



Bowral Day Spa is a haven of relaxation located within the Gibraltar Hotel. Your visit will relax your body, calm your mind and lift your spirit, creating a positive sense of overall wellbeing.

Inspired by various healing modalities, Bowral Day Spa features a range of spa rituals, massage therapies, facials, body treatments, manicures and pedicures. Our professional team of spa therapists can help select the best treatments to suit your needs and skin type.

At Bowral Day Spa we believe that the products we use should be free of any toxic chemicals that may harm and do damage on the skin. With this in mind, we have utilised the earth's natural products together with Skin Juice, an Australian owned and made skin care range to bring the intended result for every treatment we offer.

MASSAGES

Bowral Day Spa signature massage 60 min

Our signature massage is designed to lead you into a state of relaxation. Your journey will commence with foot soak and spa rituals, followed by a full body massage using combinations of slow and gliding strokes, gentle stretches and tapotement techniques enhanced with an aromatic oils to which your body has attuned to.

Swedish massage 30 & 45 min

The classic oil massage employs traditional techniques such as gliding, kneading, tapping and shaking to improve circulation, soothe muscle tension and reduce joint stiffness. This massage is perfect to pair with any of our body treatments.

Specialised massage 60 min

Using firm pressure and trigger point works, this focused therapeutic massage is created to access the deeper layers of the muscles to help relieve chronic muscle tension. A warming aromatic oil is used to aid in calming and relaxing the muscles.

Healing stone massage 75 min

Experience the harmonising energy of natural stones that provides deep penetrating heat to warm and relax the muscles. Equally warmed coconut oil delivers moisture to your skin as your body is massaged to restore physical and emotional balance.

Nurturing massage 60 min

An essential massage designed to comfort and care for pregnant women. As you lie on your side, let the soothing strokes of your therapist knead away your tension and fatigue with the use of a nourishing massage oil that is safe to use on your sensitive skin. Recommended for women after their first trimester.



BODY SCRUBS & WRAPS

Lavender salt scrub 45 min

Experience a wonderfully calming full body exfoliation with the traditional recipe of lavender, Himalayan salt and soothing oils.*

Sugar & honey scrub 45 min

This body scrub is highly recommended for sensitive skin. Utilising organic raw sugar and honey to remove dead skin cells and unblock pores, leaving your skin glowing and moisturised.*

Coconut coffee wrap 45 min

An antioxidant-rich aromatic body wrap that detoxifies the body, firms the skin and reduces the appearance of cellulite.*

Mineral mud wrap 45 min

Drawn from the most saline body of water with the greatest concentration of minerals, this mud wrap aids in regulating cell activity, detoxifies the skin and relieves muscular pain.*

Top to toe body glow by Skin Juice 45 min

A berry fruity exfoliation that smoothens the skin and reveals a bright luminescent glow. This smoothie body milk peel is a wonderful complement to any massage or facial.

** Treatment comes with a warm vichy shower and moisturiser application. These treatments pair perfectly with our Swedish massage offer.*

SKIN JUICE FACIALS

Juice shot 30 min

A quick pick-me-up for any skin type. This mini facial will be customised for specific skin concerns topped off with a hand and arm massage.

Juice immersion 75 min

An aromatic journey that balances the body to restore a peaceful mind using freshly picked natural and organic spread selected to develop a treatment unique for every individual. Be completely spoiled with an arm, leg and tension-relieving massage.

Instant glow pumpkin peel 50 min

Achieve a youthful, healthy glow with this exfoliating combination of skin smoothing plant acids and fruit enzymes topped with a hand, arm and scalp booster massage. A powerful anti-ageing facial for skin with ageing concern.

Plumberry peel facial 50 min

This gentle peel is designed to hydrate and strengthen sensitive skin. An infusion of nutritious berries and plums hydrate and quench the skin's thirst to unveil fresh, smooth skin. Pure enzymes, lactic acid and vitamin C work together to exfoliate, brighten and plump the skin. Pregnancy safe.



SPA RITUALS

Gibraltar signature package 90 min

This signature package lets you be you by choosing the treatment that best suits your need. Combine any of our body scrubs or wraps with our very own Bowral Day Spa signature massage for that well deserved 'me time'.

Highland bliss 120 min

Let us lead you to a state of bliss with this full body experience. Your choice of body scrub or wrap combined with Bowral Day Spa's signature massage and completed with a mini facial customised for your skin type.

Highland escape 180 min

Discover your inner peace through this holistic journey. Your choice of body treatment combined with Bowral Day Spa's signature massage followed by a customised mini facial and completed with nutritious manicure or a healthy pedicure.

ASIAN FUSION

Bamboo massage 60 min

Delivering overall body relaxation and a sense of wellbeing, this massage incorporates warm bamboos to roll and knead the muscle. A moisturising coconut oil complements this treatment.

Foot massage with sticks 45 min

This spa treatment begins with a warm foot soak followed by an aromatic foot massage targeting reflex points to improve circulation. A warm towel wrap completes the treatment.

HANDS AND FEET

Lemongrass juice lift - hands 50 min

A nutritious manicure to nourish thirsty hands that utilises stimulating organic juices from lemongrass and rosemary to provide nails with a beautiful healthy glow. This treatment includes your choice of polish.

Lemongrass juice lift - feet 50 min

A healthy pedicure using exfoliating fruit acids to smooth and soften dry, rough heels while botanical exfoliating grains buff and polish the skin. This treatment includes your choice of polish.