

Reflecting the natural beauty of our precious environment, **Silo Day Spa** treatments offer a return to your natural state.

Experience luxurious treatments to elevate your body to new levels of relaxation and rejuvenation; matched with natural botanical products that are proudly Australian and cruelty free; pure, clean skin care utilising the best of nature through science; and locally made **Tasmanian** essential oils and balms immerse you in a sensory journey to connect you with your true self.

Return to nature at Silo Day Spa.

## Spa Hours

**Monday to Saturday    Open from 10am**

## Spa Guidelines

**Reservations:** Please reserve your luxury treatment in advance by calling our Spa Reception on 6700 0650 or dialling the Spa Extension from your hotel room. Reservations Essential.

**Spa Couples:** Spa treatments and packages can be for two guests in our dedicated double treatment room. This room is in high demand so we recommend advance bookings where possible.

**Minimum Age:** Silo Day Spa welcomes guests aged 16 years and over.

**Arrival:** We ask that you arrive 15 minutes prior to your spa appointment to complete your consultation form, enjoy a welcome beverage, and relax prior to your treatment.

**Spa Attire:** Please wear whatever makes you feel comfortable. You will be provided with a bathrobe, slippers and disposable underwear.

**Deposits and Payments:** A credit card number or Gift Voucher number is required to secure an appointment at time of booking. Payments can be made in cash, EFTPOS or credit card.

**Cancellations:** Should you need to reschedule or cancel your appointment, we ask that you provide us with a minimum of 24 hours notice. Cancellation within 24 hours of your appointment will result in a fee equal to 50% of the total charges. No show will result in 100% charge.

**Gift Certificates:** Vouchers are available to purchase for all treatments and packages. Gift Vouchers are redeemable Monday to Saturday and must be presented at time of arrival.



03 6700 0650

89/91 Lindsay St, Invermay, Launceston TAS 7248

[silo.dayspa@peppers.com.au](mailto:silo.dayspa@peppers.com.au)

[www.silodayspa.com.au](http://www.silodayspa.com.au)



**“Perfectly luxurious, perfectly natural”**





## Signature Treatment

Experience true luxury with our signature treatment, complemented with our exclusive signature scent, "Serenity of the Silos": a soothing blend of Mandarin, Lavender and Rosewood essential oils.

### Serenity – 60 min | \$120

½ body massage \* face cleanse \* scalp massage \* foot massage \* foot exfoliation

Upon your arrival in our treatment room, close your eyes and relax as balancing geranium and euphoric clary sage affect your senses. You will be treated to a soothing leg and back massage, followed by an essential face cleanse and tension release scalp massage. Feel the warmth of lavender flower bolus radiating under your neck, and drift away as your feet are treated to an invigorating peppermint scrub and massage.

### Ultimate Serenity – 90 min | \$175

Serenity treatment with Full Facial featuring uniquely Tasmanian Leatherwood Honey Mask

Enjoy the benefits of our "Serenity" treatment, and expand on your session by experiencing the wondrous healing properties of your face mask, blended freshly by your therapist with a wondrous combination of Tasmanian Leatherwood honey, Australian Clay and soothing Essential Oils. This mask will leave your skin feeling strengthened, calm and radiant skin, and is suitable for sensitive skin types.

## Body Massage

Our relaxing massage style offers a unique way of dealing with the effects of stress on the mind, body and soul. We do not offer deep tissue or remedial massage as this type of specialised massage should be conducted on a regular basis with a personal practitioner qualified in this modality for an effective outcome.

### Warm Oil Massage - 60 min | \$110 – 90 min | \$165

A personalised massage with warm oil, essential oil pulse point infusion and beautiful hot towels to feet. Enjoy the benefits of heated lavender pack to help relax tense muscles.

### Shearers Crook Back Massage – 60 min | \$110

A truly Tasmanian experience for when those pesky aches won't go away, this muscle releasing massage utilises a powerful essential oil blend to release pain and allow muscles to move freely once again.

### Mum 2B Massage – 75 min | \$140

A nurturing treatment for expectant mothers, you can rest assure that you and your bundle will experience complete relaxation. Your tired feet will be treated to a soothing foot soak and exfoliation, followed by a tension-releasing massage on our specially designed pregnancy table.

### Hot Stone Massage – 90 min | \$180

This ancient technique of bodywork uses warm basalt stones to create an undeniable experience of relaxation. Relax as you are treated to a luxurious whole body massage to cleanse the lymphatic system, increase your circulation, and relieve physical & emotional stress.

## Body Treatments

### Body Performance Wrap – 90 min | \$220

Sensory Journey \*Foot Bath \*Full body Exfoliation \* Body Wrap \* Face Cleanse \* Scalp Massage \* Body Moisture

The perfect detox and muscle relief treatment for when you are feeling tired and lethargic. This coffee and sea kelp exfoliation is rich in minerals and high in antioxidants, and further infused with a warm cleansing mud mask. Designed to stimulate and encourage circulation for healthy and smooth even textured skin, as well as reducing fluid retention.

### Gentle Flower Hydration Linen Wrap – 60 min | \$150

Sensory Journey \*Foot Bath \*Body Brush \* Body Wrap \* Face Cleanse \* Scalp Massage  
Restore your glow with this treatment featuring a nurturing combination of Tasmanian essential oils. Envelop yourself in an exquisite bouquet of Tasmanian Boronia, Geranium and Jasmine, with earthy undertones of Vetiver and Patchouli to stimulate cell regeneration, and promote skin softening and smoothing.

## Facial Treatments

*Silo facials are a luxurious combination of pure botanical ingredients carefully selected to balance your skin and restore a healthy glow. Relax with a divine face, décolletage, neck and scalp massage.*

### Age Defying Facial – 60 min | \$115

Nutritious vitamins and omegas replenish and nourish environmentally damaged skin.

### Hydrating Facial – 60 min | \$115

This highly nourishing facial is perfect for dry, dehydrated and hormonal skin, supplying superior long lasting results.

### Purifying Facial – 60 min | \$115

This uplifting facial provides a balancing treatment for oily or combination skin, reduces scar tissue and protects from free radicals.

### Soothing Sensitive Facial – 60 min | \$115

A perfectly balanced combination of anti-inflammatory and calming German Chamomile and Lavender reduces irritation and restores moisture.

### Feet First Pedicure – 60 min | \$105

Treat your feet with a wonderfully warm lavender milk soak, followed with peppermint exfoliation and a luxuriously hydrating mud mask. Choose your oil blend for a foot and lower leg magical massage. Your nails will be trimmed, cuticles nourished and completed with a shining polish or natural buff.

### Purifying Back Cleanse & Massage – 60 min | \$110

Back of the body massage, Coffee & Sea Kelp back exfoliation followed by our Deep Cleansing Mud Mask to draw out toxins.

## Spa Retreats

### T.L.C – 2 hours | \$225

You give so much to those around you – it's time to pamper yourself with some Tender Loving Care.

- Sensory Journey
- Foot Rejuvenation – soak, exfoliation, mud mask and massage to alleviate foot aches
- Leg & Back Massage
- Facial with scalp, décolletage and face massage

### Body Renewal – 2.5 hours | \$280

Realign and rejuvenate your mind and body with treatments designed to stimulate and oxygenate the full body.

- Sensory Journey
- Foot Ritual – soak, exfoliation
- Full Body Exfoliation with detoxifying Coffee and Kelp
- Choice of Body Performance or Gentle Flower Hydration Linen Wrap
- Full Body Massage
- Facial with scalp, décolletage and face massage

### Silo Ultimate Retreat – 3 hours | \$335

You deserve the best – so treat yourself to all of our most popular treatments in the ultimate pampering session.

- Sensory Journey
- Pedicure with Paraffin infusion (polish optional)
- Gentle Body Exfoliation suitable for the most delicate skin
- Full Body Aromatherapy Massage
- Full Facial -tailored to suit your needs

Spa Extras:	Add-on
30 min warm oil massage	\$50
30 min facial	\$55
30 min express pedicure	\$50
45 min Fully Body Exfoliation	\$85

