



Spa qualia treatment menu





### Spa qualia Ethos

'qualia' is a Latin word for 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 tranquillity of the beautiful surroundings, making it the ideal place to unwind. Our contemporary yet natural approach to spa aims to create individual 'you time' with holistic therapies to engage the senses.

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

### Spa Appointments

Booking an appointment is highly recommended.

**Phone** 07 4948 9484 (ext 89484)

**Email** [spa@qualia.com.au](mailto:spa@qualia.com.au)

**Website** [qualia.com.au/spa](http://qualia.com.au/spa)

**Opening Hours** 9.00am – 7.00pm, 7 days

### Spa Products

Spa qualia utilises Australian ranges Sodashi, LaGaia UNEDITED, People4Ocean and Hunter Lab, which embody our ethos with luxe, contemporary, natural and effective ingredients.

**Sodashi** - means 'wholeness, purity and radiance'. Australian world-class products for your skin, body and soul using the highest quality plant essences and therapeutic grade essential oils sourced from around the world. Sodashi products are formulated using the knowledge and wisdom of natural healing traditions.

**LaGaia** - a pH balanced, scientifically-formulated skincare range delivering potent vitamins, botanical extracts and precious gems from nature to provide unsurpassed results.

**People4Ocean** - a natural 100% reef safe sun system formulated in collaboration with marine biologists. Sustainable ingredients combined with spa-grade formulas provide protection against UV-rays, while excluding all ingredients proven harmful to oceans and people.

**Hunter Lab** - crafting the very best of Mother Nature with green science to create super natural skincare focused on absolute effectiveness and pleasure of use. Harnessing the highest quality extracts, oils and active ingredients, and packed with the nourishing minerals, vitamins and antioxidants the skin craves.



## Signature Spa qualia Experiences

Experience the legacy of Spa qualia with these uniquely designed spa treatments which capture the essence of our pristine location. With the use of our finest ingredients and through melodic rhythm, touch and aromas, you will be taken on a journey of the senses.

### Driftaway Sensory Journey

**1.5 hours**

*Full body aromatic massage, petite Sodashi facial and hair and scalp treatment*

Combining our most popular therapies to unravel tension and revitalise the skin, this ritual will be sure to have you adjusted to 'island time'. A full body massage with our signature qualia essence oil will relax your body, and a nourishing hair and scalp treatment will calm your mind. Your journey is complete with a bespoke Sodashi facial customised to suit your skincare needs and have you looking and feeling brilliant. \$345

### qualia Essence

**2 hours**

*Warm stone foot zone therapy, full body signature massage, awakening eye treatment and pressure point scalp therapy*

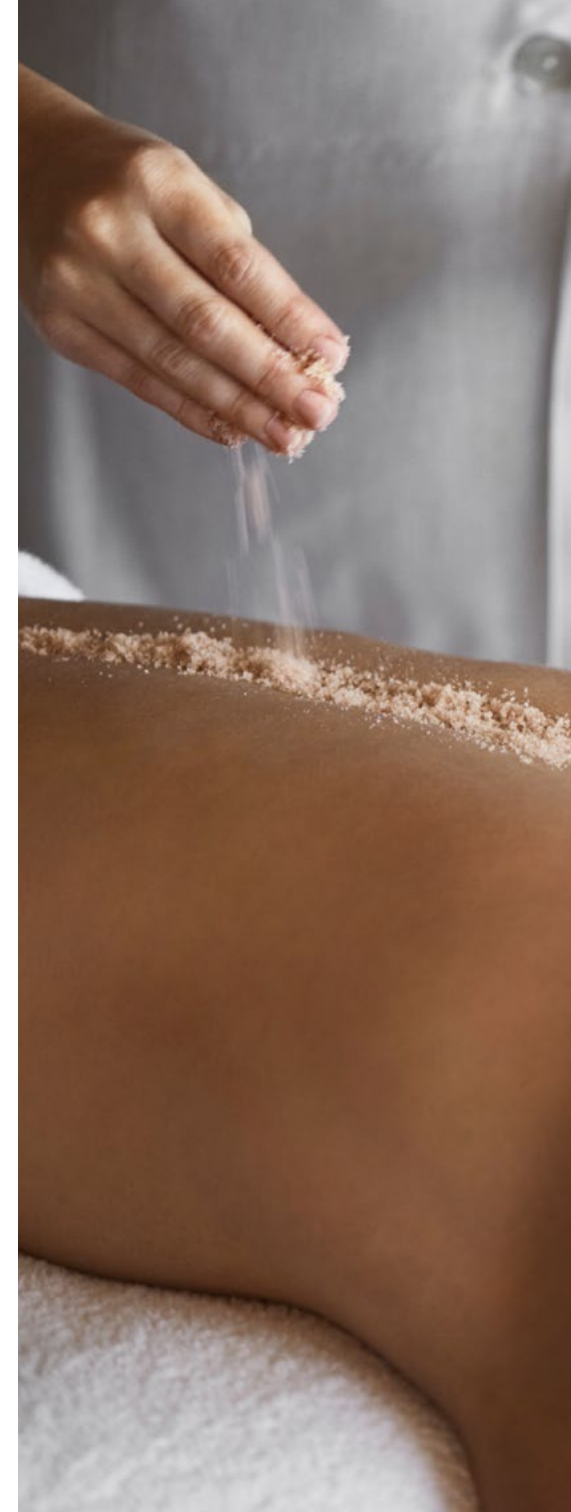
Experience the essence of qualia with our signature massage ritual. Using our custom made aromatic oil blends, this collection of deeper sensory experiences begins with warm stone foot zone therapy, invoking a leisurely stroll along serene Pebble Beach with sun drenched stones underfoot. A deep, rhythmic full body lomi-style massage, incorporating subtle stretches, releases and realigns the body from head to toe. Complete with an awakening warmed quartz crystal eye treatment and pressure point scalp therapy to melt away your cares and embody the tranquillity of qualia. \$445

### Whitsunday Escape - the essence of the Great Barrier Reef

**3 hours**

*Full body exfoliation and mud wrap, private rain shower, aromatic full body massage, heat therapy, hair and scalp treatment, marine mineral facial and moisturisation*

Capturing the essence of the Whitsundays, this signature treatment will engage your senses in the aromas of our pristine environment. Revitalise your skin with a bamboo and macadamia exfoliant, replenish lost minerals with a kaolin clay balancing body masque, and be cocooned in the warmth of the islands with focused heat therapy to melt away areas of tension. After some 'you time' in our private outdoor rain shower, flowing massage techniques create the sense of soft waves caressing your body and the warmth of the sun on your skin. Luxuriously rich lapis crème hydrates the skin, then a deeply nourishing hair and scalp treatment is applied. Complete with a brightening marine mineral facial for ultimate radiance. \$675





## Couples Bath Indulgences

### **Botanica** - couples bath suite package

**2 hours**

*Awakening temple treatment and full body massage, private use of aromatic mineral roman bath with fresh juices and a superfood fruit platter*

Experience the ultimate in luxury and wellness with a full body massage followed by our unique and nourishing awakening temple treatment. Combining a decadent blend of rare botanical extracts oud, frankincense, rose and sandalwood with focused massage techniques to the temples, third eye, neck, shoulders and feet, this treatment will calm the nervous system and elevate the mind. Soothe and replenish the mind and body in an aromatic mineral roman bath and enjoy a detoxifying fresh juice and superfood fruit platter to have you feeling cleansed and renewed inside and out. \$915 per couple

### **Cacao Indulgence** - couples bath suite package

**2 hours**

*Full body aromatic cacao infused oil massage, hair and scalp treatment and private use of roman bubble bath with chocolate platter and champagne*

Spend some quality relaxation time with your loved one in a private bath suite and indulge your senses with an aromatic cacao full body massage, deeply relaxing and releasing any tension stored in the body. A moisture-rich hair and scalp treatment will calm your mind and have you floating in a state of bliss. Complete your experience with an aromatic bubble bath complemented with a glass of champagne and chocolate platter, leaving you both rejuvenated and adjusted to 'island time' together. \$915 per couple

Upgrade your package with a kaolin clay balancing body masque and foot massage for an extra 30 minutes. \$125 per person

### **Vinothérapie** - couples bath suite package

**3 hours**

*Full body relaxation massage, body exfoliation and masque, facial, hair and scalp treatment, private use of rain showers and roman bath, fruit platter and your choice of champagne or pinot noir*

Indulge in qualia's signature couples package with a full body relaxation massage, pinot noir body exfoliation and kaolin clay mineral body masque rich in antioxidant properties. Cocooned to allow the masque to penetrate and infuse your skin with nutrients to firm and illuminate, a moisture-rich hair and scalp mask is massaged into the scalp as the body masque absorbs. A petite Sodashi facial revitalises the skin before you sink into an antioxidant infused bath and enjoy your choice of champagne or pinot noir and a seasonal fruit platter. \$1,360 per couple

## **Mother to Be**

Spa qualia offers a wonderful selection of treatments that can be catered to pregnant guests. Tailored to suit each stage of pregnancy, select from the following nurturing, luxurious spa indulgences to ease and support you on your way to motherhood:

The below listed options are suitable from 12 weeks gestation.

Awakening Temple Treatment (modified)

Driftaway Sensory Journey (modified)

Body Brilliance + refining body masque

After Sun Soother

Pregnancy - maternal massage 60 / 90 minutes

The below listed options are safe throughout entire pregnancy.

Soul to Sole (modified)

Bespoke, Brightening Marine Mineral, Thermal Infusing and Samadara facials

Hand Print Manicure, Foot Print Pedicure and Classic Manicure and Pedicure

Express facial, Drifting Scalp Therapy and Thermal Eye Brightening Treatment additional indulgences

*Please see the full descriptions throughout this treatment menu.*









## Body Therapies

### **Body Brilliance** - vanilla and sandalwood

**60 minutes**

This highly fragrant, gentle all over body exfoliation soothes and calms the mind and body while revitalising and hydrating the skin. Sodashi's vanilla body exfoliant buffs away dry skin while key ingredient sandalwood eases tired and aching muscles. A closing application of a decadent and creamy vanilla body butter deeply hydrates and infuses a beautiful fragrance into the skin. \$245

Ritualise with a 30 minute pink clay refining body masque to tone and firm. \$130

*This treatment is safe and effective during pregnancy.*

### **Body Balance Salt Therapy** - himalayan salt and plant essences

**60 minutes**

Bring your body back to balance with a full body exfoliation and moisturisation to achieve the ultimate glow. This treatment begins with warm soothing oils massaged into the skin, followed by a himalayan salt and plant essence therapy exfoliation designed to relieve stress and fatigue, while gently stimulating the body's circulation. Complete the experience with a luxurious jasmine and rose body lotion massage application. \$245

Ritualise with a 30 minute pink clay refining body masque to tone and firm. \$130

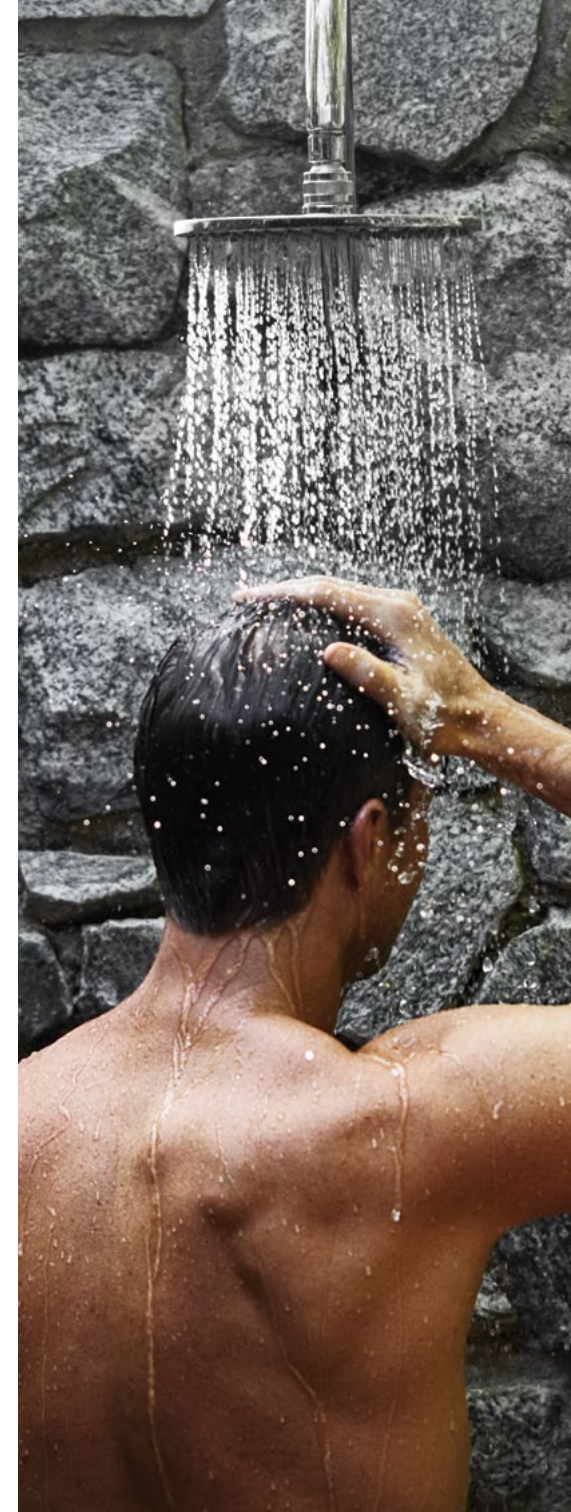
### **Body Renewal** - bamboo and macadamia

**60 minutes**

This earthy and refined full body treatment begins with our bamboo and macadamia exfoliant to gently cleanse and renew the skin, followed by a deeply hydrating application of blue stone lapis body cream rich in shea butter, vanilla and citrus notes to leave you feeling nourished, refreshed and renewed. \$245

Ritualise with a 30 minute kaolin clay balancing masque to further enhance the nourishing properties of this treatment. \$130

We recommend adding an extra 30 minute massage to our body therapies for pure indulgence. \$125







## **Body Rituals**

### **Soul to Sole**

**60 minutes**

This collection of therapies begins with an aromatic steaming head wrap and an enriching massage application of our hair and scalp mud to relieve tension, providing essential nutrients and leaving the hair soft and shiny. The hands and lower arms are treated with a gentle and fragrant vanilla body exfoliant and geranium and lavender hand cream to nourish and soften. Finish with a soothing mint and arnica foot cream to increase circulation and relieve tired aching legs and feet. \$245

### **After Sun Soother**

**60 minutes**

Cool and repair sun damaged skin with this ultimate hydration boost. Copper peptides, aloe vera and vitamins are infused into the body, scalp and face, replenishing lost moisture and taking the sting out of the sun's harsh rays. Calming, soothing and hydrating your sun-kissed skin back to dewy freshness, while simultaneously relaxing the mind with a gentle yet therapeutic pressure-point head and neck massage. \$245

### **Contouring Body Ritual**

**120 minutes**

Begin with a full body dry brushing and targeted invigorating massage techniques to areas of concern to stimulate circulation, before an application of a warm body masque rich in marine extracts and plant essences to firm and tone. As you drift off with a relaxing hair and scalp treatment, the active ingredients work on your lymphatic system and assist in the removal of toxins, which are a common factor contributing to cellulite formation and uneven skin tone. Relax under your private outdoor rain shower, and complete with a specialised contouring gel and lotion application for a firm and glowing beach body finish. \$445







## Sodashi Facial Therapies

### Bespoke Facial

**60 minutes**

Our bespoke facial uses Sodashi's luxurious and potent plant and aromatherapy synergies. Our therapists will assess your skin and tailor a personalised treatment, infusing plant actives for optimal skin health. Suited for all skin types, our products calm redness, purify congestion, balance and repair, nourish and revitalise for glowing, beautiful skin. \$245

### Brightening Marine Mineral Facial

**75 minutes**

Bring life back to your skin with this revitalising, brightening facial. Utilising marine plants seaweed and spirulina, this facial is designed to oxygenate the skin, restore and increase radiance and add a natural glow. A warmed face mask will be painted onto the skin and left to infuse while you enjoy an arm, hand and scalp massage for ultimate relaxation and restoration. \$300

### Thermal Infusing Facial

**90 minutes**

For an intensive boost to dry, dehydrated skins, or for purifying and balancing combination skins, this 'nature's facelift' is a must. Using a results-driven thermal mask, whilst you enjoy a neck, shoulder, scalp and hand massage, essential vitamins and minerals penetrate the skin's deeper layers resulting in deeply hydrated and balanced skin. \$345

### Heart Chakra Radiance Facial

**90 minutes**

Open your heart and melt away tension with this fusion of healing modalities. Beginning with a chakra aligning lomi-style back massage incorporating essential oil blends, crystal placement along the spine and sound healing brings balance and harmony to the body's chakra system. Layers of botanicals enrich and hydrate the skin and tranquil facial techniques with healing white jade stimulate marma points to lift and firm. This combination facial will restore your inner glow for optimal radiance. \$345

### Samadara Age-Defying Facial

**105 minutes**

This intensely hydrating and nourishing treatment will firm, boost elasticity, correct pigmentation and diminish fine lines to restore a youthful glow. A sequence of anti-aging techniques rooted in Ayurvedic healing reawaken the skin's natural healing energies, whilst layering of the finest botanical actives work to improve skin texture. An extended rose quartz crystal facial massage melts away tension and enables the samadara crèmes to penetrate deeply into the skin. Indulge in luxury with this results driven ritual. \$385

*Facials can be partnered with body treatments for a complete head-to-toe spa experience.*

## Massage Therapies

### Relaxation

**60 minutes / 90 minutes**

Unwind and drift away in this pure relaxation style massage, using unscented oils and swedish massage techniques to release unwanted stress and restore a calm, rejuvenated you. \$235 / \$310

### Aromatherapy

**60 minutes / 90 minutes**

Delight your senses with your choice of an organic aromatherapy blend to heighten the experience of this classic swedish massage, combining grounding and flowing massage strokes to your entire body, bringing a sense of total relaxation. \$235 / \$310

### Pregnancy - maternal massage

**60 minutes / 90 minutes**

Mums-to-be will enjoy our pregnancy safe cushion and vitamin-rich massage oil to nourish and soothe the skin. Be prepared to drift into a peaceful paradise with the serene spa environment and soothing hands of our experienced therapists. \$235 / \$310

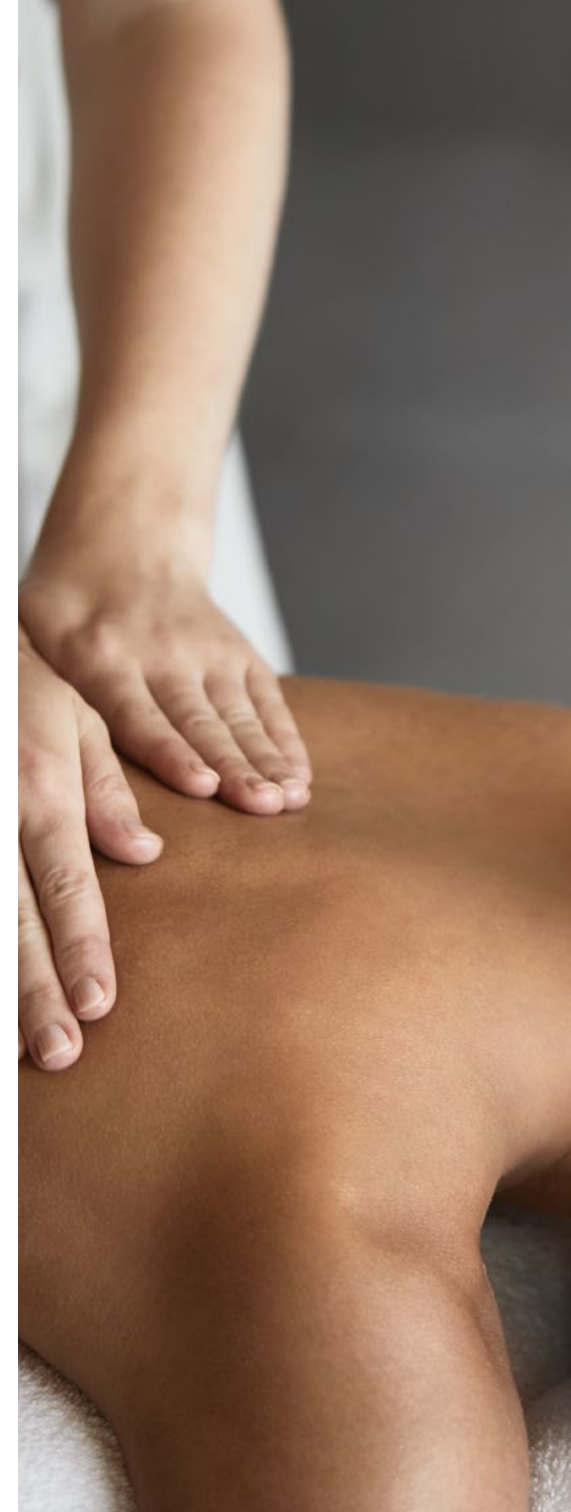
*Massage is only available in the 2nd and 3rd trimesters of pregnancy for your safety. Please see our facial therapies, holistic therapies and hand and foot therapies for alternative options safe for 1st trimester treatments.*

### Deep Tissue

**60 minutes / 90 minutes**

Free your body of muscle tension that is causing you pain or restricting your movement. Our experienced therapists will work on your deeper anatomy to rebalance and relieve the body. Excellent for the general sports enthusiast and anyone who prefers a firm to deep oil massage. \$255 / \$365

Add a 30 minute purifying back cleansing treatment for best results. \$120







### **Awakening Temple Treatment**

**45 minutes**

This unique and luxurious treatment combines a decadent artisanal blend of rare botanical extracts oud, frankincense, rose and sandalwood. Start to enter a deep state of relaxation as heated oil is infused into the scalp. Therapeutic and focused massage techniques to the temples, third eye chakra, neck, shoulders and feet will calm the nervous system and elevate your mind into a meditative state. It is both awakening and grounding, and a perfect tonic for tiredness and stress, bringing about a deep sense of renewal. \$185

Double the decadence with an additional 45 minute hydrating body massage using an oud blended body butter. \$155

### **Warm Stone**

**90 minutes**

Dissolve away stress and tension with the weight and warmth of smooth, naturally formed basalt stones. Rhythmic massage combining flowing hawaiian style lomi lomi techniques with warm stones gliding over your skin, pressure point stone placement and vibrational elements to melt away muscle tension, this luxurious massage will deeply relax and ground your body and mind. \$365

### **Intuitive Body Work**

**90 minutes**

Our experienced therapists will use a variety of techniques tailor made to benefit your key concerns, relieving your body of unwanted tension and leaving you realigned and energised. Your therapist will intuitively personalise your treatment combining remedial and holistic techniques intended to give you exactly what you need on all levels. Techniques may include relaxation, remedial, warm stone, reflexology, trigger point, energy work, myofascial release and more. \$365

### **Harmonising Body Work**

**90 minutes**

Aligning the body's seven main chakras through a fluid combination of massage, essential oil blends, crystal placement and sound healing, this holistic full body massage ritual is gently restorative and will leave you feeling centred, calm and cared for, resulting in an overall state of harmony. \$365

## Holistic Therapies

### Reflexology

**30 minutes / 60 minutes**

Also known as zone therapy, reflexology aims to rebalance energy in the body through the application of pressure to specific points on the feet. These points correspond to meridian lines that run through the internal organs of the body for optimal health and wellbeing. \$130 / \$255

### Digestive Massage

**30 minutes**

A detoxifying therapy that focuses on re-energising the digestive organs. Gentle massage techniques are applied to the abdomen to aid in the process of eliminating toxins from the body as well as releasing stored emotions. \$130

### Indian Head Massage

**45 minutes**

Focusing on removing tension in the neck, shoulders and scalp, this grounding upper body massage also assists in treating sinusitis, migraines, eye-strain and insomnia. You will feel light, balanced and deeply relaxed. \$185

### Lymphatic Drainage Massage

**30 minutes**

A very light massage using specific drainage techniques assisting in detoxification, fluid retention and inflammation by gently encouraging the flow of lymph fluids to the nodes, eliminating toxins and increasing immunity to promote general wellbeing. \$100

Add a 30 minute purifying back cleansing treatment for best results. \$130

*Availability for these treatments is subject to current therapist expertise.*









## Hand and Foot Therapies

### Foot Print Pedicure

60 minutes

*Foot soak, exfoliation, heel buffing, mask, nail and cuticle work, leg and foot massage and polish*

Drift away in the comfort of your private spa suite and serenity of our tranquil surroundings whilst your therapist renews and soothes tired feet. This treatment will leave you feeling refreshed and adjusted to 'island time'. \$175

### Hand Print Manicure

60 minutes

*Hot compress, exfoliation, mask, nail and cuticle work, hand massage and polish*

Whilst relaxing in the comfort our spa beds, a warm enzyme exfoliation and hydrating mask rejuvenates your hands, followed by a luxurious hand massage and nail and cuticle tidy. Your chosen colour will then be applied for a beautiful finish. \$175

### Classic Manicure and Pedicure

90 minutes

*Hot compress, nail and cuticle work, moisturise and polish*

Enjoy the best of both worlds with attention focused on addressing the hands and feet with an express tidy and polish. \$290

### Deluxe Hand and Foot Pamper

150 minutes

This luxurious treatment represents the ultimate indulgence in nail care, with a deluxe spa manicure and spa pedicure incorporating warm stone foot therapy for a deeply relaxing and grounding experience. Sit back and relax whilst indulging in this hand and foot ritual to have you looking and feeling polished to perfection. \$435

### Shellac Nail Polish Removal

30 minutes

This removal treatment must be specified at time of booking to allow extra time. \$50

*French polish must be requested at time of booking and is subject to therapist expertise.*





## **Additional Indulgences**

### **Express Facial**

**30 minutes**

This express facial boosts the complexion with a facial cleanse, Sodashi's unique exfoliating compresses, aromatic mist and application of a mask. This treatment is completed with application of nutrient-rich moisturisers for the face, neck, eye and lip areas. \$130

### **Soothing Foot Therapy**

**30 minutes**

Soothe and revitalise tired and sore feet. Sodashi's invigorating himalayan salt exfoliant polishes and refreshes the skin whilst stimulating circulation. Sodashi's mint foot cream, with the oils of arnica, lavender and peppermint, is massaged into the feet and lower legs to provide total relaxation. \$130

### **Drifting Scalp Therapy**

**30 minutes**

Surrender your senses as stress and tension are 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 hair rejuvenated. \$130

### **Thermal Eye Brightening Treatment**

**30 minutes**

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. \$130

### **Purifying Back Cleansing Treatment**

**30 minutes**

Warm aromatic compresses followed by a mineral-rich himalayan salt exfoliation on the upper body assists in the removal of impurities and toxins. A warm, purifying green clay mask is applied to the back to further detoxify and leave the skin clear and fresh. A rejuvenating body lotion is then applied, leaving the skin nourished and revitalised. \$130

*Add our additional indulgences to any full length spa treatment to complete your spa experience.*



## Spa Etiquette

### Arrival

Please arrive at the spa at least 15 to 30 minutes prior to your appointment. This will allow you time to complete a consultation form, use the steam room and vichy shower, and relax in the lounge to enjoy our signature tea. 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 note same day changes will regrettably result in a 100% cancellation fee.

### Pregnancy

Certain spa treatments are not recommended during the first trimester of your pregnancy. If you are pregnant, please advise spa reception upon booking so we can help you to select the most suitable treatments.

### Health

Your health and wellbeing are our top priority. Therefore, it is essential for you to inform us of any health conditions or concerns (such as any sunburn or injuries), medication use or allergies which may affect your treatment choices.

### 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 your spa experience. Please take some time to review our privacy policy located at <https://www.hamiltonisland.com.au/privacy-policy>

### 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, noise is kept to a bare minimum at all times. We ask for mobile phones to be switched to silent prior to entering the spa.

### Payment

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

### 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 which is located on the resort side of the island. Additional salon services include special occasion make-up, hair up-styles and spray tans. Transfers from qualia 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 products are suitable for you, or visit the spa reception to view our beautiful range available for men and women of all ages.

### External Guest Policy

qualia guests have priority for spa bookings and are recommended to make advanced bookings. Booking requests from guests staying at alternative accommodation on island will be placed on a waitlist and confirmed the evening prior if availability allows and they are successful with a booking. Alternatively, Spa wumurdaylin is available for bookings from all guests and do take advanced bookings on 07 4946 8669.

*Prices are subject to change. 15% surcharge on public holidays.*

