

MEDIA BACKGROUNDER

- A New APPROACH TO WELLNESS ON VICTORIA'S MORNINGTON PENINSULA

Since opening their doors in within one of Mornington's oldest and most historically significant buildings, The Wellness Manor has seen a transformational experience for guests, fusing traditional relaxation and spa treatments, mindfulness and medical knowledge to bring about a new approach to optimum health and wellbeing.

The space embraces the building's old world charm while delivering some of Australia's most cutting edge technologies, clearly showcasing the many considered modern comforts and stylish additions that provide guests with a heightened experience each time they visit.

The mind behind The Wellness Manor, well-known skin specialist Dr Sally Shaw, believes the establishment of the space and the fusion of old and new reflects her own discovery and ongoing path to achieve a sense of wellness, saying the offering will continue to evolve and grow just like those who visit.

Located moments from Mornington's tranquil and sought-after shoreline, The Wellness Manor provides world class facial and medical treatments, colonic irrigation, massage and body treatments, beauty and grooming appointments and retreat and reconnect packages to help guests rejuvenate and revive.

Offering 6-star luxury Day Spa services, The Manor recently won Gold at the RACV 2016 Victorian Tourism Awards for New Business Development. Media enquiries: nelly@thewellnessmanor.com or Tel: 0409564154



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Story - The Perfect Facial

Have you ever wondered what makes a perfect facial?

At The Wellness Manor, they'll tell you it's all in the recipe. One part indulgence, one part aromatherapy, one part sensation and the secret ingredient: caviar! The prescriptive treatments given at The Manor actually leave you with a noticeable cosmetic benefit all while being artfully delivered in a magical sequence of deep relaxation. The Caviar Facial, using Kerstin Florian skin products, employs a gentle peel to munch away dead skin cells, followed by neutralizing creams and nourishing spirulina masques to stimulate collagen and healing in deeper skin layers. Employing massage, steam and aromatherapy, the sequence is carefully managed to leave guests feeling and looking rejuvenated.

But like all great experiences, it is the atmosphere, place and time in which you receive that makes it truly memorable. So imagine that before you indulge in your perfect facial you entered a beautiful garden by the sea, the gulls were cawing when you closed your eyes and you could smell the scent of spring blooms (roses in fact) and the fresh ocean breeze. You are greeted by a smiling face as you are shown through halls of a grand old manor house.

Billowing silk drapes the windows and walls and you are delivered into a luxurious change rooms and wrapped in a soft white bathrobe. Outside on the sheltered courtyard, you step into tiled mineral spa pools to soak. The water is soft against your skin, steam rises and your muscles relax with the heat. A glass of water is delivered to you and after your treatment you are escorted to the relaxation lounge. There are several recliners laid out facing the garden. You notice ipods and meditation colouring books. You nestle into the soft sheep-skin. It is here that you notice the building, the blue stone walls, the verandah, now covered with blinds and carpeted was once a century old vicarage for a pioneer community... The walls have stories of long ago you imagine. The breeze lifts and the only sound you hear is running water from the fountain as sunlight skips along the green plumage of the garden beds. Tea and nuts are served. You could also try bubbles and tapas. It's tempting but you decide to save that for next time, when you return with your friends.

The Wellness Manor is situated at 1 Ross St., Mornington in a restored 1864 heritage building. Offering 6-star luxury Day Spa services, The Manor recently won Gold at the RACV 2016 Victorian Tourism Awards for New Business Development. Media enquiries: nelly@thewellnessmanor.com or Tel: 0409564154

