

# signature treatments

Experience being gently enveloped by our soft time bed and float in steady warmth while the potent extracts seep slowly through the skin, assisted by the infra red lamps above you.

## Floating Rituals

- Eagles Peak:** Mirri Facial and Kodo Massage  
Duration: 90 mins \$180
- Mt Clear:** Yirri Facial  
Duration: 75 mins \$160
- The Paps:** Mud Wrap with Paudi Scalp Massage  
Duration: 60 mins \$130
- Mt Stirling:** Full Body Exfoliation and Hydration  
Duration: 45mins \$90

# pregnancy packages

## Mt Magdala Pregnancy Packages

- 1st Trimester**  
Relax in our Spa Dreaming centre with a 15 minute foot bath with desert salt scrub, a 15 minute nurturing neck and shoulder massage then continue your nurturing and soothing treatments with a 30 minute scalp and face massage.  
**Key Elements:** Foot Treatment, Neck Shoulder Scalp and Face Massage  
**Duration:** 60 mins \$115
- 2nd Trimester**  
Enjoy a Yulu tea and relax in our Spa Dreaming centre with a soothing foot bath and desert salt scrub followed by a 75 minute Yirri performance facial  
**Key Elements:** Foot Treatment, Facial  
**Duration:** 90 mins \$170
- 3rd Trimester**  
Enjoy a Yulu tea and relax in our Spa Dreaming centre with a soothing foot bath and desert salt scrub followed by a 60 minute pregnancy relaxation massage.  
**Key Elements:** Foot Treatment, Pregnancy Massage  
**Duration:** 75 mins \$145

\*prices subject to change at the discretion of Spirits High management

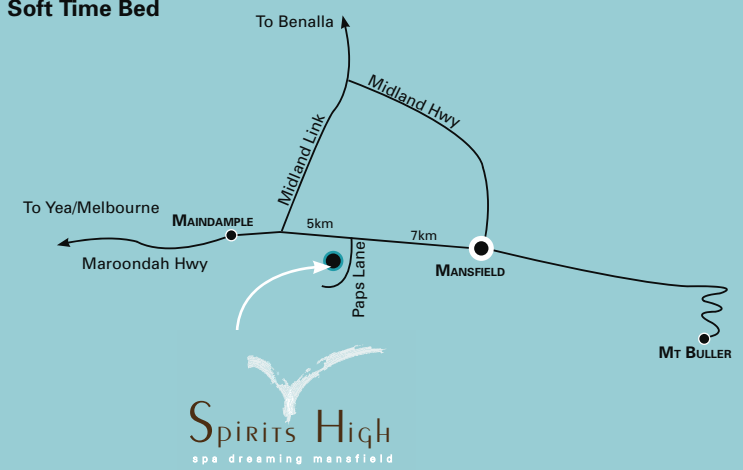
# added delights

....as additions to any of our treatments

- Paudi Massage And Hair Treatment**  
A recovery treatment for dry scalp and hair whilst enjoying a Head, Neck and Shoulder Massage. A hair mask of natural ingredients of Quandong extrac damia nut oil, gum honey, coconut extract and bees wax.  
**Duration:** 30 mins \$65
- Shoulder, Neck And Head Massage**  
Balance your hand and foot treatment with a Shoulder, Head and Neck Massage and feel stress float away.  
**Duration:** 30 mins \$50
- Foot Soak And Scrub**  
This grounding treatment is the perfect addition to any facial.  
**Duration:** 15 mins \$30

## Specialities

- Group Weekend Packages
- Guided Meditation gifted to groups of 4 or more
- Weddings and Special Events Makeup (POA)
- Pregnancy and Birthing Workshops
- Twilight Treatments Available
- Wellness workshops
- Therapeutic Massage
- Energy Healing
- Soft Time Bed



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

CALL (03) 5779 1386

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Your therapist will guide you through a sensory journey to develop a personalised spa ritual that fuses ancient therapies from The Dreamtime with current relaxation technologies.



Linger a while to fully experience the tranquility of our rural surrounds.

# for the face

## LI'TYA MIKIRI

(Name origin Diyari Northern South Australia - means 'deep')

This tailor-made facial treatment is prescribed as an intensive boost for all skin types and will be customized to target specific skin conditions such as dehydration, congestion, dryness, and sensitivities. An Aboriginal inspired pressure point facial massage helps to relieve stress and tension whilst stimulating the circulation and the scalp and shoulder massage clears the mind. Your skin will emerge feeling purified, balanced and beaming with clarity.

**Key Elements:** *Cleanse, Exfoliation, Double Mask, Pressure Point Face, Neck and Scalp Massage, Hand or Foot Massage.*

**Duration:** 60 mins \$115

## LI'TYA YIRRI

(Name origin NSW Paakantyi language group - means 'my face')

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. With this high performance facial you will discover the wonderful feeling of well being that comes with a specialised skin programme specifically designed by our trained therapists.

**Key Elements:** *Cleanse, Exfoliation, Elixir with Steam, Mask, Pressure Point Face, Neck and Scalp Massage, Hand or Foot Massage*

**Duration:** 75 mins \$145

# for the hands

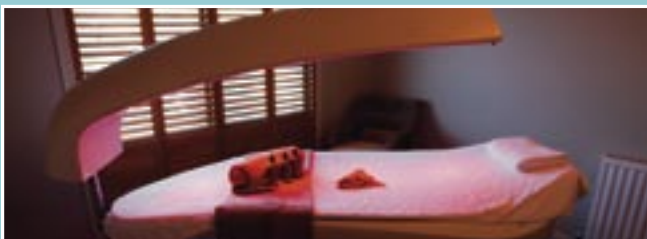
## LI'TYA POLAMA

(Name origin Ngadjon Far North Queensland - means 'little hand/little fingers')

Rescue tired, rough and parched hands with this intensive soothing, and replenishing treatment for hands and lower arms. Beginning with a skin softening JIGA POLAMA hand soak containing a gorgeous array of Australian native flowers and fruits, followed by a skin smoothing Wattleseed exfoliation to renew and regenerate before the application of a deeply nourishing Tasmanian Kelp mask to leave skin soft and divine. To complete, a nurturing massage for lower arms and hands removes every ounce of stress!

**Key Elements:** *Hand Soak, Exfoliation, Mask and Massage*

**Duration:** 45 mins \$75



## LI'TYA MARTA POLAMA

(Name origin Ngadjon Far North Queensland - means 'big hand/big fingers')

With our LI'TYA MARTA POLAMA you receive all of aspects of the LI'TYA POLAMA along with a full nail shaping/buffing and cuticle tidy to ensure that hands look as good as they feel. Choose from an array of colours to suit your mood or special occasion.

**Key Elements:** *Hand Soak, Exfoliation, Nail Buff, Cuticle Tidy and your choice of colour, Mask and Massage*

**Duration:** 60 mins \$95

# for the feet

## LI'TYA JINA

(Name origin Yindjibarndi NW Australia - means 'little footprint')

Soak away tension and treat your soul to this wonderfully relaxing and grounding treatment. The warming Pepperberry foot mask hydrates and smoothes after an invigorating exfoliation with Desert Salt. To complete, a decadent foot massage will rejuvenate the entire body and calm the senses.

**Key Elements:** *Foot Soak, Scrub, Mask, Massage*

**Duration:** 45 mins \$75

## LI'TYA MARTA JINA

(Name origin Yindjibarndi NW Australia - means 'footprint')

Enjoy all aspects of Li'Tya Jina along with full nail shaping, buffing and cuticle tidy and finish with the colour of your choice.

**Key Elements:** *Foot Soak, Scrub, Mask, Rejuvenating Massage, Nail Shaping, Cuticle Tidy and colour of your choice*

**Duration:** 60 mins \$95

# for the body

## LI'TYA KODO

(Name origin Meryam Mer Torres Straits - means 'melody')

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. It supports the relief of muscular aches and pains while leaving the body's energies renewed and refreshed. This massage enables the body to start healing itself, relieving physical and emotional tension. A choice of native aromatic oils is prescribed to address your individual needs – to rejuvenate, harmonise or detoxify.

**Key Element:** *Massage*

**Durations:** Kodo ('Melody') 60 mins \$110  
Marta Kodo ('Big Melody') 90 mins \$160

## LI'TYA MARMA KODO Pregnancy Massage

LI'TYA MARMA combines aspects of the LI'TYA KODO pressure points and spiralling movements to ground and uplift, leaving the body's energies laughing with joy. The LI'TYA MARMA KODO provides harmony, nurturing the pregnant mother and child.

**Key Element:** *Massage*

**Durations:** Marma Kodo 60 mins \$110  
Marta Marma Kodo 90 mins \$160

## HOWQUA GARNUNG MOO-DJERR

(Name origin: Taungurung language NE Victoria means: 'River Stones')

Deeply relaxing, this Massage combines heated Howqua River rocks placed on your body's meridians with soothing oils to gently warm and ease your muscles, relieving physical and emotional tension.

**Key Element:** *Massage with Howqua River Hot Stones*

**Duration:** 75 mins \$140 90 mins \$170

# spa journeys

The true essence of our Health and Well Being Treatments. Our Spa Body Rituals are designed to nurture mind, body and spirit and to help you enter a deep and true sense of complete relaxation.

## LI'TYA MALA MAYI

(Name origin Ngadjon Far North Queensland - means 'clan food')

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After a complete exfoliation with Australian Desert Salts and Aromatic Oils your body will be cocooned in a layer of your chosen silky-warm-mineral-rich Mapi Body Mud. A LI'TYA PAUDI scalp massage allows you to drift away to another realm that calms the soul. You will then surrender to the healing, grounding and spiritually uplifting rhythmic LI'TYA KODO full body massage to complete this truly holistic experience.

**Key Elements:** *Full Body Exfoliation, Body Mud Wrap, Hair and Scalp Treatment and Massage*

**Duration:** 90 mins \$185  
(includes 35 min Kodo massage)  
120 mins \$225 For Two \$400  
(includes 60 min Kodo massage)

## LI'TYA LOWANNA

(Name origin Northern Territory - means 'beautiful')

Caring for all the zone therapy areas - the hands, feet and head - Lowanna recharges the body and enhances overall equilibrium. A perfect combination for mother to be or those in need of some serious TLC.

**Key Elements:** *Facial, Hand and Foot Treatment*

**Duration:** 75 mins \$145

# LI'TYA THE DREAMING

('The unseen vibration of creation')

In the beginning was the Dreaming, the unseen vibration of creation – the sacred source from where all things are.

Surrender yourself 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, which allow you to celebrate your Dreaming - your utmost potential. Embracing traditional Aboriginal healing techniques these deeply therapeutic treatments work to nurture and heal. The skin of the face and body is cleansed, invigorated, restored and nourished, tired muscles are eased and energized, and all the body systems are rebalanced and rejuvenated. Renewing your energy and emotions, the soul is left refreshed and smiling with delight.

**Key Elements:** *Facial, Hand and Foot treatments, Body Exfoliation and Mud Wrap, Hair and Scalp Treatments and Massage*

**Duration:** 180 mins \$340  
For Two \$640