

## **BOOKINGS AT MOUNTAIN SPA MAY BE MADE BY PHONING 64575234**

Mountain Spa is NOW OPEN in Perisher at the Man from Snowy River Hotel. The stunning new facility has been designed with chic mountain decor as a sanctuary for wellness; housing 5 beauty therapy rooms, wet treatment/bathing room, a hair salon, nail spa, tanning room and incorporating AlpineX Fitness with a yoga & personal training studio.

Mountain spa gives visitors the opportunity to experience a range of spa treatments, using award-winning Australian 100% natural skin care products from Eco by Sonya Driver. In 2011, Eco Tan made Australian history by becoming the first and only tanning manufacturer to be certified organic by the Organic Food Chain under the Australian government. Eco's beautiful body care and tanning range is organic, accredited toxic free, vegan and cruelty-free. The Mountain Spa experience will offer a range of professional services such as microdermabrasion, hot stone massage, signature ski boot relief treatments, lymphatic drainage, waxing, tinting, tanning, nails and full hair services, using Redken products and colours. Mountain Spa has a full menu of treatments for children as well as adults.

AlpineX at Mountain Spa is a functional training facility designed for both specialised ski fitness training and general fitness training. There are a variety of free weights, body weight exercises, agility training, suspension training, balance, cardio, spinning and assisted stretching to ensure people get the most out of their time on the slopes. Afternoon rejuvenation classes include Anti-Gravity yoga (TM) using Harrison hammocks. Mountain visitors will be able to book in for daily classes. At AlpineX, morning classes are specifically designed for warming you up and afternoons for rejuvenation after a day on the mountain.

Mountain Spa is run by Sharon and Luke Ashcroft. Having travelled extensively working in the hair, beauty and Fitness industries throughout Australia and the Middle East Sharon brings a wealth of knowledge, experience and creativity to leading her team at Mountain Spa. Very early in her career Sharon took out the coveted best hairdresser in NSW award and has continued this positive mindset with all of her pursuits since. While surpassing the highest industry standards during her comprehensive training around the globe Sharon has excelled as a beauty therapist, hairdresser, makeup artist and fitness instructor. Sharon's never-ceasing drive for excellence is evident in all areas of her work and the bar has been set high for the standards at Mountain Spa.

Building from this foundation in health and beauty Sharon has combined her passions and advanced on her years of training and experience in the fitness industry by adding to her portfolio a qualification as an Anti-Gravity Yoga Teacher. Sharon travelled to New York on several occasions to be trained by the creator of the Anti-Gravity brand, Mr Christopher Harrison.

One of the most impressive highlights of Sharon's career was designing a bespoke day spa inside a palace of a Middle Eastern Royal family which she later worked in as a therapist and hairdresser.

Luke Ashcroft is an exercise scientist who studied Neuroscience and Sports Science at the University of New South Wales in Australia, Luke has over 25 years experience in the development of fitness and physical performance programs. He has a long history of delivering performance programs and working with athletes and teams at the highest levels in a wide range of sports, including: AFL, Athletics, Climbing, Equestrian, Football, Golf, Mixed Martial Arts, Rugby League, Rugby Union, Skiing and Tennis. An avid skier and boarder himself, Luke has 22 years of experience on the slopes and knows first hand the importance of proper physical preparation for snow sports.

Mountain Spa bookings may be made online by phoning the hotel 64575234.