

qualia  
GREAT BARRIER REEF



[www.qualia.com.au](http://www.qualia.com.au)  
Spa qualia P +61 7 4948 9484

Spa qualia treatment menu

## Spa Appointments

Please contact our spa reception who can assist you in creating your unique personal journey from any combination of treatments and rituals. We will endeavour to cater to any special requests you may have wherever possible.

Should you wish to make an advanced reservation (highly recommended), please email Spa qualia at [spa@qualia.com.au](mailto:spa@qualia.com.au) or call +61 7 4948 9484 (ext 89484).

## Opening Hours

9.00am – 7.00pm, 7 days.



## Spa qualia Ethos

We welcome the opportunity to introduce you to Australian authenticity. Our contemporary, yet indigenous approach to spa endeavours to create individual 'you time' through a collection of deeper sensory experiences.

Spa qualia is placed at the heart of the resort and is perfectly situated to catch the soft sea breezes and take in the tranquillity of its beautiful surroundings, making it the ideal place to unwind.

Our spa treatments are thoughtfully designed to rebalance the synergy between mind and body and to capture the essence of Australia and the Great Barrier Reef.

Spa qualia utilises 100% natural, Australian made products, Sodashi and LI'TYA, complemented with PRIORI, the world's most innovative anti-aging skincare brand, to provide the highest quality treatments for our guests.

**SODASHI – meaning 'wholeness, purity and radiance'** – are world-class products for your skin, your body and your soul. Made using the highest quality plant essences and natural ingredients, Sodashi products are formulated using the knowledge and wisdom of natural healing traditions.

**PRIORI – meaning 'from cause to effect'** – is made from the most advanced anti-aging technologies available in the industry. PRIORI provides unparalleled treatments and anti-ageing regimens, to experience a whole new level of skin rejuvenation beyond traditional cosmeceuticals.

**LI'TYA – meaning 'of the earth'** – is a unique range of premium products which integrate indigenous modalities, utilising precious extracts from the Australian earth, its native plants and its spirit, within a tread-light philosophy. Pure botanicals, organic Australian native plants, pure essential oils and no artificial fragrances.

It is our desire to ensure that your visit to Spa qualia will surpass all expectations. We look forward to treating your mind, body and soul.

## Signature Ceremonies

Experience the legacy of Spa qualia with these uniquely designed spa treatments which capture the essence of our location.

With the use of our finest ingredients through melodic rhythm, touch and aromas, you can encounter a one of a kind journey.

**White Haven** *silk ritual, sea mineral exfoliation, pearl and kelp mud wrap, rain shower, hydration massage and facial* **180 mins**

Your escape begins with the flow of white silk caressing your skin and a clarifying sea mineral salt exfoliation restores a glistening glow. Our crushed pearl and kelp body mud harnesses the elements of the ocean to cleanse and nourish, while the outdoor rain shower takes all your stresses away. Our ocean dreaming massage works into your muscles from head to toe with our signature Whitehaven aromatherapy oil. The final touch is our marine facial, which bestows suppleness and clarity leaving you drifting in a world of your own. \$490

**Heart Reef Ritual** *full body massage, Petite facial, warm hair mask, express spa manicure and pedicure* **150 mins**

A relaxing full body massage will allow any unnecessary tension held in the body to float away as rhythmical strokes flow across the body. A Sodashi 'every face' facial, infusing hair mask and scalp massage continues your journey of pure bliss, allowing you to take flight and reawaken with a new glow. Your escape is complete, focusing attention on the hands and feet with a relaxing spa manicure and pedicure. \$400

**Kumali Ritual** *Kumali body scrub, Kumali mud wrap, rain shower, steaming Kumali poultice massage and Kumali moisturiser* **90 mins**

The Aboriginal word Kumali means 'sacred'. These unique Kumali products are signature to Spa qualia containing all that is Australian, a blend of herbs and spices to help relieve muscular aches and tension, and stimulate circulation, refresh the skin and relax the body. Rich earth elements have been chosen specifically for this signature spa journey encompassing an uplifting ground walnut exfoliation and Australian bush essence body wrap. Our aromatic steaming warm ball of native herbs and spices is massaged, pressed and rolled over your entire body with the benefits of these sacred ingredients deeply infusing the body before your skin is sealed with our mineral rich Kumali hydration massage to retain this healing herbal aroma. \$300



## Ultimate Offerings

**Sixth Sense Indulgence** *six hour spa journey and spa cuisine lunch designed especially for you* **6 hours**

Take some well-deserved time out with this personal journey into pure bliss. Let our spa therapists assist in creating a unique experience for you upon booking, to provide an ultimate day at the spa with your chosen combination of spa treatments. Whether your desired focus is relaxation, rejuvenation, stress relief, detoxification or all of the above, the day will be all about you and our wish to indulge your senses. Our qualia chefs will deliver a freshly-made spa cuisine lunch to you, as you continue to relax and embrace the endless serenity of your own spa haven to complement this indulgent day spa experience. \$1000

Our recommended treatment includes a Naturopath consultation, body exfoliation, massage, spa cuisine lunch, facial, manicure and pedicure. However with an abundance of choices including indigenous experiences, couples indulgences and signature treatments, just to name a few, it is entirely up to you to decide how you would like to create your individual spa journey.

**Intuitively You** *three hour spa journey and spa cuisine lunch designed especially for you* **3 hours**

Enjoy three luxurious hours and a nutritional spa cuisine lunch, created by our Executive Chef, in the tranquil surrounds of Spa qualia. This ideal escape allows you to select your choice of spa treatments, or let our expert therapist assist you to decide what is uniquely for you. You will be drifting away into a state of total trance. \$550



## Time for Two

**Wine Lovers** *signature couples treatment - chardonnay massage, vinothérapie body scrub, pinot noir body scrub, pinot noir/champagne body mask, rain shower, Petite facial, drifting scalp massage, burgundy bath soak, complete with a fresh tropical fruit platter and bottle of wine for two* **180 mins**

Take time together to indulge in a chardonnay massage before succumbing to a vinothérapie body scrub, rich in antioxidant properties to exfoliate and renew the skin. You are then enveloped in the detoxifying properties of a pinot noir body mask allowing you to drift off, while a moisture-rich hair and scalp mud is skilfully massaged into the scalp as the body mask infuses. A Petite spa facial revitalises the skin before soaking into a vinothérapie bath whilst enjoying your chosen wine and fruit to complement this indulgent experience. \$1100 per couple

**Sweet Moments** *couples bath soak, vino choc massage, drifting scalp massage, grounding foot massage* **120 mins**

Spend some quality relaxation time with your partner as you slip into a soothing aromatic bath to hydrate the skin and relax the body, while you enjoy a chocolate platter and glass of Champagne. In your couples suite, your therapist will perform an aromatherapy massage with our sweet chocolate spice massage oil as rhythmical massage techniques release any tension stored in the body. Our signature drifting scalp massage and grounding foot massage will complete your journey followed by a spa tea refreshment guaranteed to leave you both rejuvenated and adjusted to 'island time' together. \$700 per couple



## Indigenous Offerings

**Mala Mayi** *native salt body exfoliation, earth elements mud wrap, Paudi hair and scalp treatment, Kodo massage* **90 mins**

Unwind, invigorate and celebrate as a drizzling of oil and a sprinkling of desert salt begin this divine experience. The pure embrace of your chosen body mud takes you on a journey far away, while fingertips massage a warm quandong mask into your scalp. Finally, the spiritually uplifting and rhythmic Kodo massage works in unison with your deepest needs for a profoundly indigenous connection. \$290

**Bularri Yarrul Journey** *warm stone massage, Petite facial, Paudi scalp massage and infusing hair mask* **150 mins**

Create some individual 'you time' with one of Spa qualia's unique signature treatments. Rebalance the synergy between mind and body while the weight and warmth of naturally formed stones work through layers of physical, mental and emotional tension with a full body warm stone massage. Native ingredients and pure botanicals enliven the skin with a Sodashi facial before being treated to a Paudi scalp massage with our native quandong hair mask to bring complete serenity to your body, mind and soul. \$400

## PRIORI Facials

With PRIORI, you will experience a new level of skin rejuvenation beyond traditional cosmeceuticals. PRIORI treats aging at its source, thereby delivering the most effective results.

**CoffeeBerry Yoga Facial** *a natureceutical facial with dramatic anti-ageing skincare benefits* **60 mins**

Soothe the senses, treat the skin and revive the soul with a holistic treatment that helps to banish signs of stress and ageing from the skin. Bringing together yoga therapy techniques and the benefits of the revolutionary PRIORI CoffeeBerry products to recharge your energy while boosting your skin moisture levels. \$200

**AHA/LCA Replenishing Facial** *anti-ageing power facial for dehydrated skin* **60 mins**

A superior boosting facial to refine the skin texture with a combination of gentle AHAs and exfoliating beads. Deeply hydrate and protect the skin with natural skin moisturisers and essential vitamins. Leaves skin softer, smoother, clearer and more radiant. \$200

## PRIORI Skin Peels

**CoffeeBerry Enzyme Peel** *nature's most potent anti-aging botanical* **30 mins**

Natural anti-ageing skincare with results! Suitable for all skin types, it leaves skin radiant and improves the skin texture, making fine lines and wrinkles less visible. It deeply replenishes skin hydration, evens out skin tone and reduces pigmentation. \$120

**AHA/LCA Skin Renewal Peel** *the proven multi-layer skin renewal system* **30 mins**

This peel treats fine lines and wrinkles and is designed to deeply exfoliate the skin and increase its natural ability to retain moisture. Suitable for all skin types, the result is visibly smoother, firmer, younger-looking skin. \$120



## Sodashi Facials

Sodashi facials include the finest ingredients sourced from around the world to ensure the highest quality product and visible results. Allow our therapists to analyse your skin and recommend one of the following facials.

**Samadara** *ultimate age defying facial - a high performance facial and eye treatment for mature skin* **105 mins**

Turn back time and transform your skin with this intensely hydrating treatment. Using a sequence of timeless anti-ageing techniques ingrained in ayurvedic healing traditions, this treatment is designed to reawaken the skin's natural healing energies. A rose-quartz crystal facial massage enables Sodashi's powerful Ultimate Age-Defying Creme to penetrate deeply into the skin for maximum benefit leaving the skin plump, radiant and renewed. \$350

**Aquum Elixir** *rejuvenating facial - thermal infusing mask and eye treatment for dehydrated skin* **90 mins**

In an intensive boost, Sodashi's exclusive warm infusing mask maximises penetration of essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to nourish, purify and deeply cleanse, leaving your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial - it is nature's facelift. \$260

**Coral Blush, Adorie or Ocean Kiss** *a tailored facial to suit your skin's needs* **60 mins**

*Coral Blush* – 'every face' facial which balances, cleanses and hydrates for radiance. \$200 each

*Adorie* – calming facial which rebalances sensitive, irritated and reactive skin.

*Ocean Kiss* – balancing facial which repairs problematic and congested skin.

## Body Elements

**Green Tea Revival** *green tea exfoliation, rain shower, foot and ankle massage, Petite facial, eye treatment* **150 mins**

Revitalise yourself with this invigorating treatment, designed to revive even the weariest traveller. Guaranteed to relax and refresh a tired body, it will boost mind and body leaving you feeling ready to face the world again. An antioxidant rich green tea body scrub followed by a ginger and lemongrass full body hydration will restore the skin's radiant glow. A stimulating foot and ankle massage increases circulation and relieves tired, achy legs, while your skin and eyes will be instantly brightened and uplifted with a Sodashi facial and eye treatment. \$400

**Heaven Scent** *hydrating milk and honey body wrap, rain shower, full body massage, spa facial, drifting scalp massage* **120 mins**

Pure relaxation and indulgence starts here with our aromatic milk and honey body wrap cocoon, chosen to nurture precious skin. After experiencing the outdoor rain shower, be caressed by a delicious white chocolate and organic cocoa butter hydration treatment to soothe and nourish the body. Then our Sodashi calming facial treatment and scalp massage will send you into heaven, as pure botanicals infuse and repair the skin and relax the mind. This treatment is perfect for mothers-to-be or the ideal after sun treatment. \$350

**Beach Body** *body brush, toxicleanse massage, contour wrap, scalp massage, rain shower, contour gel and lotion* **90 mins**

Body brushing and a cellulite-specific massage stimulate circulation prior to the application of a warm body mask, rich in marine extracts and plant essences. As you drift off with a relaxing scalp massage, the active ingredients work on your lymphatic system and assist in the removal of toxins which are a common cause of cellulite and uneven skin tone. After a rain shower, Sodashi's specialised contouring gel and cream are massaged into the skin, penetrating essential oils to aid the look and feel of smooth, toned skin for a totally firm beach body finish. \$290



**Soothing Body Scrubs** *full body exfoliation, rain shower, hydration massage* **60 mins**

Choose one of our LI'TYA native salt scrubs complete with a nutrient-enriched cherry alder hydration treatment.

*Native Mint Salt* - an intense and invigorating exfoliation leaving the skin smooth and luminous.

*Lemon Myrtle Salt* - a stimulating and detoxifying exfoliation revealing a soft fresh glow to the skin.

*Wild Rosella Salt* - a gentle exfoliation to aid circulation and smooth sensitive skin. \$

\$200 each

**Driftaway Ritual** *refreshing Sodashi facial, de-stress massage* **90 mins**

Combine two of our most popular treatments to rebalance the body and revitalise the skin. Begin with our aromatic massage utilising a combination of pressure points and spiralling movements which will ground, uplift and relieve any muscular aches and pains. Once rebalanced, continue to unwind as our pure native ingredients infuse the face renewing, hydrating and repairing the skin. \$270



## It's a Man's World

**Wild Oats** *full body salt scrub, rain shower, hydrating back massage, spa facial, scalp treatment, hand and foot treatment* **180 mins**

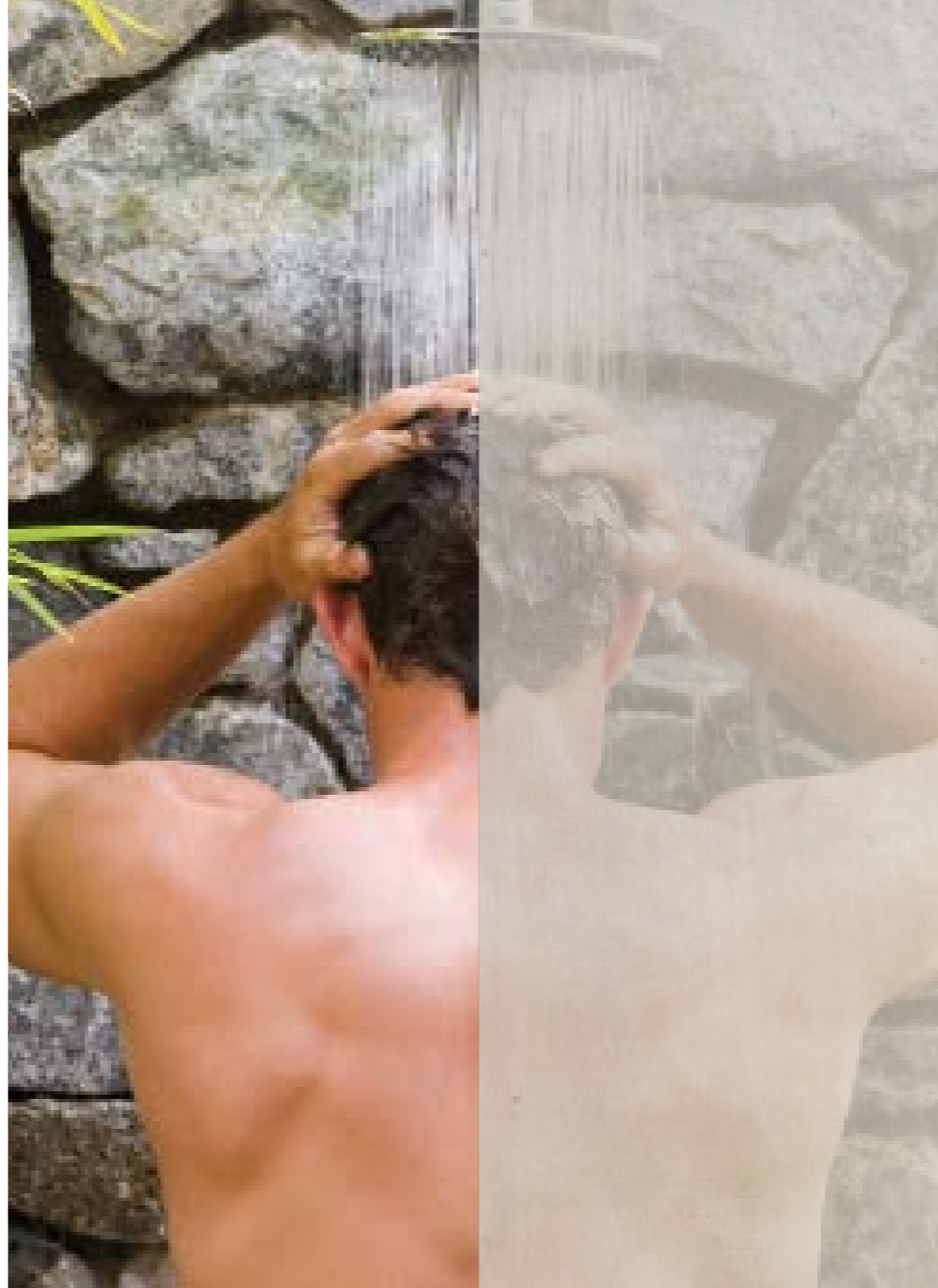
This dedicated treatment designed 'just for him' will allow you to cruise into holiday mode. Unwind as the sea salts scrub the body clean, before a massage takes you to a quiet sanctuary of no worries. Continue to relax as our spa facial especially tailored to men's skin, including a cleansing and relaxing scalp treatment, will keep you floating along. Finally the hands and feet will be tidied up in true blue style with an express buff, file and massage putting the wind back in your sails and completing your well-deserved time out at Spa qualia. \$490

**Earthy Encounter** *LI'TYA detoxifying mud wrap, warm stone full body massage, rain shower* **90 mins**

A slathering of warm mineral-rich mud is massaged over your entire body infusing the skin with antioxidant properties and hydration. Warm stones follow the mud in a rhythmic massage providing warmth and relief to the muscles, taking you on a deep primordial journey. The outdoor rain shower will cleanse the body and soul on completion. \$290

**Executive Man** *back, neck and shoulder massage, hand and foot treatment* **75 mins**

Begin this treatment with a foot soak, before moving on to a hand exfoliation, arm massage and some nail and cuticle attention. Your feet are then scrubbed, massaged and nails and cuticles tidied before rounding off with a back, neck and shoulder massage to relieve all tension held in the upper body. Guaranteed to leave you feeling like a champion. \$270



**Mankind** *performance facial - double cleanse, tone, exfoliation, mask, hydration - specific to men's skin* **60 mins**

Designed especially for men, this sophisticated treatment incorporates soothing mists and woody aromas with a deep cleansing and exfoliating facial, which balances the skin and assists in preventing ingrown hairs. Pure botanicals infuse the skin with a purifying mask while a relaxing head and scalp massage and steam compress lets you drift away. Finished with our sleek hydration face massage to ease tension and create a firm and toned jaw line, after this high performance treatment you will definitely leave refreshed and de-stressed. \$200

**Sports Pro** *warming mud back pack, deep release massage to legs, back, neck and shoulders* **90 mins**

A warming mud back pack is applied to assist with muscular aches and pains; whilst the mud is soothing aching muscles, a strong pressured massage is performed to the backs of the legs. The whole back of the body is then intuitively worked on, including stretches and pressure points to assist with any tension and stress build-up held within the body. \$270

*Please note: For the most comfortable results, we recommend shaving approximately two hours before a facial.*

*While this page has been dedicated to the attention of men, please rest assured there are no limits and you may choose any other treatment from our spa menu.*

## Quintessential Massage

**De-Stress** *back, neck, shoulder, scalp massage*

**45 mins**

Focusing purely on the upper body, this massage is perfect for those who deserve some time out of their busy schedule, providing the body with some much needed rejuvenation. Everyday stress can cause tension in the muscles of the upper body. While out of the office take the opportunity to relax, unwind and begin your holiday stress-free. \$135

**LI'TYA Kodo** *aromatherapy massage*

**60 / 90 mins**

Kodo meaning 'melody' realigns your energy flow for holistic wellness. This rhythmic body massage is inspired by Aboriginal techniques using a relaxing combination of pressure points and spiralling movements which ground and uplift, working to relieve muscular aches and pains. Choose an aromatic oil for a complete sensory journey. \$175 / \$235

**Pure Intuition** *bespoke massage*

**60 / 90 mins**

Rediscover yourself with this relaxing full body massage combining a synergy of massage techniques and healing modalities with a flow of smooth massage strokes. Expect to unwind, relax and restore the body as this guided massage focuses on re-grounding the soul and rejuvenating the mind. \$175 / \$235

**Deep Release** *remedial sports massage*

**60 / 90 mins**

Open and free your body. Our experienced therapists will work on your deeper anatomy to aid in the recovery of injuries. They will also work through other areas that are causing you pain or restrictions in movement. This massage is excellent for the general sports enthusiast and anyone who prefers a firm to deep massage. \$195 / \$255

**Maternal Goddess** *pregnancy massage*

**60 / 90 mins**

Sink into your centre. This nurturing and rhythmic body massage is inspired by Aboriginal dreamtime to tone and realign energy flow, thereby enhancing balance and wellness. A gentle combination of LI'TYA Kodo massage with spiralling movements grounds and uplifts, while the utmost care is taken by our highly skilled therapists to ensure relaxation time is found. 🌀 \$195 / \$255

*Please note: A pregnancy cushion is used for safety and comfort and is only available from 12 weeks gestation onwards.*

**Bularri Yarrul** *means 'warm stones'*

**90 mins**

Dissolve stress and fatigue. This gentle, timeless treatment uses the weight and warmth of naturally formed stones to work through layers of tension on a physical, mental and emotional level. As you absorb 'jiva' - the unseen vibrating energy carried within each ancient stone - your busy mind will find peace, your body will experience relief and your heart will discover joy with this heavenly full body massage treatment. \$270





## Footprints and Fingerprints

**Tribal Dance** *pedicure – foot soak, exfoliation, pumice, mask, nail and cuticle work, foot massage and polish* **60 mins**

Connect to mother earth and let your soles dance through a deeply relaxing foot soak, exfoliation, heel buffing and toe pampering. A choreographed massage and nail polish conclude this holistic experience. 🌀 \$150

**Hand Print** *manicure – hot compress, exfoliation, mask, nail and cuticle work, hand massage and polish* **60 mins**

A nurturing hand soak and delicate exfoliation prepare your hands and fingertips for focussed attention. A herbal kelp hydrating polish blended with a massage, leaves your skin silky soft. Complete your manicure by choosing one of our nail colours for a beautiful fingerprint finish. 🌀 \$150

**Tip to Toe** *express manicure and pedicure combination* **90 mins**

Enjoy the best of both worlds with attention focused on addressing the hands and feet. This treatment includes a relaxing and hydrating hand and foot massage, nail buff, shine, file, finished with your choice of polish. Perfect for those in need of some pampering or preparing for a special occasion. 🌀 \$240

**Mani's and Martinis** *deluxe spa manicure and spa pedicure with a martini or Champagne* **120 mins**

This luxurious treatment represents the ultimate indulgence in nail care, including a deluxe spa manicure and spa pedicure. Sit back and relax with your choice of either French Champagne or a martini while indulging in this nail ritual that will have your hands and feet feeling renewed and rejuvenated. Performed in your choice of a single or double room, let our team beautify your hands and feet while you lap up the scents and surroundings, allowing you to enjoy some of the many great things in life. \$300

**Gel Nail and Shellac Nail Removal** \$40 **20mins**





#### **Additional Indulgences**

Add an extra special touch of relaxation and pampering to your spa treatment by selecting an indulgence from the menu below.

#### **Drifting** *scalp massage and infusing hair mask*

**30 mins**

Surrender your senses as stress and tension is released with a luxurious and moisture-rich scalp mask, skilfully massaged through the hair. Drift away as your hair is wrapped in a hot towel to deeply nourish and restore a silky shine, leaving your mind relaxed and rejuvenated. 💰 \$80

#### **Grounding** *foot and ankle massage*

**30 mins**

Ideal for all walks of life - take a load off and relieve hard-working feet and ankles with this dedicated and detailed massage. Rhythmic massage and pressure point moves aid circulation, relieving tension from the soles to the calves, while the mind relaxes. Perfect for the long haul traveller or after walking the island's hills. 💰 \$80

#### **Awakening** *eye mask treatment*

**30 mins**

For a sparkling, visible result, lift and brighten your eye area with this intensive boost. Relax as the face is cleansed and toned before a white clay thermal mask actively infuses pure botanicals into the skin, deeply nourishing the delicate eye area. An eye-lifting gel and eye smoother finishes this deluxe treatment, minimising the appearance of fine lines, dark circles and puffiness caused by everyday elements. 💰 \$80

*Please note: Additional beauty treatments including tinting and waxing are available upon request.*

*Please call the Spa reception on +61 7 4948 9484 (ext 89484) for further information.*



## Mind Body and Soul

### Naturopath Consultation and Live Blood Analysis (Hemaview)

90 mins

Discover the state of your health with a Naturopath consultation and live blood analysis. Your Naturopath will take a small prick of blood from your finger to review under the microscope. Looking at the blood cells in this way provides an indication of the state of your general health by uncovering nutritional deficiencies and body systems that are not functioning optimally. These include digestion, the immune system and liver function. This session also includes a copy of your blood analysis along with a suggested treatment plan. \$225

### Naturopathy

60 / 90 mins

Spa qualia offers consultations with our highly trained Naturopath who will consider your current lifestyle, diet and general wellbeing. Each consultation includes a comprehensive nutritional and body composition analysis to investigate important metabolic markers of your health including specific areas of interest such as detoxification, iridology, sports performance, immunity, ageing, stress, pregnancy and weight loss. You will leave with a personally tailored wellness plan to guide you on the path to increased energy, vitality and balance. This is a great opportunity for you to put your health first while you have the time this holiday. \$150 / \$210

### Iridology

60 mins

Iridology consultations are available with our experienced Naturopath. Do you need more energy, better quality sleep, improved digestion, decreased stress-levels, or improved health? Our qualified Naturopath can help you. Iridology is an alternative medicine technique where patterns, colours, shapes and other characteristics of the iris, sclera and pupil are examined to obtain information about a person's health and wellbeing. \$150

### Live Blood Analysis (Hemaview)

30 mins

Looking at the blood cells in this way produces an indication of the state of your general health by uncovering nutritional deficiencies and body systems that are not functioning optimally. These include digestion, the immune system and liver system. The consultation includes instant vision of your blood analysis with a copy of this report and a suggested treatment plan to take home. \$95

### Wellness/Naturopathy Seminars

Complimentary

Our resident Naturopath will take on an informative journey to discuss topics such as healthy living, nutrition, detox, acid/alkaline balance in daily life, mindfulness and iridology. Relax and learn in the tranquil environment of Spa qualia. Please see Spa Reception or Guest Services for scheduled seminars.



### Ashiatsu *meaning foot pressure*

60 mins

Experience a deep compression massage like no other with our specialised Ashiatsu therapist. Using overhead bars for support the feet, not hands, are used to bring about structural change. At Spa qualia the Ashiatsu therapy is performed in the serene Yoga Pavilion where you can relax in the tranquil surroundings. \$200

### Thai Massage

60 mins

Performed in the tranquil Yoga Pavilion on a futon wearing comfortable clothing, this ancient healing technique is a must to experience. A combination of massage and assisted stretching will leave you feeling rebalanced. \$175

### Reflexology

60 mins

Also known as zone therapy, reflexology aims to rebalance the body via applying pressure to specific points on the feet that correspond to various structures and organs. \$175

### Reiki

60 mins

A non-invasive and gentle, yet powerful, method of healing to rebalance the body, mind and soul. \$175

### Cupping Therapy

30 mins

Associated with Chinese therapy and the acupuncture system, cupping alleviates muscular aches and pains and will leave you feeling completely restored. Spa qualia recommends adding cupping to a 60 minute massage. \$90

### Digestive Massage

30 mins

Feeling tired and sluggish? A digestive massage may be just for you. Tension and negative emotions can build in your digestive system creating imbalances in the digestive organs. This massage will aid in rebalancing and energising your body. \$90

### Personal Yoga Therapy

60 mins

Your experienced yoga instructor will tailor a sequence suited to benefit your body, mind and spirit. A take home program will be created for you to continue your yoga journey when you return home. \$120

### Personal Training

60 mins

Be the best you can be. Our personal trainers include inspiration, motivation and education into each training session or a personalised program can be designed to meet your specific goals and desires. Alternatively, you may simply choose to have one or more training sessions to keep you fighting fit and motivated while you enjoy your holiday. Personal training sessions are available and provided by our expert team at the Hamilton Island Sports Club. Please note advanced bookings are required. A list of current classes is also available.

## Mind Body and Soul

### The Irresistible Detox Package

**3 / 5 day package options available**

Is it your time to cleanse? In our busy, fast-paced lifestyles our bodies are up against toxins from stress, poor diet, pollution and much more. By cleansing and detoxing the body, you will discover weight loss, more energy, less health issues and a happier you.

#### 5 day package inclusions

- 1 x 90 minute naturopathy consultation, focussed on detox
- 1 x 90 minute signature spa detox treatment - Beach Body Spa Ritual
- 1 x 90 minute warm Stone Massage or treatment of choice
- 1 x 60 minute meditation or private yoga class
- Personalised take-home detox gift bag with cleanse and clear booklet, 1 x Metagenics G-Tox, 1 x Metagenics Thermophase, 1 x Planet Earth Maca Powder and 1 x Bush Flower Essence to continue your detox progress
- Enjoy the daily morning yoga classes to rejuvenate the body, mind and soul - 8.15am at Spa qualia
- Enjoy a freshly prepared 'Super Green' cleansing juice, prepared for you daily at breakfast (includes G-Tox supplement)

\$895

#### 3 day package inclusions

- 1 x 90 minute signature spa detox treatment - Mala Mayi Spa Ritual
- 1 x 60 minute naturopathy consultation focussed on your current health and a detox plan
- 1 x 30 minute Digestive Massage or Cupping Therapy
- Personalised take-home detox gift bag with cleanse and clear booklet, 1 x Metagenics G-Tox, 1 x Metagenics Thermophase, 1 x Planet Earth Maca Powder and 1 x Bush Flower Essence to continue your detox progress
- Enjoy the daily morning yoga classes to rejuvenate the body, mind and soul - 8.15am at Spa qualia
- Enjoy a freshy prepared 'Super Green' cleansing juice, prepared for you daily at breakfast (includes G-Tox supplement)

\$595

\*Each Spa Detox Package includes an initial 30-minute wellness consultation to help personalise and plan your retreat, to suit your preferences and goals.



## Spa Etiquette

### Arrival

Please arrive at the spa at least 15 to 30 minutes prior to your appointment. This will allow you the time to use the steam room, have a shower, complete a consultation, enjoy a welcome drink and relax.

*Please note: Your late arrival may compromise the full length of your treatment, as we endeavour to remain on schedule as a courtesy to each and every guest.*

### Cancellations

If you need to reschedule or cancel an appointment, please notify the spa at least 6 hours prior to your treatment. Failure to do so will regrettably result in a 100% cancellation fee.

### Health

Your health and wellbeing are our top priority. Therefore, it is essential for you to inform us of any health conditions which may affect your treatment choices.

*Pregnancy: Certain spa treatments are not recommended during the first trimester of your pregnancy. Please see various treatments in the spa menu marked with a ⚠ which have been identified as safe for pregnant clients. It is appreciated if you are pregnant to please advise the spa reception upon booking, so a suitable therapist and treatment can be prepared for your special circumstance.*

### Privacy

Our caring and professional therapists have the utmost respect for your privacy and will keep any personal information completely confidential. It is our intention to provide a safe, healing environment based on trust – a peaceful sanctuary where you can truly enjoy this unique experience.

### Attire

Please wear what makes you feel most comfortable. Upon arrival you will be provided with a personal locker, bathrobe, slippers and disposable underwear. Please wear a towel or swimwear when using the steam room.

### Valuables

Lockers are provided in the change rooms for your convenience however we highly recommend leaving valuables and jewellery in the safe at your pavilion.

### Spa Manners

As a kind consideration to all spa guests, we keep noise to a bare minimum at all times. Mobile phones and cigarettes are considered contraband in a spa environment.

### Critique

We value your feedback and greatly appreciate any comments you wish to share about your spa journey.

### Payment

We accept EFTPOS and all major credit cards. In-house guests may charge spa spending to their room account.

### Additional Holistic Menu

Please contact Spa qualia reception to discuss any special requirements or treatment requests. Additional modalities are subject to change dependent on current Spa qualia therapists.

### Gift Vouchers

Give the gift of sparkling health, beautiful skin and total rejuvenation with a Spa qualia gift certificate. Available at the spa reception or by phone purchase.

### Salon Services

For all hair, beauty and salon appointments, please call Island Hair & Beauty on 07 4946 8244. Additional Salon services include special occasion make-up, hair up-styles and spray tans. Located on the resort side of the island. VIP transfers available from qualia and in-pavilion services are available upon request. Bookings essential.

### Retail Therapy

Complement your spa experience or create the Spa qualia ambience in your own home, with our beautiful selection of Australian products. Please ask your therapist to recommend which are suitable for you, or visit the spa reception to view our beautiful range available for men and women of all ages.