



The Spa

AT CHÂTEAU ÉLAN HUNTER VALLEY

THE ELEMENTS



Private Wellness Experiences

FLOAT ♦ HEAT ♦ COLD ♦ LIGHT

Discover a dedicated wellness experience within The Spa at Château Élan, where modern recovery rituals meet the art of deep relaxation.

From the enveloping warmth of infrared heat and the invigorating sensation of cold immersion to the weightless stillness of float therapy and the gentle glow of LED light, The Elements invites you to slow down, restore and reconnect.

Choose a single ritual or combine experiences to create your own journey.

Fire & Ice Experience

Ice Bath

Infrared Sauna

Experience the invigorating contrast of infrared heat and cold immersion in your own private sanctuary.

Move between the soothing warmth of the infrared sauna and the refreshing intensity of the ice bath, taking time between each round to pause, breathe and relax.

Move at your own pace and allow the rhythm of heat, cold and rest to create a deeply restorative experience.

60 MINUTES | \$99 PER PERSON





Fire & Ice + LED Recovery

Ice Bath

Infrared Sauna

LED Body Cocoon

Heat. Cold. Rest. Recover.

Extend your Fire & Ice experience with a period of restorative LED light therapy.

Begin with your private infrared sauna and ice bath experience before retreating to our dedicated LED recovery space. Settle into the full-body LED Body Cocoon and enjoy a final period of warmth, stillness and relaxation.

A complete wellness ritual designed to leave you feeling refreshed, relaxed and restored.

90 MINUTES | \$149 PER PERSON

LED RECOVERY

LED Body Cocoon

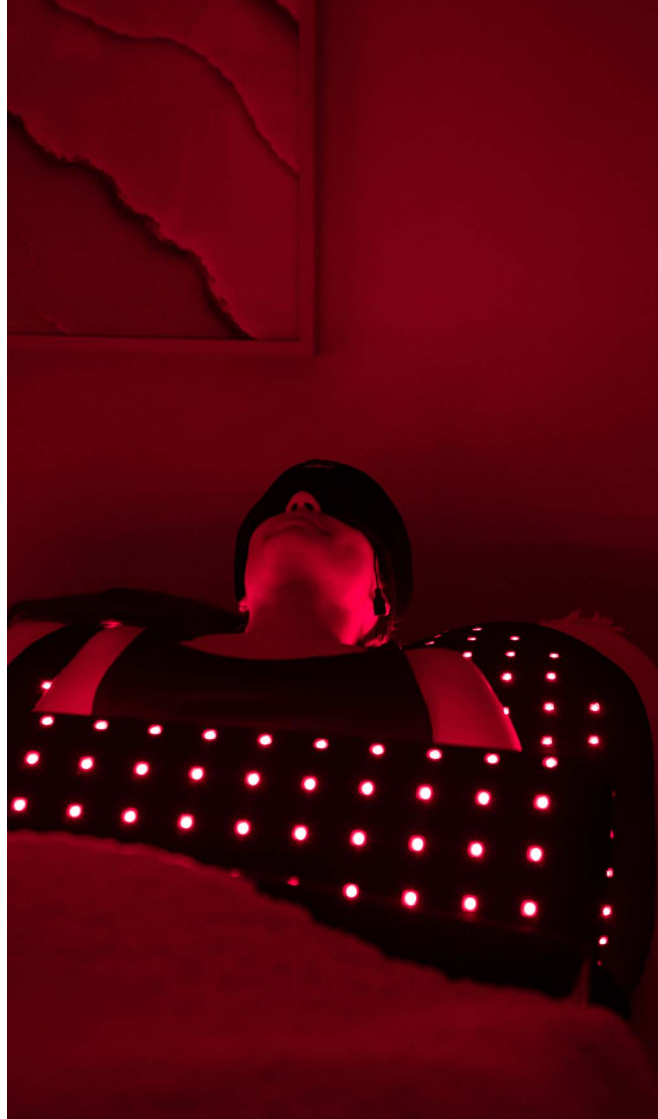
Pause. Restore. Reset.

Add a moment of restorative calm to any Spa experience with a session in our LED Body Cocoon.

Settle into a comfortable, full-body cocoon and enjoy a relaxing period of gentle red and near-infrared light while you switch off and unwind.

A simple way to extend your spa experience and create a little more time for yourself.

30 MINUTES | \$59 PER PERSON





FLOAT & RESTORE

Float Away

Float Tank

Float. Let Go. Restore.

Step away from the pace of everyday life and experience the weightless calm of our Float Away experience.

Immerse yourself in a private float tank filled with approximately 500kg of Epsom salts, creating a naturally buoyant environment that allows the body to effortlessly float. The water is gently heated to approximate external body temperature, helping create a feeling of weightlessness and allowing you to settle into a peaceful state of relaxation.

With the outside world gently softened, take the time to breathe, be still and simply float.

60 MINUTES | \$99 PER PERSON

FLOAT & RESTORE

Float to Glow

Float Tank

LED Body Cocoon

Float. Breathe. Restore.

Step away from the pace of everyday life and experience the weightless calm of float therapy.

Drift effortlessly in a private float tank, allowing the body to be supported as you settle into a deeply peaceful state of rest.

Complete your experience with a restorative LED Body Cocoon session, creating a beautiful transition from weightlessness to warmth and stillness.

90 MINUTES | \$149 PER PERSON







What Can I Expect?

On arrival, you'll receive your own locker, robe and slippers, with towels provided. Shower and change into swimwear before your experience.

Our Spa team will welcome you to The Elements and introduce you to your chosen experience.

For Fire & Ice, you'll move between the infrared sauna, ice bath and periods of rest at your own pace. Take time to pause, breathe and listen to your body throughout your experience.

Stay hydrated and allow yourself plenty of time to relax between each stage.

After your final round, take a moment to rest before continuing with any additional experience you've selected.

Guests enjoying Fire & Ice + LED Recovery will then be guided to the LED Body Cocoon for their final period of relaxation.



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THE SPA AT CHÂTEAU ÉLAN HUNTER VALLEY

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