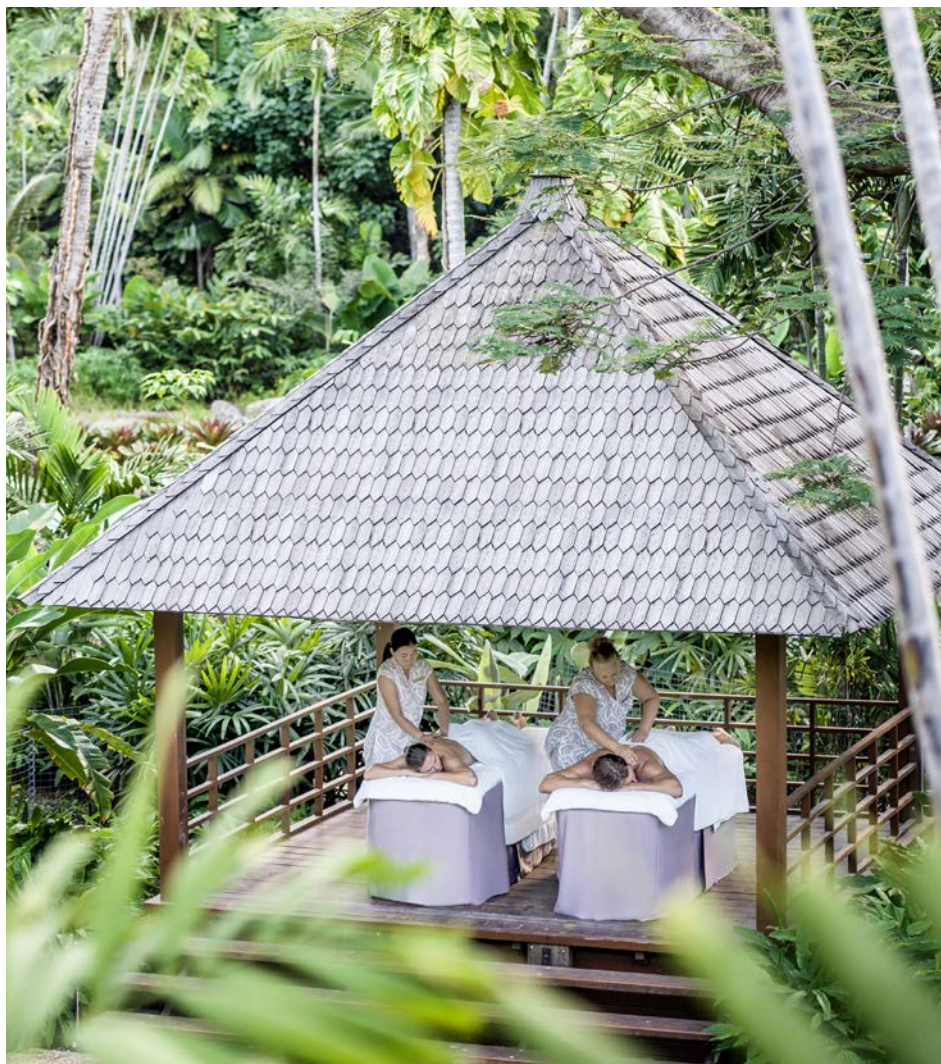




INTERCONTINENTAL®  
HAYMAN ISLAND RESORT



SPA MENU

WELCOME



Welcome to Hayman® Spa.

In partnership with Sodashi, Hayman® Spa seeks to nurture and celebrate each individual's unique beauty with a bespoke invitation to travel deeper into relaxation.

A Sanskrit word, Sodashi means wholeness, purity and radiance. With wholeness, Sodashi seeks to nourish the skin's needs on every level within Hayman® Spa's 11 treatment rooms plus our Spa Oasis (wet room). With purity, Sodashi makes the commitment to blending the purest natural ingredients with love and intention. When Sodashi promises radiance, each guest will transform with beautiful, glowing skin.

An elevated natural experience, Sodashi takes a holistic approach to beauty that transcends skincare. From deep immersion facials to invigorating massage therapies, welcome a total experience that works to nurture the mind, body, spirit and emotions.

Sodashi

## ONE-OF-A-KIND EXPERIENCES

Bamboo Loft Suite Upgrade \$300 per two persons

Experience the pinnacle of Luxury in Hayman® Spa's private Bamboo Loft. Enjoy exclusive use of the aromatic deep soaking bath and dedicated steam room before your treatments commence. Includes refreshments & sparkling wine.

Destination Experience From \$150 per person

Choose the setting for your Hayman® Spa treatment; whether it be placed under the lush palms of the resort's Rainforest Cabana, on the soft sands of Coconut Beach, or within the privacy of your guest room – the choice is yours. Available for selected treatments and room types.

Girls Day Out Package \$180 per person

Create lasting memories with those closest to you. Design your unique spa event in a venue of your choosing accompanied by grazing platters, sparkling wine, and juices.

Mum and Me \$620 per two persons

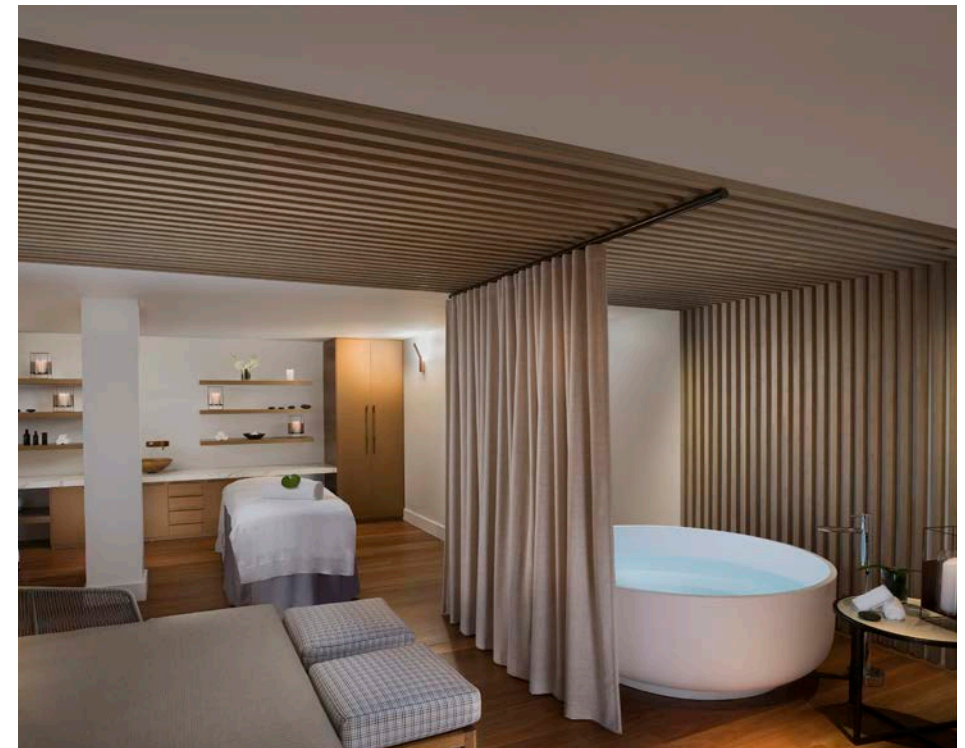
Spend quality time together creating your unique Hayman® Spa experience. Our Skincare Expert will guide you through a customised workshop, before you both indulge in a radiance facial. Your journey will be complete with a personalised Sodashi gift.

Hayman® Spa Cuisine From \$30

We invite you to choose to add picnics, high teas, cheese boards and grazing platters to your time in Hayman® Spa. Advanced bookings required.

Spa Oasis Experience Complimentary with booking

While in Hayman® Spa, gain complimentary access to an invigorating steam room, purifying sauna and refreshing cold plunge pool designed to restore vitality and regulate body temperature. Subject to availability.



## SPA MENU

### SIGNATURE EXPERIENCES FOR ONE

#### The Hayman® Experience 4 hrs | \$890

Allow your senses to be tantalised with a full body ritual designed to restore equilibrium and promote a peaceful state of mind during your stay on Hayman Island. Start your journey with a soothing foot soak, before immersing in an energising dry body exfoliation designed to improve blood flow and elasticity. Transition your body into deep relaxation with a bespoke massage experience tailored to your individual needs before Hayman® Spa's acclaimed therapist brings your journey full circle with your choice of the below treatments.

*Marine Mineral Facial | Fire & Ice Pedicure | Deluxe Manicure Therapy*

#### Top to Toe 120 min | \$440

Leave the world behind as you re-energise with an authentic soul to sole experience. Begin with a tension relieving massage that covers your back, scalp, arms and legs before being wrapped in aromatic steaming towels that leave your scalp restored and skin glowing. Feel meridians balanced through the application of Sodashi's invigorating Jetlag Recovery tonics.

#### Arabian Oud Renewal 90 min | \$350

Walk away from this nurturing experience feeling refreshed and revitalised. Your treatment journey will start with a focused upper body holistic massage designed to ease muscular tension and improve digestion. Arabian Oud Essence's soothing attributes will place you in a relaxational state before a facial treatment focused on skin detoxification and radiance begins.

#### Holistic Awareness 90 min | \$350

Using powerful intuition, be guided deeper into relaxation and wellness with our expert practitioner. With a fusion of modalities available, including remedial massage, myofascial cupping, reiki, reflexology, hypnotherapy and meditation, have your session completely tailored to your needs. Walk away feeling cleansed, grounded and renewed.

#### Hayman Recovery 60 min | \$220

Boost and re-energise your whole system after travel. To reduce tension and fatigue we begin with a relaxing back and neck massage. This is followed by a Himalayan salt exfoliation and warm aromatic compresses. Your revival is complete with a refreshing facial and application of Sodashi's Jet Lag Tonics.

## SPA MENU

### SPA EXPERIENCES FOR TWO

#### The Hayman® Experience 4 hrs | \$1900

Designed as a bespoke spa journey for two, The Hayman® Experience places you in the luxurious privacy of Hayman® Spa's Bamboo Loft with access to your own bath and steam room. After indulging in both facilities, your journey continues with a soothing foot soak, before immersing in an energising dry body exfoliation designed to improve blood flow and elasticity. Transition your body into deep relaxation with a bespoke massage experience tailored to your individual needs before Hayman® Spa's acclaimed therapist brings your journey full circle with your choice of the below treatments.

*Pure Radiance Facial | Fire & Ice Pedicure | Spa Hand Therapy*

#### Awakening Journey 4 hrs | \$1500

In the privacy of the Bamboo Loft, we begin this journey with an invigorating steam session and detox marine wrap, to draw impurities from the body and enliven the skin. Tension is relieved from the neck and scalp with a steaming head wrap and enriching clay mask. Transcend into ancient healing with Sodashi's Island Gemstone Therapy. Grounding tiger eye massage stones and local Australian crystals are placed on chakras throughout the body, bringing about rejuvenation and harmony. Take your time to relish in the tranquillity of your private space.

#### Rejuvenate in Paradise 3.5 hrs | \$1300

This exquisite journey begins in the Bamboo Loft, relaxing in a private bath infused with botanicals, and private steam to cleanse the senses. Skin is softened and polished with Sodashi's body balance salt exfoliation. Instill deep tranquility and relaxation with a soothing body massage and pure radiance facial, with enriching masks and tension relieving massage, sending you both to a place of complete relaxation.

## PREGNANCY PACKAGES



## For the Mother-To-Be

2 hrs | \$385

Melt tension away with a treatment specifically designed to offer mothers-to-be peaceful relaxation and the unique opportunity to unwind. Relax with gentle jojoba bead exfoliation before indulging in a nurturing full body mask. Continue with a comforting body wrap before a cleansing clay hair and scalp mud massage revitalises your senses. Finish this treatment with a hydrating moisturiser and instant glow facial.

## Mother Nature\*

2.5 hrs | \$540

Begin this journey with a soothing guided massage complete with pregnancy support cushioning. Ease pressure and reduce stress with a massage tailored to you, before having your skin rebalanced with a glow enhancing facial. To complete this experience, feet and lower legs are indulged with a luxurious pedicure.

## Pregnancy Massage\*

60 min | \$320

Indulge both you and your baby with this beautiful treatment designed to ease your tensions, both physical and emotional. A relaxing massage hydrates and nourishes your skin whilst easing bodily discomfort. This experience comes with the gift of Hayman® Spa's Vitamin Rich Body Oil to help minimise stretchmarks and plump, hydrate, strengthen and protect the skin.

\*Only available in 2nd & 3rd trimester.

## SPA MENU

### FACIALS

These facials are complemented with a specialised Sodashi Facial Massage Technique.

#### Pure Radiance Facial Treatment 60 min | \$220

A journey of total renewal, warm aromatic compressions soften and exfoliate the skin before a face mask rich in herbal extracts is applied to induce purification and hydration. This luxurious treatment is tailored to your individual skins needs with Sodashi's Plant Essence Synergies leaving your skin fresh and revitalised.

#### Marine Mineral Facial Treatment 75 min | \$240

Using the intelligence of marine plants, this facial is rich in Spirulina and concentrated extracts to bring radiance and glow to your complexion. Tailored to your unique skin type, it is the perfect treatment to oxygenate, tone and revitalise the skin. This facial experience will be enhanced with the Sodashi professional mask to leave your skin radiant.

#### Deep Immersion Facial\* 60 min | \$220

Designed to reduce tension in the face, neck and back, this treatment involves a therapeutic back scrub and deep cleansing facial treatment. Skin is left feeling purified, toned and refreshed.

#### Nature's Face Lift 90 min | \$295

This is an intensive boost of nature's most nourishing vitamins and minerals. Sodashi's exclusive Thermal 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 type to ensure a deep clean that leaves your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial, it's Nature's Face Lift.

\*We recommend adding a cooling foot revival to complete the ritual.

## SPA MENU

### BODY TREATMENTS

#### Body Salt Glow 60 min | \$220

Balance your body with the application of warm soothing oils, followed by Himalayan salt and plant essence therapy. Relieve stress and fatigue while gently stimulating the body's circulation. This salt therapy treatment is perfect after long travel, exercise or if you are adjusting to a new climate.

#### Vanilla Body Soothe 60 min | \$220

Gentle whole-body exfoliation will soothe and calm the mind and body while revitalising and hydrating the skin. Containing grounding sandalwood powder, this treatment is the perfect tonic to relieve tired, aching muscles. Following this experience, delight in the aromas of vanilla and coconut as they infuse into your skin. Pregnancy safe.

#### Refining Clay Wrap\* 75 min | \$240

Cooling and soothing, Sodashi's jojoba body polish gently exfoliates the whole body. A nurturing full body mask rich in French pink clay and herbal extracts is applied to your body which will be cocooned in a comforting body wrap, complete with a tension relieving scalp massage. Refining the skin and soothing scar tissue, this treatment is Pregnancy Safe.

#### Detox Marine Wrap\* 90 min | \$295

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying on all levels. Exfoliating with Sodashi's Organic Green Tea Salt will leave your skin soft and enlivened. A warm marine body mask is then applied before you are enveloped in a calming wrap. Enjoy a soothing scalp massage for complete and total relaxation.

\*We recommend adding a 30-minute massage for complete indulgence.

## SPA MENU

### MASSAGE

#### Island Gemstone Therapy 90 min | \$320

Hayman® Spa's Island Gemstone Therapy has been developed by Sodashi to balance the mind, body and spirit with the application of ancient Australian healing stones and crystals. Through the power of massage and intention, the vibrations of the Australian plant essences and crystals resonate deeply with our beings, bringing about relaxation, rejuvenation and harmony.

#### Hayman® Hot Rocks 90 min | \$295

Sooth sore muscles with this therapeutic full body massage enriched with active aromatic oils and warm volcanic stones designed to relieve tension. The heat from the stones will penetrate your muscles, soothing away aches and pains, while inviting your entire body to unwind.

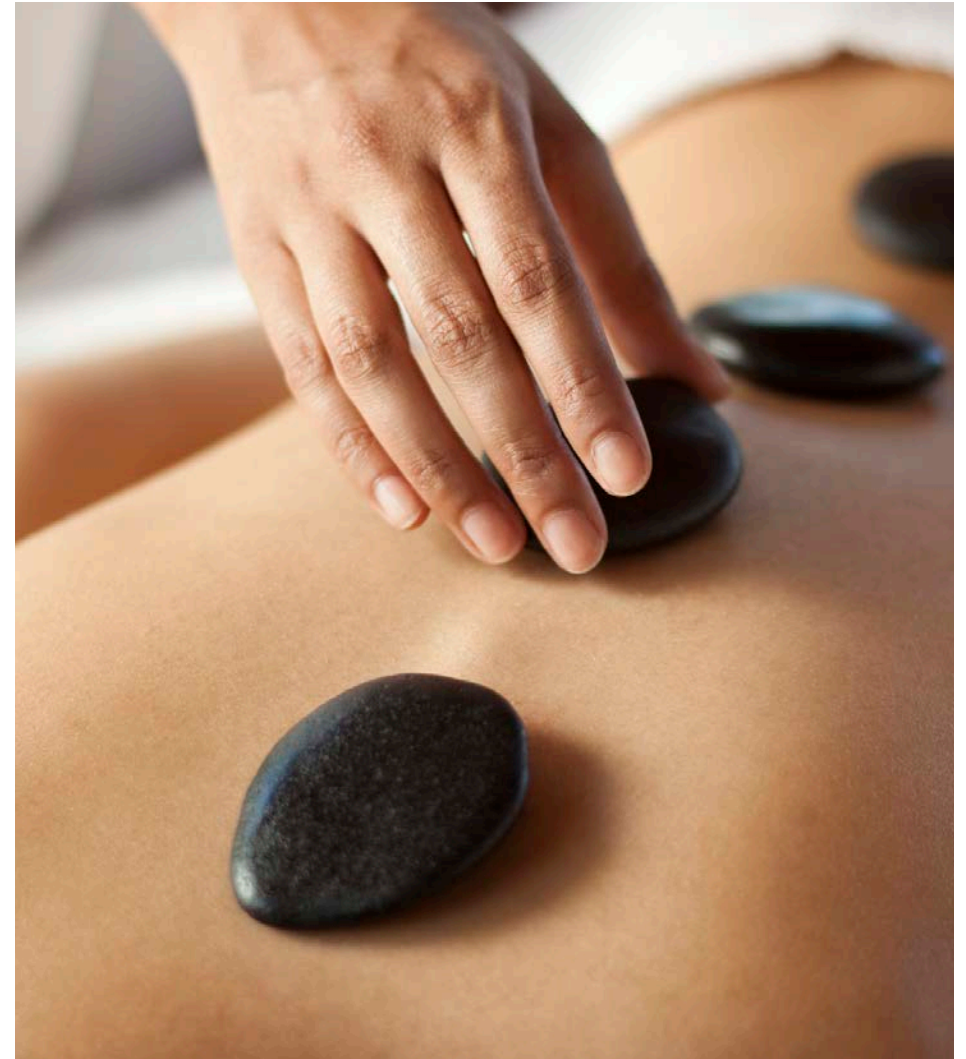
#### Hayman® Signature Massage 60 min | 90 min | \$220 | \$295

Combining the healing power of touch with Sodashi's unique techniques, this deeply relaxing massage uses smooth, flowing movements with light to medium pressure to encourage an increase in lymphatic circulation and balance the energy meridians in the body. The synergy of natural plant oils and aromatic plant essences will nourish your skin and help to relieve emotional and physical tension.

#### Bespoke Massage 75 min | \$295

This treatment will begin with a thorough consultation to identify individual preferences. With no two experiences the same, each therapist will use their unique expertise to tailor this treatment solely to you.

## SPA MENU



## SPA MENU

### TREATMENT ENHANCERS

Add on to any Spa Experience

#### Clay Scalp Restore 15 min | \$55

Enjoy an aromatic steaming head wrap and enriching scalp mask massaged into the scalp. Ideal for relieving tension and providing essential nutrients to ensure hair is soft and shiny. Perfect accompaniment to your body treatment.

#### Instant Glow Facial 30 min | \$100

Boost complexion with an express facial cleanse, exfoliation and firming gel mask. Finished with a nutrient rich moisturising ritual.

#### Back Massage 30 min | \$100

Have complete focus on your back, neck, and shoulders, boosting circulation and encouraging further relaxation into your selected spa treatment.

#### Purifying Back Cleanse 30 min | \$100

Body balancing Himalayan salts deeply exfoliate the back to stimulate circulation, followed by our green clay mask to draw out accumulated toxins.

#### Indian Head Massage 30 min | \$100

Based on ancient healing techniques, this massage is focused on reducing tension in the head, neck and shoulders using the art of acupressure points to rebalance the natural energy of the body.

#### Cooling Foot Revival 30 min | \$100

Revive tired feet with an invigorating salt exfoliation followed by a soothing peppermint and arnica foot and calf massage.

## SPA MENU

#### Nurturing Hand Therapy 30 min | \$100

Jojoba beads gently polish and quench the skin, while hardworking hands and forearms feel comforted with a soothing massage.

#### Paraffin Wax Treatment 30 min | \$100

Heat therapy will soften and soothe hands or feet and deeply relax muscles while paraffin wax locks in botanical oils to soften the skin.

#### Eye Lift + Revive 15 min | \$55

Designed to visibly reduce the signs of ageing around the eye area, add this enhancer onto any facial treatment.





## SPA MENU

### BEAUTY SERVICES

#### Deluxe Manicure Therapy 75 min | \$240

Keep your hands beautiful and soft with this deluxe hand therapy. Using a combination of therapeutic massage and the warmth of paraffin to enhance hydration, your skin will feel smoother and your nails will be nourished and polished to perfection.

#### Fire and Ice Pedicure 75 min | \$240

This super rejuvenating pedicure will warm your senses and cool your tension. Your feet and lower legs are soothed with our cooling gels and then warmed with a heated paraffin massage. This combination of hot and cold paired with therapeutic ingredients promotes healthy-looking skin and nails.

#### Express Nail Shape and Polish 30 min | \$100

Keep your nails looking their best and ready for any occasion. This treatment will include everything from cuticle repair to nail filing. Finish with a polish of your choice for fingers or toes.

#### Mini-Me Nail Polish 15 min | \$45

Suitable for children under the age of 13, fingers or toes are perfectly painted with their choice of colour.

#### Tinting 15 - 30 min

Our tinting services are performed by our experts allowing a focus on your eyelash and eyebrow colouring. Our services will help darken and intensify with intent to enhance your natural features.

Eye Lash Tint \$70

Eye Brow Tint \$55

## SPA MENU

#### Waxing 15 - 90 min

Our therapists respect your privacy and take the upmost care to make your waxing services comfortable.

Eyebrow	\$70
Lip	\$55
Chin	\$55
Bikini	\$70
Underarm	\$70
Arm	\$90
Half Leg	\$70
Full Leg	\$120
Brazilian	\$120

#### Make-up Services

Allow our professional Make-up Artists to ensure you are looking your best for any occasion. Tailored to your preferences, our experts will apply Youngblood Mineral cosmetics to ensure the perfect application.

#### Special Occasion 60 min | \$125

Transform your look with Youngblood Mineral cosmetics while our extensively trained makeup artists make you look and feel your ultimate best leaving you with a flawless finish for your special occasion. This Special Occasion make up includes application of lashes and all your personal requests to give you a radiant and glamorous appearance.

#### 30-Minute Makeover 30 min | \$100

A 30-minute pick-me-up make-up application for those people who are looking for a more minimal make-up finish.

## SPA MENU

### MALE TREATMENTS

MENicure 60 min | \$200

Give your hands and feet the time they deserve with this unwinding treatment. Start with a foot soak prior to receiving hand and forearm exfoliation. Your nails and cuticles will be taken care of, while feet are scrubbed, polished, buffed and smoothed.

The Gentleman 120 min | \$310

Take the weight off your feet as you sit back in Hayman® Hair Salon and enjoy this tension easing treatment. Begin with a relaxing scalp massage, before your hair is washed, cut and styled to your request. Your treatment will be followed by our revitalising Hayman® Recovery Treatment in Hayman® Spa.

MENskin Facial 60 min | \$220

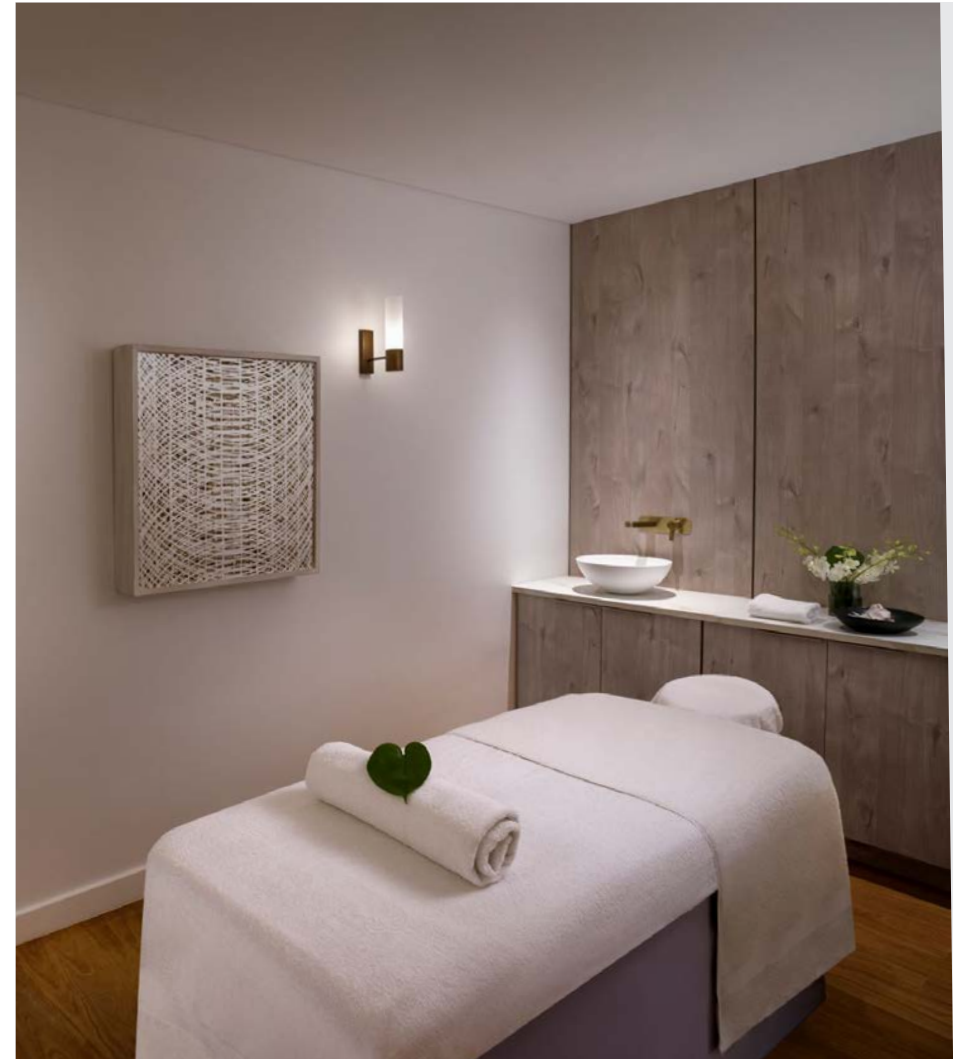
Designed to purify, hydrate and soothe male skin, this deeply cleansing facial buffs away dead cells. More than just your normal facial, this experience starts with a focus on reducing tension in the neck, back and shoulders followed by a therapeutic back scrub.

Waxing from 30 - 60 min

Full Back and Shoulder \$70

Chest and Abdomen \$90

## SPA MENU



## HAIR SALON



## HAIR SALON

### HAYMAN® HAIR SALON

Located across from Hayman® Spa, welcome to Hayman® Hair Salon

Extend your self-care journey with expert cutting, colouring and styling in an energetic and vibrant location. Exceeding your expectations with remarkable service, include pampering yourself before romantic private dining moments, wedding celebrations and memorable events.

Hayman® Hair Salon partners with Kevin Murphy using eco-friendly colour and styling products. Kevin Murphy's philosophy is paralleled with skincare, being weightless and strong, perfect for the tropical environment of Hayman Island.

Derived from the best natural ingredients available, combined with hi-tech scientific knowledge, Kevin Murphy products are free from sulphate, paraben, ammonia and PPD, with full PETA approval. Caring for our surrounds, Kevin Murphy utilise recycled packaging from 100% Ocean Waste Plastic.

HAIR SALON

HAIR CUTS & STYLING

Professional stylists at our Hayman® Hair Salon provide you with the ultimate hair journey complete with a premium service personalised to you. Treat, style and cut your hair to express your inner self.

Ladies

Shampoo, Cut and Blow-dry	\$115
Restyle	\$150
Fringe Trim	\$30

Mens

Shampoo, Cut and Blow-dry	\$85
Shampoo and Clipper Buzz Cut	\$60
Restyle	\$100
Fringe Trim	\$30

Kids

Shampoo, Cut and Blow-dry (under 12 years)	\$65
Restyle	\$85
Babies Haircut (under 1 years)	\$50

STYLING\*

Blow-dry Long	\$100
Blow-dry Medium	\$85
Blow-dry Short	\$65
Hair Styling – up or down	\$125
Waves/Curls (on dry hair only)	\$85
Braids	from \$45

\*Extra time needed will incur a \$25 charge - length, thickness or extensions.

HAIR SALON

HAIR TREATMENTS

Kevin Murphy Masque 15 min | \$40

Provide your hair with the help it needs through our Kevin Murphy Masques. Suited to individual hair needs, our range of masques aim to protect, hydrate and restore your hair strength and shine. Hayman® Hair Salon’s professionals will consult with you prior to this treatment to ensure they select the right masque for you.

Kevin Murphy Treat Me 30 min | \$60

Extend your luxury hair journey with a personalised salon experience. Tailored to your hair needs, Kevin Murphy’s in-salon treatments help deliver deep conditioning, shine and long-lasting nourishment. Hayman® Hair Salon’s professionals will provide you with a personal hair consultation, followed by a scalp cleanse and relaxational scalp massage. You are set to walk away with your hair feeling soft and shiny.

HAIR TREATMENTS

Foils 1 / 4 Head	\$100
Foils 1 / 2 Head or Short Balayage	\$150
Foils 3 / 4 Head or Medium Balayage	\$200
Foils Full Head or Long Balayage	\$250
Long All Over Colour	\$180
Med All Over Colour	\$150
Short All Over Colour	\$120
Regrowth	\$110
Scalp Lightner	\$130
T Section Grey Coverage	\$70
Toning – Refining	\$70
Refreshing Ends with Clear	\$60

Prices are ‘from \$’ and may change due to length and texture of hair. Prices will be confirmed in consultation stage prior to hair appointment. Free consultation available. All colours must have a colour consultation with skin patch test prior to any colour service. \*We recommend adding a Blow-dry to all Colour Treatments.

## HAIR SALON

### BRIDAL SERVICES

#### Bridal Hair & Makeup

Hair Trial	\$150
Makeup Trial	\$150
Hair Style on the Day	\$150
Makeup on the Day	\$150

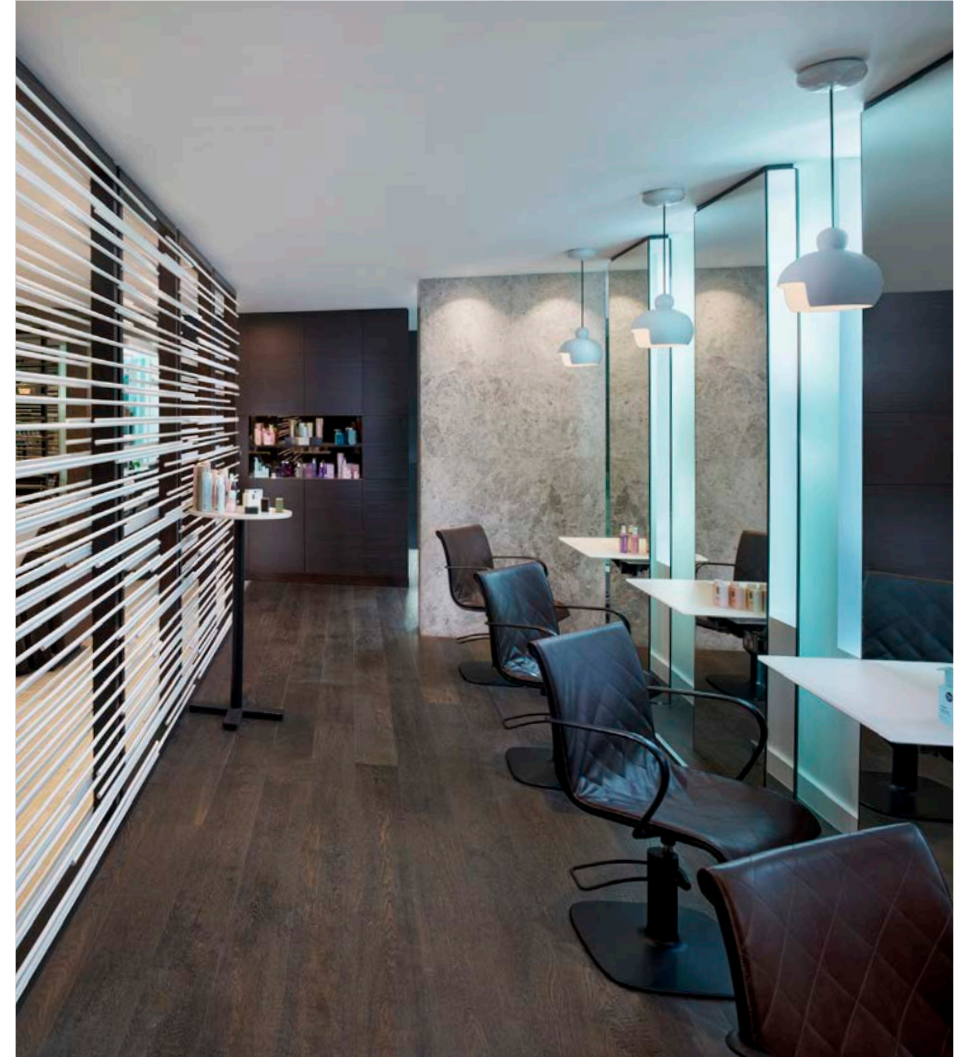
#### Bride-to-be Packages From \$400

An essential for beautiful wedding-ready hair, our on-island stylist will prepare your hair the day before your wedding to ensure your hair styling is flawless for your big day. Professional Make-up Artists apply Youngblood Mineral cosmetics to ensure the perfect application for your special occasion.

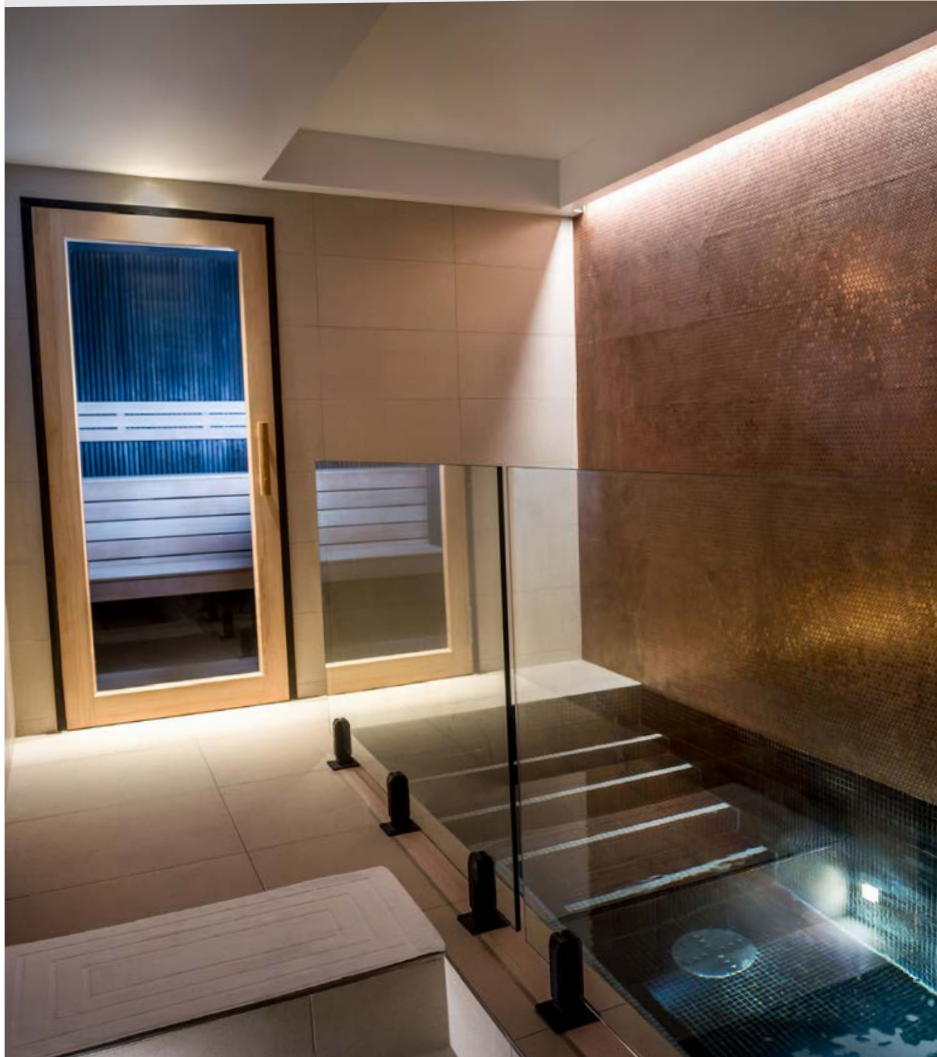
Bridesmaid or Guest Hair Styling	\$125
Bridesmaid or Guest Make-up	\$125

\*Extra time needed will incur a \$25 charge - length, thickness or extensions.

## HAIR SALON



HOW TO SPA



We recommend you arrive minimum of 15 minutes prior to your scheduled appointment time to complete the necessary consultation form and prepare for your experience. Arriving late will limit the time of your treatment so that the next guest is not delayed.

Junior spa guests are welcomed with consent from a guardian.

Please wear comfortable clothes to Hayman® Spa. A robe, slippers and disposable underwear is provided along with a locker for your personal belongings.

Swimwear is required for use of the Spa Oasis.

Some treatments and products are not recommended during pregnancy. Our Hayman® Spa team will guide you in selecting suitable treatments.

We recommend you leave all your personal valuables and jewellery in your room. We are not liable for the safety of your valuable items.

Please advise of any medical conditions or injuries at time of booking as some treatments may not be suitable.

Some treatments may not be available due to specialist therapist availability.

The spa environment is one of tranquillity and relaxation. Please respect the peacefulness and privacy of other guests by keeping your voice low, as treatments are in progress throughout the Spa.

Please ensure your mobile phone is on silent or vibrate only and we request that you leave it in the locker to fully immerse yourself into your experience.

To avoid cancellation costs, we respectfully require 12 hour's notice to change or reschedule your booking. Cancellations within 12 hours of the booking will incur a 50% charge, abandon will incur a 100% charge.



## INTERCONTINENTAL HAYMAN ISLAND RESORT

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