



THE RETREAT SPA AT FOUNTAINHEAD ORGANIC

Our philosophy is simple, you are what you think. Our aim is to empower and inspire you to become stronger and more confident, embrace your inner diversity and know there is a much broader definition of beauty.

At The Retreat Spa we believe there is much more to you than just the products you put on your skin. We know that a simple routine partnered by mental attitude and a strong workable philosophy are the most critical tools to ensure a happy and healthy life.

Fountainhead Organic Retreat operates within a sustainable organic farm, which utilises spring water from underneath the mountain we sit upon. All our Treatments use only ethical skincare products with superior organic formulations. Our effective products provide the benefits and integrity of organic ingredients with the latest natural skin super nutrients.

The products we use are dedicated to educating consumers on making safe, informed, and sustainable choices. We are passionate about our environment as well as using products that do no harm. By taking responsibility for what we purchase, we are ensuring that our guests are informed about the importance of our choices so this planet will continue for future generations.

The Retreat Spa at Fountainhead Organic
67 McCarthy's Rd, Maleny Queensland 4552
w: www.fountainhead.com.au e: pamper@organicretreat.com.au
p: 07 5494 3494 f: 07 5429 6121
3/2/2009

WELCOME TO THE RETREAT SPA AT FOUNTAINHEAD ORGANIC

Our unique spa experiences combine superior organic ingredients, a relaxed, healthy environment, extraordinary treatments from our highly trained spa therapists and practitioners. Our complete treatment menu includes face and body services along with our specialty therapies.

Before you arrive

You are welcome to send any requests to us in writing prior to your arrival by email to pamper@organicretreat.com.au or call us on 07 5494 3494. Our dedicated staff will be in touch to help you maximize your requests. Your fountainhead schedule will be confirmed upon your arrival.

Bookings

During your stay the Fountainhead team welcomes your booking enquiries; we are located in the reception area each day between 10am to 5.30pm. If you are visiting for the day we can be contacted on 07 5494 3494 or pamper@organicretreat.com.au for all your Retreat Spa enquiries. To secure your appointment we require credit card details at the time of booking.

Cancellations

Should you need to cancel or change an appointment, we require you to make any changes 48 hours prior to the morning of your treatment. Any cancellation made after this will incur a 50% cancellation fee. Full charges apply if the appointment is missed.

Relax

To enhance your spa experience, for your first treatment we recommend you arrive 15 - 20 minutes early. This gives you the opportunity to relax and unwind in preparation for your treatment.

Where to Meet

The Retreat Spa is located near to Reception; the Fountainhead team will greet you on arrival and take you to an area where you can unwind while you wait for your therapist to collect you.

Your Therapist

Communication is a vital part of your experience at The Retreat Spa at Fountainhead Organic. We welcome your thoughts, particularly if you have any special needs. All our therapists are highly trained professionals and it is our promise to provide you with an open environment in which to communicate.

During Your Treatment

We encourage you to unwind, and engage in all of your senses. Allow yourself to relax and receive a pampering experience from the minute you enter our doors.

Spa Hours

The Retreat Spa at Fountainhead Organic is open from 10.00am – 5.00pm Monday to Friday and 10.30am – 3pm on Saturday and Sunday.

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FACE

To compliment our retreat programs at Fountainhead Organic the Retreat Spa offers a full range of pampering and specialty services. Let us customise a package or program that's right for you so that you leave us being the "True You" and go back out into your truly amazing life...

Luminous Facial

30 Minutes \$80

An uplifting and purifying facial tailored to your skin's individual needs. Designed to hydrate and nourish your skin. Radiating or reflecting light, clear enlightening and bright this facial is a truly stimulating experience, enhancing and bringing out your inner glow.

Suggested treatment if pregnant.

Men's Facial

50 Minutes \$130

Specifically designed for men this facial will cleanse and re-hydrate your skin. Designed to overcome conditions such as dry or oily skin, pigmentation, sun damage and shaving irritation. This customised treatment involves cleansing, exfoliating and purifying of the skin. Then relax with a facial massage integrating specific pressure points to relax your muscles, nourish your skin and promote clarity of thought. **A one hour women's version is also available please request when booking.**

Suggested treatment if pregnant.

Revitalising Facial

50 Minutes \$130

To give new life, vitality or vigor to, this facial will give you a refreshed new energy and skin tone. It is the perfect compliment to our changing seasons and environment. This express facial includes a 30 minute back, neck and shoulder massage.

Detox Facial

65 Minutes \$155

Clear your mind with this intense deep cleansing facial. Specifically designed to purify and hydrate your skin. Using Aloe Vera and Grapefruit seed extract this facial helps improve circulation and draw toxins from the skin, leaving your skin fresh and revitalised. The Detox facial will bring about better circulation, lymphatic flow and calmness in mind and body.

Suggested treatment if pregnant.

Rejuvenating Facial

1 Hour 20 Minutes \$175

Pamper yourself and relax with this deeply hydrating and uplifting facial. This customised treatment incorporates full skin analysis, cleansing and exfoliating, a warm steam to improve circulation and invigorate your skin's senses. Then an acupressure massage to help relieve any built up stress and tension, a therapeutic, antioxidant mask to address concerns or dryness, sensitivity and fine lines.

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BODY

If your body is neglected after being hidden under clothes during winter then these treatments are a must. Guaranteed to renew and reconnect your mind we promise to reinvigorate your body with our professional hands and superior organic product formulations by using the latest natural skin super nutrients. All our treatments use only Australian ethical skincare products.

Renewed Body

80 Minutes - \$175

110 Minutes - \$225 (includes a Luminous facial)

To regain, restore or revive, this treatment will allow you to experience a complete and nurturing sensation. Using a combination of body brushing to exfoliate and stimulate your circulatory and lymphatic system your body will be enveloped in a full *mineral earth wrap* this will assist in detoxification. The Renewed Body includes a full body massage to hydrate and infuse essential ingredients.

Replenished Body

80 Minutes - \$175

110 Minutes - \$225 (includes a Luminous facial)

To nourish, inspire or make complete, this treatment will invigorate and refresh your inner being. Using an essential oil infused organic body exfoliant your therapist will polish, renew and hydrate tired skin. You will be cocooned in a *seaweed wrap* to soften skin and restore tired muscles. The Replenished Body includes a full body massage using a selection of techniques and a customised body cream to restore the "True You".

Hot Stone Body

80 Minutes - \$175

110 Minutes - \$225

This deeply soothing treatment improves circulation and calms the nervous system. The heat of the stones warms and relaxes the muscles, which allows the therapist to work deeper if required. The use of hot stones is an ancient art, dating back over 3000 years. Your therapist will place the stones on key acupressure points on your body while continuing to massage other areas with the stones. The 120 minute Hot Stone Body includes a full body exfoliation prior to your treatment.

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BODY (continued)

Thalasso Body

Half day Use - \$60

10am to 1pm or 2pm to 5pm

Waters rich in minerals and trace elements that flow from deep underground have been channeled into our new hot and cold mineral baths. Immerse your senses and luxuriate in the benefits of natural mineral water. Mineral waters were discovered in ancient times, and have long been used for health and healing purposes, as well as being an essential element in beauty regimes. Natural mineral water contains more than double the amount of chloride and silica than non mineral waters, two powerful minerals which assist to prevent skin disorders and inflammation, as well as enhance skin, hair and bone formation. All our guests on a retreat have *complimentary* use of the hot and cold Mineral Water Baths. *Suggested treatment if pregnant.*

Steam Room

40 minutes - \$40

3 x 40 minutes - \$110

10 x 40 minutes - \$350

A session in the steam room prior to, or after your treatments will enhance your spa experience; it will relax muscles, soften skin, slow the breath and calm the mind. We recommend you shower just prior to your treatment this will wash off any salts or minerals so you are clean, fresh and your body will absorb the active ingredients in our treatments. There are contraindications to using the steam room – please ask at time of booking. When the steam room is used alone the use of the hot and cold mineral baths will incur a \$60 fee.

Far Infrared Sauna

40 minutes - \$40

3 x 40 minutes - \$110

10 x 40 minutes - \$350

Utilising Far Infrared Technology the detox box can accelerate the removal of toxins and heavy metals from your system. Heating the body's core temperature, rather than the air within the sauna, it produces rapid but safe sweating levels that can facilitate better health. Used in concert with a rehydrating mineral supplement the process promotes healing, weight loss where appropriate and stimulates the body's natural functions. When the infrared sauna is used on its own the use of the hot and cold mineral baths will incur a \$60 fee.

After any of our treatments we suggest a period of 2 hours before washing, this will allow the products to continue their work long after your treatments ends.

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MASSAGE

Therapeutic Massage

50 minutes - \$110 80 minutes - \$160 110 Minutes - \$210 (includes a Luminous facial)

The Fountainhead Therapeutic Massage is a deeper more remedial style of massage. Our highly trained therapists will use a combination of modalities and techniques to work away your aches, pains or injuries. Your treatment may include exercise or stretch prescription to enable a better range of movement and unlock restriction giving you increased flexibility.

Oriental Massage

50 minutes - \$110 80 minutes - \$160 110 Minutes - \$210 (includes a Luminous facial)

Our Oriental Massage focuses on acupressure and meridian points to increase chi and blood flow. Your Retreat Therapist will use techniques from China, Thailand, Japan and Bali to deliver a wonderfully calming and peaceful treatment. Stretching and breathing movements will help to connect and free up the mind while at the same time restoring movement and easing tension. This treatment may include some Traditional Chinese cupping based on your individual needs.

Manual Lymphatic Drainage

50 minutes - \$110 80 minutes - \$160 110 Minutes - \$210 (includes a Luminous facial)

This style of manual lymphatic drainage massage originates from Dr Vodder, a European specialist and the pioneer of this treatment. Your therapist will work on the vessels and nodes of the lymphatic system to help open up and stimulate a gentle flow of lymph. This treatment is very subtle in touch but powerful in results. This is the perfect massage to have in conjunction with using our mineral baths. If you suffer from lymphoedema post cancer treatment this massage will be of great benefit to you. Please get permission from your Doctor if you are or have recently undergone treatment for cancer.

Reflexology Massage

50 minutes - \$110 80 minutes - \$160 110 Minutes - \$210 (includes a Luminous facial)

The Fountainhead Reflexology Massage consists of finger pressure techniques on the acupressure points of the feet and hands to identify disharmony in the other areas of the body. It promotes deep relaxation and assists to restore energy flow while relieving areas of tension throughout the body. These movements in conjunction with the use of hot towels assist in the ultimate state of rest.

Signature Massage

50 minutes - \$110 80 minutes - \$160 110 Minutes - \$210 (includes a Luminous facial)

Our Classic Signature Massage is the perfect way to start or finish your day. A gently flowing massage that covers you from head to toe and will ease away any stress or tension you are holding. This is a more traditional Swedish style of massage promoting pure relaxation.

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AROMATHERAPY

Aromatherapy Massage

50 minutes - \$110

80 minutes - \$160

110 Minutes - \$210 (includes a Luminous facial)

This style of Aromatherapy massage originates from Micheline Arcier, a pioneer of *true* aromatherapy. Madame Micheline was an early advocate of holistic well being – developing exclusive products and aromatherapy massage techniques that treated each client as a complex but complete individual. At Fountainhead we have developed a selection of organic pre-blended oils to cover a broad range of conditions.

Maleny

Just like the fresh air and clear blue skies in Maleny this blend will give you focus and clarity throughout your day. Your therapist will use a combination of organic peppermint, rosemary, lemongrass and cajaput essential oils to bring about a peaceful and focused state of being.

Witta

As relaxed and laid back as the town of Witta this blend of organic essential oils will help you unwind from your general daily cares. You will be massaged with a combination of organic lavender, bergamot, cinnamon leaf and ylang ylang. Be sure to allow yourself plenty of time to sit and be still after your treatment because this one is deeply relaxing.

Flaxton

Like the quiet and peaceful town of Flaxton this blend will be truly calming. Your therapist will use a combination of fennel, bergamot, cedarwood and verbena to slow you down and reconnect your mind and body.

Montville

After some retail therapy in the busy main street of Montville this blend of organic essential oils will also invigorate and heal your soul. You will be massaged with a combination of eucalyptus, rosemary, tagetes and grapefruit to enliven and awaken your inner self. You will feel refreshed and revitalised after this treatment.

Mapleton

Like a balmy summer day in Mapleton this blend will bring heat to the surface of the skin while gently warming and increasing blood flow. During your treatment you may feel protected and balanced as this combination of organic essential oils creates a feeling of oneness and a sense of security. Tamala, star anise, armoise and oregano.

Our suggested massage treatments if pregnant are Reflexology, Therapeutic, Signature, Aromatherapy and Lymphatic Drainage. Must be minimum 12 to 16 weeks please advise at time of booking.

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FEET AND HANDS

Revitalising Manicure

30 Minutes \$80

Experience true luxury with this hydrating and deeply nourishing treatment for your hands, a detoxifying exfoliation is used to reveal soft silky skin before applying a rich hydrating balm with a mixture of honey, coconut and macadamia oils for a relaxing hand and lower arm massage. This treatment continues with removal of untidy cuticles, file and shaping of your nails and colour.

Suggested treatment if pregnant.

Revitalising Pedicure

50 Minutes \$120

Let yourself relax with a soothing foot soak before buffing away any build up of skin on your feet followed by a coconut, walnut and hibiscus exfoliation removal of untidy cuticles, file and shape of your toe nails. Application of a rich, nourishing and refreshing balm that includes a mixture of peppermint, grapefruit seed and coconut extracts. The balm is combined with a relaxing and stimulating massage of your feet and lower legs to relieve your feet of tension. This treatment will leave your feet feeling fresh and invigorated then add some colour.

Suggested treatment if pregnant.

Luxury Hand Treatment

50 Minutes \$100

Experience true luxury with this hydrating and deeply nourishing treatment for your hands, a detoxifying exfoliation is used to reveal soft silky skin before applying a rich hydrating balm with a mixture of honey, coconut and macadamia oils for a relaxing hand and lower arm massage. Your hands are then wrapped in an AHA treatment, then a nourishing masque for extra infusing hydration. This treatment continues with removal of untidy cuticles, file and shaping of your nails and colour. Designed to nourish, help with sun damage and pigmentation this treatment is a luxury.

Suggested treatment if pregnant.

Luxury Foot Treatment

80 Minutes \$155

This 90 minute luxurious treatment starts with a nourishing foot soak, removal of untidy cuticles, file and shape of your toe nails then removal and buffing of built up rough skin. Continuing with a deep detoxifying exfoliant and application of a rich, nourishing and refreshing balm that includes a mixture of peppermint, grapefruit seed and coconut extracts. The balm is combined with a relaxing and stimulating massage of your feet and lower legs to relieve your feet of tension. For deep hydration we envelop your feet in an AHA treatment masque, this will further infuse the active ingredients and we will finish with a colour of your choice.

Suggested treatment if pregnant.

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EXTRAS on Monday, Tuesday and Wednesday Only

Hair Removal	
Eye brow shaping	\$18
Top lip	\$10
Chin	\$10
Facial Waxing Lip, Chin and Eye brow	\$30
Under arms	\$20
Half leg	\$30
Full leg	\$40
Full leg and Bikini	\$50
Bikini	\$25
G-String Bikini	\$50
Arm waxing from	\$25
Men's Waxing	
Back Waxing from	\$40
Chest Waxing from	\$40
Eye Brow	\$15
Half leg	\$30
Full leg	\$40
Arm Waxing From	\$35
Tinting	
Eye lash tinting	\$18
Eye brow tinting	\$15

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SPECIALTY PROGRAMS

During your visit a combination of sessions, therapies, workshops and activities are available as part of your retreat package or as a personalised flexible program. The team at Fountainhead Organic Retreat will assist you with any requirements and enquiries you may have.

Life Coaching and Personal Development

Each session is up to 90 minutes - \$220 session

4 x Sessions - \$835

6 x Sessions - \$1200

This is not the Life you see advertised in the Health Section of Magazine and Newspapers everywhere. Fountainhead mind body connection Life Coaches have all done their training on Holistic Healing under Greg Neville N. D. and were then trained by Michelle Mark our Life coach's coach here at Fountainhead. Our life coaching helps you look forward, not backward with refreshed energy and a new beginning to the issues and relationships in your life. Goal is to prioritise objectives. *** Must be booked 5 days in advance to ensure a Life Coach is available at the time of making your Retreat booking to guarantee sessions. This is very, very popular. Our methods are particularly helpful in understanding depressive illness, cancer and addictions. Ask your host if we can help with your particular health issue, (over 60 health issue specifics covered).*

Session One: A series of very personal questions to establish your belief system. Let's establish where you are at. This is a session of real reflection.

Session Two: The Holistic cause and cure of your particular illness explained. By establishing your beliefs, (session one) we now explain how and why this must change for your illness to lift. Session two is the essence of holistic healing.

Session Three: Real Self Esteem Explained. Unlike the popular success model we will show you how your worth is measured accurately. This is a great lesson to be shared with children. When you feel you are "not worth much" this will completely change your mind.

Session Four: Meditations for your particular health issue. We will explain the correct usage of Meditation and dismiss many new age and ancient eastern fallacies. A recap on what you have learnt so far, ensuring clear understanding. Then together with your life coach design your meditation, and then be guided through it. You're to keep forever.

Session Five: If you have a second health issue, (besides the primary we are treating) you can book a session five where we go back into the holistic causes and cure of your secondary health issue.

Last Session: A recap of any others sessions you may have done. The Life Coach will ensure your full understanding of everything you have learnt with Fountainhead and with you plan your return home. Together you will discuss how you were looking at life prior to your visit and what new ideas you now have in your arsenal of Wisdom.

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SPECIALTY PROGRAMS (continued)

Life Coaching after you Return Home

10 x Sessions-\$850

After you return home with your new wisdom you may still need someone who understands your new found philosophy to talk to. You may book 10 life coaching sessions by phone, (each call approx 30 minutes but up to 1 hour) with a **Fountainhead Method** Trained Life Coach. You may then access these sessions at a pace you decide. You may spread these over 10 days to 10 months. This is very helpful at integrating the message after you leave us and return home.

One on One with Greg Neville: Available for guests doing minimum 20-28 day programs as a *free* inclusion. This session must be booked ahead, only very limited spaces. **One Session - \$280**

Journey Therapy

Each Session up to 2 hours - \$285

3 x Sessions for \$795

Maximum 2 per week recommended

Journey Therapy is an emotional healing experience that brings forward past memories and trauma that have sometimes prevented personal growth as well as being the cause of negative emotions. Developed by the American Brandon Bays to treat her Cancer, (many of our therapists trained by Bays herself) Journey Therapy is often life changing. Be brave, it could make your retreat. Our most talked about experience. Book before you come to guarantee availability.

Yoga - One on One

Short Session (50 minutes) - \$75

Long Session (80 minutes) - \$110

3 x Short Sessions - \$195

3 x Long Sessions - \$320

Our resident Guru conducts a one on one opportunity for either the beginner or those in regular practice. This will compliment your Retreat by helping you to focus on improving your Pranayama (Breathing), yoga and relaxation techniques.

Personal Training

1 hour - \$85

3 x Sessions - \$250

Get your body into the next level with your own Personal Trainer. Receive the latest information on health and fitness while getting a great work out.

Nutritional Planning

90 minute Session \$125

One of our Nutrition Team will join you for a detailed analysis of your current eating habits and will then with you plan and analyse the nutritional way forward.

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