

Renew & revitalize the Senses

Mizu Retreats & Spa Care on Olivers Hill, (finalist for the 2007 Leader Accommodation & Attractions Award) has launched its 'Renew & Revitalize Spring / Summer Spa Menu'.

This exclusively 'women's only retreat' focuses on providing guests with a total mind, body, spirit experience, in a nurturing and caring environment.

Start this Spring with the 'Mizu Body Bliss' signature treatment, the perfect treatment to refresh & invigorate your whole body. You choose between an organic Australian indigenous mineral rich scrub, or dry body brush, then organic body mud is applied. Relax under the vichy shower & hydrating steam. An essential oil infused body balm is then massaged on to finish, pure bliss! (1.5hrs - \$125)

Other treatments include an exotic 'hands & feet duo' to get hands & feet ready for the warmer months ahead, hydrating facials, massage, steam and spa packages can be tailored to suite individual requirements. Staff at Mizu have tailored all spa treatments to have a relaxation, therapeutic and wellbeing focus.

Guests are encouraged to allow an extra half hour during their visit to sit back and enjoy a herbal tea,

quiet reading time, or if weather permits a dip in the solar heated plunge pool.

For women wanting a fresh start, the 'Mizu Renewal Retreat' is a total wellbeing program. Throughout this 4 day/ 3 night package qualified staff will guide you through a yoga program, daily spa treatments, guided walks, counseling, flower essence therapy with ample time provided for rest and reflection in a private setting. For a brochure please call toll free 1800 68 2218.

Set in a quiet, leafy residential area of Olivers Hill, Mizu provides a sanctuary for women wanting a break from the everyday hustle and bustle of retail environments.

Pregnancy massages and treatments available, brides-to-be welcome and gift vouchers available.

Bookings are essential, as only limited numbers of guests are catered for at one time and visits are strictly by appointment only.

Contact Mizu Retreats & Spa Care PI on free call 1800 68 22 18 for bookings or a copy of their new 'Renew & Revitalize Spring / Summer Spa Menu'.

"Special Spring Offer"

Book any 1 hour treatment from the new Renew & Revitalize Spring / Summer Menu and receive a complimentary 30min back & shoulder massage valued at \$65.

(Note: Offer Valid Tues - Thurs, 9am - 4.30pm only. Complimentary 30 min massage can only be used by person making the 1hr booking, and redeemed in same session as 1hr treatment is booked).

PENINSULA SPORTS MEDICINE GROUP



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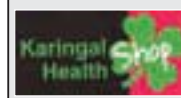


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The First Exclusive Spa Retreat for Women

Re-ignite your inner spirit, relax and unwind at our boutique, award winning 'women's only' retreat on Olivers' Hill. Just 45mins drive from Melbourne CBD.

Open for Day Treatments

New Spring / Summer Spa Menu and Health Programs

massage • body treatments • facials • vichy • yoga • pedispa • steam • manispa • infrared sauna
pregnancy massage and spa treatments • brides and maids welcome • gift vouchers available



free call: 1800 68 22 18 | day treatments available 7 days 9am-5pm | bookings essential | www.mizu-retreat-spa.com

