

Daydream

S P A

Menu



DAYDREAM
ISLAND

Signature Journey

Ocean Dreaming ‘The unseen vibration of creation’

180 MINS | \$420 PP | \$800 COUPLE

Foot Ritual | Body Exfoliation | Mud Wrap | Hair and Scalp Treatment | Hot Stone Massage | Facial

Surrender yourself to the ultimate anti-aging, renewal and potency of this experience through the power of marine extracts, native plant essential oils and extracts, Tasmanian sea kelp and sea salts. Combining deeply therapeutic treatments with a healing approach, the face and body is cleansed, renewed, and nourished. Tired muscles are nurtured and re-energized, while all the body systems are rebalanced and rejuvenated (Scalp Treatment includes hair mask).

Massage Therapies

Traditional Kodo Massage ‘Melody’

60 MINS | \$200 PP | \$375 COUPLE

90 MINS | \$240 PP | \$400 COUPLE

Light-Medium massage | Swedish style

This rhythmic body massage is inspired by traditional Aboriginal techniques which works to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiraling movements ground and uplift, working to relieve muscular aches and pains while leaving the body renewed and refreshed.

Aromatherapy Kodo Massage

75 MINS | \$210 PP | \$380 COUPLE

Essential Oil Selection | Full Body Aromatherapy Massage

Traditional Kodo massage plus your choice of carefully selected native aromatic oils is prescribed to address your individual needs – to rejuvenate, harmonize or purify. This tailored sensory activation deepens the benefits of the Kodo massage for an enhanced treatment experience.

Hot Stone Massage

90 MINS | \$250 PP | \$450 COUPLE

Full body Hot and Cold Stone Massage

Stones are heated and integrated with the rhythmic Kodo body massage that is inspired by traditional Aboriginal Australian techniques. The therapist skillfully coordinates the rocks with pressure points and spiraling movements that aim to ground and uplift, working to relieve muscular aches and pains while leaving the body renewed and refreshed.

Facial Therapies

Mirri 'Face'

45 MINS | \$150 PP | \$275 COUPLE

Cleanse | Exfoliation | Pressure Point Facial Massage | Masque | Neck and Scalp Massage | Hand and Arm Massage | Hydration

Integrating Australian native ingredients such as lillypilly, Tasmanian kelp and macadamia, this is the ideal pick me up treatment to cleanse and nourish your skin. perfect after a long flight, late nights, or whenever skin could benefit from a boost of TLC, the LI'TYA MIRRI Facial is a particular favourite 'pick me up' for busy clients or in combination with our body treatments.

Mikiri 'Deep'

60 MINS | \$180 PP | \$320 COUPLE

Cleanse | Exfoliation | Purifying Masque | Pressure Point Facial Massage | Neck and Scalp Massage | Hand and Arm Massage | Hydrating Masque | Hydration

This tailor-made facial treatment is prescribed as an intensive boost for all skin types, customized to target specific skin conditions. Two specialized masks are applied during this treatment to focus on skin purification and hydration. Using a combination of Australian native ingredients such as lillypilly and wild rosella, rich in vitamin C, fruit acids and protein this treatment will restore and revitalize your skin. Includes a revitalizing hair mask, neck and scalp massage.

Body Rituals

Mala Mayi 'Clan food'

120 MINS | \$300 PP | \$475 COUPLE

Full Body Exfoliation | Body Mud Wrap | Facial Treatment

Unwind and invigorate with this complete body rejuvenation experience. After a restorative exfoliation with Australian desert salts and aromatic oils your body will be cocooned in a warm layer of mineral rich body mud. An Aboriginal inspired LI'TYA PAUDI scalp treatment massage allows you to drift away to another realm. Your treatment is completed with an uplifting rhythmic LI'TYA KODO full body massage to release any remaining tension and leave your skin deeply nourished and renewed from head to toe (Scalp Treatment includes hair mask).

Lowanna 'Beautiful'

90 MINS | \$280 PP | \$540 COUPLE

Facial | Back | Neck | Shoulder massage

This exceptional treatment combines our most popular treatments in wonderful unison to create a deluxe pampering experience. Combines the LI'TYA MIRRI facial with hot stone massage to alleviate tense back and shoulders muscles, this is a perfect combination for those in need of some serious pampering. It will recharge the body and enhance overall radiance.

Spa Etiquette

Arrival

Please arrive 10mins prior to your treatment start time to complete a consultation form and ensure you are ready for your treatment to commence as scheduled. Please notify us if you are running late so that we may accommodate you and adjust treatment accordingly.

Spa Manners

As a consideration we kindly request that noise is kept minimal to ensure all spa guests have a relaxing and enjoyable experience. Please switch off your mobile phone prior to entering spa facilities.

Cancellation

All cancellations require 24-hour notice. For last minute cancellations and appointment no shows the full price of treatment will be charged as per our cancellation policy.

Pregnancy

Your health and safety is important to us, during your first trimester of pregnancy some spa treatments may not be suitable. Please advise our friendly spa therapists if you are pregnant so we can amend your treatment.

Health

Please advise us of minor and/or major health conditions while completing your consultation card. This is critical in case we need tailor the treatment to your specific needs. All information provided is strictly confidential.

Privacy

Our therapists have the utmost respect for your privacy and will keep any personal information completely confidential. It is our intention to provide a safe, welcoming environment so you can relax and enjoy your spa journey.

Attire

Please wear comfortable loose-fitting clothing, we will provide you with a robe to and a safe place for you to keep any personal belongings to ensure a smooth transition into the treatment space.

Valuables

It is recommended that you leave all personal or valuable belongings in your hotel room before your arrival at the spa. Prior to your treatment we will ask you to remove all jewellery and accessories, these will be placed safely in a dish for you to collect on your way out. We are not accountable for any lost belongings.

Alcohol and Specific Medications

Our spa runs under a no intoxication rule, the day of your treatment we advise you avoid having any alcoholic drinks as this is a health and safety hazard for you as our guest and in the case you come in whilst intoxicated we will cancel your treatment and a cancellation fee will apply. Certain medications can cause a negative impact from receiving a massage so please make us aware of any medications you are taking for your safety.

If you have any other questions, you are welcome to contact our Spa therapists at spa@daydreamisland.com, on ext #4116 or (07) 4967 6316



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For booking information

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