



Reflect, Refresh, Renew

Wellness Centre



Barnbougles Spa

Perched high atop a seaside dune overlooking the ocean, Barnbougles Spa is a tranquil sanctuary to reflect, refresh and renew.

Complementing breathtaking landscapes, fresh sea air and the healing properties of the ocean we personally tailor our treatments to create a feeling of health to restore life balance and wellbeing.

Barnbougles Spa features single and couple treatment rooms, a wellness consultation room, a steam room and a mineral salt spa. It is a place of quiet reflection where Spa and Wellness are combined to promote a holistic healing experience.

Appointments

Reservations are essential to ensure we can accommodate your spa requests. Please contact our team who will assist you in creating your unique retreat from a combination of treatments and rituals.

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Our Products

Sodashi

Wholeness. Purity. Radiance. That is the meaning of the Sanskrit word Sodashi, and it perfectly describes the values by which all of the Sodashi chemical free skin care products are created.

Our Sodashi products and spa treatments are unparalleled in performance and purity, employing only therapeutic grade, ethically-sourced essential oils and plant actives to effectively heal and nurture.

Aromatherapy Associates

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Using Aromatherapy Associates renowned and award-winning products and treatments we have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

Tasmanian

Barnbougale Spa also offers treatments which have been developed to include elements of the beautiful Tasmanian environment. Barnbougale Spa adds a Tasmanian touch to create an entirely unique experience.





Facials

Pure Radiance

60 mins \$150

This treatment takes your skin on a journey of renewal. You can begin to deeply relax as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate. Next a nurturing face mask, rich in herbal extracts to purify and hydrate the skin will leave your skin feeling renewed. This facial experience is tailored to your skin needs and concerns and is enhanced with the Sodashi Facial Massage.

Marine Facial

60 mins \$170

Using the intelligence of marine plants, like those from Andersons Bay, this facial is rich in Spirulina, Fucus extract and Australian White and Yellow Clay to bring radiance and glow to your complexion. Tailored to your unique skin type, it is the perfect treatment to oxygenate, tone and revitalise the skin. This Sodashi facial experience will be enhanced with the Sodashi Facial Massage to leave your skin radiant.

Thermal Face Lift

90 mins \$215

This is an intensive boost of all of nature's vitamins and minerals. Sodashi's exclusive Thermal Infusing Mask will maximise penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin needs to purify and deeply cleanse or to nourish and leave your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial; it's Nature's Face Lift.

Samadara Ultimate Age Defying Facial

105 minutes \$300

Turn back the hands of time and transform your skin with this intensely hydrating and nourishing anti-aging treatment. The concentrated and powerful ingredients of Sodashi's Samadara™ Ultimate Age Defying range are focused to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. This facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions to reawaken the youthful energy of your skin. A luxurious, deeply relaxing Rose Quartz Crystal facial massage enables the powerful Samadara™ Ultimate Age-Defying Crème to penetrate deeply into the skin.

Body Treatments

Body Balance Salt Glow

60 mins \$140

Bring the body back to balance. This treatment begins with warm soothing oils massaged into the skin, followed by a Himalayan salt and plant essence therapy exfoliation. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following periods of travel or strenuous exercise.

Soul to Sole

60 mins \$150

We begin this collection of Sodashi therapies with an aromatic steaming head wrap and the application of an enriching scalp mud mask. The mask is massaged into the scalp to relieve tension and provide essential nutrients, leaving your hair soft and shiny. Then, warm compresses and our luxurious Jojoba Bead Body Polish leaves your hands smooth before a rich cream is massaged deeply into the skin to nourish and soften. To finish, we provide total relief for aching feet and legs with Sodashi's soothing foot cream using the oils of Mint and Arnica to increase circulation and to reduce swelling.

Hot Stone Treatment

60 mins \$150

This soothing and gentle treatment uses the weight and warmth of hot stones to work stress and tension out of the body. The fluid movement and warmth of each ancient stone will provide relief by easing your busy mind and reviving your tired body.

Marine Detox Body Wrap

90 mins \$240

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying. Lay back and enjoy an exfoliation with Sodashi's Body Balance Salt Therapy Exfoliant that will leave your skin soft and enlivened. A warm Sodashi Marine Body Mask containing Australian Green Clay, is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.



Massage

Ultimate Relaxation

60 mins \$130 / 90 mins \$190

This hero treatment begins with the selection of the most suitable Aromatherapy Associates signature oil for your relaxation. Following this your therapist will then use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

Muscle Release

60 mins \$140

This restorative treatment is specifically designed for tight, stressed and aching muscles, ideal for the golfer. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with Aromatherapy Associates internationally acclaimed De-Stress Muscle Gel and Oil to instantly release pain and tension. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

Cleanse and Revive

90 mins \$190

Beginning with a dry body brushing to stimulate your skin, you then relax into a specially designed detox massage targeting stubborn areas of cellulite. The cleansing, stimulating effect of the massage is complemented by the therapeutic and detoxifying properties of a combination of essential oils. Zesty pink grapefruit, sweet orange and mandarin to lift your mood and gently stimulate energy, fresh green rosemary sharpens the senses and purifying juniper and pine help to eliminate excess fluid due to their diuretic properties.

Rose Pregnancy Massage

60 mins \$140

Using Aromatherapy Associate's deeply nourishing Renew Rose Body Oil safely formulated to be used during pregnancy, this massage uses traditional aromatherapy pressure points for the upper back while paying particular attention to tight shoulders to help relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy, and then a full scalp and facial massage completes this nurturing full body massage.



Couples Treatment

Take the time to connect together at Barnbougle Spa

Tassie Time Together

120 mins

\$420 per couple

Begin by soaking up our region, immersed in our Vitality Spa, while sipping on a local wine together. To connect you further, to the environment around you, Tasmanian products will be used to polish and soothe your lower legs and tired feet. You will then escape the world together lying in front of breathtaking views of our Tasmanian coast line as you indulge in an aromatherapy massage which makes use of Tasmanian oils.



Additional Indulgences

These treatments can complement any one of our Facials, Body Treatments or Massages

Stop and Relax Facial

30 mins \$85

This express treatment will boost your complexion with a facial cleanse, Sodashi's unique exfoliating compresses, aromatic mist and firming gel mask. Your facial is complete with nutrient rich moisturisers for the eyes, lips, face and neck.

Scalp Treatment

15 mins \$45

This treatment begins with soothing warm and aromatic foot compresses to relax and refresh aching feet. A luxurious and moisture rich Sodashi Scalp mud is then massaged over the scalp to release pressure and tension. This mask treatment is left to deeply nourish the scalp and leave the hair feeling silky and looking shiny.

Mint Foot Soother

30 mins \$75

Soothe and revitalise tired, sore feet with Sodashi's invigorating Himalayan Salt polish to refresh the skin and stimulate circulation. Sodashi's Mint Foot Cream with the oils of Arnica, Lavender and Peppermint is massaged into your feet and lower legs to provide total relaxation.

Hands and Feet at Barnbougla Spa

Manicure

60 mins \$110

A nurturing hand soak and delicate exfoliation using local Tasmanian products prepare your hands and nails for some detailed attention. A nourishing hand massage and nail polish concludes your treatment.

Pedicure

60 mins \$110

Nurture and revive your tired feet with an invigorating foot soak, exfoliation and heel buffing, as well as nail and cuticle treatment. Conclude with a foot massage using local Tasmanian products followed by a nail polish.

Barnbough Spa Packages

Body Recovery

150 mins \$350

After unwinding in the steam room enjoy a full body exfoliation that draws upon the essential ingredients of sweet orange, geranium and Himalayan salt. Rich in minerals and trace elements, this blend infuses restoring, healing properties to the underlying muscles assisting in recovery after golf or just the everyday effects of wear and tear. Then let the tension in your body melt away with a massage, using warming essences of black pepper, rosemary and ginger, stimulating circulation and relieving the build up of lactic acid. Before completing this head to toe restoring experience, you will be refreshed with a mini hydrating and cleansing facial, leaving your entire being revived and ready to go.

Package includes: Body Balance Salt Glow, Muscle Release Massage, Stop and Relax Facial

Vinotherapy Renew

180 mins \$430

Inspired by vinotherapy treatments from the Bordeaux region in France and our own local wine region, this journey of anti-ageing indulgence begins with a tranquil soak in an antioxidant rich Tasmanian vinotherapy infused bath. Emerge from the bath ready for an all over body polish that gently glides over your skin to oxygenate and hydrate. Then delight in a Thermal Face Lift with a warm infusing mask to maximise the penetration of essential vitamins and minerals into the deeper layers of the skin. Tailored to your skin this facial enhances natural elasticity and radiance.

Package includes: Vinotherapy Bath, Jojoba Bead Body Polish, Thermal Face Lift

Island Reflection

5 hours \$570

If you desire tranquility and deep relaxation, this is the spa retreat for you! Start your time at Barnbough Spa with a Vitality Spa. To begin your treatment, a highly fragrant and gentle all over body exfoliation combining sweet orange, rosewood and lavender with Himalayan salt, will revitalise and hydrate your skin. Then a personally tailored aromatherapy relaxation massage will send you to a place of absolute bliss and contentment. For total relaxation your scalp is massaged with a rich scalp mud. To complete your day of indulgence, allow your senses to be overcome with a Pure Radiance Facial. During your time with us, you will indulge in some of our fine Tasmanian cuisine.

Package includes: Vitality Spa, Body Balance Salt Glow, 90 minute Ultimate Relaxation Massage, Scalp Treatment, Pure Radiance Facial, Gourmet platter





Vitality Spa

Relax your mind while overlooking beautiful Andersons Bay, as the therapeutic warm mineral rich water of our Vitality Spa bubbles around you and relaxes tension in your muscles. Perched overlooking both the 15th hole at Lost Farm and the waters of Bass Strait this is the perfect way to relax on your own or with your close friends or family.

Pre-treatment Indulgence 30 minutes

Prior to a treatment only - \$15 per person.

Taste of Vitality 60 minutes

1-3 people - \$55 per person
including one glass of Jansz sparkling wine.

Bespoke Barnbougle Spa Group Experience

We are happy to share our space for your private party of four or more for a bridal party, birthday or other special occasion. Please let us know the details of your special day and we will create a personalised experience that you will remember forever.

Spa Etiquette

Reservations

Our spa is open 7 days per week. We recommend advanced reservations to accommodate your treatment of choice and your preferred date and time. Please contact our team who will assist you in creating your unique journey from any combination of our treatments.

Please advise us at the time of making your reservation if you are pregnant or have any medical conditions.

Cancellation policy

To confirm your booking a valid credit card may be required. Should you need to reschedule or cancel an appointment please notify the spa at least 24 hours prior to your treatment time to avoid being charged in full for the service.

Attire

Please wear what makes you feel most comfortable to the spa. Upon arrival you will be provided with a personal locker, bathrobe, disposable slippers and underwear. Please bring swim wear if using the steam retreat and Vitality Spa.

Arrival

We ask that you arrive at the Spa at least 15 mins prior to your scheduled appointment time. This allows time for you to prepare for the treatment and to clear your mind and relax in our Relaxation Room. Please note: Your late arrival may disadvantage the length of your treatment as the time may be reduced accordingly as we endeavour to remain on schedule as a courtesy to all guests.

Treatment Time

All of our treatment times allow for a short consultation with your therapist.

Children

For the safety of your children and to maintain the tranquillity of Barnbough Spa please make alternative arrangements for children while you visit.

Guests under the age of 16 who are having one of our treatments must be accompanied by a parent or guardian.

Gift Vouchers

Gift vouchers for Barnbough Spa are the ultimate gift for any occasion. Our team is happy to assist you with the selection of the perfect gift.





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