

SPA MENU


INTERCONTINENTAL.
HAYMAN
GREAT BARRIER REEF

HAYMAN SPA & WELLNESS

BORN OF LAND, NURTURED BY SEA, SHAPED BY NATURE

Welcome to Hayman Spa and Wellness, the heart of healing energy on Hayman Island. This is more than a spa. It is a sanctuary shaped by nature and guided by the island's rhythm. Every ritual, scent and touch is an invitation to slow down, reconnect and return to self.

Rooted in the spirit of Mother Hayman, our philosophy flows from the land, the sea and the ever-present stillness of the Whitsundays. Here, ancient wisdom meets modern science, blending the purity of Australian botanicals with global wellness innovation.

Nestled within the heart of the Whitsundays, Hayman Spa is the soul of the island - a space where the rhythm of nature restores balance to body, mind and spirit. Every treatment is a dialogue with the elements, thoughtfully designed to bring harmony, clarity and renewal. The island teaches us presence, and we respond with care, stillness and intention.

Our spa unites two globally recognised wellness houses, ELEMIS and Subtle Energies, each honouring the connection between science and spirit. ELEMIS, born in London, combines advanced skin science with the potency of the natural world. Their award-winning therapies use marine actives and botanicals to deliver visible results while soothing the senses.

Subtle Energies, proudly Australian and rooted in Ayurveda, weaves together rare essential oils and ancient healing traditions to restore energy flow and awaken inner vitality. Every blend is crafted with purity, purpose and respect for nature's intelligence.

BREATHE DEEPLY. SLOW DOWN.
LET THE ISLAND RESTORE YOU.

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SPA



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SUBTLE ENERGIES COLLECTION

Subtle Energies, creates results-based Aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles.

The products are sourced from the highest grade, sustainable and ethical sources and both the product range and treatments are created with the intent to address multiple skin and body concerns while delivering high performance results that empower one's physical, mental and emotional wellbeing.

With 30 years of clinical research that delivers results-based wellness solutions and holistic skin science that is free from parabens, silicones, mineral oils, sulphates and artificial fragrances.

Subtle Energies employs a variety of therapeutic techniques and uses Marma therapy points to offer sensorial and holistic experiences. Uniting the two sciences of Ayurveda and Aromatherapy, Subtle Energies and their founder Farida Irani, are pioneers in reviving the art of using rare and essential oils long forgotten in today's practices.

All products are made in Australia following European standards of natural skincare, to create safe, ethical and effective products. The range has been certified by Cruelty-free International and adheres to COSMOS standards.



Subtle Energies®

Holistic Skin Science, *Pure & Natural*

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HOLISTIC SKIN SCIENCE FACIALS SUBTLE ENERGIES

Advanced Biotech Lifting Facial

90 min | \$550

Next-generation facial combining biotechnology with holistic skin science for visible lifting and rejuvenation.

This elevated Subtle Energies treatment uses the latest biotech natural actives.

A gentle pomegranate enzyme mask smooths and brightens, followed by a vegan collagen serum infused with fermented actives and vitamin C rich botanicals. Multi molecular hyaluronic acid works across multiple layers to lock in lasting hydration, while ultra low molecular hyaluronic acid reaches deeper to enhance absorption and deliver even more skin loving benefits.

A calming Marma massage eases the nervous system, boosts circulation and encourages energy balance, so you feel as refreshed as you look.

Your treatment finishes with contouring and lifting techniques that define and sculpt the face. You will walk out renewed, radiant, firm and genuinely uplifted.

24K Gold Age-Defying Facial LED

90 min | \$460

An indulgent, next-level ritual infused with Mogra, pure 24K Gold and Queen of Jasmines.

A luxurious 90-minute skin ritual blends time-honoured botanicals with modern skin science to restore balance to both skin and spirit.

Mogra (Queen of Jasmines) gently supports cell renewal and boosts collagen production, while sandalwood helps even out pigmentation and promote a smoother skin tone. Himalayan rose delivers intense hydration, softening and rebalancing the skin, and 24K gold leaf provides collagen support and helps revitalise the deeper layers. As the treatment unfolds, your complexion becomes deeply nourished, fine lines begin to soften and skin is left luminous - a true ritual of rejuvenation inside and out.

The experience is further enhanced with dual-wavelength LED at 633 nm and 830 nm, delivering advanced rejuvenation, calming inflammation, and amplifying your skin's natural radiance.

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HOLISTIC SKIN SCIENCE FACIALS SUBTLE ENERGIES

Antioxidant Microbiome Facial

60min | \$260

Restorative facial that defends against pollution and environmental stress.

Ideal for sun-kissed skin that's been loving the island elements.

Whether you're feeling dry, sensitive, or a bit overexposed, this lush facial delivers a potent boost of nutrients to revive tired, ageing complexions. Packed with advanced antioxidants and essential fatty acids, it helps defend against free radical damage and visible signs of ageing. A Marma massage enhances the absorption of an active serum to support collagen and hyaluronic acid, followed by a botanical hydration mask that seals in all its benefits.

You'll finish with skin that feels silky, nourished, and deeply hydrated - pure island radiance.

Pomegranate Enzyme Facial

60 min | \$290

Brightening treatment using activated pomegranate enzymes and natural AHAs.

Dive into fresh-looking skin with this luxe facial. A potent blend of pomegranate enzymes and natural AHAs gently resurfaces and smooths, while antioxidant-rich polyphenols brighten and revitalise. Nutrient-rich botanicals deeply nourish and help retain moisture, leaving skin soft, radiant and glowing.

Perfect for a refreshed, luminous complexion - your skin will look smoother, brighter and naturally renewed.

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BODY TREATMENTS | SUBTLE ENERGIES



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BODY TREATMENTS | SUBTLE ENERGIES

Cinnamon & Walnut Body Buff 60 min | \$250

Gentle yet invigorating exfoliation using walnut shells and hot compresses.

Smooths and refines skin while reducing the appearance of cellulite

Tulasi, Wild Turmeric and Limbu uplift and refresh tired skin

Finished with a personalised full-body hydration to enhance detoxification

Himalayan Energising Body Polish 60 min | \$250

Strong exfoliation that stimulates circulation for radiant skin.

Mineral-rich Himalayan Crystal Salts detoxify, and smooth

Ayurvedic essential oils energise and restore balance

Hot compresses nurture the body followed by deep hydration

Rasayana Detox Body Scrub & Wrap 75 min | \$380

Active body therapy that revitalises, tones and purifies.

Begins with a zesty exfoliation of cinnamon and walnut shells

Clay and herbal infusion of Spirulina, Green Tea and Spiked Ginger Lily

Concludes with full-body hydration using aromatic butters or lotions

Pearl Infused Remineralising Body Mask 90 min | \$380

Multi-sensory body treatment harnessing the power of pearls.

Gentle exfoliation followed by a mineral-rich pearl and conch shell mask

Stimulates cell regeneration and restores luminosity

Includes a signature facial marma massage with Mogra and Indian Rose

HAYMAN SPA & WELLNESS

MASSAGE EXPERIENCES

Before your treatment, your therapist will guide you through a personalised scent discovery to help you find a blend that truly aligns with your body and your mood. You'll be choosing from our therapeutic oils, each crafted to elevate your experience through aroma and touch.

Hayman Signature Massage

60 min | 90 min | \$245 | \$335

Full body Lomi Lomi massage

Inspired by the fluid movements of traditional Lomi Lomi, this full-body massage uses long, rhythmic strokes and warm aromatic oils to melt away tension and restore balance. The experience leaves your skin soft, hydrated and your body in a state of complete harmony.

Relaxation Massage

60 min | 90 min | \$245 | \$335

Full body relaxation massage

A soothing full-body massage using smooth, flowing movements with light to medium pressure. Designed to calm the mind, ease muscular tension and restore balance. Aromatic oils nourish the skin and promote deep relaxation, leaving you grounded and refreshed.

Bespoke Massage

60 min | 90 min | \$250 | \$340

Full body relaxation massage, using the therapist's techniques

A personalised experience tailored to your individual needs. Your therapist will consult with you to identify focus areas, preferred pressure and desired outcomes. Combining expert techniques and aromatic blends, each session is designed to deliver exactly what your body needs most.

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PREGNANCY EXPERIENCES

Pregnancy Massage

60 min | \$345

Full body massage using pregnancy pillows with a trained therapist

A nurturing full-body treatment designed to comfort and support both mum and baby. Gentle, rhythmic movements relieve tension, improve circulation and promote relaxation. Adapted with pregnancy pillows for comfort.

Suitable during the second and third trimesters only. Comes with a complementary pregnancy oil to further enhance your treatment at home.

Babymoon Bliss - Pregnancy Ritual

90 min | \$440

Full body massage | Bump facial | Mini Elemis Expert Touch Facial

A restorative, glow-giving ritual created for both mum and the little one growing within. Your treatment begins with a full body massage as warm, nutrient-rich oils melt into the skin to ease tension and support deep relaxation for you and baby. Your bump is then treated to a soothing belly facial using Pro-Collagen Cleansing Balm with a light warm compress, followed by a Frangipani leave-on body mask that feels like a cosy hug for you both. The ritual finishes with a mini Elemis Expert Touch Facial, leaving you calm, connected and beautifully renewed.

Suitable during the second and third trimesters only. Comes with a complementary Frangipani Body cream to further enhance your treatment at home.

If you're an expectant mum, we invite you to explore our Subtle Energies & Elemis facial collections. Each treatment is crafted with gentle, pregnancy safe formulations that support changing skin throughout your journey. These facials comfort, hydrate and restore, and can be enjoyed on their own or paired with your prenatal massage for an extra boost of glow and calm.

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THE ELEMIS COLLECTION

Elemis represents the pinnacle of modern skincare, blending British refinement with advanced dermal innovation. Since 1989, the brand has been guided by a philosophy of intelligent formulation, pairing nature's most potent marine and botanical actives with cutting-edge clinical research. Each product is crafted through meticulous testing, bioengineering and deep expertise in skin physiology, ensuring that every texture, aroma and active ingredient works in harmony with the skin's natural functions.

At Hayman Spa, Elemis treatments offer a deeply refined experience designed to restore balance, reinforce the skin barrier and deliver visible, lasting results. Think high-performance actives like marine algae, peptides and nutrient-rich superfoods, all expertly layered to support hydration, firmness and radiance.

Every ritual is curated to feel luxurious and deeply restorative, inviting you to unwind while your skin is treated with some of the most sophisticated formulas in modern skincare.

ELEMIS
LONDON

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ELEMIS EXPERT TOUCH FACIALS

Elemis Expert Touch Reveal Facial 60 min | \$250

Resurface, smooth and glow

A resurfacing facial that refines texture, clears congestion and restores radiance. Powered by Tri-Enzyme exfoliation for smoother, brighter, freshly renewed skin.

Elemis Expert Touch Renew Facial 60 min | \$250

Hydrate, lift and firm

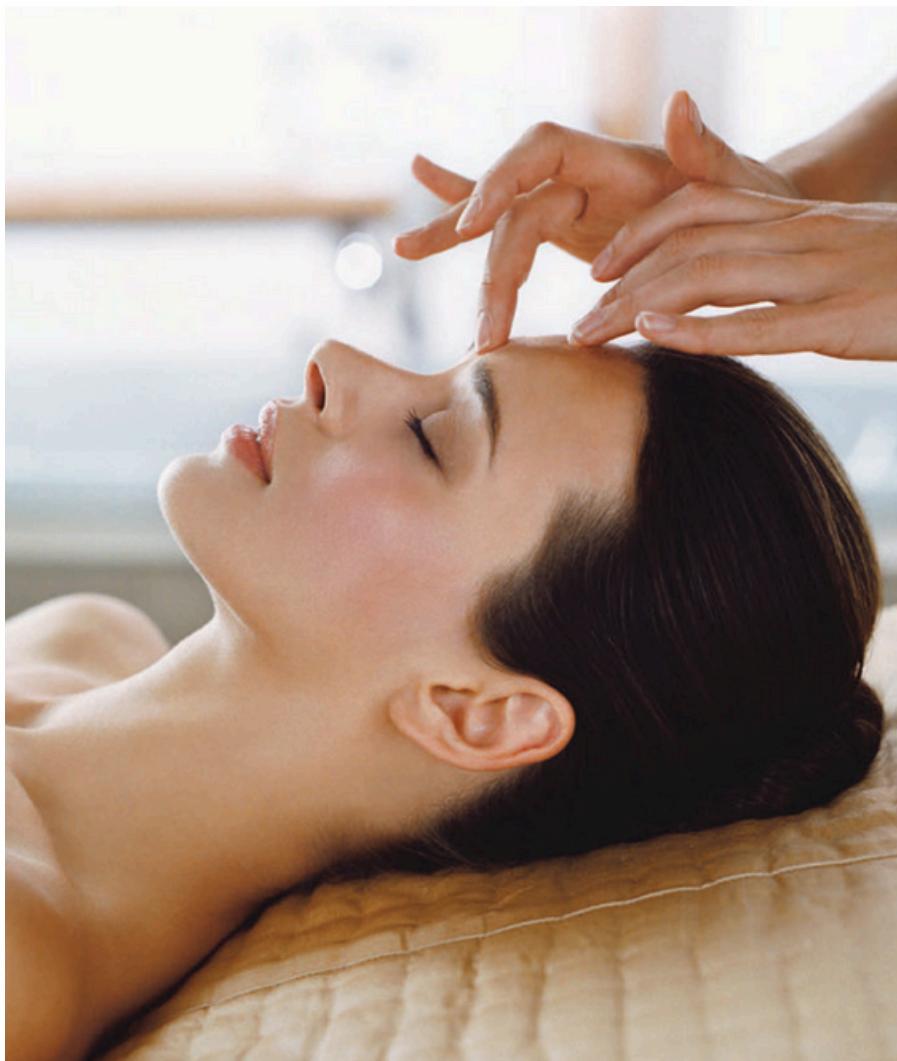
A deeply hydrating and firming treatment designed to restore bounce and soften the look of fine lines. Lifting massage techniques help refresh, plump and revive the complexion.

Elemis Expert Touch Define Facial 75 min | \$285

Energise, rejuvenate and sculpt

A transformative facial using the advanced ULTRA SMART Pro-Collagen range, powered by intelligent drone-peptide technology and multi-algae complexes for deep rejuvenation. Combined with expert contouring massage, this treatment boosts circulation, enhances natural definition and helps visibly lift and firm the skin. Expect a sculpted, revitalised and beautifully awakened finish.

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ELEMIS SIGNATURE JOURNEYS HAYMAN X ELEMIS

Nestled within the Bamboo Loft Suite, our ELEMIS Signature Journeys invite you to unwind in a sanctuary designed for complete rejuvenation. Featuring a private bath, steam room, day bed and ensuite, this serene space is crafted for total relaxation. Enjoy your choice of herbal tea, sparkling wine with cheese or a fresh fruit platter to elevate your experience.

Whitsundays Embrace Journey 3.5 hrs

Single Experience | \$1060

Shared Experience | \$2120

Full body exfoliation, bath and steam, bespoke full body massage, Deluxe ELEMIS Expert Touch Facial with Hydra-gel Mask, Frangipani Scalp Massage

A dreamy island ritual created to elevate every sense. You'll begin in the Bamboo Loft with a full-body exfoliation that smooths and brightens the skin as you ease into the experience. From there, you're invited to privately soak in a warm aromatic bath, with access to a private steam room and light refreshments to help you fully switch off.

A bespoke full-body massage then guides you into deep, restful calm, using flowing movements that melt tension and ground the whole system. Your journey continues with a Deluxe ELEMIS Expert Touch Facial featuring a Hydra Gel Mask to boost hydration and radiance, finishing with a soothing Frangipani Monoi Oil Scalp Massage, or oil-free if you prefer, leaving you floating out renewed and restored.

Exfoliation choices:

Salt, Lime and Ginger Scrub - uplifting and bright

Frangipani Monoi Salt Scrub - deeply hydrating and aromatic

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THE HAYMAN SIGNATURE JOURNEYS

The Hayman Signature Journey 4 hrs

Single Experience | \$1,210

Shared Experience | \$2,420

Includes: Full body exfoliation, nourishing wrap, steam therapy, Hayman Signature Massage, customised ELEMIS Expert Touch Facial with LED, Frangipani Scalp Restore

Your treatment begins in the Bamboo Loft Suite, a private sanctuary with a bath, steam room, day bed and ensuite. Settle in and enjoy your choice of herbal tea, sparkling wine with cheese or a fresh fruit platter while you fully relax before your treatment.

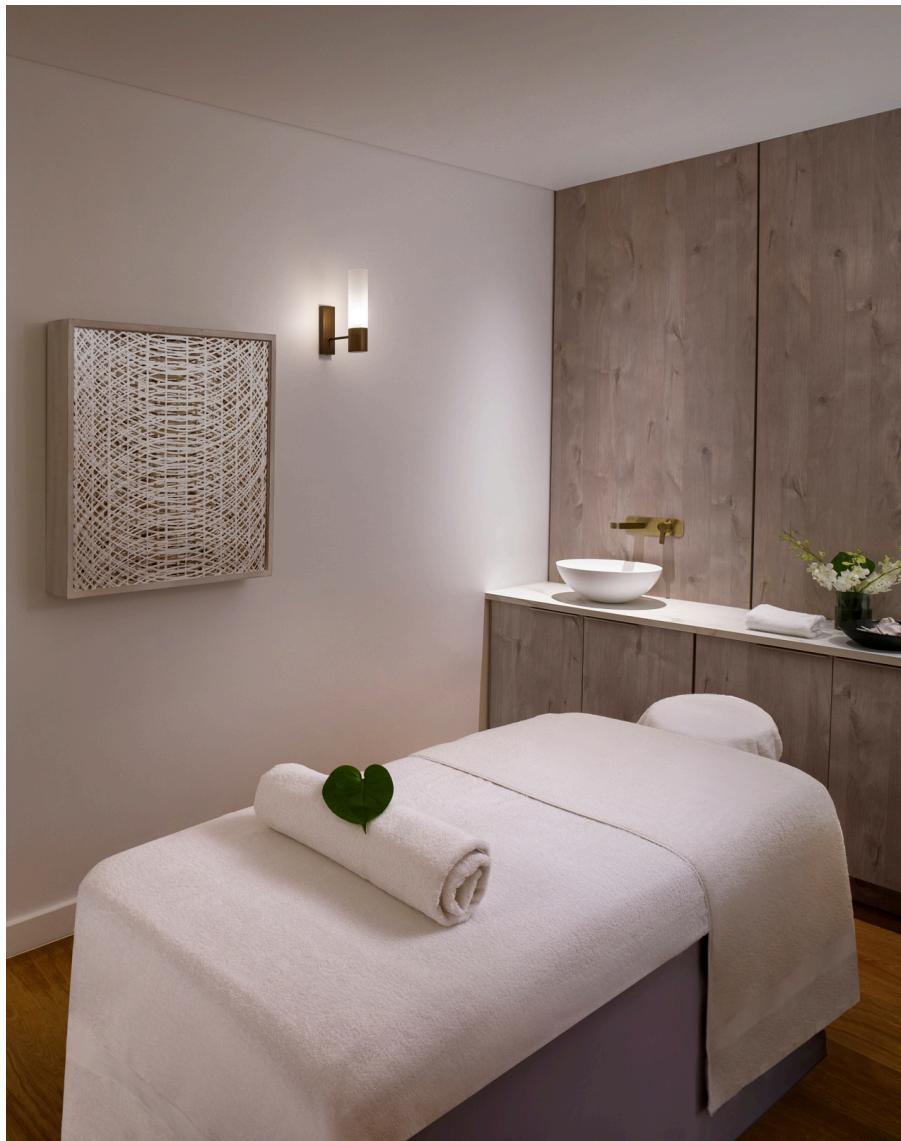
Your experience begins with a full-body exfoliation that leaves the skin feeling silky and fresh, before you're cocooned in a nourishing wrap that stays on while warm steam helps absorb the rich ingredients deeply, creating a soft, dreamy sense of calm.

The Hayman Signature Massage follows, bringing slow, flowing Lomi Lomi movements that feel almost oceanic, long, seamless forearm strokes, gentle rhythmic pressure and wavelike transitions that melt tension and ground the whole body.

To finish, enjoy a customised ELEMIS Expert Touch Facial boosted with 633 nm red LED for collagen support and luminosity, along with 830 nm near infrared LED to soothe and rejuvenate at a deeper level.

A lush Frangipani Monoi Oil Scalp Restore completes the ritual, leaving you floating & completely renewed.

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HAYMAN SIGNATURE RITUALS | ELEMIS

Hayman Signature Rituals are enjoyed in one of our tranquil spa rooms.

Upgrade to the Bamboo Loft for the ultimate couple experience for \$300, adding one extra hour to your ritual.

Hayman Recovery 60 min

Single Experience | \$245

Shared Experience | \$490

Back neck and shoulder massage with salt scrub exfoliation followed by a mini ELEMIS Expert Touch Facial

A dreamy reset for your senses. Melt into a slow, relaxing back and neck massage that releases every trace of tension. A decadent Frangipani back exfoliation follows, refined with warm aromatic compresses to leave your skin silky and pampered.

Your experience peaks with the Elemis Expert Touch Facial, a radiance-boosting ritual that deeply hydrates, lifts tired skin and restores a luminous glow. Float out feeling renewed, refined and completely indulged.

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HAYMAN SIGNATURE RITUALS | ELEMIS

Island Volcanic Stone Ritual

90 min

Single Experience | \$365

Shared Experience | \$730

Salt back exfoliation, warm basalt stone massage, scalp massage.

Grounding. Cleansing. Restorative.

Inspired by the volcanic energy that shaped the Whitsundays, this deeply soothing ritual blends ocean purity with the calming warmth of heated stones. Your journey opens with a mineral-rich salt back exfoliation that smooths the skin and prepares the body for deep rest. Warm basalt stones glide in slow, flowing movements, easing tension and quietening the mind.

A revitalising scalp massage completes the experience with your choice of warm oil or a dry finish. You'll leave feeling grounded, renewed, and fully restored.

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HAYMAN SIGNATURE RITUALS | ELEMIS

Island Dreaming Experience

2 hours

Single Experience | \$495

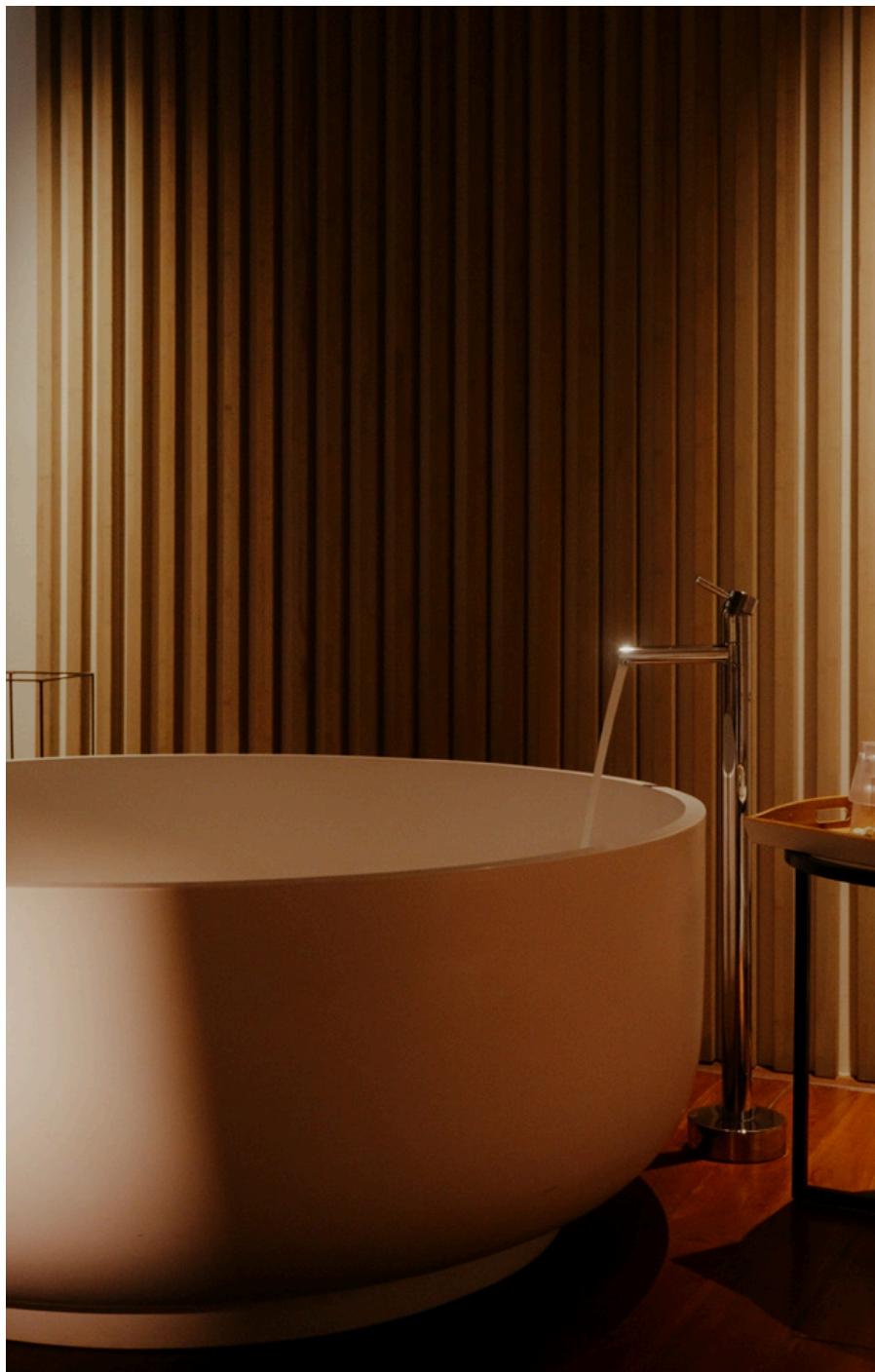
Shared Experience | \$990

Full body massage, back exfoliation, foot therapy, ELEMIS Expert Touch Facial, hand and arm massage, Frangipani Scalp Restore

A serene island journey designed to restore you from head to toe.

Settle into a full body massage that blends classic technique with relaxed Lomi Lomi style. It all begins with a salt, lime and ginger back scrub that leaves your skin silky and renewed. The massage glides down to your feet, where a warming foot scrub and hot towels melt away tension, followed by a cooling gel and focused foot massage to revive tired legs.

Next, you drift into a glow-boosting ELEMIS Expert Touch Facial to hydrate and brighten your complexion. While your mask works its magic, your hands and arms are treated to a soothing massage. You finish with a Frangipani Scalp Restore to send you into absolute bliss. A lush island escape from head to toe.



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MINI WELLNESS RITUALS | 30 MINUTES

Elemis Pro Glow Facial

30 min | \$130

A results-driven, tailored facial designed to brighten, smooth and hydrate the skin in minimal time. Perfect for a quick refresh or a pre-event glow, and suitable for all skin types.

Back, Neck and Shoulder Massage

30 min | \$130

Focus entirely on your back, neck and shoulders, boosting circulation and encouraging further relaxation in your selected spa treatment.

Indian Head Massage

30 min | \$130

Inspired by ancient healing techniques, this treatment focuses on releasing tension in the head, neck and shoulders through rhythmic movements, gentle acupressure and deep, slow techniques. Can be performed with a nourishing scalp blend oil for added hydration, or as a dry deep scalp massage to revitalise and rebalance the body's natural energy.

Island Foot Revival

30 min | \$130

Your experience begins with a rejuvenating foot polish and a warm, aromatic towel to soften and prepare the skin. Inspired by the foundations of reflexology and guided by traditional pressure-point charts, this nurturing treatment encourages relaxation, supports healthy circulation and melts away built-up tension. If you're craving a dedicated foot massage with a deeply soothing flow, this is the perfect choice!

HAYMAN SPA & WELLNESS

SPA OASIS EXPERIENCE

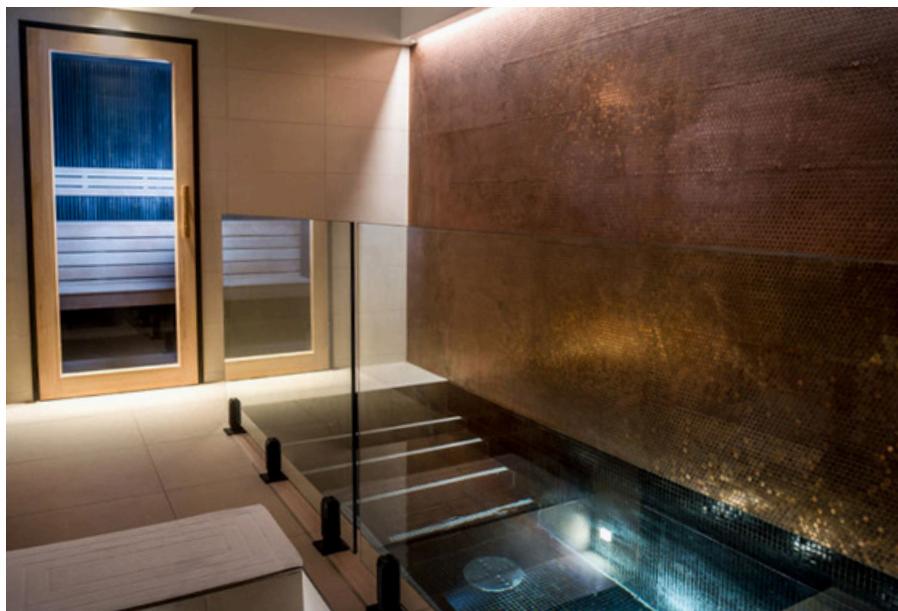
A serene private escape for up to 2 guests, featuring a room-temperature plunge pool, steam room and sauna, all softly infused with the cleansing aromas of Australian eucalyptus. It's the perfect way to ease your body into deep relaxation before a treatment or enjoy as a blissed out standalone moment to fully switch off.

We kindly recommend booking in advance as this is a popular experience.

30 min | \$30

45 min | \$42.50

60 min | \$55



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TREATMENT ENHANCERS

Can be added to any facial or body treatment with no additional time needed for optimal results. Choose as many as you desire.

LED Light Therapy Enhancement \$130

Anti-Ageing | 633nm + 830nm

Experience advanced LED technology that combines 633nm red light with 830nm near-infrared wavelengths to boost collagen, improve elasticity and calm inflammation. This powerful, non-invasive enhancement supports cellular repair and rejuvenation, leaving your skin visibly firmer, smoother and more radiant. Backed by science and results driven.

Elemis Eye Treatment \$55

A hydrating and soothing eye mask featuring a skin-cocooning gel texture formulated with orange flower and cornflower extracts to comfort, cool and calm tired eyes while visibly reducing signs of ageing. Leaves the eye area dewy and refreshed.

Elemis Neck and Jowl Pro Definition Lift and Contour \$75

A revolutionary lifting mask for the jowl and chin that unveils firmer, more refined facial contours with beautifully reshaped cheeks and jawline.

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TREATMENT ENHANCERS

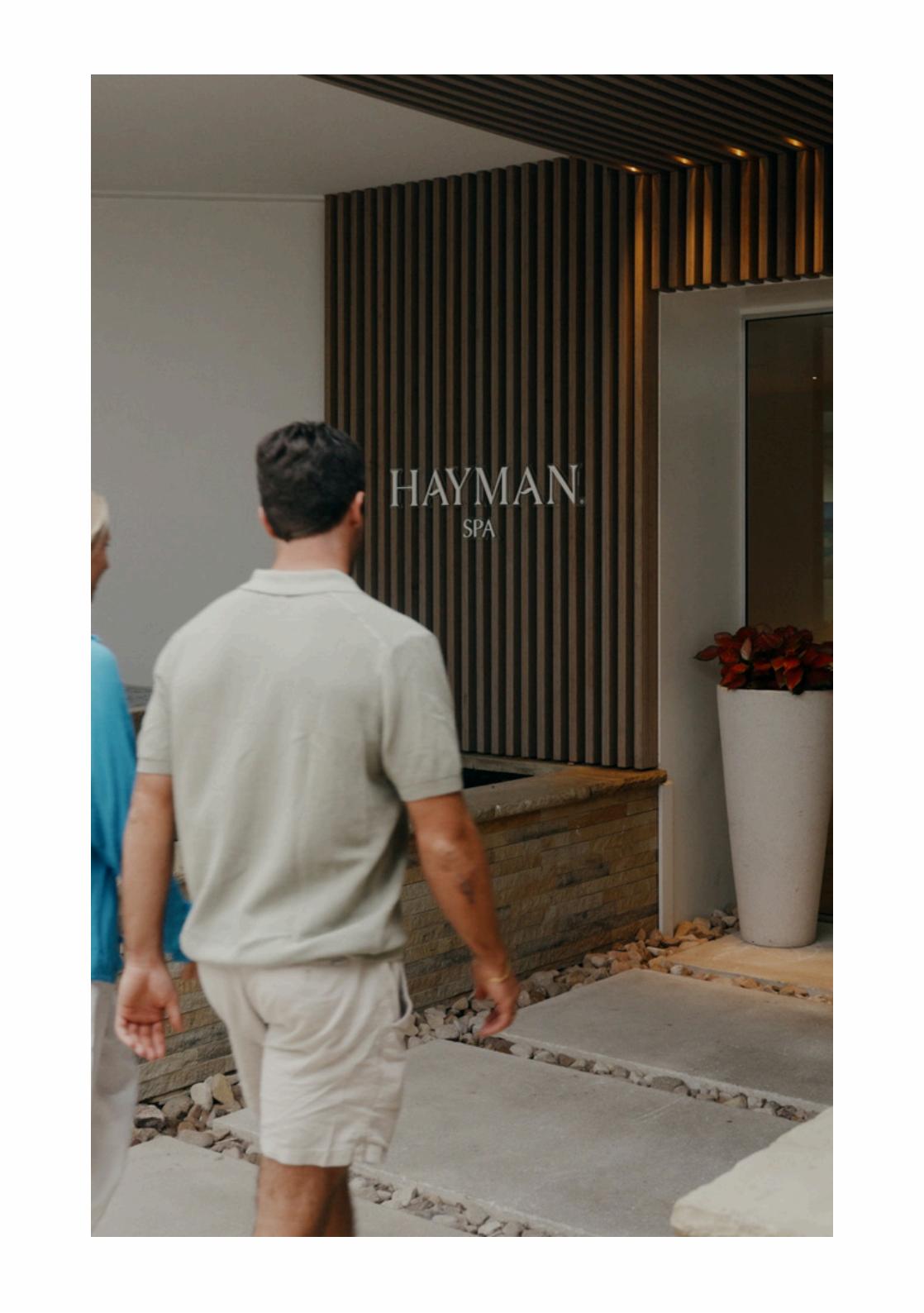
Elemis Hydra Soothing Gel Mask \$90

A hydrating and calming facial gel mask featuring a soothing formula that instantly refreshes and deeply hydrates. Leaves your skin soft, smooth and nourished.

Back Scrub \$55

Perfect to add onto a massage with your choice of Frangipani Monoi or Lime and Ginger Salt. Gently buffs away hard-to-reach dead skin, leaving the back smooth, soft and perfectly prepped to enhance any treatment.

All masks and LED add-ons include our signature cleanse using the Pro-Collagen Cleansing Balm infused with lavender, chamomile and eucalyptus, along with aromatic hot towels prior to application, followed by targeted aftercare scientifically proven to hydrate, protect and enhance skin radiance.



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SPA ETIQUETTE

To ensure you have the most relaxing and enjoyable experience, we kindly ask that you take a moment to review our spa guidelines.

We recommend arriving at least 15 minutes before your scheduled appointment to allow time to complete your consultation form and begin to unwind. Arriving late may shorten your treatment time so the next guest's experience is not affected.

Junior spa guests are welcome when accompanied by a guardian.

Please wear comfortable clothing to the spa. A robe, slippers, and disposable underwear are provided, along with a locker for your personal belongings.

We recommend leaving valuables and jewellery in your room, as the spa cannot be held responsible for any lost or damaged items.

Swimwear is required for use of the Spa Oasis.

Some treatments and products are not recommended during pregnancy. Our Hayman Spa team will be happy to guide you in selecting safe and suitable options.

Please let us know of any medical conditions or injuries at the time of booking, as certain treatments may not be suitable. Availability may also vary depending on specialist therapist scheduling.

Our spa environment is designed for tranquillity and relaxation. To respect the comfort of all guests, please keep voices low and silence or switch your mobile phone to vibrate mode. We encourage you to leave your device in your locker to fully immerse yourself in the experience.

To reschedule or cancel your appointment, we kindly request at least 24 hours' notice. Cancellations or changes made within 24 hours, or missed appointments, will incur a 100% charge.

Please note, a 15% surcharge applies to all bookings on Public Holidays.

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