



INTERCONTINENTAL®
HAYMAN ISLAND RESORT



SPA MENU

HAYMAN® SPA

WELCOME TO HAYMAN® SPA



ONE-OF-A-KIND EXPERIENCES

Hayman® Spa Cuisine

From \$30

We invite you to choose to add picnics, high teas, cheese boards and grazing platters to your time in Hayman® Spa. Advanced bookings required.



SIGNATURE EXPERIENCES FOR ONE

Top to Toe

120 min | \$440

Leave the world behind as you re-energise with an authentic soul to sole experience. Begin with a tension relieving massage that covers your back, scalp, arms and legs before being wrapped in aromatic steaming towels that leave your scalp restored and skin glowing. Feel meridians balanced through the application of Sodashi's invigorating Jetlag Recovery tonics.

Arabian Oud Renewal

90 min | \$350

Walk away from this nurturing experience feeling refreshed and revitalised. Your treatment journey will start with a focused upper body holistic massage designed to ease muscular tension and improve digestion. Arabian Oud Essence's soothing attributes will place you in a relaxational state before a facial treatment focused on skin detoxification and radiance begins.

Hayman Recovery

60 min | \$220

Boost and re-energise your whole system after travel. To reduce tension and fatigue we begin with a relaxing back and neck massage. This is followed by a Himalayan salt exfoliation and warm aromatic compresses. Your revival is complete with a refreshing facial and application of Sodashi's Jet Lag Tonics.

SPA MENU

MASSAGE

Island Gemstone Therapy 90 min | \$320

Hayman® Spa's Island Gemstone Therapy has been developed by Sodashi to balance the mind, body and spirit with the application of ancient Australian healing stones and crystals. Through the power of massage and intention, the vibrations of the Australian plant essences and crystals resonate deeply with our beings, bringing about relaxation, rejuvenation and harmony.

Hayman® Signature Massage 60 min | 90 min | \$220 | \$295

Combining the healing power of touch with Sodashi's unique techniques, this deeply relaxing massage uses smooth, flowing movements with light to medium pressure to encourage an increase in lymphatic 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 to relieve emotional and physical tension.

Bespoke Massage 75 min | \$295

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.

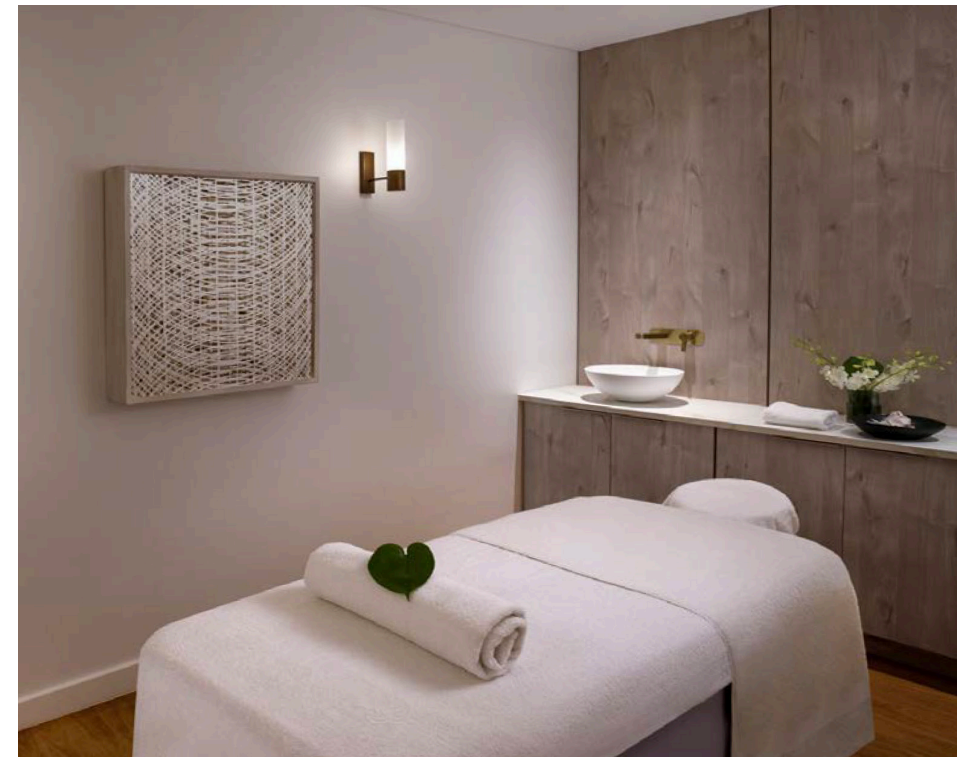
SPA MENU

PREGNANCY PACKAGE

Pregnancy Massage* 60 min | \$320

Indulge both you and your baby with this beautiful treatment designed to ease your tensions, both physical and emotional. A relaxing massage hydrates and nourishes your skin whilst easing bodily discomfort. This experience comes with the gift of Hayman® Spa's Vitamin Rich Body Oil to help minimise stretchmarks and plump, hydrate, strengthen and protect the skin.

*Only available in 2nd & 3rd trimester.



FACIALS

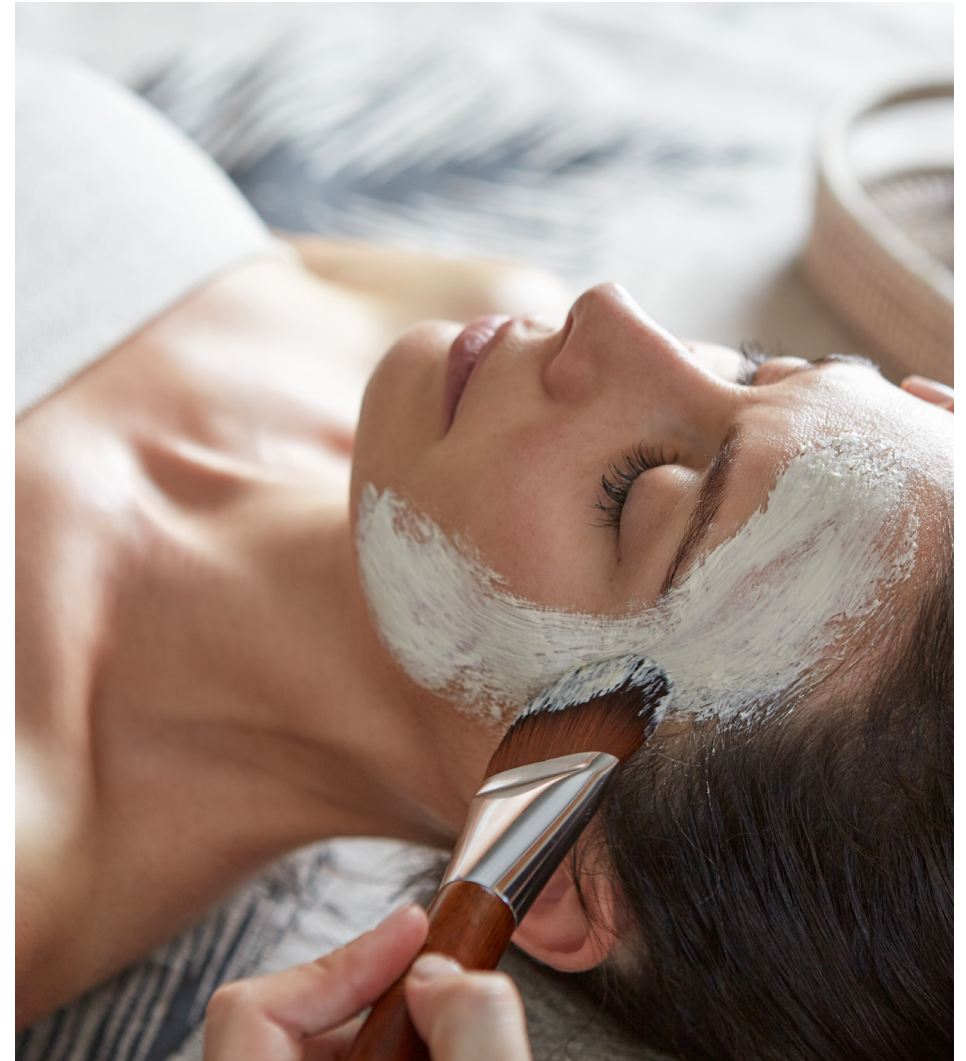
These facials are complemented with a specialised Sodashi Facial Massage Technique.

Pure Radiance Facial Treatment 60 min | \$220

A journey of total renewal, warm aromatic compressions soften and exfoliate the skin before a face mask rich in herbal extracts is applied to induce purification and hydration. This luxurious treatment is tailored to your individual skins needs with Sodashi's Plant Essence Synergies leaving your skin fresh and revitalised.

Marine Mineral Facial Treatment 75 min | \$240

Using the intelligence of marine plants, this facial is rich in Spirulina and concentrated extracts to bring radiance and glow to your complexion. Tailored to your unique skin type, it is the perfect treatment to oxygenate, tone and revitalise the skin. This facial experience will be enhanced with the Sodashi professional mask to leave your skin radiant.



TREATMENT ENHANCERS

Add on to any Spa Experience

Instant Glow Facial 30 min | \$100

Boost complexion with an express facial cleanse, exfoliation and firming gel mask. Finished with a nutrient rich moisturising ritual.

Back Massage 30 min | \$100

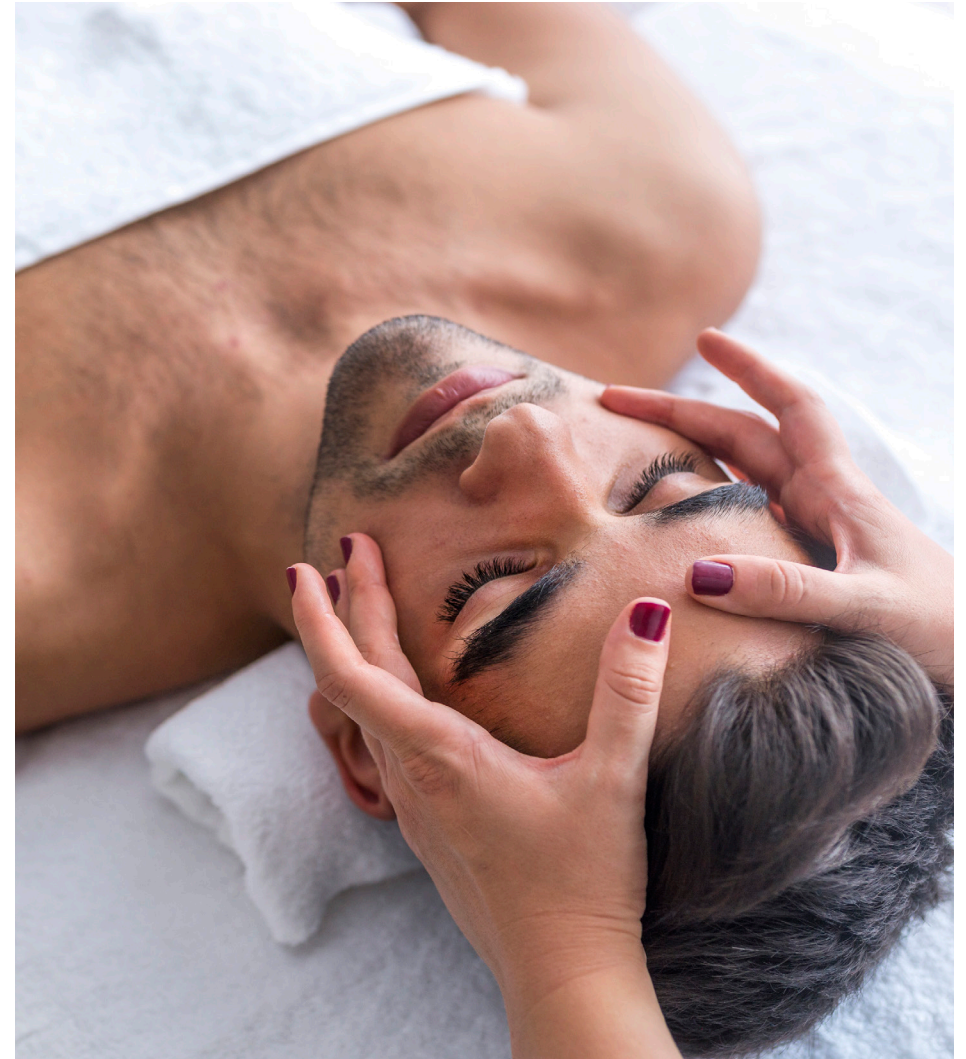
Have complete focus on your back, neck, and shoulders, boosting circulation and encouraging further relaxation into your selected spa treatment.

Indian Head Massage 30 min | \$100

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

Cooling Foot Revival 30 min | \$100

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



HAIR SALON



HAIR SALON

Located across from Hayman® Spa, welcome to 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, include pampering 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 surrounds, Kevin Murphy utilise recycled packaging from 100% Ocean Waste Plastic.

HAIR SALON

HAIR CUTS & STYLING

Ladies	
Shampoo, Cut and Blow-dry	\$115
Restyle	\$150
Fringe Trim	\$30
Mens	
Shampoo, Cut and Blow-dry	\$85
Shampoo and Clipper Buzz Cut	\$60
Restyle	\$100
Fringe Trim	\$30
Kids	
Shampoo, Cut and Blow-dry (under 12 years)	\$65
Restyle	\$85
Babies Haircut (under 1 years)	\$50

STYLING*

Blow-dry Long	\$100
Blow-dry Medium	\$85
Blow-dry Short	\$65
Hair Styling – up or down	\$125
Waves/Curls (on dry hair only)	\$85
Braids from	\$45

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

HAIR SALON

HAIR TREATMENTS

Kevin Murphy Masque 15 min | \$40

Provide your hair with the help it needs through our Kevin Murphy Masques. Suited to individual hair needs, our range of masques aim to protect, hydrate and restore your hair strength and shine. Hayman® Hair Salon's professionals will consult with you prior to this treatment to ensure they select the right masque for you.

Kevin Murphy Treat Me 30 min | \$60

Extend your luxury hair journey with a personalised salon experience. Tailored to your hair needs, Kevin Murphy's in-salon treatments help deliver deep conditioning, shine and long-lasting nourishment. Hayman® Hair Salon's professionals will provide you with a personal hair consultation, followed by a scalp cleanse and relaxational scalp massage. You are set to walk away with your hair feeling soft and shiny.

HAIR SALON

HAIR TREATMENTS

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
Long All Over Colour	\$180
Med All Over Colour	\$150
Short All Over Colour	\$120
Regrowth	\$110
Scalp Lightner	\$130
T Section Grey Coverage	\$70
Toning – Refining	\$70
Refreshing Ends with Clear	\$60

*Prices are 'from \$' and may change due to length and texture of hair. Prices will be confirmed in consultation stage prior to hair appointment. Free consultation available. All colours must have a colour consultation with skin patch test prior to any colour service. *We recommend adding a Blow-dry to all Colour Treatments.*

BRIDAL SERVICES

Please enquire directly to Hayman.spa@ihg.com

HAIR SALON



SPA ETIQUETTE



SPA ETIQUETTE

HOW TO SPA

We recommend you arrive minimum of 15 minutes prior to 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 consent from a guardian.

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

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

To avoid cancellation costs, we respectfully require 24 hour's notice to change or reschedule your booking. Cancellations within 24 hours of the booking will incur a 50% charge, and within less than 12 hours or abandon will incur a 100% charge.



INTERCONTINENTAL HAYMAN ISLAND RESORT

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