

HAYMAN  
SPA

## SPA MENU



INTERCONTINENTAL.  
HAYMAN  
GREAT BARRIER REEF



## SPA MENU

### 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.

Hayman Spa partners exclusively with Subtle Energies, a globally recognised wellness house that honours the connection between science and spirit. Rooted in Ayurvedic principles and supported by modern clinical research, Subtle Energies blends potent botanicals with advanced formulations to deliver visible results while deeply nurturing the body and mind.

Proudly Australian and grounded in Ayurveda, Subtle Energies 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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### 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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### 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.

#### Restore Aromatic Massage

60 min | 90 min | \$255 | \$345

*Full body relaxation & aromatherpy massage*

Begins with aromatic inhalation using hand blended *Subtle Energies* oils to calm the mind and centre the body. This full body holistic massage blends flowing Ayurvedic strokes, lymphatic techniques and energy balancing movements to restore deep relaxation and repair. Rare aromatherapy actives ease stress, release muscular tension and support emotional balance, while marma therapy stimulates vital energy points to restore the body's natural flow, leaving you feeling renewed, grounded and restored.

#### Bespoke Massage

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

*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

*A nurturing collection created to support you through every stage of pregnancy, where comfort, care and calm take centre stage.*

Thoughtfully designed with pregnancy-safe techniques and products, each experience helps ease tension, restore balance and create a moment of stillness for both mum and baby. If you're an expectant mum, we also invite you to explore our holistic, skin science-led Subtle Energies facial collection. Each treatment is pregnancy-safe.

#### Peaceful Pregnancy Massage

60 min | \$255

*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.

#### Babymoon Bliss - Pregnancy Ritual

90 min | \$345

*Full body massage | Bump facial | Mini bespoke 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 a nourishing cleansing oil with a light warm compress, followed by a leave-on bodycare that feels like a cosy hug for you both. The ritual finishes with a mini tailored facial, leaving you calm, connected and beautifully renewed.

Suitable during the second and third trimesters only.

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### HOLISTIC SKIN SCIENCE FACIALS BY SUBTLE ENERGIES

Advanced Biotech Lifting Facial  
90 min | \$399

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

A next generation lifting facial by Subtle Energies that combines advanced biotechnology with holistic botanical skin science to visibly lift, firm and rejuvenate the skin.

Pomegranate enzymes gently exfoliate and refine texture while fermented biotech actives and vitamin C rich botanicals support cellular renewal and improve radiance. Multi-molecular hyaluronic acid delivers deep hydration across multiple skin layers to enhance elasticity and plump the complexion, while ultra-low molecular hyaluronic acid penetrates deeper to lock in lasting moisture and improve the absorption of active ingredients.

A sculpting marma facial massage boosts circulation, supports collagen production and leaves the skin lifted, luminous and deeply revitalised.

24K Gold Age-Defying Facial w/ LED  
90 min | \$399

*An indulgent, next-level ritual infused with Mogra, pure 24K gold and queen of jasmynes*

An indulgent skin ritual infused with Mogra, pure 24K gold and queen of jasmynes to restore balance and radiance.

Nutrient rich botanicals support collagen renewal while sandalwood brightens pigmentation and rose delivers intense hydration. Pure 24K Gold revitalises the complexion and helps strengthen deeper skin layers.

The treatment finishes with dual wavelength LED therapy at 633 nm and 830 nm to enhance rejuvenation, calm inflammation and amplify your skin's natural glow.

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### HOLISTIC SKIN SCIENCE FACIALS BY 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 | \$260

*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 BY SUBTLE ENERGIES



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### BODY TREATMENTS BY 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

90 min | \$375

*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 | \$375

*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.

## SPA MENU

### SUBTLE ENERGIES SIGNATURE JOURNEYS

#### Rejuvenate & Restore Journey

3 Hours

Single Experience | \$650

Shared Experience | \$1480

*Bamboo Loft bathing & steam, full body aromatic restore massage & 24K gold facial*

Nestled within the Bamboo Loft Suite, the Suble Enegies Rejuvenate & Restore Journey invites you to unwind in a private sanctuary designed for complete rejuvenation. Featuring an aromatic bath, steam room, daybed and ensuite, this tranquil space allows you to fully relax before your treatment begins. Enjoy herbal tea and sparkling wine, accompanied by your choice of cheese or a fresh fruit platter to enhance the experience.

Drawing from Subtle Energies' award-winning holistic age-defying range, this immersive therapy supports emotional balance while delivering visible skin rejuvenation.

Potent actives, including Mogra and Ashwagandha, are combined with luxurious 24k Gold to stimulate cell renewal and promote collagen and elastin production. Rare Himalayan Rose deeply nourishes the skin while supporting the heart chakra, while specialised therapeutic oils are incorporated into the full-body massage to assist with anxiety, hormonal imbalance and muscular tension, creating the ideal balance of relaxation and rejuvenation.

## SPA MENU

### SUBTLE ENERGIES SIGNATURE JOURNEYS

#### Detox and Adrenal Boost

2 hours

Single Experience | \$499

Shared Experience | \$998

*Full body exfoliation, detoxifying body wrap and Subtle Energies Signature Massage*

A comprehensive purification ritual using highly potent botanicals including Tulasi, Wild Turmeric and Indian Lime to support blood purification, cellular energy and lymphatic stimulation while assisting adrenal recovery.

The treatment begins with a full body exfoliation, followed by a toning detox body wrap before concluding with a Subtle Energies signature massage designed to release tension, stimulate lymphatic drainage and activate marma energy points.

#### Indulgent Beauty Journey

2 hours

Single Experience | \$499

Shared Experience | \$998

*Full body exfoliation, nourishing body treatment and customised anti ageing facial*

Immerse yourself in a full body exfoliation before indulging in rich double creams or aromatic oil blends designed to deeply nourish and soften the skin. The ritual concludes with a customised anti ageing facial using collagen boosting actives and stress relieving massage techniques, leaving the skin replenished, radiant and beautifully restored.

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### SUBTLE ENERGIES SIGNATURE JOURNEYS

#### SkinBiome Reset & Restore

2 hours

Single Experience | \$499

Shared Experience | \$998

*Microbiome restoring facial and body therapy with advanced hydration infusion*

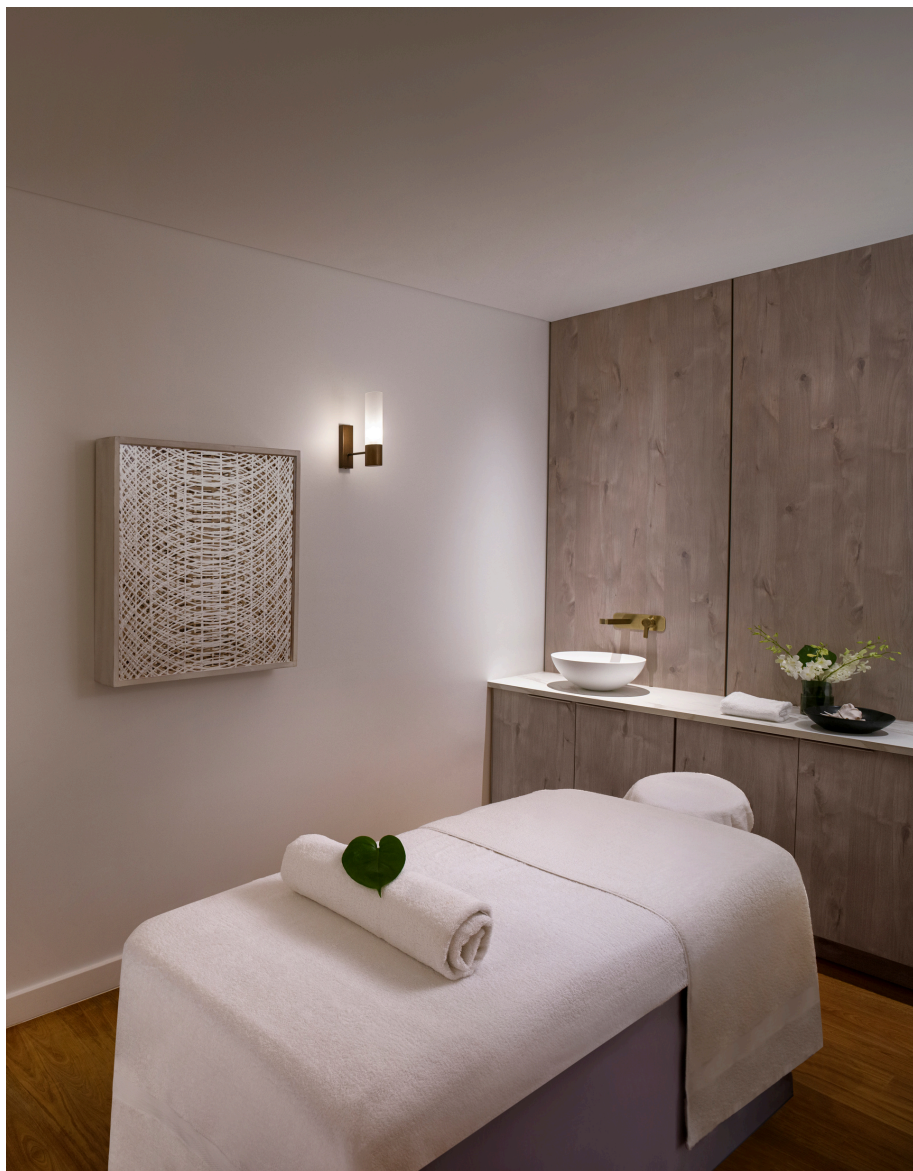
A deeply hydrating and restorative face and body treatment designed to strengthen the skin microbiome and reinforce barrier function. Fermented actives, prebiotics and adaptogenic botanicals replenish moisture while calming inflammation and restoring microbial balance.

A cooling Aloe Vera mask enriched with Ruh Khus Neem and Marshmallow Root soothes and nourishes the skin before a trio of advanced serums featuring Multi Molecular Hyaluronic Acid, Bacillus Ferment and botanical extracts deeply hydrate and restore resilience.

Subtle Energies Signature Journeys 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 of bathing to your ritual.*

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### HAYMAN SIGNATURE RITUALS

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 of bathing to your ritual.*

#### Island Dreaming Experience

2 hours

Single Experience | \$495

Shared Experience | \$990

*Full body massage, back exfoliation, foot therapy, bespoke facial, hand and arm massage, scalp restore massage*

A serene island journey designed to restore you from head to toe. Begin with a fragrant back scrub to smooth and renew the skin, followed by a flowing full body massage inspired by relaxed Lomi Lomi techniques. A warming foot scrub, hot towels and cooling gel revive tired legs before a glow boosting Facial hydrates and brightens the complexion. While your mask nourishes the skin, enjoy a soothing hand and arm massage, finishing with a Frangipani scalp massage for complete relaxation.

#### Hayman Recovery

60 min

Single Experience | \$245

Shared Experience | \$490

*Back neck and shoulder massage with salt scrub exfoliation, followed by a mini bespoke facial*

A dreamy reset for the senses. Begin with a slow, relaxing back and neck massage to release tension, followed by a decadent back exfoliation refined with warm aromatic compresses, leaving skin silky and smooth. The experience concludes with a mini bespoke facial, a radiance boosting ritual that deeply hydrates, lifts tired skin and restores a luminous glow. Float away feeling renewed, refined and completely indulged.

## SPA MENU

### HAYMAN SIGNATURE RITUALS

#### Island Volcanic Stone Ritual

90 min

Single Experience | \$365

Shared Experience | \$730

*Back exfoliation, warm basalt stone massage, scalp massage*

Grounding, cleansing and restorative, this deeply soothing ritual is inspired by the volcanic energy that shaped the Whitsundays and 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.



## SPA MENU

### HAYMAN BAMBOO LOFT SERENITY

#### Bamboo Loft Suite Upgrade

60 min | \$150 Single | \$300 per couple

*Available as an add-on to any spa treatment*

Elevate your spa experience with exclusive access to Hayman Spa's private Bamboo Loft. Unwind in your own secluded sanctuary featuring a private steam room, aromatic soaking bath and relaxation day bed before your treatment begins. Refreshments and sparkling wine are served to enhance the experience.



Bamboo Loft Hayman Spa

## SPA MENU

### MINI WELLNESS RITUALS

#### 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.

## SPA MENU

### 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.

#### 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.

#### 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.*

## SPA MENU

### PLUNGE, STEAM & RESTORE

#### Spa Oasis Experience

30 min | \$30

45 min | \$42.50

60 min | \$55

*A serene private escape for up to two guests*

Enjoy a room temperature plunge pool, steam room and sauna, softly infused with the cleansing aromas of Australian eucalyptus. The perfect way to ease your body into deep relaxation before a treatment or enjoy as a standalone moment to fully switch off.

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



Spa Oasis Experience

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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.

INTERCONTINENTAL HAYMAN GREAT BARRIER REEF

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