



# ESSENTIA

DAY SPA



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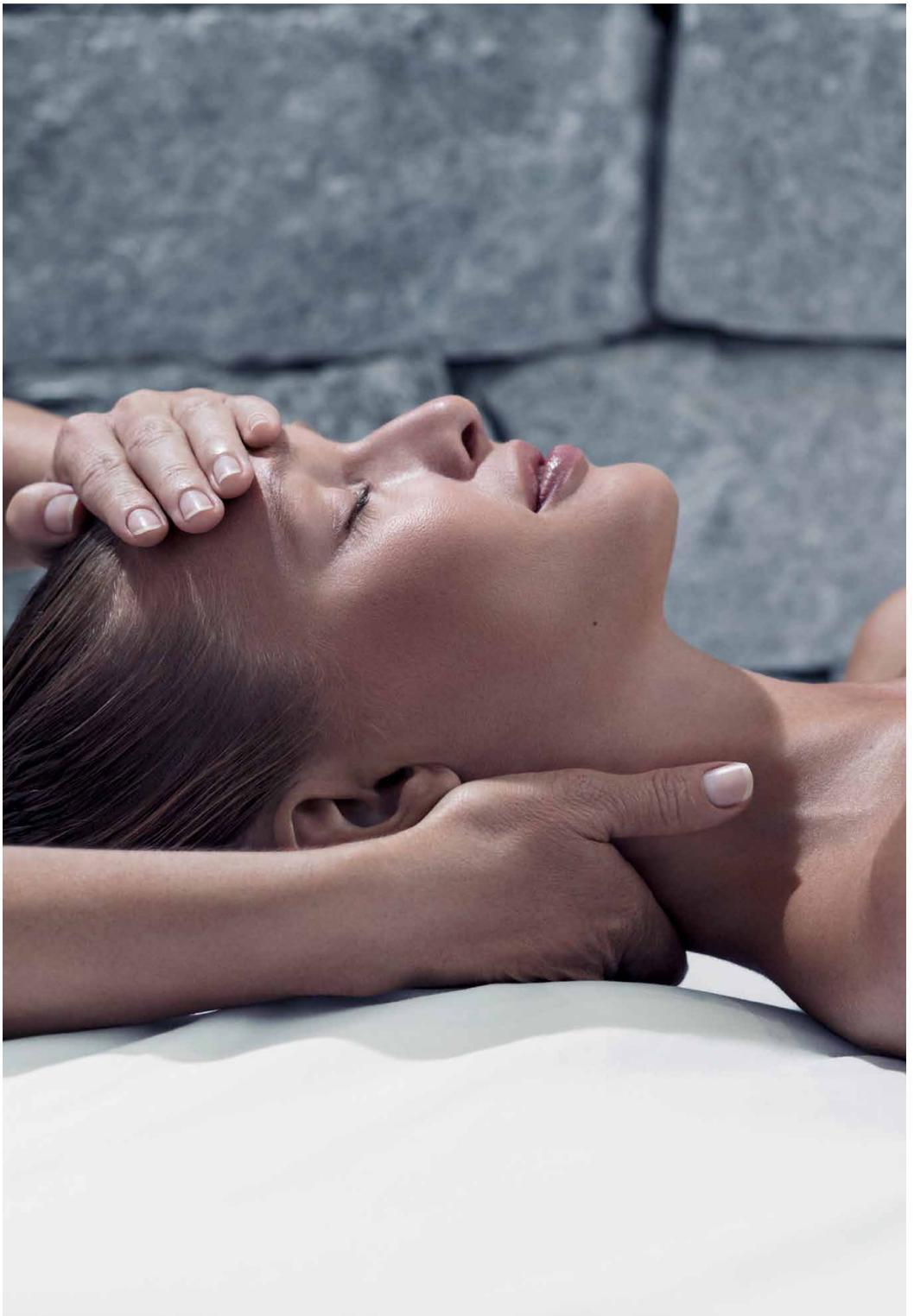
# HEALTH & WELLBEING

## NATUROPATHIC LIFESTYLE CONSULTATION

By assessing lifestyle factors our resident naturopath can determine where those subtle changes in your lifestyle need to take place to make positive changes to your nutritional intake and provide tools for you to increase your overall health and vitality. A complete health assessment appraisal is undertaken including blood pressure, tongue, nail, pulse diagnosis, bioage test and computerised Iridology. A personalised Australian Bush Flower Essence Formula or Naturopathic Formula is created specifically for your home care.

## COMPUTERISED IRIDOLOGY

Your eyes are the windows to your health and well-being. The Iris (coloured portion of the eye) changes in response to changes in the physical makeup or function of the body. Iridology is the analysis and interpretation of these changes, and their impacts on your health. An iridology examination allows you to discuss lifestyle changes to reveal poorly functioning organs, areas of toxicity in the body and underlying structural weaknesses.



## LIFESTYLE

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### HEALTHY BODY ASSESSMENT

Take the time to have your health assessed to understand your bodies current needs. A blood pressure check, Bio Age assessment and cardio analysis can reveal options for you to make changes to your diet and lifestyle to improve your overall health.

### STRESS MANAGEMENT LIFESTYLE CONSULTATION

Stress can come from any event or thought that makes you feel frustrated, angry or nervous. Anxiety is a feeling of fear, unease and worry. The source of these symptoms is not always known. Stress is a normal feeling in small doses, stress can help you get things done, however, in large doses it can have a long term effect on your health, mind and body. Following an assessment, the best treatment or treatments will be advised for you, including musculoskeletal dry needling, acupressure, Australian Bush Flower Essence Formula, Naturopathic Formula and stress management tools.

## LIFESTYLE

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### NATURAL WEIGHT CONTROL

This program provides a naturopathic assessment of your diet, lifestyle and metabolism. Your Naturopath will look at individual organ function and areas that are limiting successful fat loss. You undertake an assessment of body composition, to enhance your understanding of the difference between fat loss and weight loss and to set a target for your body weight/composition. The program includes: Computerised Iridology assessment, blood pressure and pulse measurement, vitality and longevity analysis (body composition).

### INSTANT BLOOD TYPING

Blood comes in 4 different major types, A, AB, B and O. Each of these blood types carries different cell markers, which have a profound effect on the way in which our body responds to certain foods. Eating foods according to your blood type and avoiding the foods that negatively interact with the blood cell markers can positively affect a person's health. For many people, this will result in better digestion, greater energy and a reduction in many vague symptoms of fatigue, poor immune function, allergies and inflammation.

## LIFESTYLE

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### PERSONALISED TIME – YOGA, MEDITATION AND STRETCH & RELAXATION SESSION

Replenish your soul in a personal yoga, meditation or stretch & relaxation session. The style of yoga that we offer is 'Vinyasa Flow' which focuses on connecting each movement to your breath. Every pose (asana) aims to awaken your Body, Mind and Spirit, bringing you to a gentle state of balance and relaxation.

# HEALTH & LIFESTYLE PACKAGES

## HEALTHY WEIGHT & LIFESTYLE

Physical imbalance, emotional and mind set patterns are revealed during this structured program designed to guide you to identify your optimal weight and develop personal tools to maintain and control a balanced healthy lifestyle. By following a healthy lifestyle approach, developing long-term weight management goals and focusing on wellbeing this package provides dietary recommendations and guidance combining nutrition, naturopathy and your personal goals and lifestyle.

- 1 x Body Biophysical Assessment
- 1 x Initial Naturopathic Lifestyle Consultation
- 1 x Fitness Evaluation
- 1 x Nutritional Guidance
- Complimentary personalised herbal essence formula

## LIFESTYLE

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### PERSONAL FITNESS & HEALTHY LIFESTYLE

Create a personalised fitness program designed to firstly assess your current physical state and develop achievable fitness goals and healthy habits. Whether it is to increase upper body strength, develop cardiovascular fitness, improve body shape and tone, develop regular fitness habits or learn how to meditate or do yoga, the one-to-one instruction allows for optimal results.

- 1 x Body Biophysical Assessment
- 1 x Initial Naturopathic Lifestyle Consultation
- 1 x Fitness Evaluation
- 1 x Personal training session
- Complimentary fitness formula

# STRESS & BURNOUT PACKAGES

## BALANCE & REVITALISE

A personalised consultation package combining naturopathic lifestyle, nutrition and anti-stress management will be designed to support you to achieve a more balanced approach to your life.

- 1 x Body Biophysical Assessment
- 1 x Naturopathic Lifestyle Consultation
- 1 x Nutritional Guidance
- 1 x Initial Stress Management Consultation
- Complimentary herbal formula

## RELAX & RENEW

Ideal for people looking for a gentle, relaxing wellness holiday by creating a personalised combination of health and pampering treatments to relax, renew and restore the body's balance. Design your own experience during your personalised well-being consultation to target your specific needs to replenish your energy levels, improve your immune system and let your stresses drift away.

- 1 x Body Biophysical assessment
- 1 x Initial Naturopathic Lifestyle Consultation
- Complimentary herbal formula
- 1 x 60 minute spa treatment

## LIFESTYLE

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### DETOX & CLEANSE

A great starting point for many health goals, this simple and effective program allows you to discuss a range of options for cleansing the body, mind and spirit. A personalised program is developed combining nutritional advice, meal plans, supplements and therapies to assist the release of held physical, emotional and mental tension and support the detoxification process.

- 1 x Body Biophysical Assessment
- 1 x Naturopathic Lifestyle Consultation
- 1 x Nutritional Guidance
- 1 x 60 minute Lymphatic Drainage Therapy

Other spa treatment options (additional charges apply)

- 1 x 60 minute Detoxifying Body Scrub & Wrap
- 1 x 60 minute Essence Oil Massage

### HEALTHY LIFESTYLE ACTIVITIES SCHEDULE

All guests are welcome to attend our regular workshops and well-being activities.

## LIFESTYLE

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	Duration	Price
<b>HEALTH &amp; WELLBEING</b>		
Naturopathic Lifestyle Consultation	60mins	\$150
Computerised Iridology	30mins	\$90
Healthy Heart Check	30mins	\$85
Stress Management Lifestyle Consultation	60mins	\$150
Natural Weight Control	60mins	\$150
Instant Blood Typing	30mins	\$75

### HEALTH & LIFESTYLE PACKAGES

Personalised Time – Yoga, Meditation and Stretch & Relaxation Session	60mins	\$140
Healthy Weight & Lifestyle	150mins	\$330
Personal Fitness & Healthy Lifestyle	120mins	\$260

### STRESS & BURNOUT PACKAGES

Balance & Revitalise program	180mins	\$390
Relax & Renew	150mins	\$330
Detox & Cleanse	150mins	\$330



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## SPA

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### LA BIOSTHETIQUE

#### *Every bottle, every tube, every drop*

Using only the finest, natural, raw ingredients La Biosthetique performance skincare ranges are designed to work in harmony with your own bio-chemistry. Each of the La Biosthetique bio-mimetic skin ranges is based on deep penetrating and powerful ingredients for highly effective results, formulated to suit individual skin needs. With our laboratories in the foothills of the Black Forest, to our birthplace of Paris, we deliver you luxury Parisian skincare backed by German bio-chemical technology.

### WELCOME

We invite you to indulge in signature spa rituals and discover pure, opulent skin care in the sanctuary of nature, the Essentia Day Spa. Rebalance, relax, and rejuvenate while we personalize your spa experience with exclusive La Biosthetique skincare.

### STATEMENT OF PARTNERSHIP

Lizard Island's partnership with La Biosthetique represents an alignment of luxury and sensory experience, each delivering bespoke care crafted to each individual. Just as Lizard Island has defined itself as a rare and precious destination, La Biosthetique stands apart as the modern Parisian apothecary. Together, our cultures create a premium and boutique environment for those seeking the ultimate indulgence.



## FACIAL TREATMENTS

Essentia Day Spa embraces La Biosthetique's unique professional 'skin identitest' diagnosis system which provides an accurate diagnosis of your skins current condition. All facials combine your personalised diagnosis and skin concerns.

### DELUXE FACIAL

A customised facial to treat specific skin concerns

A luxury facial designed to relax, rejuvenate and pamper your skin and soul. Combining La Biosthetique's signature angle brushes to begin your skin's renewal journey followed by a gentle double cleanse, exfoliation and masque customised to suit your specific skin type and personal concerns. The deluxe facial will leave your skin feeling hydrated, renewed and refreshed.

Key Elements: Diagnoses, Cleanse, Exfoliation, Massage,  
Masque, Moisturise

Duration: 60 minutes

### ESSENTIAL LA CAPSULE DELUXE FACIAL

To nourish dry, dehydrated and sun damaged skin

Restore moisture, plump fine lines and gain elasticity to nourish dry skin for a firmer radiant complexion. Enjoy all the benefits of the Deluxe Facial with the addition of a La Capsule Beaute Ampule and the exquisite Masque Mer Et Beaute to maximise hydration and vitality.

Key Elements: Diagnoses, Cleanse, Exfoliation, Massage,  
Masque, Targeted Care, Moisturise

Duration: 60 minutes

### DERMOSTHETIQUE ANTI-AGE ELIXIR FACIAL

Pamper time-challenged skin

Reduce facial tension and visibly correct expression lines through powerful anti-oxidants and anti-aging ingredients. Skin tissue is tightened and blood flow is promoted in this result driven facial for a more youthful and bright appearance.

Key Elements: Diagnoses, Cleanse, Exfoliation, Massage,  
Masque, Targeted Care, Moisturise

Duration: 75 minutes

### DERMOSTHETIQUE FIRMING DE LUXE FACIAL

For lifting and tightening of ageing skin

Surrender yourself to the ultimate anti-aging experience, through the power of a luxurious Gel Patch Liftant eye treatment, hand and arm scrub, and massage for a true luxury experience. Our exclusive marine masque will deliver clarity and nutrients to your skin, while our luxury facial massage will increase circulation and boost vitality. This is the ultimate facial for results and luxury combined.

Key Elements: Diagnoses, Cleanse, Exfoliation, Massage,  
Masque, Targeted Care, Serum, Moisturise

Duration: 90 minutes

### DERMOSTHETIQUE FOR MEN

Anti-aging and hydrating facial specifically for Men

Customised for the everyday man, this facial will make your skin come back to life through advanced cell active skincare. From the results-driven performance of these anti-ageing skincare products to the sheer relaxation from our exclusive face, neck and shoulder massage, your skin will feel restored, revitalised and youthful.

Key Elements: Diagnoses, Cleanse, Exfoliation, Massage,  
Masque, Targeted Care, Moisturise

Duration: 60 minutes

Upgrade your facial with specialised enhancers

### DERMOSTHETIQUE EYE LIFT TREATMENT

Soften fine lines around the eye area. Indulge with our exclusive Gel Liftant Eye Patches that will soothe, calm and hydrate the entire eye area.

Key Elements: Cleanse, Masque, Massage,  
Targeted Care, Moisturise

Duration: 45 minutes or 30 minutes within a treatment

### HAIR TREATMENT

Hydrate your sun stressed hair with a beautiful nourish hair treatment combined with a deeply relaxing scalp massage.

Key Elements: Hair Treatment and Scalp Massage

Duration: 15 minutes

## BODY TREATMENTS

### LUXURIOUS BODY WRAP

Immerse yourself in the essence of island luxury. Your pampering begins by renewing your skin with a fine bamboo particle exfoliation and cocooning your body and soul with your choice of a deep nourishing body mask, Sea Mineral Mud or Body Satin Wrap. After showering a moisturising lotion is gently massaged into your body leaving your skin glowing, hydrated and silky smooth.

- Sea mineral mud is ideal for problematic and dry skin
- Body Satin Wrap is ideal for dry/dehydrated and sensitive skin

Key Elements: Full Body Exfoliation, Wrap and Moisturise

Duration: 60 minutes

### TARGET BODY CONTOUR RENDEZVOUS

An intensive treatment designed to tighten the contours of concern. Ideal to refine the silhouette and minimise the appearance of cellulite, this treatment will focus on firming all areas of concern. Includes a body exfoliation, detoxifying mud wrap infused with aromatherapy firming oils and an invigorating firming massage on problem areas with our exclusive gel.

Key Elements: Full Body Exfoliation, Mud Masque, Target Treatment Gel, Moisturise and Back Massage

Duration: 90 minutes



### CLARIFYING BACK TREATMENT

Designed as a 'facial for the back', this treatment combines a back exfoliation, cleansing mud masque and moisturise. Ideal for backs with problematic skin, or as a stress reliever. This treatment also includes a relaxing back, neck and shoulder massage to ease tension and promote relaxation.

Key elements: Back Treatment, Steamer, Mud Mask,  
Moisturise and Back Massage

Duration: 60 minutes

All body treatments are available with a Vichy rain shower upgrade.

## WATER THERAPY TREATMENT

### FLOWING OCEAN RAIN SHOWER

Melt away tension and receive an invigorating and replenishing full body exfoliation underneath a horizontal shower bar, drenching your body with a stimulating warm spray of water. The unique fine bamboo particles and gentle peeling agent effectively removes dead skin cells that dull the natural tone of the skin. This scrub stimulates circulation and allows your stresses to melt away with a gentle massage while applying a luxurious moisturising lotion to leave your skin feeling divinely silky smooth and hydrated.

Key Elements: Full Body Exfoliation, Vichy Shower,  
Gentle Water Massager, Moisturise

Duration: 90 minutes

### SEA MELODY

Unwind, invigorate and celebrate with this complete body rejuvenation experience. Your skin will feel revitalised and refreshed after a full body exfoliation. Cocooned in a layer of your chosen sea mineral mud or body satin wrap you will drift away to another realm while the water washes away your stress with a light rain massage and hair treatment. You will then surrender to a healing, grounding and tension releasing full body massage to complete this truly holistic experience.

Key Elements: Full Body Exfoliation, Body Wrap,  
Vichy Shower, Gentle Water Massager,  
Hair and Scalp Treatment and Massage.

Duration: 150 minutes (includes 60 minute massage)

## MASSAGE

### CLASSIC MASSAGE

Healing begins with the simple act of human touch. Massage is an age old technique for soothing and relieving muscular discomfort, or simply to relax and enjoy a well-earned rest. Reduce tension, restore well-being and bring tired, aching muscles back to life with the power of healing touch. Our therapists incorporate a variety of massage techniques customized to your areas of tension. Experience the finest aromatic oil blends, to help ease stress and promote a complete feeling of relaxation and balance.

Key Element: Massage

Duration: 60 or 90 minutes

### SPECIALTY MASSAGE

Our specialty massage is designed to ensure mothers-to-be are pampered. With the aid of a pregnancy cushion, relax on your stomach and allow the tension of your back, neck and shoulders to float away. Take the time to relax and rejuvenate before your big day arrives. Focus can be placed on areas of need. Only available after the first trimester of pregnancy.

Key Element: Massage

Duration: 60 or 90 minutes

### HIBISCUS BEACH MASSAGE

A short boat trip transports you to total seclusion at one of Lizard Island's picturesque private beaches where our spa team awaits to indulge and pamper you with a relaxing full body massage. At your own leisure afterwards, enjoy a gourmet picnic hamper and a bottle of champagne while taking in the tranquil surroundings. You set the time and the pace of the day. Simply arrange a pick up time with watersports.

Key Elements: Strictly 10am daily ONLY – 60 minutes  
massage for two, and picnic hamper

Duration: As desired inclusive of 60 min massage  
and picnic time

## HANDS AND FEET

### WELLNESS HAND THERAPY

A soothing, and replenishing treatment for your tired, stressed hands and lower arms. Beginning with an aromatic Le Bain hand soak and bolster pressure massage your stress will float away. Your skin will be renewed and regenerated with a smoothing exfoliation before the application of a deep nourishing mud masque and cream massage, finished with a cuticle treatment. This will assist tired hands to feel soft, supple and replenished.

Key Elements: Hand Exfoliation, Mask, Cuticle Oil  
and Massage

Duration: 45 minutes

### DELUXE SPA MANICURE

Rescue tired, rough and parched hands with this intensive soothing and replenishing treatment for hands and lower arms. Beginning with a skin softening hand soak and exfoliation to renew and regenerate before the application of a deep nourishing mud masque and massage to leave skin soft. To complete, a nail shaping and cuticle tidy will ensure your hands look as good as they feel and if you wish, an application of your choice of nail colour will add that extra glamour!

Key Elements: Exfoliation, Nail and Cuticle work, Mask  
and Massage (colour optional)

Duration: 60 minutes

### WELLNESS FOOT THERAPY

A wonderfully rejuvenating and relaxing treat for your feet. Starting with an aromatic foot soak to ground your feet, an exfoliation will stimulate circulation and remove unwanted skin to bring your legs and feet back to life. Your skin is nourished with Crème Corporelle and soothed with Intense Pedi Lotion and cuticle oil. A refreshing and rejuvenating therapy that nurtures and nourishes your hard working feet.

Key Elements: Foot Soak, Exfoliation, Mask, Cuticle Oil  
and Massage

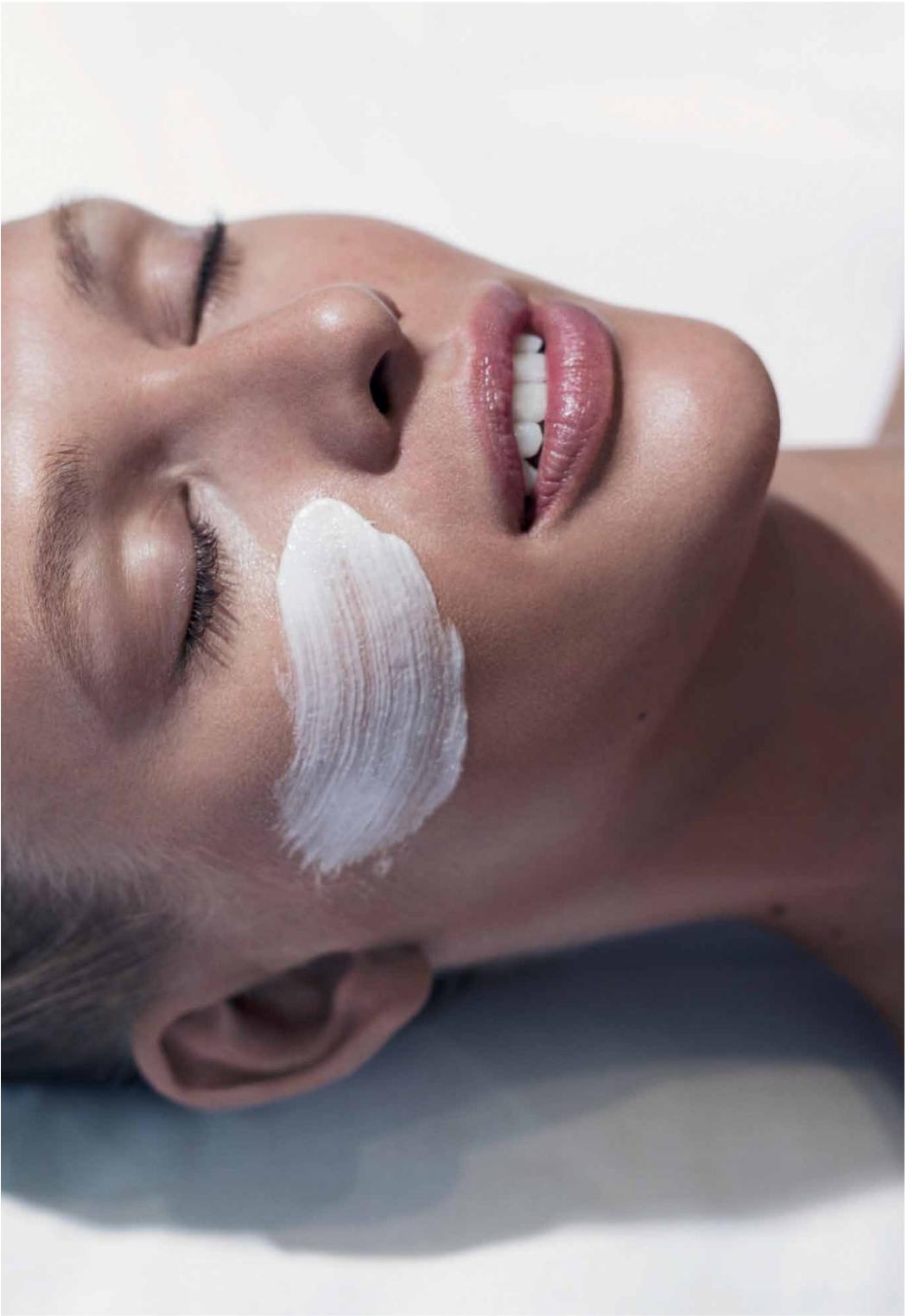
Duration: 45 minutes

### DELUXE SPA PEDICURE

Soak away tension and treat your feet and lower legs to this wonderfully relaxing and grounding treatment. Starting with an aromatic foot soak and exfoliation to stimulate cell regeneration, your feet will be pampered and nourished with Crème Mask and Intense Pedi Crème. Your nails are shaped, cuticles tidied and painted to ensure your toes are ready for your open toed beach shoes.

Key Elements: Foot Soak, Exfoliation, Nail and Cuticle Work,  
Mask and Massage (colour optional)

Durations: 60 minutes



## ESSENTIA DAY SPA SIGNATURE TREATMENTS

### ISLAND ESSENCE

After a revitalizing foot soak and refreshing scrub, attention moves to your upper body where a tailored massage treatment re-aligns and rejuvenates tired muscles. A nourishing mask is applied to your feet before they are wrapped in hot booties to seal in moisture and leave them silky soft. Whilst the mask is on, complete your dreamy experience with a hair treatment and scalp massage.

Key elements: Foot Soak, Scrub and Massage,  
Scalp Treatment and Back Massage

Duration: 60 minutes

### DEEP OCEAN RITUAL

The ultimate in indulgence, drift into a state of pure bliss when your body is pampered from top to toe. Release any tension soaking your feet in an aromatic bowl, then relaxing while the bamboo particles of Le Peeling exfoliates your feet and legs with a pressure point massage. The tension in your back, neck and shoulders will instantly lift during a massage which focuses on stressed areas. An instant facial treatment will leave your skin soothed and refreshed, whilst a deeply relaxing scalp massage and hair treatment will complete a ritual of tranquility for the body, face and scalp.

Key elements: Foot Soak and Scrub, Facial, Hair Treatment,  
Scalp Massage, Back and Shoulder Massage

Duration: 90 minutes

### PURE EMBRACE

A deluxe pampering treatment that rejuvenates the face, hands and feet by integrating the Wellness Hand Therapy, Wellness Foot Therapy, and the Essential La Capsule Deluxe Facial treatments. This treatment is designed to rebalance tired and stressed conditions, recharging the body and enhancing overall wellness and equilibrium. Face, hands and feet are treated with powerful nutrients, potent essential oils and extracts to heal, smooth and restore vitality.

Key Elements; Facial, Hand and Foot Treatment

Duration: 90 minutes

### TOUCH OF PARADISE

For those wanting a touch of 'glamour' and indulgence, your treatment begins with the luxurious 'Dermosthetique Eye Lift Treatment' which not only achieves what it sets out to do, but also successfully puts you in a state of relaxation and gently softens the contours around the delicate eye area, whilst giving your skin a gentle exfoliation and hydration. To complete your feet will be pampered with a Deluxe Spa Pedicure including all nail and cuticle work with a polish or buff finish.

Key Elements: Eye Lift Treatment and Deluxe Spa Pedicure

Duration: 105 minutes

## SPA

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### ISLAND DREAMING - PERFECT FOR COUPLES!

This beautiful and relaxing treatment aims to calm and unwind the entire body. A full body massage will gently knead out any areas of tension, followed by either a 'Deluxe Facial' or 'Men's Empowerment Facial' to give your skin a luxurious treatment which is tailored to suit your individual skin type. This divine package includes a soothing face and scalp massage allowing tension to float away, while leaving your skin feeling gently nourished.

Key elements: Full Body Massage and Facial

Duration: 120 minutes

### THE SPA JOURNEY

This is the perfect treatment for those wanting to experience the ultimate in luxury and indulgence. Known as the queen of spa treatments, this is the perfect pamper package to treat your entire body from head to toe. Including all of the exotic and relaxing elements of the Luxurious Body Wrap, Classic Massage and 'Deluxe' or 'Men's Empowerment' facial tailored to suit your skin type. Your body will feel soft and nourished all over, and you will be drifting off into a gentle state of relaxation and complete serenity.

Key Elements: Body Scrub, Mud Wrap, Hair Treatment,  
Facial and Massage

Duration: 195 minutes

## ESSENTIAL SERVICES

### HAIRDRESSING SERVICE

Our qualified hairdresser is available for your needs using the luxury La Biosthetique professional hairstyling products.

- Upstyles
- Style cut or complete restyle
- All colour services
- Blow dry or straightening
- Hair and scalp treatments

### NATURALLY BEAUTIFUL EYES

Maintain your natural look with our brow shaping and tinting services are the perfect way to enhance your eyes and avoid the trauma of mascara running in the humidity, or while you are having fun in the water. Enjoy the results for up to 8 hours.

- Lash or Brow Tinting
- Brow shaping
- Eye treatments

## SPA

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### WAXING

Our qualified spa therapists are efficient, hygienic and trained to minimise discomfort.

To reserve your treatments, please make a booking at the boutique spa reception – advance bookings are recommended.

### CANCELLATION POLICY

Your treatment time has been reserved especially for you. However, we understand that plans change. If you do need to change or cancel your treatment, you are required to provide five hours notice. Without notice the full charge of your treatment will apply.

Spa tours: We offer spa tours please call us to organise a walk through the beautiful Essentia Spa. We look forward to pampering you.

## SPA

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Treatment Pricelist	Duration	Price
<b>FOR THE FACE</b>		
Deluxe Facial	60 minutes	\$160
Essential La Capsule Deluxe Facial	60 minutes	\$180
Dermosthetique Anti-Age Elixir Facial	75 minutes	\$200
Dermosthetique Firming De Luxe Facial	90 minutes	\$200
Dermosthetique for Mens Facial	60 minutes	\$160
<b>UPGRADES</b>		
Dermosthetique Eye Lift Treatment	45 minutes	\$130
Hair Treatment	15 minutes	\$25
<b>FOR THE BODY</b>		
Luxurious Body Wrap	60 minutes	\$190
Target Body Contour Rendezvous	60 minutes	\$180
Clarifying Back Treatment	60 minutes	\$160
<b>WATER THERAPY</b>		
Flowing Ocean Rain Shower	90 minutes	\$260
Sea Melody	150 minutes	\$380

## SPA

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	Duration	Price
<b>MASSAGE</b>		
Classic Massage	60 minutes	\$120
	90 minutes	\$180
Specialty Massage	60 minutes	\$130
	90 minutes	\$190
Hibiscus Beach Massage	60 minutes (plus picnic time)	\$500

### FOR THE HANDS

Wellness Hand Therapy	45 minutes	\$ 90
Deluxe Spa Manicure	60 minutes	\$120

### FOR THE FEET

Wellness Foot Therapy	45 minutes	\$90
Deluxe Spa Pedicure	60 minutes	\$120

### ESSENTIA SIGNATURE TREATMENTS

Island Essence	60 minutes	\$145
Deep Ocean Ritual	90 minutes	\$250
Pure Embrace	90 minutes	\$280
Touch of Paradise	105 minutes	\$250
Island Dreaming	120 minutes	\$280
The Spa Journey	195 minutes	\$480

## SPA

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	Duration	Price
<b>ESSENTIAL SERVICES</b>		
Hairdressing Service	Price on request	
Naturally Beautiful Eyes	15 – 30 minutes	\$35 - \$50
Waxing	15 – 60 minutes	\$25 - \$120