

qualia
GREAT BARRIER REEF

Spa qualia treatment menu

Spa Appointments

Booking an appointment is highly recommended.

Phone 07 4948 9484 (ext 89484)

Email spa@qualia.com.au

Website qualia.com.au

Opening Hours

9.00am – 7.00pm, 7 days

*Menu effective as of April 2019.
Prices are subject to change.*



Spa qualia Ethos

'qualia' is a Latin word for a collection of deeper sensory experiences.

Spa qualia is placed at the heart of the resort and is perfectly situated to catch the soft sea breezes and tranquillity of the beautiful surroundings, making it the ideal place to unwind.

Our contemporary yet indigenous approach to spa aims to create individual 'you time' with holistic therapies to engage the senses.

Our spa treatments are thoughtfully designed to balance the synergy between mind and body and to capture The essence of Australia and the Great Barrier Reef.

Spa qualia utilises Australian ranges Sodashi, LaGaia Unedited and People4Ocean which embody our ethos with luxe, contemporary, natural and effective ingredients.

Sodashi – meaning 'wholeness, purity and radiance'. Australian world-class products for your skin, body and soul using the highest quality plant essences and therapeutic grade essential oils sourced from around the world. Sodashi products are formulated using the knowledge and wisdom of natural healing traditions.

LaGaia – A pH balanced, scientifically-formulated skincare range delivering potent vitamins, botanical extracts and precious gems from Nature to provide unsurpassed results.

People4Ocean - a natural 100% reef safe sun system formulated by marine biologists with formulas combining potent, luxurious ingredients to provide protection against UV-rays while excluding all ingredients proven harmful to oceans and people.

Signature spa qualia experiences

Experience the legacy of Spa qualia with these uniquely designed spa treatments capturing the essence of our pristine location. With the use of our finest ingredients and through melodic rhythm, touch and aromas, you will be taken on a journey of the senses.

Driftaway Sensory Journey

1.5 hrs

Full body aromatic massage, petite Sodashi facial and hair and scalp treatment

Combining our most popular therapies to unravel tension and revitalise the skin, this ritual will be sure to have you adjusted to 'island time'. A full body massage with our signature qualia essence oil will relax your body, a nourishing hair and scalp treatment will calm your mind. Your journey is complete with a bespoke Sodashi facial customised to suit your skincare needs and have you looking and feeling brilliant. \$295

Kumali Ritual *The essence of Australia*

2 hrs

Full body exfoliation and mud wrap, head and neck massage, private rain shower, warm herbal poultice massage and moisturisation

Kumali is an Aboriginal word meaning sacred, and this uniquely cleansing and nourishing treatment captures all that is Australian. A ground Macadamia nut and Bamboo pumice uncovers new skin, rich earth elements green and white clay envelop and draw out impurities. While cocooned, revel in a deeply therapeutic head and neck massage, then wash away your cares in our private outdoor rain shower. Aromatic warmed poultices combining medicinal Australian natives Kaffir lime, Tamarind leaf, Quandong and Kakadu plum massage your body, deeply infusing antioxidants, vitamins and minerals. Shea Butter, Lemon Myrtle and Rose Geranium hydrate and restore your skins' optimal glow. \$395

Whitsunday Escape *The essence of the Great Barrier Reef*

3 hrs

Full body exfoliation and mud wrap, private rain shower, aromatic full body massage, heat therapy, hair and scalp treatment, Marine mineral facial and moisturisation

Capturing the essence of the Whitsundays, this signature treatment will engage your senses in the aromas of our pristine environment. Revitalise your skin with an organic Lemon Myrtle and Sage exfoliant, replenish lost minerals with a Kaolin Clay balancing body masque, and be cocooned in the warmth of the islands with focused heat therapy to melt away areas of tension. After some 'you time' in our private outdoor rain shower, flowing massage techniques create the sense of soft waves caressing your body and the warmth of the sun on your skin. Luxuriously rich Lapis crème hydrates the skin, then a deeply nourishing hair and scalp treatment is applied. Complete with a brightening Marine Mineral facial for ultimate radiance. \$525



Couples Bath Indulgences

Botanica *couples bath suite package*

2 hrs

Awakening Temple Treatment and full body massage, floral green tea and tropical flower bath with fresh juices and a superfood fruit platter

Experience the ultimate in luxury and wellness with a full body massage followed by our unique and nourishing Awakening Temple Treatment. Combining a decadent blend of rare botanical extracts Oud, Frankincense, Rose and Sandalwood with focused massage techniques to the temples, third eye, neck, shoulders and feet to calm the nervous system and elevate the mind. Immerse yourself in a tropical fresh flower bath infused with antioxidant rich organic floral green tea for an uplifting sensory indulgence, and enjoy a detoxifying fresh juice and superfood fruit platter to have you feeling cleansed and renewed inside and out. \$825 per couple

Cacao Indulgence *couples bath suite package*

2 hrs

Full body aromatic Chocolate spiced oil massage, hair and scalp treatment and private use of roman bubble bath with chocolate platter and glass of champagne

Spend some quality relaxation time with your loved one in a private bath suite and indulge your senses with our aromatic Cacao and Cinnamon spiced oil massage, deeply relaxing and releasing any tension stored in the body. A moisture rich hair and scalp treatment will calm your mind and have you floating in a state of bliss. Complete your experience with an aromatic bubble bath complemented with a glass of champagne and chocolate platter, leaving you both rejuvenated and adjusted to 'island time' together. \$825 per couple

Upgrade your package with a chocolate body masque and foot massage after your massage for an extra 30 minutes. \$100 per person

Vinothérapie *couples bath suite package*

3 hrs

Full body relaxation massage, body exfoliation and masque, facial, hair and scalp treatment, private use of rain showers and roman bath, fruit platter and bottle of wine

Indulge in qualia's signature couples package with a full body relaxation massage, walnut pumice body exfoliation and pinot noir mineral body masque rich in antioxidant properties. Cocooned to allow the masque to penetrate and infuse your skin with nutrients to firm and illuminate, a moisture-rich hair and scalp mask is massaged into the scalp as the body masque absorbs. A petite Sodashi facial revitalises the skin before sinking into your Vinothérapie bath to enjoy your choice of Champagne or Pinot Noir and seasonal fruit platter complementing this indulgent experience. \$1,190 per couple

Day Packages

Tranquillity *half day package*

3 hours of spa treatments of your choice

Pure relaxation and indulgence starts here with a customised half-day package to suit your every need. Select from our extensive range of treatments to relax and restore a feeling of serenity. \$550

Please advise spa of treatment choices at time of booking.

3 hrs

Babymoon *half day package*

3 hours of spa treatments of your choice

Pamper yourself with our caring and nurturing half-day pregnancy package. Tailored to suit the stage of pregnancy you are in, we will customise half a day of nourishing, luxurious treatment options to ease and support you on your way to motherhood.

\$550

Massage is only available in the 2nd and 3rd trimesters of pregnancy for your safety. Please see our facial rituals, body therapies, holistic therapies and hand and foot therapies for alternative options safe for first trimester treatments

3 hrs

Deeper Sensory Indulgence *full day package*

5 hours of spa treatments of your choice

Take some well-deserved time out with our personalised full day spa package, tailored to meet your needs and provide a truly unforgettable pamper day. Whether your priority is unwinding, healing or re-energising, we will create the perfect spa indulgence just for you. \$900

Please advise spa of treatment choices at time of booking.

5 hrs

Optimal Wellbeing *day wellness package*

1.5hour naturopath consultation, 1hour massage of choice, 30minute digestive or reflexology massage, 1.5hour body ritual and 30minute petite facial

Put your health first this holiday and leave feeling like a 'new' you. Our naturopath will address your health concerns and develop a personalised wellness plan to help you achieve your health and wellbeing goals. Your internal and external concerns will be addressed, your mind, body and spirit will be re-awakened and you will leave feeling revitalised and rejuvenated. \$900

5 hrs



Holistic Therapies

Reflexology

Also known as zone therapy, reflexology aims to rebalance energy in the body through the application of pressure to specific points on the feet. These points correspond to meridian lines that run through the internal organs of the body for optimal health and wellbeing. \$100 / \$195

30 minutes / 60 minutes

Digestive Massage

A detoxifying therapy that focuses on re-energising the digestive organs. Gentle massage techniques are applied to the abdomen to aid in the process of eliminating toxins from the body as well as releasing stored emotions. \$100 / \$195

30 minutes / 60 minutes

Reiki

A gentle yet powerful method of hands-on healing originating in Japan, which promotes balance to body and mind. You will feel a wonderful sense of deep relaxation and wellbeing. You may remain fully clothed if desired. \$195

60 minutes

Indian Head Massage

Focusing on removing tension in the neck, shoulders and scalp, this grounding upper body massage also assists in treating sinusitis, migraines, eye-strain and insomnia. You will feel light, balanced and deeply relaxed. \$140

45 minutes

Lymphatic Drainage Massage

A very light massage using specific drainage techniques assisting in detoxification, fluid retention and inflammation by gently encouraging the flow of lymph fluids to the nodes, eliminating toxins and increasing immunity to promote general wellbeing. \$100

30 minutes

Booking availability for these treatments is subject to current therapist expertise

Wellbeing Therapies

Naturopath Consultation and Integrated Health Screening

90 minutes

Discover your true state of health with a naturopath consultation and blood cell analysis. Looking at the blood cells indicates the state of your general health, and can uncover nutritional deficiencies and identify body systems that are not functioning optimally. These include the digestive, the immune system and liver function. \$270

Naturopathy

60 minutes / 90 minutes

Spa qualia offers consultations with a highly trained naturopath, who will consider your current lifestyle, diet and general wellbeing. Each consultation includes a comprehensive nutritional and body composition analysis to investigate important metabolic markers in your health, including specific areas of interest such as detoxification, iridology, sports performance, immunity, ageing, stress, pregnancy and weight loss. You will leave with a personally tailored wellness plan to guide you on the path to increased energy, vitality and balance. This is an amazing opportunity for you to put your health first whilst you have the time. \$195 / \$270

Iridology

60 minutes

Iridology consultations are available with our naturopath and can help you gain more energy, better quality sleep, improved digestion, decreased stress levels and improved health. Iridology is an alternative medicine technique where patterns, colours, shapes and other characteristics of the iris, sclera and pupil are examined to obtain information about a person's health and wellbeing. \$195

Vitality, Longevity and Healthy Ageing (VLA)

30 minutes

Take a look into your cellular health with VLA. This valuable analysis provides an insight to assist you with managing weight, improving energy levels and supporting healthy ageing. The consultation includes a report and a suggested individual treatment plan. \$100



Personal Yoga Therapy

60 minutes

Your experienced yoga instructor will tailor a sequence suited to benefit your body, mind and spirit. A program will be created for you to continue your yoga practice when you return home. \$120

Personal Training

60 minutes

Be the best you can be. Our personal trainers include inspiration, motivation and education into each training session or a personalised program can be designed to meet your specific goals and desires. Alternatively, you may simply choose to have one or more training sessions to keep you fighting fit and motivated while you enjoy your holiday. Personal training sessions plus a list of current classes is available and provided by our expert team at the Hamilton Island Sports Club. \$120

Advanced bookings are required. Please see spa reception for details.

Wellness Breakfast Seminars

complimentary

Our resident naturopath will share an informative Q&A over a delicious wellness breakfast to discuss topics such as healthy living, nutrition, detoxification and the acid/alkaline balance, mindfulness and iridology. Please see spa reception or qualia Guest Services for scheduled seminar locations and times.

Sodashi Facial Therapies

Bespoke Facial

60 minutes

Our bespoke facial is personalised to your unique skin type using Sodashi's luxurious and potent plant and aromatherapy synergies. Our experienced therapists will assess your skin and tailor your treatment to provide a deeply relaxing and sensory journey. Suited for all skin types, our products calm redness, purify congestion, balance and repair, nourish and revitalise for that refreshed holiday glow. \$210

Brightening Marine Mineral Facial

75 minutes

Bring life back to your skin with this revitalising and brightening facial. Utilising the intelligence of marine plants such as Seaweed and Spirulina, this facial is designed to oxygenate the skin, restore and increase radiance and add a natural glow to your complexion. A warmed face mask will be painted onto the skin and left to infuse while you enjoy an arm, hand and scalp massage for ultimate relaxation and restoration. \$275

Thermal Infusing Facial

90 minutes

For an intensive boost to dry and dehydrated skins, or for purifying and balancing combination skins, Sodashi's 'nature's facelift' facial is a must. Using an exclusive, results driven thermal mask, the essential vitamins and minerals are able to penetrate the skins deeper layers providing ultimate radiance. Your entire body will feel renewed as you enjoy a face, neck, shoulder and scalp massage plus a hand and foot massage whilst the warm mask works its magic. \$290

Samadara Age-Defying Facial

105 minutes

A complete indulgence in skin and relaxation, this exclusive Sodashi treatment will leave you feeling like a new person. This treatment uses a combination of a warm rose quartz crystal facial massage, powerful Samadara formulations that use the purest of ingredients sourced from around the world, and a thermal infusing mask. This nourishing treatment is suited to mature skin types, aiming to transform the skin by increasing firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. \$320

Facials can be partnered with body treatments for a complete head-to-toe spa experience



Body Therapies

Vanilla Body Bliss

60 minutes

This highly fragrant, gentle all over body exfoliation soothes and calms the mind and body while revitalising and hydrating the skin. Sodashi's Vanilla body exfoliant buffs away dry skin while key ingredient Sandalwood eases tired and aching muscles. A closing application of a decadent and creamy Vanilla body butter deeply hydrates and infuses a beautiful fragrance into the skin. \$210

This treatment is safe and effective during pregnancy.

Body Balance Salt Glow

60 minutes

Bring your body back to balance with a full body exfoliation and moisturisation to achieve the ultimate glow. This treatment begins with warm soothing oils massaged into the skin, followed by a Himalayan Salt and plant essence therapy exfoliation designed to relieve stress and fatigue, while gently stimulating the body's circulation. Complete the experience with a luxurious Jasmine and Rose body lotion massage application. \$210

Ritualise with a pink clay refining body masque to tone and firm. 30minutes \$90

Purifying Body Boost

60 minutes

This truly purifying treatment begins with an invigorating body exfoliation using an organic green tea salt therapy to stimulate the circulatory and lymphatic systems, eliminate toxins and re-mineralise the body. Complete the experience with an awakening body lotion massage application of Lemongrass, Macadamia and Cypress oils to hydrate, uplift and energise. \$210

Ritualise with a Green Clay purifying body masque to further enhance the detoxifying properties of this treatment. 30 minutes \$90.

We recommend adding an extra 30minute massage for pure indulgence - \$100



Body Rituals

Soul to Sole

60 minutes

This collection of therapies begins with an aromatic steaming head wrap and an enriching massage application of our hair and scalp mud to relieve tension, providing essential nutrients and leaving the hair soft and shiny. The hands and lower arms are treated with a gentle and fragrant Vanilla body exfoliant and Geranium and Lavender hand cream to nourish and soften. Finishing with a soothing Mint and Arnica foot cream to increase circulation and relieve tired aching legs and feet. \$210

After Sun Soother

60 minutes

Cool and repair sun damaged skin with this ultimate hydration boost. Copper peptides, Aloe Vera and vitamins are infused into the body, scalp and face replenishing lost moisture and taking the sting out of summer's harsh rays. Calming, soothing and hydrating your sun-kissed skin back to dewy freshness, while simultaneously relaxing the mind with a gentle yet therapeutic pressure-point head & neck massage. \$210

Contouring Body Ritual

90 minutes

Body brushing and an invigorating massage to concern areas stimulates circulation, prior to the application of a warm body masque rich in marine extracts and plant essences. As you drift off with a relaxing hair and scalp treatment, the active ingredients work on your lymphatic system and assist in the removal of toxins, which are a common factor contributing to cellulite and uneven skin tone. After your private outdoor rain shower, a specialised contouring gel and lotion is applied to your skin for a firm beach body finish. \$295

Massage Therapies

Relaxation

60 minutes / 90 minutes

Unwind and drift away in this pure relaxation style massage, using unscented oils and swedish massage techniques to release unwanted stress and restore a calm, rejuvenated you. \$195 / \$270

Aromatherapy

60 minutes / 90 minutes

Delight your senses with your choice of an organic aromatherapy blend to heighten the experience of this classic Swedish massage, combining grounding and flowing massage strokes to your entire body, bringing a sense of total relaxation. \$195 / \$270

Pregnancy - Maternal Massage

60 minutes / 90 minutes

Mums-to-be will enjoy our pregnancy safe cushion and vitamin rich massage oil to nourish and soothe the skin. Be prepared to drift into a peaceful paradise in the serene spa environment and soothing hands of our experienced therapists. \$195 / \$270

Massage is only available in the 2nd and 3rd trimesters of pregnancy for your safety. Please see our facial rituals, body therapies, holistic therapies and hand and foot therapies for alternative options safe for first trimester treatments

Deep Tissue

60 minutes / 90 minutes

Free your body of muscle tension that is causing you pain or restricting your movement. Our experienced therapists will work on your deeper anatomy to rebalance and relieve the body. Excellent for the general sports enthusiast and anyone who prefers a firm to deep oil massage. \$210 / \$295

Add on a 15minute detoxifying heated back treatment for best results - \$40



Awakening Temple Treatment

45 minutes

This unique and luxurious treatment combines a decadent artisanal blend of rare botanical extracts Oud, Frankincense, Rose and Sandalwood. Start to enter a deep state of relaxation as heated oil is infused into the scalp. Therapeutic and focused massage techniques to the temples, third eye chakra, neck, shoulders and feet will calm the nervous system and elevate your mind into a meditative state. It is both awakening and grounding, and a perfect tonic for tiredness and stress, bringing about a deep sense of renewal. \$160

Warm Stone

90 minutes

Dissolve away stress and tension with the weight and warmth of smooth, naturally formed basalt stones. Rhythmic massage combining flowing Hawaiian style Lomi Lomi techniques with warm stones gliding over your skin, pressure point stone placement and vibrational elements to melt away muscle tension, this luxurious massage will deeply relax and ground your body and mind. \$295

Intuitive Body Work

90 minutes

Our experienced therapists will use a variety of techniques tailor made to benefit your key concerns, relieving your body of unwanted tension to leave you feeling realigned and energised. Your therapist will intuitively personalise your treatment combining remedial and holistic techniques intended to give you exactly what you need on all levels. Techniques may include relaxation, remedial, warm stone, reflexology, trigger point, energy work, myofascial release and more. \$295

Harmonising

90 minutes

Deeply meditative, this experience brings the body's seven main chakras into alignment through a fluid combination of massage, specific essential oil blends and healing crystals. Working subtly on the energetic body with profound effects, this truly unique experience leaves you feeling calm and in a state of harmony, resulting in an increase in overall wellbeing. \$295

Hand and Foot Therapies

Tribal Dance Pedicure

60 minutes

Foot soak, exfoliation, heel buffing, mask, nail and cuticle work, leg and foot massage and polish

Drift away in the comfort of your private spa suite and serenity of our tranquil surroundings whilst your therapist renews and soothes tired feet. This treatment will leave you feeling refreshed and adjusted to 'island time'. \$150

Hand Print Manicure

60 minutes

Hot compress, exfoliation, mask, nail and cuticle work, hand massage and polish

Whilst relaxing in the comfort our spa beds, a warm enzyme exfoliation and hydrating mask rejuvenates your hands, followed by a luxurious hand massage and nail and cuticle tidy. Your chosen colour will then be applied for a beautiful finish. \$150

Express Manicure and Pedicure

90 minutes

Hot compress, nail and cuticle work, moisturise and polish

Enjoy the best of both worlds with attention focused on addressing the hands and feet with an express tidy and polish. \$240

Deluxe Hand and Foot Pamper

150 minutes

This luxurious treatment represents the ultimate indulgence in nail care, with a deluxe spa manicure and spa pedicure incorporating warm stone massage for a deeply relaxing and grounding experience. Sit back and relax whilst indulging in this hand and foot ritual to have you looking and feeling polished to perfection. \$375

Shellac Nail Polish Removal

30 minutes

This removal treatment must be specified at time of booking to allow extra time. \$40

French polish must be requested at time of booking and is subject to therapist expertise



Treatment Additions

Express Facial

30 minutes

This express facial boosts the complexion with a facial cleanse, Sodashi's unique exfoliating compresses, aromatic mist and application of a mask. This treatment is completed with application of nutrient rich moisturisers for the face, neck and eye and lip areas. \$100

Soothing Foot Therapy

30 minutes

Soothe and revitalise tired and sore feet. Sodashi's invigorating Himalayan Salt exfoliant polishes and refreshes the skin whilst stimulating circulation. Sodashi's Mint Foot Cream, with the oils of Arnica, Lavender and Peppermint, is massaged into the feet and lower legs to provide total relaxation. \$100

Drifting Scalp Therapy

30 minutes

Surrender your senses as stress and tension is released with a luxurious and moisture-rich scalp mask, skilfully massaged through the hair. Drift away as your hair is wrapped in a hot towel to deeply nourish and restore a silky shine, leaving your mind relaxed and hair rejuvenated. \$100

Thermal Eye Brightening Treatment

30 minutes

Lift and brighten your eye area with this intensive boost. Relax as the face is cleansed and toned before a White Clay thermal mask actively infuses pure botanicals into the skin, deeply nourishing the delicate eye area. An eye lifting gel and eye smoother finishes this deluxe treatment, minimising the appearance of fine lines, dark circles and puffiness. \$100

Purifying Back Cleansing Treatment

30 minutes

Warm aromatic compresses followed by a mineral rich Himalayan Salt deeply exfoliate the skin on the upper body and assist in the removal of impurities and toxins. A warm, purifying Green Clay mask is applied to the back to further detoxify and leave the skin clear and fresh. A rejuvenating body lotion is then applied, leaving the skin nourished and revitalised. \$100

Spa Etiquette

Arrival

Please arrive at the spa at least 15 to 30 minutes prior to your appointment. This will allow you time to complete a consultation form, use the steam room and vichy shower, and relax in the lounge to enjoy our signature tea. *Your late arrival may compromise the full length of your treatment, as we endeavour to remain on schedule as a courtesy to each and every guest.*

Cancellations

If you need to reschedule or cancel an appointment, please note same day cancellations will regrettably result in a 100% cancellation fee.

Pregnancy

Certain spa treatments are not recommended during the first trimester of your pregnancy. If you are pregnant, please advise spa reception upon booking so we can help you to select the most suitable treatments.

Health

Your health and wellbeing are our top priority. Therefore, it is essential for you to inform us of any health conditions which may affect your treatment choices.

Privacy

Our caring and professional therapists have the utmost respect for your privacy and will keep any personal information completely confidential. It is our intention to provide a safe, healing environment based on trust – a peaceful sanctuary where you can truly enjoy this unique experience.

Attire

Please wear what makes you feel most comfortable. Upon arrival you will be provided with a personal locker, bathrobe, slippers and disposable underwear. Please wear a towel or swimwear when using the steam room.

Valuables

Lockers are provided in the change rooms for your convenience however we highly recommend leaving valuables and jewellery in the safe at your pavilion.

Spa Manners

As a kind consideration to all spa guests, noise is kept to a bare minimum at all times. We ask for mobile phones to be switched to silent prior to entering the spa.

Payment

We accept EFTPOS and all major credit cards. In-house guests may charge to their room account.

Gift Vouchers

Give the gift of sparkling health, beautiful skin and total rejuvenation with a Spa qualia gift certificate. Available at the spa reception or by phone purchase.

Salon Services

For all hair, beauty and salon appointments, please call Island Hair & Beauty on 07 4946 8244 which is located on the resort side of the island. Additional salon services include special occasion make-up, hair up-styles and spray tans. Transfers from qualia are available upon request. Bookings essential.

Retail Therapy

Complement your spa experience or create the Spa qualia ambience in your own home with our beautiful selection of Australian products. Please ask your therapist to recommend which products are suitable for you, or visit the spa reception to view our beautiful range available for men and women of all ages.

External Guest Policy

qualia guests have priority for spa bookings and are recommended to make advanced bookings. Booking requests from guests staying at alternative accommodation on island will be placed on a waitlist and confirmed the evening prior if availability allows and they are successful with a booking. Alternatively, Spa wumurdaylin is available for bookings from all guests and do take advanced bookings on 07 4946 8669.



