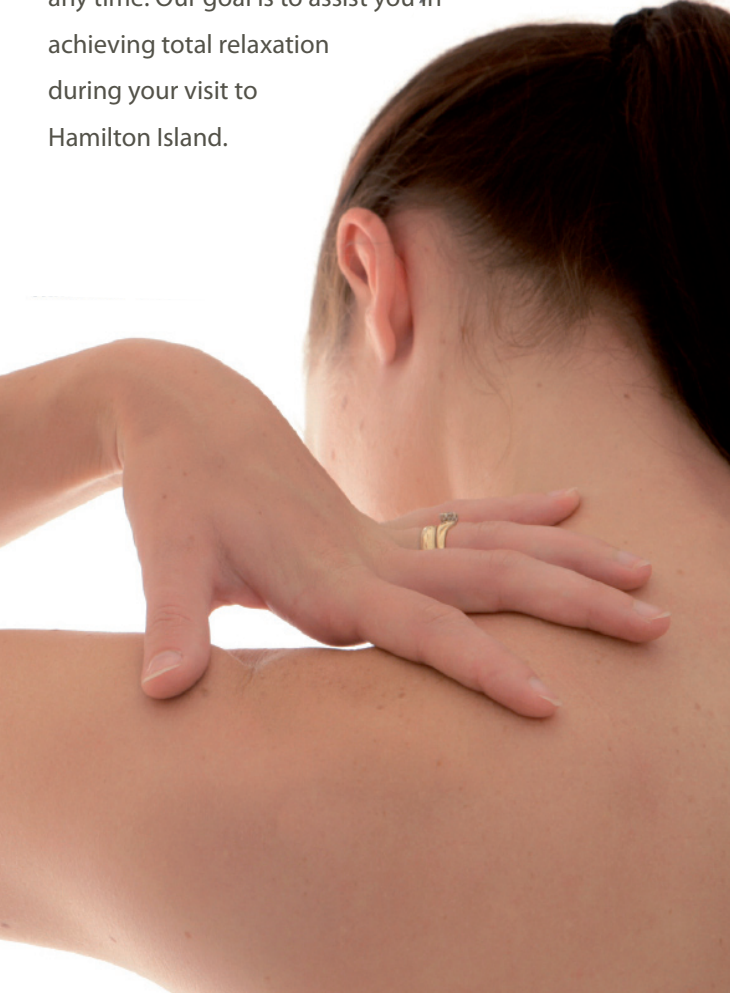


## THE ART OF TOTAL RELAXATION

Everybody, regardless of body shape, age, gender or state of health can enjoy the benefits of massage. Massage helps reduce stress, promotes a healthy mind, body and soul and relaxes tired muscles. If you are unsure which treatment will best suit your needs our massage therapist will consult with you as to your current state of physical, mental and emotional health. We hope you enjoy your experience at the Relaxation Centre and please don't hesitate to consult with our massage therapists as they appreciate feedback at any time. Our goal is to assist you in achieving total relaxation during your visit to Hamilton Island.



## FOR YOUR INFORMATION

Please ask about our therapist's special modalities to recharge, heal and balance the body. These treatments include Thai, Kahuna, Lymphatic and Reiki and are subject to restricted availability.

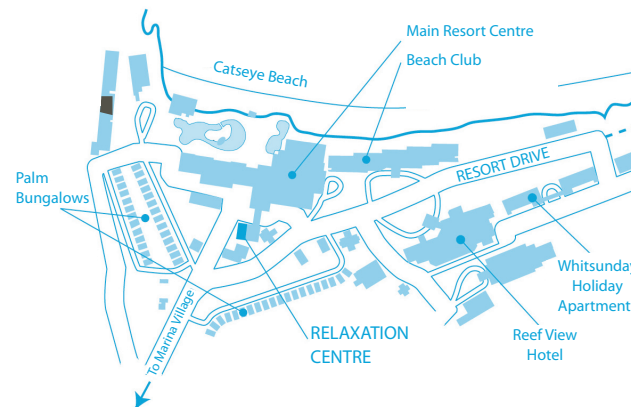
**Monthly specials:** Please ask at reception for more details.

**Reservations:** Advanced bookings are recommended to ensure your preferred treatment and time.

**Special health considerations:** Please advise us if you are an expectant mum, have allergies or are experiencing sunburn.

**Cancellation policy:** 50% cancellation fee will apply to all appointments cancelled within 24 hours of your appointment.

**Etiquette:** To enhance your relaxation experience we request you switch off your mobile phone before entering the centre.



Hamilton Island Relaxation Centre  
Great Barrier Reef, Australia  
Phone (07) 4946 8669  
On-island extension 58669

# RELAXATION CENTRE



HAMILTON ISLAND  
GREAT BARRIER REEF AUSTRALIA



## MASSAGES

**Deep Tissue Massage** 30 min | \$65  
60 min | \$115  
90 min | \$170

A firm massage focused on relieving specific stress and muscle tension in the body. Various techniques are used including deep tissue for those in need of a thorough work over on problem areas.

**Relaxation Massage** 30 min | \$65  
60 min | \$115  
90 min | \$170

Soft soothing strokes for those who require a rhythmic touch and pure relaxation. The perfect massage to unwind and drift away from the everyday stresses.

**Pregnancy Massage** 30 min | \$65  
60 min | \$115

The ideal massage choice with nurture and care for the mum-to-be through flowing soothing strokes. Only suitable for those 12weeks gestation onwards.

**Aromatherapy Massage** 30 min | \$70  
60 min | \$120  
90 min | \$175

Choose from a unique blend of organic scented essential oils, especially prepared to promote health of mind, body and soul. A great way to enhance those in need of a pure relaxation massage treatment.

**Oriental Head Massage** 30 min | \$70  
60 min | \$120

Combination of massage and pressure point work to the head, neck and shoulders, to reduce stress and tension constantly held in these places, rebalancing the body.

**Barefoot Indulgence** 60 min | \$120

Re-energise tired and aching feet with an aromatic footbath, spearmint and bamboo foot scrub, soothing mineral mud and a relaxing foot balm massage. You will walk out with a spring in your step after this!

## BODY TREATMENTS

**Rejuvenation** 30 min facial | \$75  
60 min half body & facial | \$145  
90 min full body & facial | \$200

A purifying or hydrating 30 minute facial with rich active, natural, exotic fruit extracts and pure aromatherapy oils followed by a relaxing scalp massage. This indulgence can be combined with a relaxing back, neck and shoulder or full body massage, 60/90min accordingly.

**De-Stress** 30 min foot treatment | \$75  
60 min half body & foot treatment | \$145  
90 min full body & foot treatment | \$200

For those overworked bodies. A combination of half or full body massage and a total foot care treatment with an invigorating bamboo foot scrub, hydrating mineral mud and spearmint foot treatment massage, finished with a relaxing scalp massage, guaranteed to relieve stress!

**Hot Stone Massage** 90 min | \$200

A warm and soothing massage with hot stones placed and massaged over the whole body. Perfect for those tired and over worked muscles, sending you to a deep and pure state of relaxation.

**Extremities Plus** 90 min | \$200

For all those neglected areas. A neck, back and shoulder massage plus an invigorating spearmint foot massage, a refining raspberry and rose hand polish, hydrating Moroccan rose hand massage and a conditioning orange crème hair mask.

**Especially for Her** 120 min | \$255

Our perfect pamper package is designed to spoil her from head to toe. A relaxing massage for the whole body incorporating essential oils, hydrating hair conditioner and a deluxe hand and foot treatment.

**Especially for Him** 120 min | \$255

A firmer body massage for him with emphasis on increasing blood flow and releasing tense muscles using a masculine blend of oils. Special attention is spent on the feet, head, neck and shoulders. Guaranteed to de-stress and relax him.

## BODY WRAPS

**Revitalising Salt Glow** 60 min | \$165

To revitalise and purify the whole body. With a lemon and lime salt exfoliation to renew and decongest the skin, followed by a fruit hydrating massage leaving your skin nourished and silky smooth. This treatment also includes the use of our Reef View Serenity Room with a stunning view of Catseye Beach and a peaceful atmosphere.

**Island Soother** 60 min | \$165

Deliciously hydrating organic honey and cocoa butter wrap with vanilla bean buttermilk moisturising massage. Ideal for sun exposed skin and expectant mums in 3-6 months gestation.

**Tropical Treat** 90 min | \$210

A holiday must for rejuvenating the skin from the elements it faces each day. A refreshing frangipani body polish will exfoliate dry and damaged skin followed by a hydrating berry fruit wrap to infuse the body, finished with a full body fruit tonic massage. This exotic treatment will nourish and uplift the skin, while treating and relaxing the whole body from top to toe.

**Of the Earth** 120 min | \$310

Our deluxe treatment includes a Dead Sea salt exfoliation to cleanse and uplift, along with a Dead Sea mineral mud wrap to infuse and hydrate the skin. All this is followed by a relaxing full body moisturising massage. This undoubtedly detoxifies, revitalises and hydrates the whole body – a holiday must! This treatment also includes the use of our Reef View Serenity Room with a stunning view of Catseye Beach and a peaceful atmosphere.



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