



HAYMAN
SPA

SPA MENU



INTERCONTINENTAL
HAYMAN
GREAT BARRIER REEF

HAYMAN SPA



HAYMAN SPA

Hayman Spa seeks to nurture and celebrate each individual's unique beauty with an invitation to travel deeper into relaxation and holistic well-being.

Elemis is a world-class luxury skincare leader using innovative technology and skincare solutions. To nourish the skin's needs, Elemis is dedicated to using natural ingredients uniquely selected to achieve the best possible results, bringing scientific innovation into skincare.

Delve into soothing massages and revitalizing clay wraps within Hayman Spa's 11 treatment rooms before sinking into Spa Oasis's plunge pool and sauna. Transform with radiant, clear skin after a facial utilising Elemis London products.

Beyond skincare, we invite you to immerse yourself in a complete wellness experience. Rejuvenate your body and mind with guided yoga and meditation sessions, designed to restore balance and inner harmony. Elevate your fitness journey in our state-of-the-art fitness centre, offering a range of equipment and expert guidance to help you feel your best.

Discover an elevated, natural, and luxurious experience with our team of qualified skin and wellness specialists.

ELEMIS
LONDON

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MEDITATION & RELAXATION

Island Stretch

30 min | complimentary

Gently awaken your body with a guided stretch session designed to improve flexibility, release tension, and promote relaxation. This short yet effective class is perfect for enhancing mobility and starting your day feeling refreshed and revitalized. Suitable for all fitness levels.

Mindful Meditation

30 min | complimentary

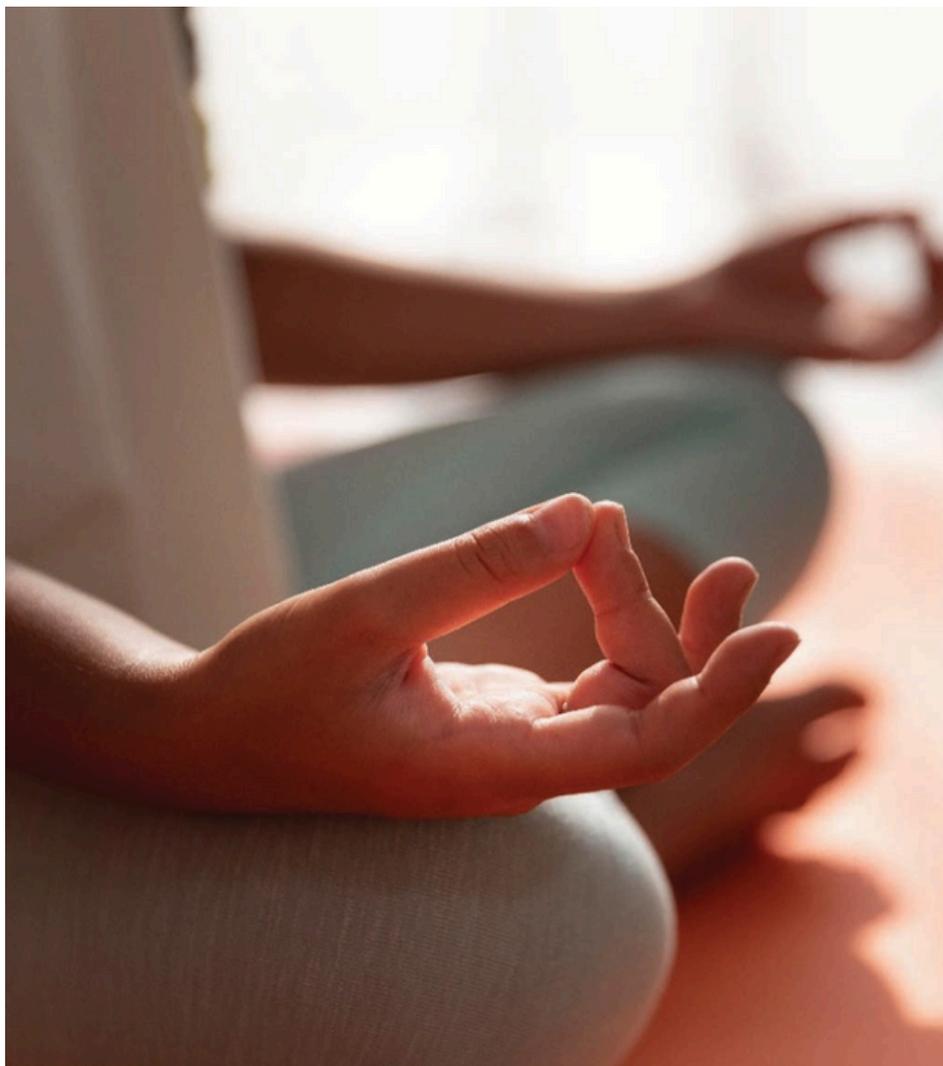
Quiet the mind and cultivate inner peace with our guided Mindful Meditation session. Through breathwork and gentle awareness techniques, this practice helps reduce stress, enhance focus, and restore a sense of balance—leaving you feeling calm and refreshed.

Stretch & Meditation

60 min | \$30

Rejuvenate your body and mind with a harmonious blend of gentle stretching and guided meditation. This class begins with deep, restorative stretches to release tension and improve flexibility, followed by a calming meditation to enhance mindfulness and inner peace. A perfect way to reset, restore, and reconnect in the tranquil island setting.

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YOGA EXPERIENCES

Morning Flow

60min | \$30

Vinyasa Yoga

Awaken your body and mind with our Vinyasa Yoga class designed to energize and restore. This dynamic practice links breath with movement, promoting flexibility, strength, and mindfulness for the day ahead.

Nurture & Release

60min | \$30

Yin Yoga

Slow down and unwind with our deeply restorative Yin Yoga practice. This gentle yoga class focuses on long-held, passive postures to release tension, enhance flexibility, and encourage deep relaxation. A perfect antidote to stress, Yin Yoga invites you to surrender, breathe, and find stillness.

Sunset Stillness

60min | \$30

Sunset Yin Yoga

Unwind as the sun sets with a peaceful Yin Yoga session designed to restore and relax. Through slow, meditative postures and deep stretching, this practice encourages stillness, mindfulness, and a profound sense of calm. Let the golden hues of dusk and the island's tranquil atmosphere guide you into complete serenity.

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YOGA EXPERIENCES

SUP Yoga

60min | \$55

Stand-Up Paddleboard Yoga

Immerse yourself in our guided stand-up paddleboard yoga in the iconic Hayman pool. Experience traditional Sun Salutations and fluid postural sequences to help improve core stability, flexibility and joint mobility to guide your mind to a state of bliss.

Private Yoga Class

60min | \$250

Vinyasa or Yin Yoga

Improve your health and wellness with a private yoga class. Our instructor offers Vinyasa and Yin yoga for the best private experience in either your residence, a rainforest cabana or lawn.

We recommend pre-booking your sessions.

Please see the activities schedule for class timings.

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ONE-OF-A-KIND EXPERIENCES

Spa Oasis Experience 30min | 60min | \$25 | \$50

Steam, sauna, plunge pool

Our invigorating steam room, purifying sauna and refreshing pool are designed to restore vitality and regulate body temperature.

We recommend pre-booking your session.

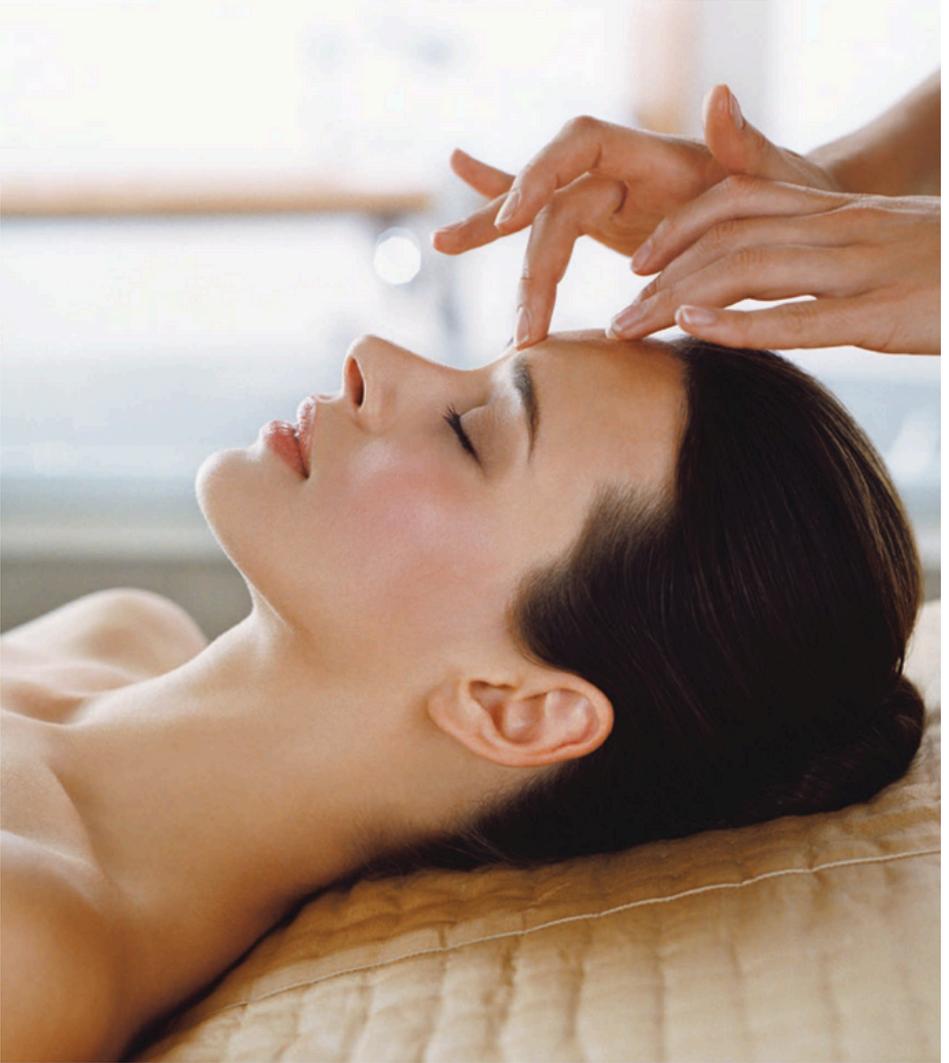
Bamboo Loft Suite Upgrade 60min | \$300

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

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SIGNATURE EXPERIENCES FOR ONE

The Hayman Signature Experience for One

4.5 hrs | \$1100

Bamboo loft experience with refreshments, full body scrub, body wrap, Frangipani scalp restore, steam therapy, signature massage, pro-glow facial.

Designed as a Signature spa journey, The Hayman Experience places you in the luxurious privacy of Hayman Spa's Bamboo Loft with access to your own private bath and steam room. After indulging in an aromatic deep soaking milk bath, with refreshments & sparkling wine, your journey continues with an exotic body exfoliation designed to improve blood flow and elasticity. Be cocooned in warmth as the velvety textures of Frangipani Monoi oil offer hydration and mood-balancing aromas to the skin. Feel the full benefits of frangipani with the combination of steam therapy to enhance the well-being of your skin. Transition your body into even more profound relaxation with our Hayman Signature Massage with signature scent before your acclaimed therapist brings your journey full circle with a high-performance pro-glow renewal facial, leaving you glowing from inside and out.

Top-to-Toe

2 hours | \$490

Back scrub, full body massage, cooling foot revival, pro-glow facial, hand and arm massage, frangipani scalp restore

Leave the world behind as you re-energise with an authentic soul-to-sole experience. Begin with a tension-relieving back massage and luxurious lime & ginger back scrub. Combat the effects of jetlag with a muscle easing massage to your legs and feet as well as a stimulating foot scrub. While you restore your natural glow with the inclusion of a Pro-Glow Facial designed to boost your radiance and enhance your inner beauty, your hands and arms will be spoiled with a soothing massage. Complete your top-to-toe experience by indulging in a warm aromatic compress and enriching frangipani oil that leaves your scalp restored and your hair lustrous.

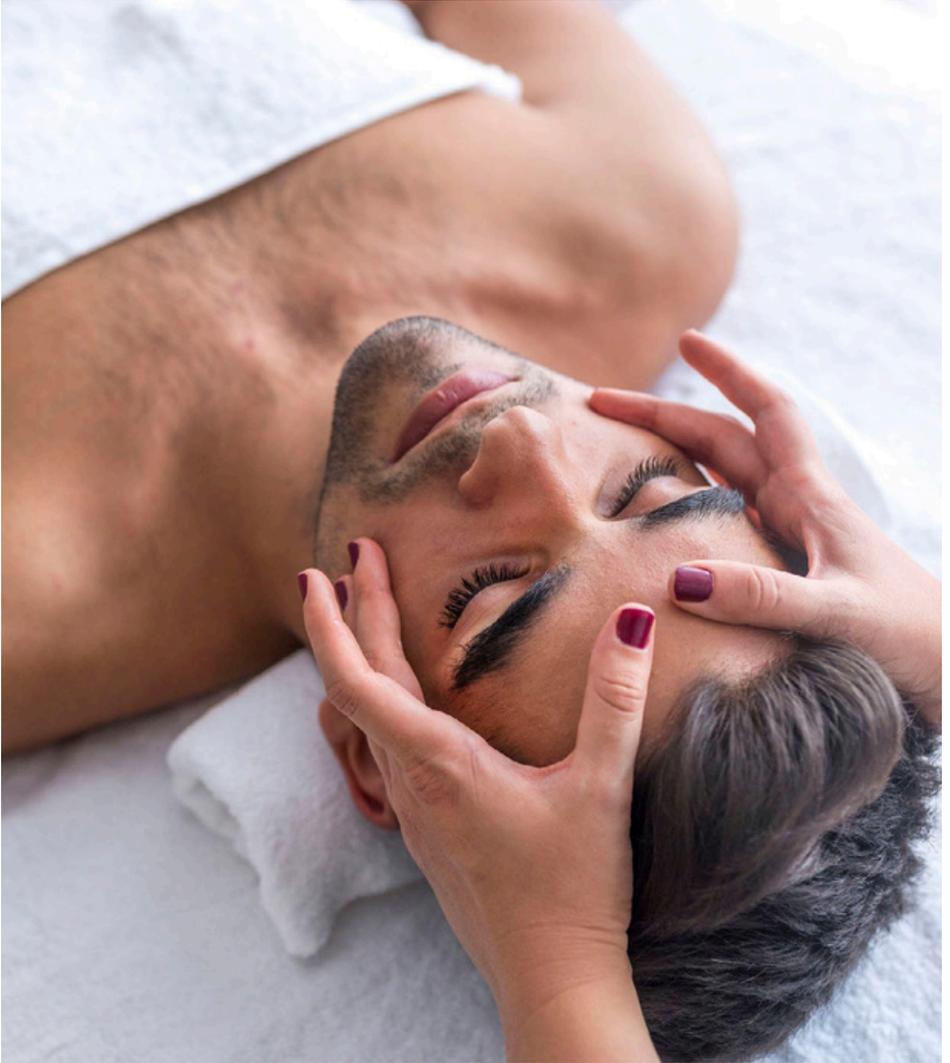
Hayman Recovery

60 min | \$240

Back massage, back scrub, pro-glow facial.

Reawaken your senses and re-energise your system. We begin with a relaxing back and neck massage to reduce tension and fatigue. This is followed by a luxurious Frangipani Cleansing Scrub and warm aromatic compresses. Your revival is completed with Elemis' radiance-boosting facial to awaken tired skin.

SPA MENU



SPA MENU

SIGNATURE EXPERIENCES FOR TWO

The Hayman Signature Experience for Two

4.5 hrs | \$2200

Bamboo loft experience with refreshments, full body scrub, body wrap, Frangipani scalp restore, steam therapy, signature massage, pro-glow facial.

Designed as a Signature spa journey, The Hayman Experience places you in the luxurious privacy of Hayman Spa's Bamboo Loft with access to your own private bath and steam room. After indulging in an aromatic deep soaking milk bath, with refreshments & sparkling wine, your journey continues with an exotic body exfoliation designed to improve blood flow and elasticity. Be cocooned in warmth as the velvety textures of Frangipani Monoi oil offer hydration and mood-balancing aromas to the skin. Feel the full benefits of frangipani with the combination of steam therapy to enhance the well-being of your skin. Transition your body into even more profound relaxation with our Hayman Signature Massage with signature scent before your acclaimed therapist brings your journey full circle with a high-performance pro-glow renewal facial, leaving you glowing from inside and out.

Couples in Paradise

3.5 hours | \$1500

Bamboo loft with refreshments, dry body exfoliation, bespoke massage, pro-glow facial

This exquisite journey begins in the Bamboo Loft, relaxing in a milk bath and private steam room to cleanse the senses. Skin is softened and polished with an energising dry body exfoliation designed to improve blood flow and elasticity. Enjoy deep tranquillity and relaxation with a soothing bespoke body massage tailored to your individual needs and a pro-glow renewal facial, with an enriching mask and tension-relieving massage, to send you both on a journey to complete relaxation.

Couples Top-to-Toe

2 hours | \$980

Back scrub, full body massage, cooling foot revival, pro-glow facial, hand and arm massage, frangipani scalp restore

Leave the world behind together as you re-energise with an authentic soul-to-sole experience. Begin with a tension-relieving back massage and luxurious lime & ginger back scrub. Combat the effects of jetlag with a muscle easing massage to your legs and feet as well as a stimulating foot scrub. While you restore your natural glow with the inclusion of a Pro-Glow Facial designed to boost your radiance and enhance your inner beauty, your hands and arms will be spoiled with a soothing massage. Complete your top-to-toe experience by indulging in a warm aromatic compress and enriching frangipani oil that leaves your scalp restored and your hair lustrous.

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FACIALS*

Elemis Pro-Glow Genius

75 min | \$280

Your Line-fighting Superhero Facial

Clinically proven intelligent skincare and our triple-level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multifaceted facial rejuvenation and skin hydration, the skin will be visibly smoother, resilient and firmer-looking

Elemis Pro-Glow Smooth

30min | 60 min | \$120 | \$240

The HIIT Workout for Your Skin

Powerful resurfacing technology lifts away dead skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Elemis Pro-Glow Resurface

30min | 60 min | \$120 | \$240

Resurfacing for Stunningly Smooth Skin

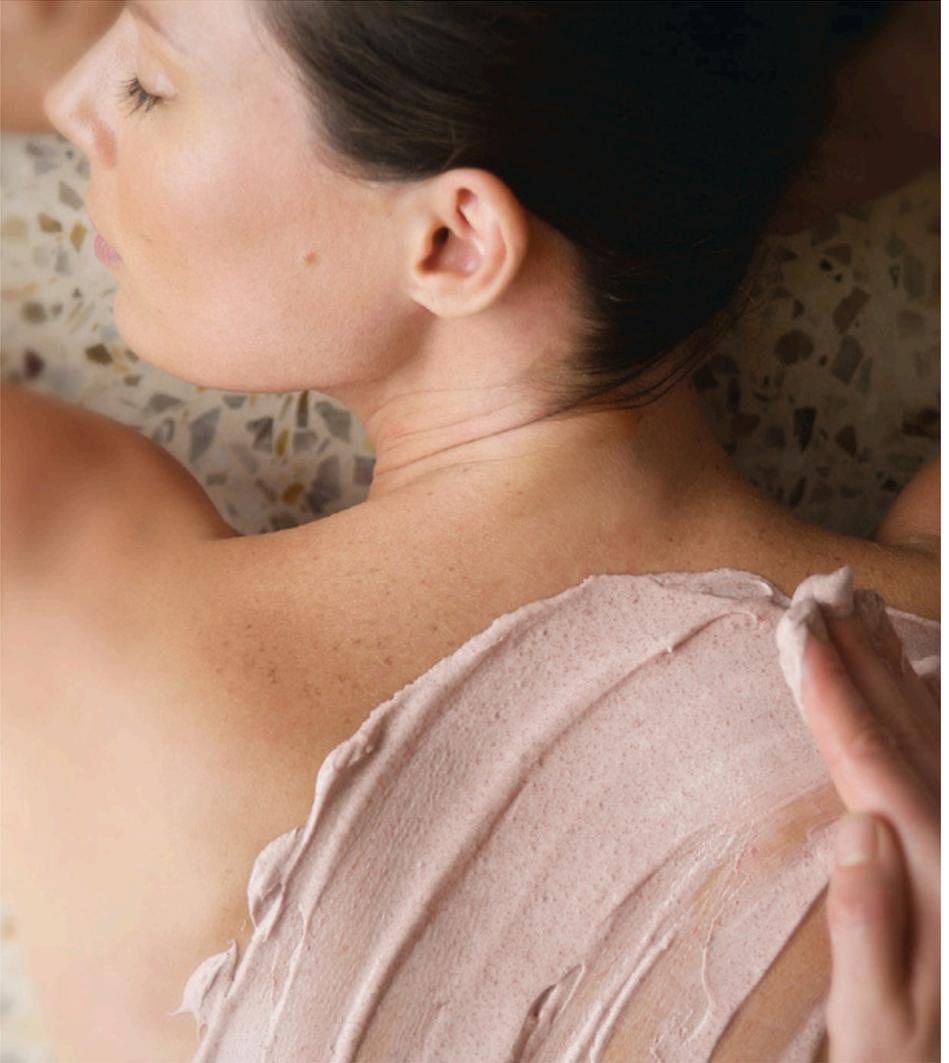
Purify and brighten as skin texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimizes the look of uneven tone, texture, fine lines and pigmentation.

**Please note that all our facials are pregnancy-safe and also suitable for men.*

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BODY TREATMENTS

Frangipani Intensively Cleansing Scrub 60 min | \$230

Full body scrub, application of frangipani oil

Balance your body with the application of mineral-rich salts and hibiscus. This full-body exfoliation will leave you feeling cleansed and refreshed. Enjoy an infusion of exotic Tahitian Monoi Oil and Frangipani Flowers while your skin is left feeling moisturized and delicately fragranced.

Frangipani Body Nectar Nourishing Wrap 60 min | \$240

Dry body brushing, body wrap, scalp massage

More than a body wrap. This treatment uses lymphatic techniques to open the pathways and drain toxins. Relieve stress and fatigue while gently stimulating the body's circulation with dry body brushing and encouraging the regeneration of new cells. The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning cream mask performs its magic.

**We recommend upgrading this experience from dry body brushing to a full body frangipani cleansing scrub | 30mins | \$140*

Aloe Vera Sun Soother Wrap 45 min | \$220

Aloe Vera body wrap, skin-quenching mini facial

A natural skin soother for those sun-kissed days. Allow your skin to moisture-boosting with a delightfully refreshing application of cold aloe vera. While your body is drinking up antioxidants, allow your face to be pampered with a moisture-boosting facial cleanse, ultra-hydrating gel mask and award-winning marine collagen face cream.

SPA MENU

MASSAGES

Hayman Signature Massage 60 min | 90 min | \$240 | \$330

Full body relaxation massage

This relaxation massage uses smooth, flowing movements with light to medium pressure to increase 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 relieve emotional and physical tension.

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

Full body relaxation massage, using the therapist's techniques

For a personalised experience. 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. Our highly skilled therapists use light to medium pressure for your deepest relaxation.

Hayman Hot Stone Massage 90 min | \$360

Full body heated basalt stones relaxation massage

Soothe 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.

**Not suitable for pregnancy – please refer to our pregnancy page*

SPA MENU

PREGNANCY MESSAGES

Peaceful Pregnancy Massage

60 min | \$340

Full body massage using pregnancy pillows with a trained therapist

Indulge both you and your baby with this beautiful treatment designed to ease your tensions, both physical and emotional. A specialised massage that hydrates and nourishes your skin whilst easing bodily discomfort. This experience comes with the gift of Hayman Spa's Japanese Camellia Body Oil Blend to help minimise stretch marks and plump, hydrate, strengthen and protect the skin. Only available in 2nd & 3rd trimester.

Babymoon Bliss

90 min | \$440

Pregnancy massage, bump treatment, Elemis facial

A nurturing package for both mum and bump. Start with an indulgent full-body massage, supported by a specialised pregnancy pillow, followed by a nourishing bump treatment to soothe, relax and hydrate your growing bump. Feel the benefits of an Elemis pregnancy-tailored facial leaving you with an extra beautiful pregnancy glow. Allow yourself to feel fully nurtured from top to toe as you transform through the journey of motherhood.

This experience comes with the gift of Hayman Spa's Frangipani body cream to help hydrate the skin. Only available in 2nd & 3rd trimester.

Elemis Pro-Glow Facial

30min | 60 min | 75 min | \$120 | \$240 | \$280

For that extra pregnancy glow

Please see our facials page and choose from one of our Elemis Pro-Glow Facials. Our facials are pregnancy-safe

**For pregnancy treatments, please refer to this page and the facials menu only, other treatments are not pregnancy-safe*

SPA MENU

TREATMENT ENHANCERS

Only available as add-ons to other treatment bookings and not available as individual treatments.

Frangipani Scalp Restore 15 min | \$55**

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

Pro-Glow Facial 30 min | \$120

Choose from Elemis' Pro-Glow Smooth or Pro-Glow Resurface facial for an exotic holiday glow.

Back Massage 30 min | \$110

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

Indian Head Massage 30 min | \$110

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

Cooling Foot Revival 30 min | \$110

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

Elemis Eye Treatment 15 min | \$50**

A hydrating and soothing eye mask features a skin-cocooning gel texture formulated with orange flower and cornflower extracts to comfort, cool and calm tired eyes, visibly reducing the signs of aging. Leaving the eye area feeling dewy and vibrant.

SPA MENU

TREATMENT ENHANCERS

Neck & Jowl Pro Definition Lift and Contour \$75*

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

Hydra Soothing Gel Mask \$90

A hydrating and soothing facial gel mask. Featuring a soothing formula that instantly calms and deeply hydrates the skin. Leaves your skin feeling soft, smooth and hydrated.

FOR THE YOUNGER ONES

Minimum age requirements apply and a parent or guardian must have a treatment in the same room.

Chocolate Body Cocoon 30 min | \$110

Indulge your little one in our antioxidant-rich cocoa body wrap designed to uplift and ignite the senses. Dreams come true as our nurturing body mask leaves the skin smooth and aromatic.

Elemis Pro Glow Renewal Facial 30 min | \$120

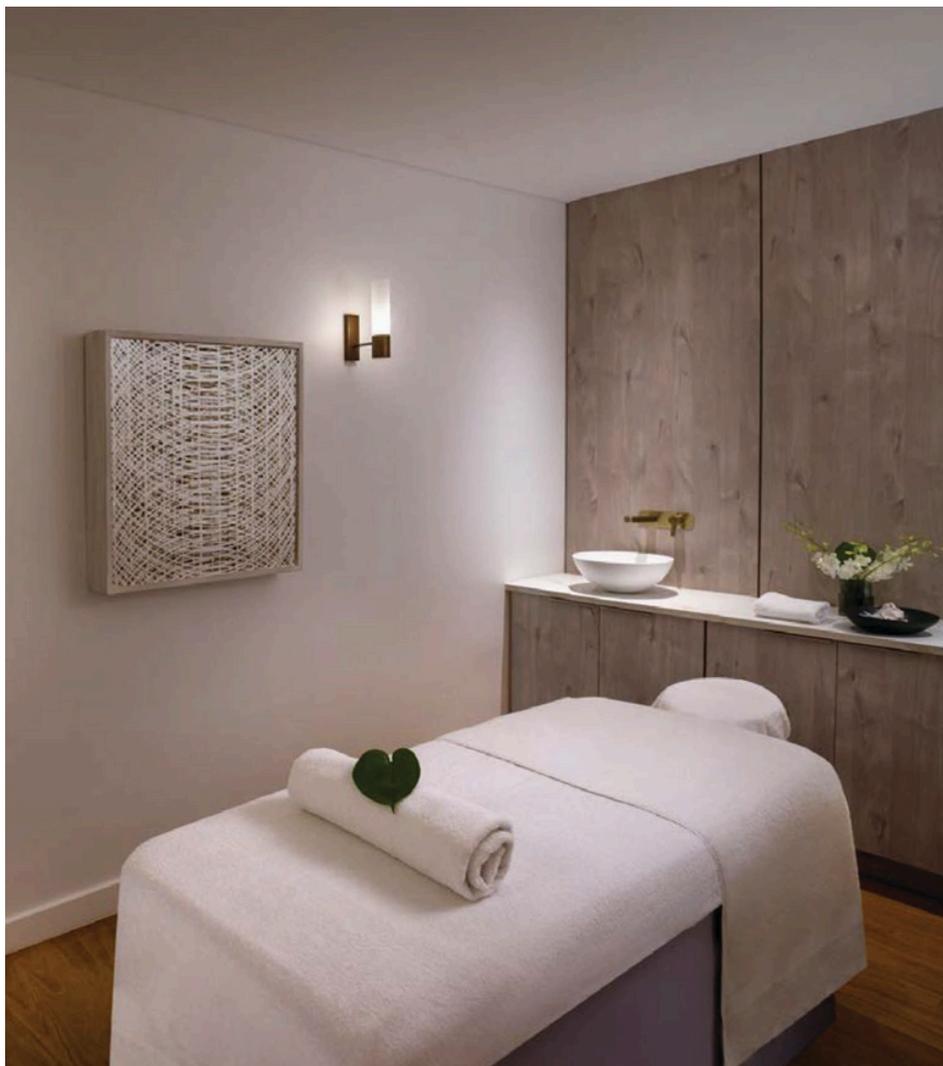
Elemis' resurfacing and moisture-boosting results unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

Add On

Coconut Oil Hair & Scalp Treatment 15 min | \$45

Drift away and release all tension as warm coconut oil drizzles over the scalp and hair. Ideal for relieving tension and providing essential nutrients to ensure hair is soft and shiny.

SPA ETIQUETTE



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We recommend you arrive a minimum of 15 minutes before 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 a guardian present.

Please wear comfortable clothes to Hayman Spa. A robe, slippers and disposable underwear are 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 valuables and jewellery in your room. We are not liable for any safety of your valuable items.

Please advise of any medical conditions or injuries at the 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 the experience.

To avoid cancellation costs, we respectfully require 24 hour's notice to change or reschedule your booking. Cancellations and reschedules within 24 hours of the booking or abandonment of booking will incur a 100% charge.

Please note that bookings on Public Holidays will incur a 15% surcharge.

HAYMAN HAIR SALON



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. Pamper 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 surroundings, Kevin Murphy utilise recycled packaging from 100% Ocean Waste Plastic.

SALON MENU

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	\$125
Restyle	\$150
Fringe Trim	\$30

Mens

Shampoo, Cut and Blow-dry Shampoo and Restyle	\$85
Shampoo, Cut and Blow-dry Shampoo and Clipper Buzz Cut	\$65
Restyle	\$100

Kids (*under 12 years*)

Children's Restyle and Dry	\$85
Shampoo, Trim and Blow-wave	\$65
Girls Day Out – Cut, Blow-wave and Braids or Curls	\$115
Babies Haircut (under 1 year old)	\$45

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

SALON MENU

BLOW-WAVE

Blow-dry Long	\$10
Blow-dry Long with Extensions	\$12
Blow-dry Medium	\$85
Blow-dry Short	\$65
Add a GHD Curl or Straighten	\$25
<i>*Extra time needed will incur a \$25 charge - length, thickness or extensions.</i>	

STYLING

Curls and Waves on Dry Hair	\$65
Special Event Up-do	From \$165
Event Half up	From \$125

HAIR EXTENSIONS

Tape removal and Wash	\$150
Tape Repair (by Consultation)	

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

SALON MENU

HAIR TREATMENTS

Spa Scalp Treatment 30 min | \$90

Help beautify, purify and detoxify with this facial for your scalp. A lightweight, fast-absorbing, treatment that adds a much-needed boost to your spa day, promoting the very best scalp health.

K18 Treatment 30min | \$90

A leave-in treatment mask for all hair types that clinically reverses damage in 4 minutes. The K18 peptide technology works to repair damage from bleach, colour, chemical services & heat – restoring strength, softness, smoothness, and bounce to hair.

Kevin Murphy Treat Me 30 min | \$65

A bond-building treatment to nourish and restore hair. A shot of treatment that protects against colour fading and enhances shine, vibrancy and radiance by building strength from within to boost colour protection and resilience.

Kevin Murphy Blonde Angel Treatment 30 min | \$65

Set just the right tone, and work to restore optimum condition and lustre to brassy, blonde tones. BLONDE.ANGEL conditions and moisturises bleached, highlighted and grey hair, putting the bounce back into your blonde, while repairing any brassy or yellow tones.

Kevin Murphy Masque 15 min | \$45

Provide your hair with the help it needs through our Kevin Murphy luxurious masque dedicated to restoring moisture, taming frizz, or combating split ends. Suited to individual hair needs.

Hayman Hair Salon's professionals will consult with you before this treatment to ensure they select the right masque for you.

SALON MENU

HAIR PACKAGES

Hair and Scalp Rejuvenation

90 min | \$225

Unwind and refresh with Kevin Murphy's skincare-like Scalp Spa Range. Melt into this facial for your scalp with a moisture cleanse, scalp exfoliate and nourishing scalp serum. Accompanied by a glass of bubbles and a deep scalp massage, this experience is perfect to refresh the hair and scalp and remove impurities, combating the effects of sun, chlorine and salt water during your island escape. This package is completed with a Blow wave and GHD finish so that you're ready to step out in style!

K18 Molecular Repair Mask

75min | \$205

A leave-in treatment mask for all hair types that clinically reverses damage in 4 minutes. The K18 peptide technology works to repair damage from bleach, colour, chemical services & heat – restoring strength, softness, smoothness, and bounce to hair. Enjoy a glass of bubbles while your hair is replenished and revived. Your repair package is complete with a Blow wave and GHD styling.

Glamorous Gloss

60min | \$195

The industry's secret behind glossy, shiny, moisturised hair. Out-shine your girlfriends with this ultimate girls' night package. Bring vibrance back to your colour with GLOSS by COLOR.ME, formulated with KM.BOND2 and Vitamin C to reinforce and replenish bonds. Treat yourself to a glass of bubbles before you step out with a bouncy blow-wave and your choice of styling.

SALON MENU

HAIR COLOUR

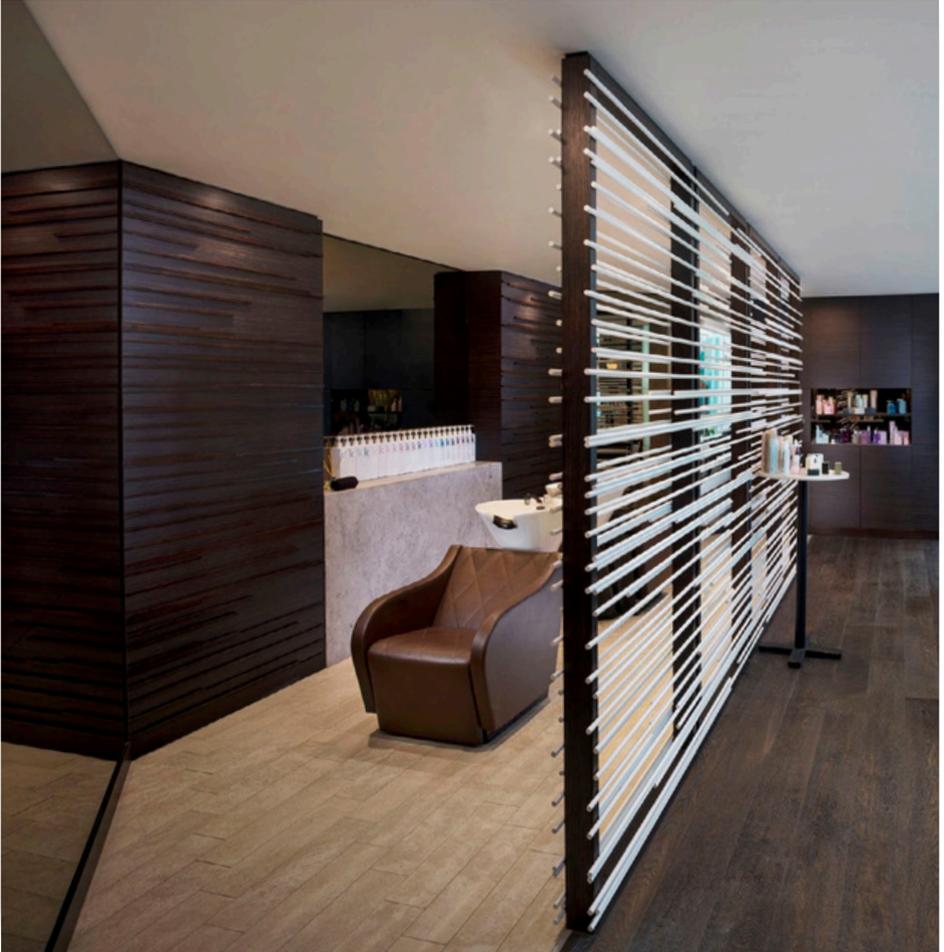
Foils 1 / 4 Head	\$100
Foils 1 / 2 Head or Short Balayage	\$150
Foils 3 / 4 Head or Medium Balayage	\$200
Foils Full Head or Long Balayage	\$250
TONING	
Refining Toner	\$50
Creative Toner	\$75
Zonal Toner	\$90
SCALP LIGHTNER	
Retouch and Tone	\$250
Full Head (By Consultation)	
GLOBAL COLOUR	
T-section	\$90
Retouch	\$100
Short all over	\$125
Medium all over	\$150
Long all over	\$180

*Prices are 'from \$' and may change due to the length and texture of hair. Prices will be confirmed in the consultation stage before the hair appointment. A free consultation is available. All colours must have a colour consultation with a skin patch test before any colour service. *We recommend adding a blow-dry to all colour treatments.*

SALON MENU

BRIDAL SERVICES

Please enquire directly to Hayman.spa@ihg.com



INTERCONTINENTAL HAYMAN GREAT BARRIER REEF

Hayman Island, Whitsundays, Queensland, Australia
For any enquiries, please contact our Hayman Spa team
Phone: 07 4940 1035 Email: hayman.spa@ihg.com
haymanisland.intercontinental.com