110

Enjoy a foot soak, exfoliation, mask, foot massage and work on the nails and cuticles finishing with a polish application.

### EXPRESS PEDICURE

30 Minutes \$65

Basic nail care, finishing with your choice of polish. Recommended as a touch up between your regular pedicure routine.

### EXPRESS MANICURE

30 Minutes \$65

Basic nail care, finishing with your choice of polish. Recommended as a touch up between your regular manicure routine.

## DAYSPA ETIQUETTE

Immerse yourself in the tranquil surroundings of the Yarra Valley and indulge in treatments that are therapeutic and restorative for your total well being.

### LOCATION

Just a short 45 minutes drive from central Melbourne and 60 minutes from the airport. Located at the gateway to the Yarra Valley and part of the Heritage Golf and Country Club.

### FACILITIES

Designed with your health, well being and relaxation in mind, our facilities include a fully equipped gymnasium, heated indoor swimming pool and steam room. As a guest of the Heritage Yarra Valley Dayspa you have complimentary use of the recreational facilities on the day of your treatment.

### PARKING

Safe and secure car parking facilities are conveniently located opposite the Heritage Yarra Valley Dayspa.

### SUGGESTED ATTIRE

We will provide you with a robe, slippers and personal locker during your visit. We recommend wearing open toed shoes when receiving a pedicure, to avoid smudging of nail polish. Swimwear is required for our steam room and swimming pool.

### ARRIVAL TIME

We ask you to arrive at least 15 minutes prior to your scheduled appointment to allow time for you to change and complete a consultation form. For you to enjoy the full value of your spa treatments and experience our facilities, you may arrive earlier.

### LATE ARRIVAL

As all treatments will be completed at the scheduled time, please plan your 'time out' carefully.

### DAYSPA CANCELLATION POLICY

We understand that sometimes plans change, if so, we require 24 hours notice. A cancellation fee equivalent to 100% of the treatment value will apply to bookings changed or cancelled under 24 hours. Thank you for considering others and our policy.

### GIFT VOUCHERS

For your convenience, gift vouchers are available for all treatments. Purchases can be made at Reception or by phone and vouchers will be sent to you.

### RESERVATIONS

To make a reservation please contact Reception at the Heritage Yarra Valley Dayspa on (03) 9760 3388

## RELAX... YOU HAVE PLENTY OF TIME.

AT THE HERITAGE YARRA VALLEY DAYSPA WE CHOOSE TO USE LI'TYA AUSTRALIAN ORGANIC PRODUCTS AND INGREDIENTS THAT INTEGRATE THE PRECIOUS QUALITIES OF THE AUSTRALIAN EARTH AND COMBINES THE PROFOUND WISDOM OF ANCIENT ABORIGINAL MEDICINES AND HEALING MODALITIES.

Each LI'TYA treatment begins with a symbolic 'smoking' ritual using O'Yarrarng. This brings the mind and body into the present to begin your journey.



## BODY & WATER THERAPIES

### BODY REVIVAL

95 Minutes \$225

Combines the LI'TYA Yanko with a 50 minute relaxation massage, to soothe and nourish from top to toe.

### LI'TYA MALA MAYI

90 Minutes \$195

120 Minutes \$255

Energise with a full body desert salt exfoliation, then calm and revitalise cocooned in a warm mineral rich Mapi body mud whilst experiencing the Paudi scalp massage. A rhythmic Kodo massage follows. Unwind, invigorate and celebrate.

Add a Vichy shower enhancer \$50

### LI'TYA YANKO

45 Minutes \$120

An energising full body exfoliation therapy cleanses, revitalises and brings tone and clarity to the skin. Your choice of Australian native aromatic oils are applied to the body followed by desert salts to exfoliate and purify. A warm water Vichy shower washes away the stresses of the outside world before an application of Cherry Alder Body Hydrating Lotion to leave skin silky smooth.

### LI'TYA PAUDI SCALP MASSAGE\*

15 Minutes \$50

This highly nourishing scalp and hair treatment is a must have. Incorporates a soothing scalp massage using LI'TYA Quandong Hair Mask to stimulate blood flow and nutrients to the scalp and hair follicles, increasing hair strength, growth and lustre.

### DEEP WATER BATH\*

30 Minutes \$50

Surrender to an intense multivitamin, wellness promoting and rejuvenating bath blend of essential oils and natural Tasmanian Peat Mud that is rich in proteins, trace elements and minerals. Drift away in a bath that assists in relaxing and detoxifying by simultaneously cleansing and delivering essential nutrients to the skin. Perfect to relieve any muscular tension or fatigue.

### LI'TYA KODO MASSAGE

60 Minutes \$135

90 Minutes \$165

This rhythmic body massage works to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oils is used to address your individual need to rejuvenate, reharmonise or detoxify. Excellent maintenance therapy against the stress of the modern world.

### RELAXATION MASSAGE

30 Minutes \$70\*

60 Minutes \$135

90 Minutes \$165

### THERAPEUTIC MASSAGE

60 Minutes \$135

90 Minutes \$165

Deep and rejuvenating, perfect for tired, tense and sore muscles.

\*only available in conjunction with another treatment.

### PREGNANCY MASSAGE

60 Minutes \$135

90 Minutes \$165

Aches, pains and fatigue will be alleviated with a specialised relaxation massage. Safe after the first trimester.

### HOT STONE MASSAGE

90 Minutes \$175

Incorporating heated volcanic stones to soothe away tension. This massage warms, relaxes and soothes tired, stressed muscles and emotions.

## DAYSPA JOURNEYS

### MEN'S JOURNEY

75 Minutes \$140

A revitalizing and nourishing journey specifically designed for men. Smooth and hydrate the body with an aromatic oil and desert salt exfoliation followed by an awakening Vichy shower. Purify and tone the skin with a refreshing Mirri facial and complete your journey with a soothing Paudi scalp massage.

### MOTHER TO BE

95 Minutes \$195

This treatment incorporates a soothing Mirri facial with a Miji Polama hand and Miji Jina foot therapy to restore vitality and heal, calm and nurture mother and child. Safe and gentle after the first trimester.

### SPA SAMPLER

95 Minutes \$195

Combines the Mirri facial with a relaxation massage.

### RELAX RETREAT

95 Minutes \$195

Designed for when you need to relax and unwind. This retreat includes an exfoliating desert salt scrub to the back, a full body relaxation massage and Paudi scalp massage.

### DECADENT DELIGHT - Heritage Signature Treatment

2 Hours \$535 (price is for 2 people)

Enjoy a scensual experience with your special someone. After a full body pink desert salt exfoliation, immerse in a sublime flower petal bath whilst enjoying chocolate dipped strawberries. A full body massage with essential oils then ignites the senses, and a soothing and nourishing LI'TYA Paudi scalp massage completes the perfect couple's treatment. Expect every one of your senses to be indulged – as well as nourishment for the romantic soul.

### LI'TYA THE DREAMING

3 Hours \$380

Embracing Aboriginal healing techniques and the native ingredients of LI'TYA products, this journey is the ultimate indulgence. Your ritual begins with a sensory journey and Mala Mayi Body treatment with Vichy shower. Soothe your soul with a full body Kodo massage and refresh with a Mikiri facial including treatment to the feet, hands and scalp.