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SLOPES: Trades and Suppliers - PXC and XC Ski Week

SLOPES <slopes.au@gmail.com>
Bcc: frank.zipfinger@gmail.com

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Dear SLOPES Members and Associates

This email updates you regarding:

1. Trades and Suppliers - Mountain Spa at The Man

Last year SLOPES launched our new website.

See the email here: <https://slopes.org.au/wp/wp-content/uploads/2017/07/SLOPES-email-479.pdf>

In that email we wrote:

Plus we are setting up a section called "Trades and suppliers" to create a database covering people Clubs need from auditors to plumbers.

Please help us with your recommendations to build this database - use this link: <http://slopes.org.au/contact-us/>

As we are now actively gathering material for that database, we encourage your contributions using the link provided - or just reply to this email.

As noted topics range from auditors to plumbers - or even to workplace health & safety with builders, cleaners and fire safety inspections etc in between.

If your Club has had positive experiences which you are happy to share with other Clubs, then please let us know.

In the meantime set out below (and in the attachment) is an example of a new offering from The Man which may be of interest to Clubs.

This information can also be accessed for now on the SLOPES website in the Latest News section: <https://slopes.org.au/latest-news/>

2. Perisher Cross Country - PXC

See the attached flyer from PXC and the Sundeck Hotel regarding an offering relating to Club Competition during XC Ski Week which starts on 5 August.

It can also be found here: <https://www.perisherxcountry.org/news/club-competition-during-xc-ski-week-1000-first-prize/>

The aim is to encourage Clubs to participate during XC Ski Week.

For enquiries contact:

Wayne Pethybridge
PXC Chairman
0431 285566

Wayne in his email comments:

This is a first time ever in the history of promotions within XC Ski Week that we have had such a prize. If a \$1000 for food and drink for the winning club is not enough, I don't know what is.

Generally re PXC see: <https://www.perisherxcountry.org/events/main-events>

For events generally in the Perisher Range Resorts see the SLOPES website at: <https://slopes.org.au/calendar/>

Regards

Frank Zipfinger
President
SLOPES

THE MAN - 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.

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Jen Mooney
GENERAL MANAGER
The Man from Snowy River Hotel





OUNTAIN SPA
Beauty - Wellness - Hair - Body



FACE THERAPY

If your eyes are the window to your soul, then your face is the reflection of your inner health. Your team of highly skilled therapists at Mountain Spa will design your treatment to truly reflect and express your inner beauty. **ECO by Sonya Driver** is used exclusively at Mountain Spa. These organic, Australian made products were recently voted **the World's Leading Organic Beauty Brand**

Alpen Glow Facial & Massage (90mins/219)

Created just for you by your highly skilled therapist. Products are selected from the organic range based on the individual needs of your skin. The treatment begins with a 30 min back massage, then continues with a deep cleanse, exfoliation, mask and vitamin infusion. SPF 15 is used to finish during the daytime or Glory Oil after dusk. The optimum amount of time is spent on face and scalp massage. The AlpenGlow Facial is guaranteed to leave you feeling brand new and radiating just like Alpen Glow on the top of the mountain

Mountain Man Facial & Massage (90 mins/209)

Relax and unwind after a hard day on the slopes. Starting with a face-down relaxing back massage (your choice of oil) for 30 mins you'll be asleep before the facial even begins. A deep cleanse with organic Aloe, Lemongrass and Caviar Lime followed by an intense Açai and magnesium exfoliator your skin will be tingling with energy. A purifying or hydrating mask is then applied while your hands and arms are massaged. A sublime scalp and face massage comes next followed by an SPF 15 for daytime or Glory Oil after dusk. This treatment will have you heading off to Après Ski confident and energized

Alpen Glow Facial (60 mins/155)

Created just for you by your highly skilled therapist. Products are selected from the organic range based on the individual needs of your skin. The treatment begins with a deep cleanse, exfoliation, mask and vitamin infusion. SPF 15 is used to finish during the daytime or Glory Oil after dusk. The optimum amount of time is spent on face and scalp massage. The AlpenGlow Facial is guaranteed to leave you feeling brand new and radiating just like Alpen Glow on the top of the mountain

Mountain Man Facial (60 mins/155)

A deep cleanse with organic Aloe, Lemongrass and Caviar Lime followed by an intense Açai and magnesium exfoliator your skin will be tingling with energy. A purifying or hydrating mask is then applied while your hands and arms are massaged. A sublime scalp & face massage comes next followed by an SPF 15 for daytime or Glory Oil after dusk. This treatment will have you heading off to Après Ski confident and energized

Express Skier (30 min/89)

Give your skin the moisture surge it deserves. Your décolletage and face are first cleansed, an exfoliating scrub wakes tired skin, a full hydration and facial massage will see your skin nourished at a cellular level

Microderm Facial (75 mins/229)

Products are selected from the organic range based on the individual needs of your skin. The treatment begins with a deep cleanse, exfoliation, mask and vitamin infusion. SPF 15 is used to finish during the daytime or Glory Oil after dusk. The optimum amount of time is spent on face and scalp massage. Diamond-tipped microdermabrasion and vacuum suction, will remove dead skin and debris, while stimulating collagen production to restore elasticity

MASSAGE

Mountain Spa massages integrate various massage styles to enhance relaxation, dispel tension and stimulate circulation. Each massage incorporates a blend of stretching and long massage strokes, connecting moves designed to optimize relaxation. Your therapist will work on areas you wish to focus on **Drift off and enjoy the relaxation sensation!**

Relaxation Massage (30 min/79, 60min/149, 90 min/219)

Improve circulation and banish toxins from your body with this beautiful and calming massage. Choose your oil to match your mood...you'll be floating off the table!

Skiers Relief (30 min/89, 60min/159, 90min 229)

An all body firm massage, this treatment focuses on the large muscles that have been hauling you up the T-Bar and down the mountain all day long. Your therapist will ask which areas you would like to focus on prior to commencing

Hot Stone Massage (60 min/159, 90min/229)

Heated Volcanic rocks are used to melt away tension and fatigue. A comforting and deeply satisfying experience perfectly suited to the chilly environment outside. This sleep-inducing massage is perfect before bedtime. Serenity oil is recommended but, as always, it's your choice

Safe Descent (30 mins/79)

Quick and energising, this massage focuses on your scalp, neck and shoulders, encouraging blood flow to help you stay alert for your journey down the mountain. Essential oils and a peppermint scalp treatment are applied leaving you feeling invigorated. Enjoy a peppermint tea concluding your treatment for clarity. (Can be arranged "To Go" if quick departure is required)

BOOTS OFF

FEET! You've stood on them your whole life and if you've been out on the slopes your precious feet are no doubt feeling the effects of cold, tight boots and harsh impact.

Give your feet the attention they deserve.

Try adding a paraffin dip for your feet as an upgrade, the ultimate comfort treatment for cold feet

Boot Relief (30 mins/79)

Your aching feet are submerged into a relaxing aromatic salt bath before being lovingly massaged with a luxurious coconut milk. A scalp massage completes this very popular treatment. Allow extra time if you choose to upgrade to a Paraffin foot dip

Mountain Bomb (30 mins/79)

Awaken your senses with your choice of invigorating foot bombs. This treatment is sure to relieve those tired legs and feet. Includes a paraffin hand dip and a foot massage. Allow extra time if choosing to upgrade to Paraffin foot dip

Frosty toes (60 min/159)

Your feet & hands will be soaking in soothing Himalayan Mountain salt, followed by an invigorating scrub. Hands and feet are massaged with an aromatic oil infusion and treated to a paraffin dip. The ultimate treatment for winter skin.

BODY

If you have spent time out on the slopes, and need to soothe your aching muscles or just need complete body relaxation, we have the perfect treatment to take care of you from top to toe.

Healing mountain salt provides invigorating skin rejuvenation and deep soaks hydrate your body and cleanse the soul. We have heavenly treatments for an all over glow

Deep Soak (60 mins/65)

A hydrating scalp treatment is applied and massaged before plunging into an oversized bath tub. Choose a Mountain fizz bomb and music to suit your mood. Consider an upgrade of a blow-dry with a glass of bubbles to complete your experience

Body Scrub (30 mins/79)

First some dry brushing to increase your circulation followed by delicious Pink Himalayan salt scrub. Finish with a sublime coconut milk. This treatment will leave you feeling brand new

Snow Glow (30 min/59)

Treat yourself to a spray tan to give you even more radiance. Using exclusively Eco Tan organic products for a natural and odour free colour. Prior exfoliation is recommended for longer lasting results

UPGRADES

Enhance your experience at Mountain Spa with an upgrade to your treatment. These upgrades are available as an add-on to your treatment or by themselves

Micro-dermabrasion (15min/79)

A combination of soothing ingredients, diamond-tipped microdermabrasion and vacuum suction, will remove dead skin and debris, while stimulating collagen production to restore elasticity

Shampoo and scalp massage (15 min/59)

Relax with a shampoo and a sublime peppermint infused scalp treatment

Paraffin hand dip (15 min/49)

Treat your icy cold hands to the healing benefits and relaxing sensation of a paraffin wax dip

Paraffin foot dip (15 min/59)

Your under-appreciated feet will also benefit from the healing properties of paraffin wax

MAINTENANCE

Waxing

Choose between pomegranate & coconut warm wax for your delicate areas. Strawberry strip wax is applied to your legs for a smooth finish.

Prices from 15

High Brow glow (30 mins/75)

Begin with a wax for a clean finish followed by a tint to match your colouring, while your colour is processing enjoy a rich coconut milk hand and arm massage, finish with soothing glory oil and a highlighter to really set off your new high-brow glow.

Lash tint (20 mins/30)

HAIR

A full range of hairdressing services are available; cutting, colouring, blow-dry all exclusively using Redken products. Contact our hair design team for colour consultation and pricing. Available for men, women and children.

DESIGN YOUR OWN SPA DAY

GIRL'S DAY IN

Spa day with spa cuisine & bubbles (180 min/499pp)

It's chilly outside so let's cosy and warm up with a girl's day in at the spa.

Design your own spa day with your friends.

LUNCH & BUBBLES

With a glass of bubbles* (30 per person)

Upgrade to a bottle of Veuve Clicquot 100

ECO
TAN

ECO BY
SONYA
DRIVER

SPA CUISINE MENU

Falafel bowl, hummus, kale & quinoa salad
Tuna Poke bowl, sushi rice, edamame, wakame
Dhal, naan, yoghurt, herb salad
Thai Green Curry Prawn bowl
Sticky Pork salad, rice noodles,