

Healing Waters Spa

Set among lush rainforest gardens, the Healing Waters Spa is a tranquil sanctuary offering a balm to the bustle of every-day life. Luxurious and restorative treatments for body, mind and soul invite guests to bathe in the wild beauty of the surrounds, to connect with the breath and spend mindful time in nature. Guests leave the spa feeling refreshed and lighter of mind, ready to soak in the pristine beauty of the rainforest.



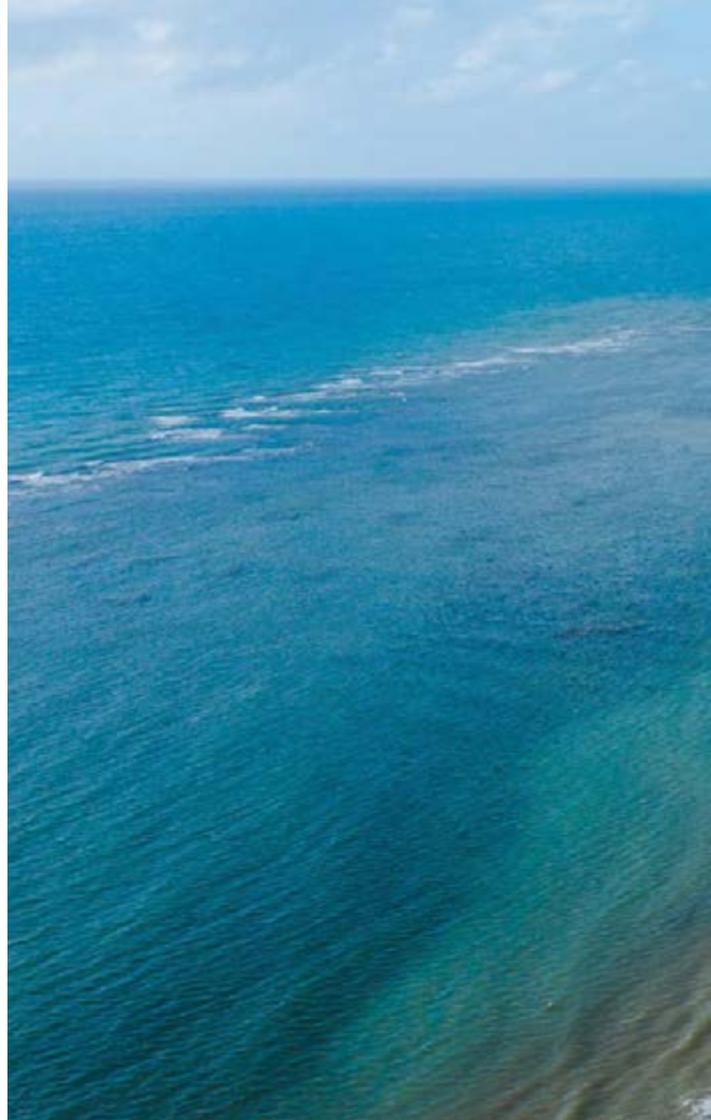
Daintree Journeys

Step into the Healing Waters Spa to relax into the spirit of the Daintree. Inspired by ancient Indigenous beliefs that the water in the Mossman River is a renewing and life-giving force, the Healing Waters spa offers six cool salons with rainforest views, including couples' rooms and a Vichy shower. A signature menu of treatments features the Australian-made Sodashi skin care range, combining aromatherapy and natural botanicals with Ayurvedic principals to nurture the body and soul with wholeness, purity and radiance.

Journeys to Country

Treatments also feature locally made products from Alkeme, created by Aphra Skye Hill in small batches. Inspired by her upbringing in wellness, the range embraces the age-old practises of alchemy, 'making magic from nature' using a blend of local botanicals and with ancient Aboriginal lore gifted by the Ya'itd Mathang tribes of Australia.

Sodashi





Signature Ceremonies

Our signature treatments draw inspiration from nature's beauty ingredients and use the healing properties of pure plant botanicals to nurture body and soul.

Ulysses 2.5 hours \$350 | \$700 per couple

Complete face and body treatment

This luxurious spa ceremony begins with a gentle all-over body scrub using Sodashi's Jojoba Body Polish, scented with rose geranium and patchouli. Sink into a warm, purifying mud bath to unwind before rinsing off under the rain shower overlooking the rainforest canopy. Completing the full body experience with a customised facial to suit individual skin needs. A nutrient-rich mud is then massaged into the hair and scalp, releasing tensions and leaving hair soft and shiny. Step out feeling renewed and revitalised.

Sacred Songlines 2 hours \$320

Full body massage and facial

Sacred Songlines combines a full body massage and facial treatments. Relax into a deep state of tranquillity, beginning with the Healing Waters Signature Body Massage. Fluid massage movements work to rebalance the body's energy meridians while relieving physical tension. A facial tailored to specific complexion needs includes soothing warm compresses applied to the face and neck to exfoliate the skin, while a rich mask and face massage restores radiance.

Daintree Dreaming 90 minutes \$250

Facial, full body exfoliation, body wrap, water therapy

A clearing Or'Yarrarrng incense smudge signals the beginning of this revitalising treatment. A full body exfoliation using the synergy of essential oils combined with sea salt cleanses and smooths the skin before a rich mask of Alkeme's Earth Ochre Body Mud is applied. With the body wrapped in a warm cocoon, the clay stimulates circulation, nourishes and hydrates. Relax with a nourishing Alkeme facial, allowing time for the body treatment to ease into the skin. Refresh under the rain shower and emerge with soft, renewed skin.

Alkeme Awakening 60 minutes \$170

Complete body treatment

This sensory journey begins with an Or'Yarrarrng smudge, an Indigenous clearing and protection ceremony using dried herb incense. A warm salt exfoliation using Alkeme's Myrtle and Mint Body Scrub is applied to the back before an aromatic body oil scented with Australian sandalwood and lemon myrtle is massaged along the spine to soothe tired muscles and relieve tension. Next, a vitamin-rich hair mask deeply hydrates and nourishes. Finish with a spritz of Native Flora spray to clarify the mind.

Alkeme acknowledges in appreciation, Anne Warren and the Ya'idt Mathang Peoples of Australia.





Facial Therapies

At the Healing Waters Spa, facials are complemented by a specialised Sodashi facial massage technique. All facials cater for both men and women and include a décolletage, neck and arms massage.

Mineral Lift

90 minutes \$250

Thermal nourishing facial

Supplying a boost of essential vitamins and minerals to the deeper layers of the skin, Sodashi's warm infusing face mask restores elasticity and radiance. Tailored to individual skin needs, this facial can purify and deeply cleanse or instead provide intensive nourishment, leaving skin hydrated, toned and supple.

Jungle Flower

75 minutes \$230

Intensive high-performance facial

This intensive, skin-transforming facial uses the exclusive Samadara blend of botanical ingredients to significantly diminish lines, reduce pigmentation and refine pores. A rose quartz facial massage and a sequence of Ayurvedic anti-aging techniques are complemented by a brightening marine elements mask, leaving the skin looking clear, lifted and firmed.

Pure Radiance

60 minutes \$170

Customised facial

An application of Sodashi's warm, aromatic facial compresses soften and exfoliate the skin, followed by a nurturing face mask rich in herbal extracts to purify and hydrate. This facial experience is tailored to individual skin needs and is enhanced with the Sodashi facial massage using a luxurious blend of plant essences to leave skin revitalised and fresh.







Body Rituals

Relax and refresh the body with the beautiful Sodashi range of body products, designed by nature with wellness in mind.

Green Peace

90 minutes \$250

Body exfoliation, body mask, scalp treatment, water therapy, body hydration

Combining the rich elements of marine plants, algae, minerals and plant essences, this treatment is deeply detoxifying. Relax and enjoy an exfoliation with Sodashi's Body Balance Salt Therapy that will leave skin soft and enlivened. A warm marine body mask is then applied before the body is cocooned in a comforting wrap. A soothing scalp treatment follows, inducing complete comfort and relaxation. An uplifting botanical lotion leaves the whole body rejuvenated.

Rainforest Renewal

60 minutes \$170

Hydrating full body exfoliation, water therapy, body hydration

This gentle all-over body exfoliation soothes and calms the mind while revitalising and hydrating the skin. Containing sandalwood powder as the active ingredient blended with olive oil and vanilla extract, this treatment relieves tired and aching muscles. A finishing application of Sodashi's deeply nourishing Jasmine and Rose Body Lotion infuses a beautiful fragrance to the skin.



Salty Glow

60 minutes \$170

Full body salt exfoliation, water therapy, body hydration

Bring the body back to balance. This treatment begins with warm soothing oils massaged into the skin, followed by a full body exfoliation using Himalayan salt with sweet orange, lavender and plant essences. Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is especially recommended following periods of travel or strenuous exercise.

Soul to Sole

60 minutes \$170

Hair, hand and foot therapy

Combining several Sodashi therapies, this treatment begins with a warm, aromatic wrap placed around the head to prepare the skin for an enriching mask. The mask is massaged into the head to relieve tension and provide essential nutrients, leaving hair soft and shiny. Warm compresses ready the hands for a luxurious jojoba bead exfoliation before a rich cream is rubbed into the skin to nourish and soften. To finish, legs and feet are treated to a massage using mint and arnica oils to improve circulation.





Holistic Specialties

Featuring vibrationally-charged crystals and selective essential oils, these treatments help balance the energies of the body.

Silky Spirit

90 minutes \$240

Balancing body massage and crystal therapy

Deeply meditative, this experience brings the body's seven main chakras into alignment through a fluid combination of massage using the specific essential oil blends of frankincense and sandalwood as well as healing crystals. Working subtly on the body with profound effects, this truly energised treatment leaves guests in a state of harmony and wellbeing.

Sunshine State

90 minutes \$250

Facial, back, scalp and foot massage

This deluxe treatment works on both face and body to provide a complete head-to-toe experience, delivering incredible results in terms of relieved muscle tension, improved digestion, body detoxification and skin radiance. Showcasing the rich, aged complexity of agarwood oil (known as 'oud'), benefits extend far beyond the physical realm; the treatment has a profound ability to improve emotional, energetic and spiritual wellbeing.

Good Vibrations

60 minutes \$170

Facial, crystal and sound therapy

This rejuvenating facial treatment includes deep massage around the shoulders to clear tension and any blocking energies in the upper body. A nurturing and tranquil facial massage clears the upper chakra and minor marma points using healing white jade crystal massage buds. Crystal placement and sound therapy using a Tibetan singing bowl on or over the major chakra points serves to further raise the vibration during this soul soothing experience.

Body Elements

Dispel all tensions with specialised treatment oils, botanical balms and natural ingredients each designed to both nourish and balance energies.

River Stone Massage

90 minutes \$260

Hot stone massage

A deeply soothing and healing massage for tired, aching muscles. Warmth radiating from smooth basalt stones placed on specific points over the body is used in synergy with massage techniques to release stress and tension while enhancing circulation and lymphatic flow. Emerge feeling rebalanced and relaxed.

Healing Waters Signature Massage

60 minutes \$170

Customised relaxation massage

This rhythmic massage balances smooth stroking movements with light to medium pressure to encourage an increase in lymphatic circulation and to balance the energy meridians in the body. The relaxing blend of Sodashi's natural plant oils and aromatic plant essences nourish the skin and helps relieve emotional and physical tension.

Mama Massage

60 minutes \$170

Pregnancy massage

A nurturing, specialised massage designed for expectant mothers dissolves tension in the body and eases the mind, relieving the unique stresses experienced during pregnancy. Performed from the second trimester onwards.



Private Bath

Set among the tranquillity of the rainforest, a private bath is a highly recommended enhancement to any spa treatment.

Forest Bathing

30 minutes \$90 | 45 minutes \$110

Relaxing mineral enzyme bath

Relax into a warm bath infused with Ayurvedic herbs while soaking in the beautiful views of the rainforest. The cleansing properties of clay and water combine to create a purifying mud, drawing impurities and toxins from the body to relieve sluggishness, increase energy levels and elevate the mood.

Yoga

Yoga

60 minutes complimentary for lodge guests

Mind and body practice - daily class at 8am - bookings essential

Welcome in the day with a gentle one-hour Hatha flow yoga session offered in the open-air Marrdja Pavilion. Designed for all levels with beginner and intermediate variations for poses, this class will help develop balance, strength and flexibility, while reducing stress and helping calm the mind.

Private Yoga

60 minutes \$250 (up to 4 guests)

Private mind and body practice

\$35 for each additional guest

- bookings essential and subject to availability

Inhale to the sounds of the gently flowing Mossman River and exhale as the cares of the every-day slip away during a personal riverside yoga session.



Spa Essentials

Enhancement therapies offer a tailored addition to any spa treatment of 60 minutes or more.

Face Fuel

30 minutes \$90

Refreshing facial

Boost the complexion with a facial cleanse using Sodashi's unique exfoliating compresses, aromatic mist and application of a firming gel mask. The treatment is completed with application of a nutrient rich moisturiser.

Healing Hands

30 minutes \$90

Rejuvenating hand treatment

This nurturing treatment begins with warm aromatic compresses placed on the hands and arms to prepare for a jojoba bead exfoliation. A soothing massage follows using Sodashi's lotion blended with lavender, geranium and lemon to leave skin smooth and soft.

Foot Focus

30 minutes \$90

The ultimate feet treat

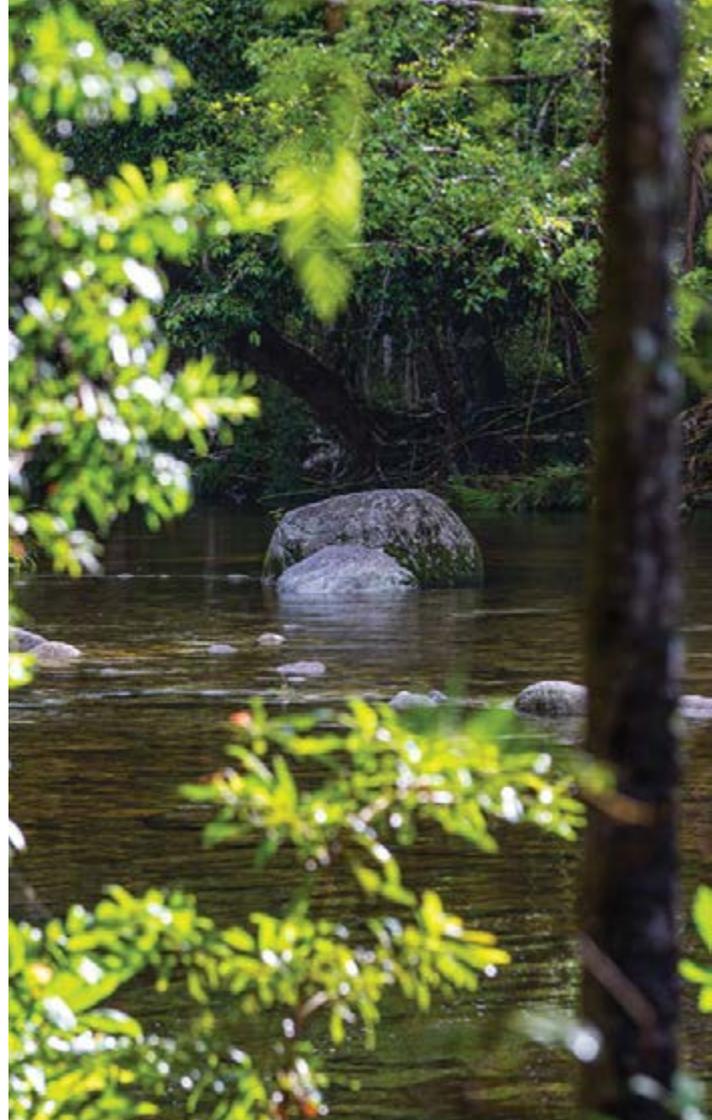
Soothe and revitalise weary feet with an invigorating sea salt polish to refresh the skin and stimulate circulation. Relax as Sodashi's luxuriously rich foot cream is massaged into feet and lower legs and drift away on the heady, healing aromas of arnica, lavender and peppermint.

Luxury Hair Ritual

15 minutes \$40

Hair and scalp treatment

A luxurious and moisture-rich mud mask is massaged over the scalp to release pressure and tension. This mask treatment is infused via a soothing warm head wrap and left to infuse, deeply nourish the scalp and leaving the hair feeling silky and looking shiny.





Considerations...

The Healing Waters Spa reflects an environment of relaxation and harmony and ideally suited to guests 16 years and over. We recommend arriving 15 minutes prior to your appointment to allow time to settle into the environment. For your comfort we suggest showering before all treatments. Lockers and robes are provided within the spa. Please inform your therapist of any health concerns, or if you are or may be pregnant. Your treatment has been reserved especially for you, however, we understand that plans change. We require a minimum of 24 hours' notice to change or cancel a booking. Without such notice, a 100% cancellation fee applies. Bookings prior to arrival are recommended for lodge guests. For non-resident guests, bookings in advance are essential. To make an appointment at the Healing Waters Spa visit the spa reception, dial extension 215 or call +61 7 4098 1666.



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