



TREATMENT MENU

winter 2023

WHAT IS A BATHHOUSE?

Greenhouse The Bathhouse is a unisex communal space offering Soak Sessions, for guests to rotate through our shared facilities at their own pace.

Our space offers access to:

- *heated magnesium infused hydrotherapy spas*
- *custom built wet steam room*
- *custom built red cedar sauna*
- *magnesium plunge pool*
- *sun terrace & garden lounge area*
- *private massage rooms*
- *On-site restaurant & botanical bar*
- *indoor & outdoor event spaces*

Guests can choose to upgrade their Soak Sessions with our customised add ons or indulge with an intuitive massage from our experienced therapists. Stay a little longer and dine at our on-site restaurant & botanical bar.



An ode to traditional Bathhouses and sweat lodges — Greenhouse The Bathhouse is a shared experience — We advise that you switch off your phone, mind, judgement and worries for the time that you spend with us and immerse yourself in our little piece of hidden paradise.

WE ACKNOWLEDGE AND PAY RESPECTS TO THE PEOPLE OF THE YUGAMBEH REGION OF THE GOLD COAST AND ALL THEIR DESCENDANTS BOTH PAST AND PRESENT AND EMERGING.



intuitive

massage-
what is it?

Intuitive massage is a holistic approach involving therapeutic massage techniques to facilitate the release of emotional and energetic blockages.

Our focus with all treatments is relaxation and healing bodywork. This allows us to relieve pain & discomfort all while assisting your body and mind to drop into a deep state of blissful relaxation and restoration.

Working with the holistic body can be felt deeply and stir things up, whether physical, mental or emotional.

If you feel things shifting, please be easy on yourself - take rest to allow healing to integrate, and drink lots of water to help move toxins through.

If you feel the need to connect, we are here to support you.

With warmth,
The Bathhouse Therapists

SOAK MENU

A 90-minute rotation throughout our facilities - enjoyed at your own pace.

Make your stay extra special and elevate your Soak or Massage appointment by selecting from our Speciality Soak Sessions.



Signature Soak

1 SIGNATURE SOAK SESSION

\$55pp
90 Minute Soak

A 90-minute rotation through facilities at your own pace, including: one complimentary spa towel, herbal tea and filtered water. Access to our hydrotherapy spas, custom-built steam room, red cedar sauna, magnesium plunge pool, sun terrace and garden lounge area.

Specialty Soaks

2 CEREMONIAL SOAK SESSION

\$65pp
90 Minute Soak + Organic Body Scrub

Our 90-minute Signature Soak Session finishing with a self administered nourishing organic body scrub and guided meditation to enjoy at your own leisure & reconnect to self.

3 PAMPER SOAK SESSION

\$75pp
90 Minute Soak + Organic Express Facial

Our 90-minute Signature Soak Session plus an additional 30 mins to finish with an organic face scrub & clay face mask accompanied with our in-house skin care range, hydrating mists and oils to apply at your leisure.

4 BLISS SOAK SESSION

\$85pp
90 Minute Soak + Drink and Raw Treat

Enjoy our 90-minute Signature Soak Session with a raw sweet treat served with two glasses of bubbles, mimosa or kombucha during your stay.

5 BOTANICAL SOAK SESSION

\$111 pp
90 Minute Soak + Botanical Lunch and Drinks

Enjoy our 90-minute Signature Soak Session and plant based lunch with complimentary glass of bubbles, mimosa or kombucha. Catered by our on-site restaurant: Greenhouse Canteen and Bar.

MASSAGE MENU

Indulge yourself in a full body **intuitive massage** with an experienced therapist in our lush treatment rooms.

Take time for yourself and return to your natural state.



Signature Massage

\$120pp
One hour stay

A full body intuitive massage incorporating essential oils with one of our experienced therapists within either a private room or couples room. Our focus is relaxation and healing therapeutic bodywork.

Pregnancy Massage

\$120pp
One hour stay

A specialised intuitive massage incorporating our in-house "I am Mother" organic body oil with our experienced therapists within one of our private rooms. Our focus is relaxation and healing bodywork for the Mumma to be.

*We recommend the **botanical, ceremonial or pamper upgrade** for our Mumma's for the ultimate experience. Take time for relaxation and reconnection to self.*

MASSAGE MENU

Stay a little longer and elevate your stay with a speciality package

Signature Massage + ceremonial soak

\$165 pp
Two and a half hour stay

A full body intuitive massage incorporating essential oils with one of our experienced therapists within either a private room or couples room.

You'll also enjoy a 90 Minute Soak + Organic Body Scrub

Our 90-minute Signature Soak Session includes access to all bathhouse facilities, complementary herbal teas, alkaline water and a spa towel.

Completing your stay with a self administered nourishing organic body scrub and guided meditation to enjoy at your own leisure & reconnect to self.

Our focus is relaxation and healing therapeutic bodywork.

Signature Massage + pamper soak

\$175 pp
Three hour stay

A full body intuitive massage incorporating essential oils with one of our experienced therapists within either a private room or couples room.

You'll also enjoy a 90 Minute Soak + Organic Clay Face Mask

Our 90-minute Signature Soak Session includes access to all bathhouse facilities, complementary herbal teas, alkaline water and a spa towel.

Completing your stay with a self administered nourishing organic clay face mask to enjoy at your own leisure & reconnect to self.

Our focus is relaxation and healing therapeutic bodywork.



MASSAGE MENU

Stay a little longer and elevate your stay with a
speciality package

Signature Massage + bless soak

\$185 pp
Two and a half hour stay

A full body intuitive massage incorporating essential oils with one of our experienced therapists within either a private room or couples room.

You'll also enjoy a 90 Minute Soak + bubbles or kombucha & a raw treat

Our 90-minute Signature Soak Session includes access to all bathhouse facilities, complementary herbal teas, alkaline water and a spa towel.

Completing your stay with a raw sweet treat served with two glasses of bubbles, mimosa or kombucha during your stay.

Our focus is relaxation and healing therapeutic bodywork.

Signature Massage + botanical soak

\$220 pp
Three hour stay

A full body intuitive massage incorporating essential oils with one of our experienced therapists within either a private room or couples room.

You'll also enjoy a 90 Minute Soak + botanical lunch & drinks

Our 90-minute Signature Soak Session includes access to all bathhouse facilities, complementary herbal teas, alkaline water and a spa towel.

Completing your stay with a plant based lunch with complimentary glass of bubbles, mimosas or kombucha.

Catered by our on-site restaurant: Greenhouse Canteen and Bar.

Our focus is relaxation and healing therapeutic bodywork.



wednesday through to sunday

by appointment

268 ESTATE

268 TALLEBUDGERA CREEK ROAD

TALLEBUDGERA VALLEY

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