Body Massage

Our relaxing massage style offers a unique way of dealing with the effects of stress on the mind, body and soul. We do not offer deep tissue or remedial massage.

WARM OIL MASSAGE
60 min | $154 90 min | $224

A personalised full body massage with warm oil, relaxation balm pulse point infusion and beautiful hot towels to feet. Enjoy the benefits of a heated lavender pack to help relax tense muscles.

MUM 2B MASSAGE
75 min | $197

A nurturing treatment for expectant mothers, you can rest assured that you and your bundle of joy will experience complete relaxation. Your tired feet will be treated to a soothing foot soak and exfoliation, an essential face cleanse and moisturise, followed by a tension releasing massage on our specially designed pregnancy table.

HOT STONE MASSAGE
90 min | $250

This ancient technique of bodywork uses warm basalt stones to create an undeniable experience of relaxation. Relax as you are treated to a luxurious full body massage to cleanse the lymphatic system, increase your circulation, and relieve physical and emotional stress.

Spa Guidelines

SPA COUPLES: Spa treatments and packages can be for two guests in our dedicated double treatment room. This room is in high demand so we recommend advance bookings where possible.

MINIMUM AGE: Silo Day Spa welcomes guests aged 16 years and over.

ARRIVAL: We ask that you arrive 10 minutes prior to your spa appointment to complete a consultation form, and prepare for your experience. Arriving late may limit the time of your treatment so that the next guest is not delayed.

CANCELLATIONS: Should you need to reschedule or cancel your appointment, we ask that you provide us with a minimum of 24hrs notice. Cancellation within 24 hours of your appointment may result in a fee equal to 50% of the total charges. No show will result in 100% charge.

Gift Vouchers available through QR code



SILO DAY SPA

Perfectly Luxurious. Perfectly Natural.

Reflecting the natural beauty of our precious environment, Silo Day Spa treatments offer a return to your natural state. Experience luxurious treatments to elevate your body to new levels of relaxation and rejuvenation; matched with natural botanical products that are proudly Australian and cruelty free. Our locally made Tasmanian essential oils and balms immerse you in a sensory journey to connect you with your true self.

Return to nature at Silo Day Spa.

89/91 LINDSAY STREET, INVERMAY
LAUNCESTON TAS 7248

03 6700 0650

silo.dayspa@peppers.com.au
www.peppers.com.au/silo

Open Tuesday - Saturday from 10am
Closed Sundays, Mondays & Public Holidays

Reservations Essential. Gift Certificate no-shows will result in forfeiture of the Gift Voucher. A credit card number or Gift Voucher number is required to secure an appointment at time of booking.

silo
DAY SPA

perfectly luxurious, perfectly natural.

Signature Treatments

Experience true luxury with our signature treatment, complemented with our exclusive signature scent, "Serenity of the Silos": a soothing blend of Mandarin, Lavender and Rosewood essential oils.

SERENITY — 60 min | $165

• 1/2 body massage • face cleanse • scalp massage
• foot massage • foot exfoliation

You will be treated to a soothing back of body massage, an essential face cleanse and tension release scalp massage. Feel the warmth of lavender flower bolus radiating under your neck, and drift away as your feet are treated to an invigorating peppermint scrub and massage.

ULTIMATE SERENITY — 90 min | $252

• 1/2 body massage • full facial • scalp massage
• foot massage • foot exfoliation

A soothing back of body massage, a skin glowing facial designed to your individual needs and a tension release scalp massage, finishing with an invigorating foot scrub and massage leaving you feeling totally rejuvenated.

Facials

Relax with a divine face, décolletage, neck and scalp massage. Allow your therapist to design a customised facial ritual specific to your skins needs.

USPA FACIALS

USPA facials are a luxurious combination of pure botanical ingredients carefully selected to balance your skin and restore a healthy glow. Relax with a divine face, décolletage, neck and scalp massage. Allow your therapist to design a customised facial ritual specific to your skin's needs using USPA skincare.

Age Defying • Hydrating • Purifying • Soothing • Sensitive

60 min | $165

COMFORT ZONE FACIALS

Treatments rich in natural-origin & high-tech ingredients and free from animal derivatives, parabens and silicones.

HYDRAMEMORY — 60 min | $184

The ultimate treatment for deep hydration and radiance of the skin.

REMEDY — 60 min | $184

An innovative, fortifying facial for sensitive, red and delicate skin types.

Facial Enhancements:

SUBLIME SKIN EYES — $41

Triple action eye treatment to combat dark circles, puffiness, fine lines and wrinkles.

IMBIBE COLLAGEN INFUSION — $45

Elevate your treatment, featuring our clinical-performance skincare, designed to deeply nourish, strengthen the skin barrier and support collagen and elastin for a visibly smoother, firmer and more radiant complexion. The perfect addition to any facial or spa ritual for an instant glow and lasting skin health.

Spa Retreats

All our Spa retreats include a Sensory Journey, Foot Ritual and Full Body Massage.

SILO BODY BLISS — 2 hours | $288

• foot bath • sensory journey
• warm oil massage • full body exfoliation

A full body relaxation massage to awaken your senses and an uplifting exfoliation where your skin is softened and polished with Lavender Sugar Scrub.

BODY REVIVE & DETOX — 2.5 hours | $382

• foot bath • sensory journey • full body exfoliation
• body mud wrap • scalp massage • body massage • mini facial

Realign and rejuvenate your mind and body with treatments designed to stimulate and oxygenate the full body.

BODY RENEWAL HYDRATION — 2.5 hours | $382

• foot bath • sensory journey • full body exfoliation • body massage • body hydration wrap • mini facial • scalp massage

Restore your glow with this deeply hydrating and nourishing treatment designed to smooth and soften your skin.

SILO ULTIMATE INDULGENCE — 3 hours | $465

• foot bath • sensory journey • full body exfoliation • warm oil massage • uspa facial • hair treatment & scalp massage

You deserve the best – so treat yourself to a top to toe in the ultimate pampering session.

Spa add on's:

MASSAGE — 30 min | $82

FACIAL — 30 min | $87

FOOT RITUAL – *soak & exfoliation* — 15 min | $36

FULL BODY EXFOLIATION — 45 min | $130

Body Treatments

BODY PERFORMANCE WRAP — 90 min | $300

• foot bath • full body exfoliation • body wrap • face cleanse
• scalp massage • body moisturise

The perfect detox and muscle relief treatment for when you are feeling tired and lethargic. Designed to stimulate and encourage circulation for healthy and smooth even textured skin, as well as reducing fluid retention.

GENTLE FLOWER HYDRATION & LINEN WRAP — 60 min | $207

• foot bath • body brush • body wrap • face cleanse • scalp massage

Restore your glow with this treatment, beginning with dry body brushing and a warmed nurturing combination of Macadamia Nut Oil and Aloe Vera is smoothed over the skin before the body is wrapped for warmth. Relax with a facial cleanse and scalp massage leaving your entire body nourished and soothed.

COCO CREAM BODY WRAP — 60 min | $207

• foot bath • body brush • body wrap • face cleanse
• scalp massage • foot massage

Dry body brushing prepares the skin for a luxurious blend of warm Cocoa Seed and Coconut Oil infused with vanilla and bergamot. Relax in a warm wrap of natural cloth for an uplifting face cleanse & scalp massage.

FEET FIRST PEDICURE — 75 min | $150

Treat your feet with a warm lavender salt soak, peppermint exfoliation with a luxurious massage. Your feet are then dipped in the warm paraffin to soften and soothe. Finish with cuticle work, file and polish or buff. *Removal of gel/shellac not available

PURIFYING BACK CLEANSE & MASSAGE — 60 min | $165

Treat yourself to a back of body massage, invigorating back exfoliation, hot towels followed by a Cleansing Mud Mask to draw out toxins, leaving you with renewed, smoother skin, finishing with a foot massage.

Image courtesy of Freepik