



Green Lane

THE BATHHOUSE

TREATMENT MENU

Summer 2024

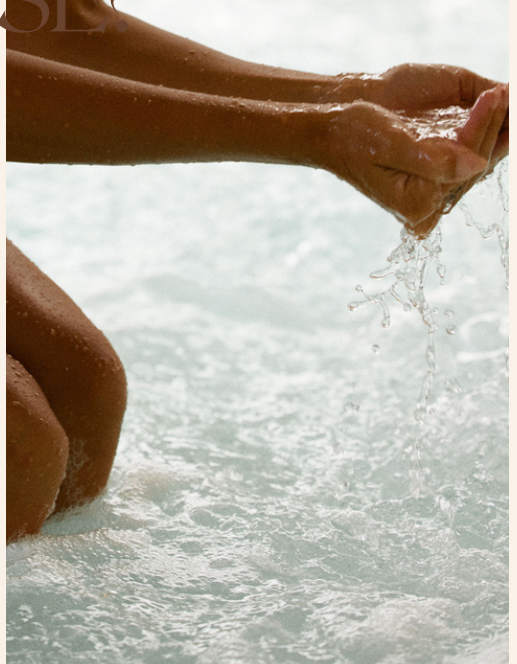
WHAT IS A BATHHOUSE?

Greenhouse The Bathhouse is a unisex communal space offering 90 minute Soak Sessions, where guests rotate through our shared facilities at their own pace.

Our space offers access to:

- *Heated mineral spa*
- *Our custom built wet steam room*
- *Red cedar sauna*
- *Magnesium cold plunge*
- *Organic tea station*

Guests can choose to upgrade their Sessions with our customised add ons or treat themselves that little bit further with an intuitive massage from our experienced therapists.



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.

SOAK SESSIONS

1 SIGNATURE SOAK SESSION

\$55pp
90min stay

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

2 CEREMONIAL SOAK SESSION

\$75
90min stay + organic body scrub

Signature Soak Session + a self administered body scrub to enjoy at your own leisure and reconnect to self.

3 PAMPER SOAK SESSION

\$85
90 min stay + organic clay mask

Signature Soak Session + an additional 15 minutes to finish with a self administered body scrub & clay face mask accompanied with our in-house skin care range to apply at your leisure.

4 BLISS SOAK SESSION

\$85
90 min stay + Drink and raw treat

Signature Soak Session + with a raw sweet treat served with two glasses of bubbles, mimosa or kombucha during your stay.

5 BOTANICAL SOAK

\$111
three hour stay

Signature Soak Session + a two course plant based lunch catered by Greenhouse Canteen and bar with complimentary glass of bubbles, mimosa or kombucha.



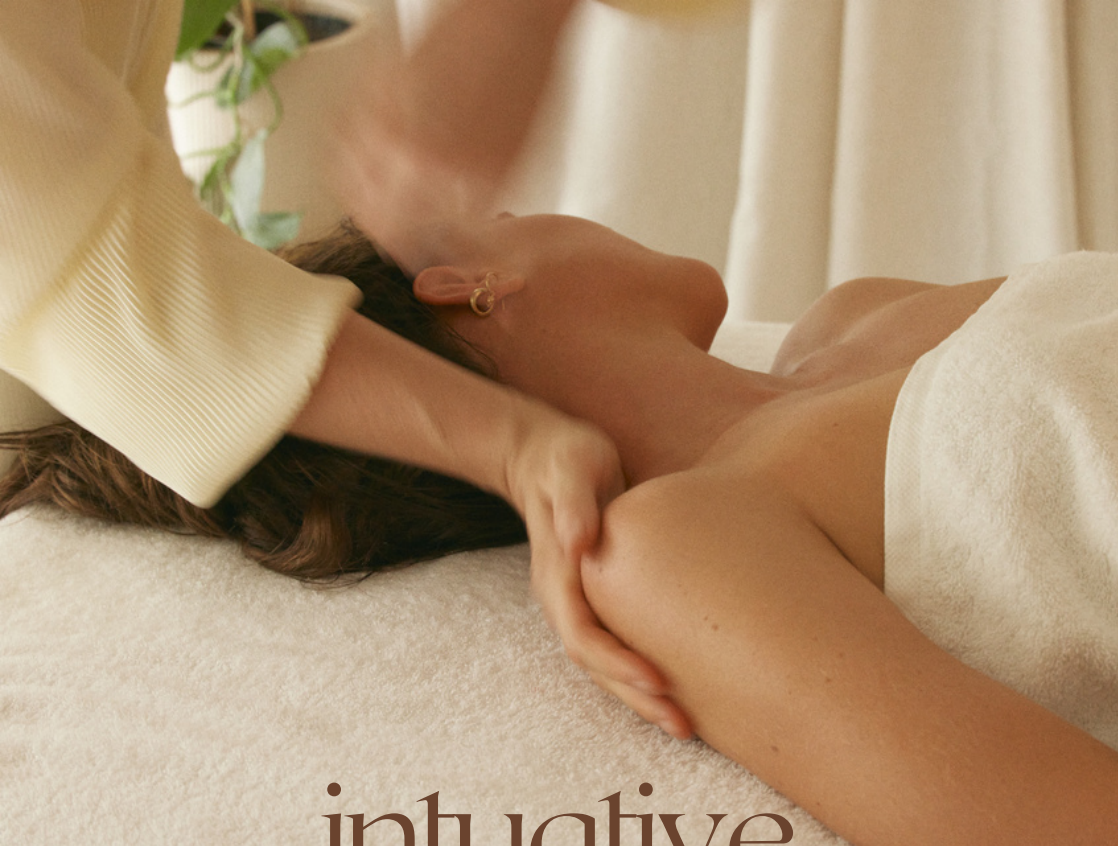


the botanical soak

soak session with lunch



self care
is not selfish



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.

We do not offer deep tissue or remedial treatments however you can specify desired pressure and/or focus areas on the form below, so we can tailor the treatment to suit your current needs.

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

OUR SIGNATURE MASSAGE

Indulge yourself in an hour full body intuitive massage with our experienced therapists in one of our two private rooms.

Take time for yourself and return to your natural state.

Signature Massage

1 **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.

2 **PREGNANCY MASSAGE**

\$120pp
One hour stay

An hour full body intuitive massage with our experienced therapists within one of our private rooms. Our focus is relaxation and healing bodywork for the Mumma to be. We have two beautiful private treatment rooms that can accommodate two treatments at one time.

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



SPECIALTY MASSAGE AND SOAK

Spend a little more time with us and customise your Massage and Soak Session by selecting from our Speciality Packages.



1

SIGNATURE MASSAGE AND SOAK SESSION

\$165pp

two and a half hour stay

Take some time out for yourself and enjoy an hour full body intuitive massage with our experienced therapists in our private rooms plus 90 minute Soak Session within our communal facilities.

2

MASSAGE AND CEREMONIAL SOAK SESSION

\$175pp

Two and a half hour stay

A full body intuitive massage with one of our experienced therapists. You'll also enjoy a 90 Minute Soak + 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.

3

MASSAGE AND PAMPER SOAK

\$185pp

three hour stay

An hour full body intuitive massage and Signature Soak Session with a self administered organic clay mud mask accompanied with our in-house skin care range, hydrating mists and oils to apply at your leisure.

4

MASSAGE AND BLISS SOAK

\$185pp

two and a half hour stay

An hour full body intuitive massage plus our Signature Soak Session and a raw sweet treat served with two glasses of bubbles or kombucha during your stay.

5

MASSAGE AND BOTANICAL SOAK

\$220pp

three hour stay

An hour full body intuitive massage, our Signature Soak Session and a plant based lunch catered by Greenhouse Canteen and Bar, with complimentary glass of bubbles or kombucha.

EVENTS

We offer indoor and outside event spaces for venue hire.
Our private hire packages for the bathhouse start from \$650 for a 2 hour exclusive bathhouse session. We can take up to 25 guests.
Please email us on hello@greenhousebathhouse.com





surrender

and slow down

Wednesday through to Sunday

**268 Tallebudgera Creek Road,
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