

# HEALING WATERS SPA

*Spa therapies to nurture the mind, body and spirit*

## HOW TO SPA...

To ensure that your spa experience is completely relaxing we have answered a number of often asked Spa questions. If you do have any further questions please contact the Spa Reception directly so that we may answer them for you.

### CAN SOMEONE HELP ME DECIDE WHICH TREATMENT OR THERAPIES ARE RIGHT FOR ME?

Our friendly Spa Reception staff will help you choose between specific treatments depending upon your personal needs. For an individually tailored treatment program, our Spa Manager will be pleased to help you plan your treatment itinerary.

### WHAT DO I DO WITH MY JEWELLERY AND VALUABLES?

Please leave your personal items in your guest room.

### WHEN SHOULD I ARRIVE FOR MY TREATMENT?

Please arrive 15 minutes prior to your reserved treatment time to allow time to check in, shower, change and familiarise yourself with the facility. Please be ready for your treatment 5 minutes before your scheduled start time.

### WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

If you have any medical concerns please notify our Spa Manager or Spa Receptionist before booking your treatment. Please ensure that you complete your Well-Being Consultation form and we recommend that you do not consume alcohol immediately before or after your spa treatments.

### HOW SHOULD I PREPARE FOR MY TREATMENTS?

We ask that you shower prior to your treatments. For men having facial treatments we recommend that you shave at least 3 hours prior to your treatment.

### WHAT DO I WEAR DURING MY TREATMENTS?

Our body treatments are designed to be most effective without clothing. For face, hand and foot treatments we request that you wear underwear. Be assured that whatever you wear, you will be draped discreetly at all times.

### WHAT IF I AM PREGNANT OR PLANNING A PREGNANCY?

Pregnancy is a very special time in your life and our purpose is to provide you with the best possible experience during your time with us in the Spa. It is our recommendation that stimulating body treatments are not appropriate for a Mother-To-Be, this means no body massage during the 1st trimester and no full body treatments through the term of your pregnancy. To assist you with your choice of treatments please speak with our Spa Receptionist or Spa Manager prior to booking your treatments.

### CAN I ASK THE THERAPIST TO ADJUST THINGS TO ENSURE I AM COMFORTABLE?

Certainly, this is your time and you should thoroughly enjoy the experience. Whether it is room temperature, the strength of massage pressure or the volume of the music playing that needs adjusting, just ask.

### WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late will limit your treatment time, lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### CAN I TAKE PART OF MY SPA EXPERIENCE HOME?

Yes you can! We have a complete spa care range for you to take away ensuring your relaxation goes on and on. Just ask your therapist for professional recommendations.

*Spa therapies to nurture the mind, body and spirit*



## **Healing Waters Spa**

Set in lush rainforest gardens, the Healing Waters Spa at Silky Oaks Lodge has been inspired by ancient wisdoms that celebrated water in the Mossman River as a renewing and life-giving force.

The treatments at the spa have evolved from nature to nurture the mind, body and spirit. The Spa's signature treatments have been designed to harness the power of nature through the use of clays from the earth, flower and plant essences, herbal extracts and hands on therapy.

A variety of treatments using all Australian luxurious spa care products from Sodashi, a premium face and body care range focusing on 'wholeness, purity and radiance' to relax and restore.

### **Healing Waters Spa Etiquette**

Our spa environment only lends itself to those 16 years and over.

### **Rescheduling - Cancellation Reservation Policy**

Your treatment time has been specifically reserved for you. We do understand that plans can change. However should you need to reschedule or cancel your appointment a minimum of 24 hours notice is required. To reschedule or cancel your appointment within 24 hours and Healing Waters Spa being unable to rebook the reservation, will result in a 50% charge. Cancellation without any notice will result in a full charge. Full charge will still apply should guest arrive late for appointment.

### **Health and Special Consideration**

Please advise our reception of any health or special consideration we must be aware of when making a reservation. We have wheel chair access to our spa facilities.

Please make your appointment at the Healing Waters Spa reception, our main Lodge reception or call extension 215 for reserving the Healing Waters Spa appointment. Advanced bookings are recommended.

We do reserve the right of schedule changes.

# Sodashi

Sodashi's products are 100% chemical free, luxurious and effective.

In Sanskrit, Sodashi translates to "wholeness, purity and radiance" and these words aptly describe Sodashi products and unique spa treatments.

Produced in Australia, Sodashi's skin and body care products and spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

## FACIAL THERAPIES

These facials are complemented with a specialised Sodashi facial massage technique.

All our facials cater for both men and women and include arms, décolletage and neck massage.

### **SODASHI THERMAL INFUSING FACIAL**

**90 min**

**\$220pp**

This is an intensive boost of all natures' vitamins and minerals. Sodashi's exclusive Warm Infusing mask will maximise penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to purify and deeply cleanse, or nourish, to leave your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial; it is Nature's Face Lift.

### **SODASHI PURE RADIANCE FACIAL**

**60 min**

**\$160pp**

We will take your skin on a journey of total renewal. You can deeply relax as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, and nurturing face mask, rich in herbal extracts to purify and hydrate the skin. This facial experience is tailored to your skin's needs and is enhanced with the Sodashi Facial Massage. The luxurious Sodashi Plant Essence Synergies will leave your skin revitalised and fresh.

### **SODASHI SAMADARA ULTIMATE AGE-DEFYING FACIAL**

**105 min**

**\$280pp**

The Samadara Ultimate Age-Defying Facial uses a sequence of timeless anti-aging techniques rooted in Ayurvedic healing traditions to reawaken the skin's natural healing energies. Designed to turn back the hands of time and transform the skin, this intensely hydrating and nourishing treatment increases firmness and elasticity, diminishes the appearance of fine lines and restores a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara™ Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

### **SODASHI SAMADARA ILLUMINATING FACIAL**

**75 min**

**\$225pp**

This intensive skin transforming facial introduces you to a unique alchemy of the purest botanical ingredients to significantly diminish lines, reduce pigmentation and refine pores. A Rose Quartz Crystal facial massage and a sequence of timeless Ayurvedic anti-aging techniques, complemented by a brightening marine mask, leaves skin looking clear, translucent, more lifted and firmed.

## HEALING WATERS VICHY THERAPIES

### **SODASHI DETOXIFYING MARINE BODY WRAP** *Comforting* **90 min \$240pp**

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with Sodashi's organic green tea salt therapy that will leave your skin soft and enlivened. A warm Sodashi marine body mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp massage for complete comfort and total relaxation. To finish a luscious lotion leaves the whole body rejuvenated.

### **SODASHI REFINING BODY TONER** *Rejuvenating* **75 min \$210pp**

This treatment begins with Sodashi's Jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage. Sodashi's refining body mask rich in French pink clay and herbal extracts, firms, tones and conditions the skin. This rejuvenation therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks.

### **SODASHI VANILLA BODY BLISS** *Hydrating* **60 min \$175pp**

This highly fragrant, gentle all over body exfoliation soothes and calms the mind and the body while revitalizing and hydrating the skin. Containing the active ingredient Sandalwood powder this treatment is perfect to relieve tired and aching muscles. A closing application of Sodashi's deeply nourishing Rose and Jasmine infuses a beautiful fragrance into the skin.

### **SODASHI ORGANIC GREEN TEA SALT THERAPY** *Refreshing* **60 min \$160pp**

The combination of Sodashi's organic green tea and salt minerals deeply cleanses and exfoliates your skin all over. Rich in anti-oxidants and vitamins C and E, this blend infuses soothing, relaxing properties to the underlying muscles and helps to repair the everyday effects of wear and tear. As a finishing touch the application of a richly scented Sodashi moisturiser will leave your skin vibrant and replenished.

### **SODASHI JOJOBA BODY POLISH** *Sensitive Skin* **45 min \$120pp**

A gentle all over body exfoliation using Jojoba Beads rich in the aromas of Sodashi plant essence synergy. This treatment removes dead skin cells, whilst oxygenating the skin and is suitable for the most sensitive skins. The skin is nourished and hydrated with a Sodashi aromatic body treatment, leaving the entire body feeling silky smooth and refreshed.

## MASSAGE THERAPIES

### SODASHI PURITY BODY MASSAGE

90 min \$220pp

*Light to Medium - Detox*

We will warm your entire being with absolute sensitivity. Sodashi's natural serum and mud mask gently heat along the spine and kidneys to soothe and relax the nervous system. While you embrace the warmth on your back, a full body massage begins at the legs. This specialized Sodashi full body massage has been created to help remove accumulated toxins and waste.

### SODASHI SOUL TO SOLE

60 min \$160pp

*Pampering treatment for the extremities*

We begin this collection of Sodashi therapies with an aromatic steaming head wrap and the application of an enriching scalp mask. The mask is massaged into the scalp to relieve tension and provide essential nutrients leaving your hair soft and shiny. Then, warm compresses and luxurious Jojoba beads exfoliate your hands before a rich cream is massaged deeply into the skin to nourish and soften. To finish we provide total relief for aching feet and legs with Sodashi's soothing foot cream using the oils of Mint and Arnica to increase circulation and reduce swelling.

### HEALING WATERS HOT STONE MASSAGE

60/ 90 min \$175/ \$240pp

A healing indulgence. Heated, smooth, flat rocks made of basalt are placed on specific points over the body and are incorporated in the massage. Encouraging the release of long stored stress and tension. Enhancing circulation, lymphatic flow and promoting general relaxation.

### HEALING WATERS DEEP TISSUE MASSAGE

30/ 60 min \$90/ \$170pp

*Firm*

A firm to very-firm massage, designed to target adhesions in the muscle fibres and release deep muscular tension. Sodashi's Fitness recovery plant essence oil with healing Arnica invigorating rosemary and heating black pepper will aid to this treatment.

### HEALING WATERS SIGNATURE BODY MASSAGE

60/ 90 min \$160/ \$215pp

*Light to Medium - Relax*

Combining the healing power of touch with our unique massage sequences, this deeply relaxing massage with light to medium pressure uses smooth stroking Swedish massage elements and wave movements. For a complete ambience the synergy of Sodashi's natural plant oils and aromatic plant essences will nourish your skin and help relieve emotional and physical tension.

### HEALING WATERS PREGNANCY CARES

60 min \$165pp

*(from second trimester)*

On the sacred land of the ever renewing lush rainforest where healing connections are made, we offer you a journey to embrace and welcome fresh life. This soothing cares allows you to step into a special time zone that elevates you beyond your daily life. Connect with your body and your developing baby. Massage can help with easing discomfort and allowing you to sleep more comfortably. We do offer pregnancy massage for request and with a prior consultation.

## ADDITIONS TO YOUR SPA THERAPY

(available with a minimum 30 min treatment or combinations of minimum of 2 additions)

### STEAM BATH RITUAL

**up to 30 min \$35pp**

Steam is known for its therapeutic benefits. It is a perfect opening beneficial ritual to any spa treatments. Enhance the benefits of your deep tissue massage with a private steam session.

### MINERAL ENZYME BATH SOAK

**30/45 min \$95 / \$110pp**

Using the cleansing properties of clay and the sacred water, the purifying mud bath draws impurities and toxins from the body, relieving you of sluggishness, leaving you feeling light and refreshed. This bath infused with Ayurvedic herbs increases energy levels and is a fantastic addition to any spa treatments.

### SODASHI SAMADARA ULTIMATE AGE-DEFYING EYE ADDITION

**45 min \$125pp**

This is the ultimate treatment for your eyes. Petite rose quartz crystals are used to gently massage around your eyes to restore tone, remove tension from the eye area and reduce fine lines. Samadara Ultimate Age-Defying Eye crème is applied under a mineral rich eye mask, which gently warms to enhance the absorption of plant essences in to the deeper layer of the skin. Timeless anti-aging techniques rooted in Ayurvedic healing traditions are performed over the eye area to complete this luxurious experience.

### SODASHI GENTLE TOUCH HAND THERAPY

**30 min \$75pp**

A well deserved treatment for hard working hands. This nurturing treatment starts with warm aromatic compresses, followed by exfoliations of hands and arms with Sodashi's Jojoba bead polish. A soothing massage will leave your hands smooth and soft, and scented with Sodashi's alluring blend lavender Geranium and Lemon.

### SODASHI SOOTHING MINT FOOT THERAPY

**30 min \$75pp**

Soothe and revitalise tired, sore feet with an invigorating Sea Salt polish to refresh the skin and stimulate circulation. Sodashi's Mint Foot Cream with the oils of Arnica, Lavender and Peppermint, is massaged into your feet and lower leg to provide total relaxation.

### SODASHI SCALP TREATMENT

**15 min \$40pp**

A luxurious and moisture rich Scalp Mud is then massaged over the scalp to release pressure and tension. This mask treatment is left to deeply nourish the scalp and leave the hair feeling silky and looking shiny.

### BACK SCRUB

**15 min \$40pp**

Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following a period of travel or strenuous exercise.

## HEALING WATERS SPA RITUALS

*Our signature treatments draw inspiration from nature's elements and use the healing properties of pure plant botanicals to nurture both body and soul.*

### **SILKY OAKS RELAXATION RITUAL**

**2 hours \$295pp**

This treatment transcends you into tranquillity and deep relaxation. We begin this journey with the healing power of touch performing our Healing Waters Signature Body Massage. Here fluid stroking movements of a medium pressure balance your energy meridians while relieving physical tension. After being lulled into a deep state of calm we revitalize and refresh your complexion with a Pure Radiance Facial tailored to your specific needs. Encompassing warm aromatic compress, a nurturing face mask rich in herbal extracts and our Sodashi facial massage, your senses are relaxed and your skin restored with radiance.

### **DETOXIFYING RITUAL**

**3 hours \$435pp**

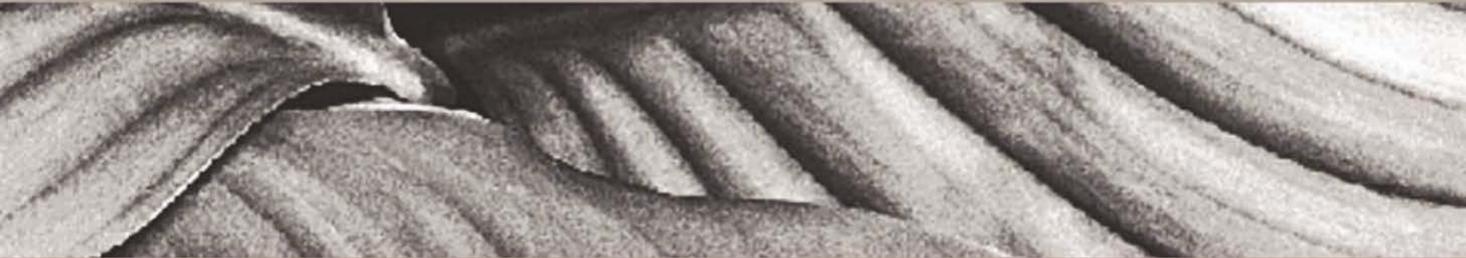
These spa therapies have been put together so you can achieve a feeling of absolute purity. You begin this detoxifying ritual by unwinding in the steam room before experiencing a full body exfoliation that draws upon the essential ingredients of green tea & salt minerals. A warm detoxifying marine mineral mask will then entice impurities from your body. While cocooned, a luxurious hair and scalp mud is massaged in releasing pressure & tension while providing deep nourishment. This purification process will be further enhanced with a Healing Waters Signature Body Massage or a luxurious Pure Radiance Facial of your choice.

### **ROMANCE RITUAL**

**2.5 hours \$329pp**

This Spa ceremony begins with a gentle all over body polish using Jojoba Beads and delight in the aroma of bergamot & ylang ylang. Following this relax and soak in a warm bath rich in purifying mud overlooking the lush tropical gardens that is Silky Oaks Lodge. You then get the choice between our Pure Radiance Facial or Healing Waters Signature Body Massage. Both treatments use products rich in pure plant oils and essences that will instill deep tranquillity and nourishment. Luxuriate in the purification and hydration of balancing moisture rich mud massaged into the hair and scalp to release pressure and tension, leaving your hair soft and shiny. This treatment is a journey that also celebrates togetherness.

# RELAX AND REVIVE



SILKY OAKS LODGE  
& HEALING WATERS SPA

