

Welcome to
SOL Wellness,
your sanctuary
of stillness.

Step into a space where the outside world melts away and your only responsibility is to be. At SOL Wellness, nestled within The Sebel Yarrowonga, we invite you to pause, breathe deeply, and surrender to stillness. This is more than a treatment, it's a ritual of renewal. Leave the to-do lists at the door and let our expert touch soothe your senses, calm your mind, and restore your glow. As tension dissolves and tranquility rises, you'll feel your energy shift and your spirit soften. Here, rest is sacred. And you, replenished, radiant, and realigned, will emerge beautifully transformed.

Let the unwinding begin.



FACIAL

SOL Wellness Concept Facial

60min | \$149

A truly customised experience, tailored just for your skin. Your expert therapist carefully selects potent, plant-powered actives to deliver visible results and deep skin nourishment. Your journey begins with a refreshing foot cleanse to ground and relax you. From there, enjoy a deep steam cleanse, gentle exfoliation and an enzyme therapy treatment designed to renew and revitalise. A therapeutic facial massage follows, paired with a nutrient-rich clay mask, personalised to your skin's needs. While you drift into bliss, your therapist applies a second facial mask, a heated eye contour wrap, powerful serums, and a deeply hydrating finish, all designed to replenish, restore, and protect. You'll leave glowing, rested, and wondering why you didn't do this sooner.

SOL Mindfulness Facial

75min | \$189

More than just a facial, this is a complete sensory reset. Our Mindfulness Facial is a skin therapy ritual designed to calm the nervous system while delivering visible results. Blending the power of breath work, intention, touch, and high performance skincare, this treatment reconnects you to your skin, and yourself. Begin with a grounding inhalation elixir and signature welcome ritual. From there, we tailor every step to your skin's needs: deep double cleansing, gentle exfoliation, optional extractions, and a slow, rhythmic massage using a customised blend of elixirs and skin nutrition. Add-on enhancements like LED, scalp massage, or active infusions elevate the experience further. Perfect for those needing to press pause, this facial leaves skin radiant and mind restored. You'll walk out glowing - not just on the outside.

SOL Skin Perfection Facial

90min | \$240

This facial is based on Performance Skin Therapy. Targeted. Transformative. Totally tailored to you. This advanced skin treatment is designed to address the full spectrum of skin concerns - from acne, congestion and pigmentation to redness, dehydration, and loss of firmness or elasticity. Your therapist will curate a results-driven plan using a powerful combination of corrective peels, advanced skin therapies and cutting-edge technology - all selected in the moment, based on what your skin needs most. It's intense, effective, and seriously skin-changing.

Add On Facial Options

LED Light therapy

20min | \$55

Stimulate collagen, increase blood flow and stimulate healing with Red LED light. Blue LED, destroys acne-causing bacteria to detoxify skin, and reduce congestion.

Supercharge your results

Add on a peel + ampule + speciality mask to supercharge your skin and soul. From \$40

Microdermabrasion

\$55

A gentle yet thorough exfoliation of the skin using a microdermabrasion diamond tip to vacuum and remove thick dead cell build up.

Scalp oil or mask treatment

\$55

Hair Play session

15min | \$35

Extra Massage

15min | \$35

Extend the bliss. Add 15mins extra massage onto your experience. Your choice of either hands, feet, back, scalp or face.



SOL

MASSAGE THERAPY

Relax with the SOL Signature Massage

60min | \$160
90min | \$220

Take a breath. Let go. Restore balance to your system and reboot your mind with this full-body ritual that is designed to calm your nervous system, ease physical tension, and gently recharge your mind and body. With flowing movements and focused techniques, we'll melt away stress, restore your natural energy flow, and support deep recovery. A bespoke blend of sedative yet uplifting essential oils enhances the experience, leaving you centred, soothed, and ready to reconnect with your best self.

Deep Thermal Massage

60min | \$190
90min | \$260

For when your muscles need more than just a moment. This results-focused massage works deep into the muscle layers to release built-up tension, ease chronic aches and pains, and restore movement and mobility. Your therapist uses slow, targeted techniques along with a specialised essential oil blend, combining warming and cooling elements to reduce inflammation, boost circulation, and revive tired, overworked muscles. The massage is complimented with our highly concentrated, all-natural topical. Magnesium Spray which is misted over the muscles to ease stress, support restful sleep and enhance overall wellness. You'll leave feeling lighter, looser, and ready to move again.

SOL Wellness Native Oil + Hot Stone Massage

90min | \$240

Surrender to stillness as warm, smooth stones glide over your body, guided by the intuitive hands of our expert therapists. This ancient healing ritual melts away deep-seated tension, soothes tired muscles, eases fluid retention, and brings the nervous system back into harmony. Combined with aromatic essential oils, this grounding treatment calms the mind, comforts the body, and reconnects you to a deep sense of wellbeing. A soul-soothing experience everyone should indulge in at least once.



SOL Pregnancy Massage

60min | \$160

Congratulations, mama-to-be, what a beautiful journey you're on. Designed especially for expectant mothers in their second or third trimester, this nurturing treatment supports your changing body with gentle, targeted techniques. Our soothing massage helps ease tension in the back, hips, and joints, reduces swelling and stress, and encourages healthy circulation for both you and your baby. Safe, calming, and deeply restorative, because a relaxed mum makes for a happy little one.

Couples Massage - Twin room experience

60min | \$350 for 2

Unwind together with a shared moment of bliss in our private twin treatment room. Whether you're celebrating something special or simply in need of quality time, this side-by-side massage is designed to relax, reconnect and restore. Our therapists will tailor each massage to your individual needs, using flowing, therapeutic techniques and calming aromas to ease tension and elevate your experience. A beautiful way to pause, exhale and enjoy stillness - together. Massage ends with a herbal tea or champagne experience and fruit platter to share.

Add On Massage Options

Warm Milk Bath Soak

\$49

To hydrate the skin, sooth the muscles and increase the level of relaxation after your massage.

Full Body Exfoliation

\$79

Exfoliate away dead skin cells

Facial scrub, Mask + LED Therapy

\$79

Warm Hair Mask

\$50

BODY TREATMENTS

Illuminating Body Polish

45min | \$99

Brighten your skin and elevate your senses with this vitamin-rich, tropical body renewal ritual. A lush blend of sweet orange, mango, papain enzymes, coconut and walnut husk is gently massaged over the body to exfoliate, promote cell renewal, and reveal silky-soft, radiant skin. After a warm shower, your treatment is completed with a decadent hydrating body custard, infused with rich, skin-quenching ingredients to leave you glowing, nourished, and completely revitalised.

Energising Body Scrub + Warm Hydrating Clay Wrap

60min | \$160

Emerge renewed with this deeply restorative full-body experience designed to energise, hydrate, and support skin regeneration. Your transformation begins with our signature SOL body brushing technique to stimulate blood flow and encourage the lymphatic system. Using our very own sugar scrub, we remove dead skin cells by gently polishing the skin to reveal softness and radiance. Next, a warm infusion of age-defying French clay mud is applied, rich in minerals to promote hydration, collagen production, and repair. While cocooned in this nutrient-dense wrap, enjoy a soothing scalp and facial massage to melt away stress and rebalance your energy. An indulgent ritual that leaves your body glowing and your spirit deeply restored.

Detox & Firm Body Ritual

90min | \$200

Begin with an Infrared Sauna session to gently activate the detoxification process and prepare your body for transformation. Next, indulge in a smoothing coffee and cream body exfoliation, a powerful blend of vitamin E, antioxidant-rich oils, and invigorating coffee to help target breakouts, scars, cellulite, and stretch marks. To finish, you'll be cocooned in a luxurious cocoa clay body wrap designed to boost circulation, firm the skin, and deeply hydrate, leaving you feeling silky smooth, revitalised, and renewed from head to toe.

HAND + FEET THERAPY

SOL Wellness Manicure + Hand Therapy

45-60min | \$92

Give your hands the love they deserve with this indulgent, multi-sensory treatment. Begin with a revitalising SOL hand scrub, followed by a foaming nail cleanse and soothing milk bath soak. Nails are expertly shaped, buffed, clipped and manicured to perfection. A hydrating warm infusion treatment deeply nourishes and plumps the skin, while a blissful warm stone hand massage melts away tension. Finish with your choice of gel polish or classic varnish, leaving your hands beautifully refreshed and polished to perfection.

SOL Wellness Pedicure + Foot Therapy

60-75min | \$120

Step into pure indulgence with our luxurious foot ritual designed to restore, refresh, and revive. Begin with a soothing foot soak and our invigorating SOL foot scrub to exfoliate and soften tired soles. Callus is removed, nails are expertly clipped, shaped, and buffed, while cuticles are cared for with precision. A deeply hydrating warm infusion treatment nourishes the skin, followed by a therapeutic warm stone foot and lower leg massage to ease fatigue and stimulate circulation. Complete your treatment with your choice of gel polish or classic varnish, leaving your feet polished, pampered, and ready to shine.

Please note: Additional time may be required if gel or acrylic products need to be removed. Kindly advise us at the time of booking so we can accommodate your appointment accordingly.



SOL

SPA PACKAGES

Thermal Circuit: a hot/cold therapy loop

60min | \$79

Sauna + Ice Bath use

Mini Escape: 30min Massage and 30min Facial

60min | \$149

Short on time but craving deep relaxation? Our Mini Escape is the perfect reset for body and mind. Begin with a 30-minute targeted massage to melt away tension and restore calm, followed by a refreshing 30-minute facial designed to cleanse, hydrate, and revive tired skin. It's the ideal lunch break luxury or midweek pick-me-up, all the benefits of a spa experience, perfectly packaged into one blissful hour.

Retreat - Massage | Scrub | Body Wrap | Shower

2hrs | \$225

Surrender to two hours of pure indulgence with our Retreat ritual, the ultimate full body rejuvenation. Begin with a relaxing 30-minute massage to ease tension and settle the mind, followed by a full-body exfoliation to polish and smooth the skin. You'll then be cocooned in a nourishing body wrap tailored to your skin's needs: hydrating, detoxifying, or firming, while you drift into deep relaxation. Finish with a warm, private rain shower to rinse away the wrap and emerge feeling completely renewed, inside and out. A grounding, skin-loving ritual designed to restore your glow and soothe your soul.

Serenity - Massage 60min | Facial 60min | Scrub/Wrap

Combo | Milk Bath & Seasonal Spa Platter

3hrs | \$499

Your ultimate escape into tranquility. Serenity is a three-hour soul-soothing journey that nurtures every part of you.

Begin with a 60-minute full-body massage to release deep tension and quiet the mind. Follow with a full-body exfoliation and nourishing wrap, allowing your skin to drink in hydration as you relax deeply. While cocooned in warmth, enjoy a tailored 60-minute facial designed to rejuvenate your skin and enhance your natural glow. Complete your ritual with a warm, aromatic milk bath, followed by a seasonal spa platter, served in our tranquil private courtyard, your treatment room or out by the pool overlooking views of Lake Mulwala.

A luxurious, head-to-toe reset for those who need to fully let go and truly indulge.

Couples Packages

Share the experience. Couples can combine any two of our spa packages and receive an **additional 10% off**. Choose your own perfect pairing, whether it's a Mini Escape or the full Serenity journey, and enjoy side-by-side relaxation in our peaceful treatment rooms.

Perfect for partners, friends or loved ones looking to unwind together.

Baby Moon - Facial | 30 min massage | Pedicure or Manicure

2.5hrs | \$305

A gentle, nurturing escape for mums-to-be or anyone in need of soft, soothing self-care. This pregnancy-safe package begins with a 30-minute massage to ease tension and support relaxation, followed by a customised facial to refresh tired skin and restore glow.



SOL

INFRARED SAUNA

Infrared Sauna

45min | \$50

Step into the tranquil setting of our outdoor barrel infrared sauna, designed to provide a serene sanctuary for detoxification, muscle recovery, or simply to reset your mind and body. Spacious enough for two, it's perfect for solo indulgence or sharing a luxurious wellness escape.

2 people

45min | \$70

ICE BATH

Iced Bath

15min | \$30

Refresh and rejuvenate with our invigorating Ice Bath, perfect for up to two people. Designed to reduce muscle soreness, boost alertness, and enhance energy, it's ideal for athletes or anyone seeking a therapeutic escape to feel revitalised and renewed..

2 people

15min | \$40

SPA BOOKING INFORMATION

DEPOSITS AND CANCELLATIONS

To secure your spot, we require either a deposit or gift certificate at the time of booking or your Sebel reservation number or hotel room number if you are a hotel guest. If you need to cancel or reschedule your appointment, please let us know 24 hours in advance to avoid any cancellation charges, the same applies to no-shows or change of minds, and gift certificate bookings.

SUNDAY AND PUBLIC HOLIDAY SURCHARGE
10% surcharge for Sundays and Public Holidays

HEALTH AND WELLBEING

When making your reservation, please advise us of any health conditions, allergies or injuries that might affect your experience. You will be asked to disclose relevant medical information on your consultation card.

SPA ARRIVAL

Please arrive 10 minutes before your treatment is scheduled. This gives you and your therapist time to plan your perfect experience. If you arrive late, we may have to reduce your treatment time. We'll do our best to avoid that, but it's not always possible.

PAYMENT

We accept all major credit cards, and if staying in house, you may charge your services to your room.

SPA ETIQUETTE

To keep the vibe mellow and relaxed, we ask that mobile phones are switched to silent.

SPECIAL REQUESTS

Please contact in advance with any special requests and we will be happy to tailor your treatment for you. Food can be ordered to enjoy by the pool post treatment. Food must be ordered and prepaid for pre-treatment.

FEEDBACK IS APPRECIATED

If for any reason you are not satisfied, please let us know immediately so we can work to rectify the matter. If you loved your experience with us please leave us a google review to help spread the word.

40 Silverwoods Boulevard Yarrowonga VIC 3730

(03) 5745 9100

solwellness@accor.com

SOL