

LE MAS

BAROSSA

UNWIND · INDULGE · IMMERSE

Amidst the chaos of everyday life, we often forget to take a moment to slow down and care for ourselves. That's where Third Space Wellness comes in - with our signature collection of therapies, we offer a space to rest, rejuvenate, and indulge in some much-needed self-care. Our commitment to high-quality spa treatments means that you can rest assured knowing that you're in the best hands. We bring the ultimate spa experience right to your doorstep, so you can relax in the comfort of your Le Mas accommodation. Our nurturing spa environment allows you to let go of all your worries and surrender to complete relaxation, bringing you back to your best self.



MASSAGE

RELAXATION MASSAGE

A full body massage treatment with light to medium pressure. Focusing on easing away the aches, pains and stresses from day-to-day life and restoring the natural balance to body and mind.

60 Minute - \$190 | 90 Minute \$235

DEEP TISSUE MASSAGE

While a relaxation massage uses lighter pressure to create repose, deep tissue massages require firm pressure to loosen kinks and knots and promote longer term relief . This is considered more of a therapeutic option that's used as a form of treatment. This option works to release tightness in soft tissues and the deeper layers of muscles.

60 Minute - \$210 | 90 Minute - \$245

HOT STONE MASSAGE

One of our most popular, luxurious and nurturing treatments, a hot stone massage uses and applies heated stones to your body. During the treatment, smooth, flat, heated stones are used on specific points that help put you into a state of relaxation, both physically and mentally. The localised heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort. We aim to leave you feeling rested, centred and energised.

60 Minute - \$210

WARM BAMBOO MASSAGE

Nourishing for mind and body, this deep tissue technique uses warm bamboo sticks to knead out knots, soothe aching muscles and melt away tension. The bamboo sticks are used to replicate the strokes used in Swedish massage, and with combined warmth from the heated bamboo sticks along with rolling movements, help to stimulate circulation in the body and increase blood flow.

60 Minute - \$210

APRICITY AROMATHERAPY MASSAGE

Apricity means the 'warms of the sun in the winter' and this is how we would like you to leave us feeling! Indulge in a deeply relaxing experience that takes you on a sensory journey. You get to choose from our essential oils, blended with almond oil and vitamin E. The long, firm, and flowing massage movements melt away all the tension and stress from your body. Meanwhile, our nourishing massage oils hydrate and nourish your skin. Soothing essential oils stimulate warmth on your skin and specifically target physical, emotional, and energetic conditions. Elevate your wellness with this indulgent and rejuvenating ritual.

60 Minute - \$210



SPA FACIALS

NOURISHING NATIVE BOTANICAL FACIAL

Indulge in a luxurious 60-minute deluxe facial and drift away on a journey of total renewal. This nutritive care facial is specifically designed to bring your skin to a state of suppleness and softness while deeply cleansing. Using Mukti's finest plant essences, this facial will soothe and replenish your skin leaving it feeling hydrated and radiant. Take a moment to relax and nourish yourself with this calming facial and let your skin be pampered to perfection.

60 Minute Nourishing Native Botanical Facial \$195

QUINTESSENTIAL NATIVE BOTANICAL FACIAL

Indulge in the ultimate facial, a 75-minute treatment that promises to rejuvenate and hydrate your skin from deep within. This nourishing package includes everything you would expect from the coveted Nourishing Native Botanical Facial, plus an added bonus - a luxurious peel-off hydrojelly mask. Each step of this treatment is designed to smooth, soften, repair, and plump the skin, leaving you with a radiant and youthful glow. As you relax and let the expertly crafted skincare routine work its magic, you'll feel tension and stress melt away. By the end of your session, you'll emerge feeling pampered, confident, and ready to take on the world. Don't wait any longer to treat yourself to an experience that is as calming as it is nourishing.

75 Minute Quintessential Native Botanical Facial \$225

TERMS & CONDITIONS

All spa experiences are subject to availability. Minimum 90 minute treatment required for therapist to come onsite. Upon booking a self-care experience, we require a full name and mobile number for confirmation. Intake forms will be sent via SMS to guests and required to be filled out before arrival, so we are able to uniquely tailor your experience.

