MEDIA RELEASE

lakecrackenback
resort & spa

Lake Crackenback Resort & Spa takes relaxation to greater heights

Lake Crackenback Resort & Spa in the New South Wales Snowy Mountains has taken the art of relaxation and wellbeing to new heights by upgrading its spa facilities to include an array of alternative therapies and wellness treatments.

In addition to its offering of relaxing massages, beautifying facials, pedicures, manicures and a tempting selection of spa packages to relax, rejuvenate, activate or detox, the centre now offers wellness treatments including massage with the ancient technique of cupping, naturopathy consultations and acupuncture.

Spring and summer is the perfect time to visit Lake Crackenback Resort & Spa and enjoy the natural ambience of surrounding alpine wilderness and soothe the body, mind and spirit.

A special three-night spa indulgence starts from $899 per couple. The package includes three nights in a stylish Mountain View Studio apartment, daily hot breakfast, two specialized spa treatments including the Activate body treatment to rebalance, rehydrate and invigorate the body as well as a Rejuvenate treatment with a massage, facial and hair treatment to make you feel rejuvenated, recharged and revitalized. Every booking receives a spa and wellness pamper gift, free use of resort facilities plus a 10 percent discount on activities and rentals.

Open to day visitors and in-house guests, Lake Crackenback Resort & Spa's luxurious Spa & Wellness Centre features five treatment rooms with contemporary furnishings, stunning mountain views and a deluxe treatment room complete with an infinity-edge bath.

Lake Crackenback Resort & Spa General Manager Scott O'Neile said the resort offers a first-class destination spa experience with a focus on nature and wellness.

"Our Spa & Wellness Centre uses the authentic Australian Spa Collection Waterlily which features only the purest of natural botanical ingredients.

"We are also leading the way in wellness treatments and are one of only a few resort spas in Australia that offer a menu of authentic wellness experiences," he said.

Set on 150 acres, Lake Crackenback Resort & Spa offers a wide range of onsite leisure facilities and activities including a nine-hole golf course, tennis, stand-up paddle boards, canoes and kayaks, archery, scenic walking trails, mountain bike skills course, fitness centre, heated swimming pool and waterfront dining at 'Cuisine at Lake Crackenback' which sources the best and freshest produce for its mouth-watering menu.

The resort's wide range of guest accommodation includes a selection of contemporary one, two and three bedroom apartments with spectacular mountain views, spacious living areas, cosy fireplaces and private balconies.

To book or for more information, call 1800 020 524 or visit www.lakecrackenback.com.au.

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About Lake Crackenback Resort & Spa:

Don’t expect a run of the mill resort experience when you stay at Lake Crackenback Resort & Spa. The property features more than 100 rooms ranging from overwater lake view apartments to mountain-view chalets. Lake Crackenback Resort & Spa is located on the border of the Kosciuszko National Park and is just 15 minutes from the ski-fields of Thredbo or a 15 minute ski tube train ride away from Perisher Ski Resort. A free shuttle bus takes guests to the ski tube each day as the station adjoins the property. When you are not skiing or boarding, you can enjoy the extensive facilities at Lake Crackenback Resort & Spa including an impressive day spa which draws on natural nurturing therapies of the Snowy Mountains, two restaurants and an array of free activities including golf, trampolines, canoeing, tennis, archery and 14 kms of mountain bike and walking trails. Before you leave Lake Crackenback Resort & Spa you should definitely try a Segway Eco Tour where you explore the local bush terrain on a no-emissions personal transporter and discover the winter beauty of the 150 acres of land around Lake Crackenback Resort & Spa on mountain bike. Another must-do activity (not in winter) is to go river sledding on the Thredbo River where you will see the beauty of the region from an incredible aspect: floating down the river on an inflatable sled and experience just a little bit of an adrenaline rush as you negotiate the rapids.