

Lake House

Daylesford - Victoria



There is something in the water in Daylesford... Not only does the region boast the largest number of naturally occurring mineral water springs in Australia but it utilises them in all manner of hydrotherapy and holistic treatments. The Lake House small luxury hotel sits on the shores of Lake Daylesford. The property, long regarded as one of Australia's premier gourmet retreats, is also proving to be a popular place for those in need of a little rest, relaxation, detoxification or stress relief.

Enjoy the winning combination of: Location – by the lake's edge with beautiful walking, jogging and bike tracks that lead into the Wombat State Forest. Accommodation – that is spacious and picturesque. Spa Cuisine – from a restaurant that sources ingredients regionally, organic where possible and utilising sustainable agricultural practices. Salus Spa treatments – a tailored program for your desired outcome such as stress relief, relaxation or detoxification. Private tutorials in yoga, tai chi or additional fitness activities.

Retreat Packages are ideal to take on your own or with a group of friends. Check in on your chosen day and stay as long as you need to.

Property Features: 6 acres of manicured gardens, Tennis court, Outdoor heated plunge pool, Mountain bikes, Waterfront terraces, Restaurant, Spa cuisine, Room service, Salus Day Spa

Day Spa Features: 9 Treatment areas, Couples retreat, Private treetop mineral water spa, Outdoor sauna and spa, Swiss shower, Vichy shower, Steam and Vichy Cocoon

Spa Menu: Massage (Deep Tissue, Relaxation, Remedial, Pregnancy), Hydrotherapy (Hot mineral water spas, Hydrostorm), Body wraps and scrubs, Facials, Hand and foot therapy, Waxing

WELLNESS ESCAPE

Check in for four wonderful nights of relaxation and rejuvenation. This is not boot camp! This is pure bliss. Take in the country air, take long walks around the lakes, through the forest or perhaps take to the tracks on a mountain bike before soaking in the 100% pure mineral water spas in a private treehouse cabin overlooking Lake Daylesford. You'll enjoy a range of delicious, nutritionally balanced spa cuisine dishes direct from the award winning Lake House kitchens. Choose a selection of spa treatments to complement your aims for the week – relaxation, detoxification or stress relief. Whether you are aiming for a deep cleanse, getting some much needed rest and relaxation or just taking some time for yourself, this four day retreat is ideal.

WELLNESS ESCAPE

- Four nights accommodation
- All spa cuisine meals daily
- 3 hours of spa treatments
- Two private Tai Chi classes
- One private meditation class or pilates session

PRICE PER PERSON		4	EXTRA
1 APR 08 – 31 MAR 09		NIGHTS	NIGHTS
Guest House	Twin Share	\$2014	\$225
	Sole Use	\$2438	\$450
Waterfront Room	Twin Share	\$2243	\$275
	Sole Use	\$2899	\$550

Extra night price includes room and breakfast only.

LAKVIC

LOCATION:

80 minutes drive north west of Melbourne or 70 minutes from Melbourne Airport.