

# beauty

## Manicures & Pedicures

Shaping, buffing, cutical work, exfoliation, hand massage, gel / french polish.

Deluxe Manicure.....	1 hour / \$100
Deluxe Pedicure.....	1 hour / \$100
Deluxe Manicure & Pedicure.....	2 hours / \$180
File, Buff & Gel Polish.....	30 minutes / \$70
Removal of Gel Polish.....	30 minutes / \$10

## Waxing

Eye brow wax & Shape.....	\$25
Chin.....	\$15
Lip.....	\$15
Full Face (brows, chin & lip).....	\$50
Under Arm.....	\$20
Full Arm.....	\$45
Half Arm.....	\$30
Back.....	\$45
Chest.....	\$45
Bikini.....	\$30
Extended Bikini.....	\$45
Brazilian.....	\$60
Half Leg.....	\$40
Full Leg.....	\$60

## Spray Tan

Spray Tan.....	15 minutes / \$45
Spray & Exfoliation.....	45 minutes / \$85

## Tinting

Brow.....	\$15
Lash.....	\$20
Lash & Brow.....	\$30

## Lash Extensions

Full Set.....	\$120
Infills (3-5 weeks).....	\$80

## Specialised Hair & Make-up on Request

# yoga classes..

Group session / \$20 per person  
Weekly pass / \$25 per person  
Private sessions / 1 hour / \$140

# spa etiquette

## Opening Hours

9am - 5pm Daily. Treatments may be arranged outside of these hours by pre-appointment.

## Spa guest facilities

Please enjoy our 5 star facilities pre or post treatment. These include sauna, hot & cold plunge pools, showers, change rooms, lockers, serenity zone, swimming pool and Rasa Restaurant.

## Day passes

Every guest having a treatment longer than 60 minutes is issued with a pass for themselves and an adult partner / friend to enjoy the day at Niramaya. Complimentary pick up and drop off from Port Douglas locations can be arranged for guests having treatments.

## Bookings

All bookings require credit card details or a 50% deposit.

## Group Bookings

Please ask about our latest group specials.

## Arrival Time

Please arrive a minimum of 15 minutes prior to your treatment.

## Late Arrivals

This spa experience is especially reserved for you & will finish at the scheduled time. Arriving late may shorten your treatment.

## Rescheduling / Cancelling Reservations

A minimum of 24 hours notice is required to reschedule or cancel your appointment. Rescheduling or cancelling within 24 hours will result in a 50% charge. "No Shows" will be charged 100%.

## Health Conditions

Please advise us of any conditions when making booking. We have wheelchair access to our spa facilities.

## Health Rebates

Can be offered for Swedish & Remedial massages. Please mention this during booking so we can guarantee your therapist is accredited with your health fund.

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n i r a m a y a  
SPA & BEAUTY



# Dr Rose

Dr Rose Arentz is a mother and medical cosmetic physician who is passionate about her clients feeling their best. Following demand from her existing clientele, Dr. Rose developed her own skin care range. Natural, organic, active Australian ingredients were sourced to create products with maximum anti-ageing results.

Dr Rose offers FREE initial consultations to discuss a range of anti-ageing and health solutions.

" There are a lot of anti-ageing products out there with one or two active ingredients that have good results. I wanted to create a skin-care range combining many active ingredients - the potent ingredients, the clinically proven ingredients, the stuff that really works."

Services offered  
FREE initial consultations  
Anti-aging Injectables  
Cosmetic Fillers  
Vitamin Injectables



## signature treatments

**Jewel of the Reef** 4 hours / \$800  
Indulge yourself in pure luxury with our premier signature treatment. We begin with a cleansing footbath, followed by an aromatic, warm oil and full body exfoliation massage. Then, experience pure decadence with the 'Dr Rose' 24 Carat Gold Body Gel and your choice of Body Mask - and as your body experiences this ultimate detox you'll relax with an invigorating scalp massage and hair treatment. Next, luxuriate in our rainforest inspired Vichy shower and complete your journey to tranquility with a Gold Oil massage and 24-Carat Gold facial. Your experience ends with complimentary lunch and a glass of wine or champagne at Niramaya's renowned Rasa Restaurant.

**A Day in Paradise** 6 hours / \$600  
Revitalise your mind, body and soul inside our natural spa paradise. This experience begins with a cleansing footbath and an aromatic, warm oil massage. A rejuvenating salt scrub exfoliation follows, with your choice of a rich cream or coconut mask. While your enfolded in our beautiful wrap, indulge in a hair treatment and scalp massage. Now relax under the rainfall of our Vichy shower and succumb to our blissful aromatherapy massage. Lastly, treat your face and nails to our signature 'Dr Rose' facial and a deluxe manicure and pedicure. Included in this luxurious day is lunch at the resort's own Rasa Restaurant with a complimentary glass of wine or champagne.

## add ons

for any treatment one hour or more

Dry Body Brushing  
Scalp Massage  
Hair Mask  
Foot / Hand Massage  
Neck & Shoulders Massage  
Sinus Drainage Massage  
Healing Crystals  
Thai Herbal Balls

\$35

15 minutes

Full Body Exfoliation & Shower  
Private Terrace Spa Bath  
Relaxation Massage  
Reviving Facial

\$50

30 minutes

Spa Bath, Champagne and Chocolates

\$100

1 hour

## body packages

**Spa and Lunch** 1 hour & Lunch / \$150  
Full body massage or Dr Rose Facial  
Lunch in the Niramaya's Rasa Restaurant

**Tropical Dreaming** 2 hours / \$270  
Relaxation Massage  
Dr Rose Facial

**Romance Package** 3 hours / \$490  
Dual Relaxation massage  
Dr Rose Facials  
Spa Bath with Champagne and Chocolates

**Sea Salt Glow** 45 minutes / \$110  
Warm oil & salt scrub exfoliation  
Shower

**Oasis** 1 hour / \$160  
Warm oil Organic Lime & Jasmine Rice Full Body Exfoliation  
Hydration Gel Body Mask  
Hair Mask & Scalp Massage  
Vichy Shower

**Detox** 1 hour / \$160  
Warm oil Coffee & Argan Full Body Exfoliation  
Coffee & Oatmeal Body Mask  
Hair Mask & Scalp Massage  
Vichy Shower

**Coconut Breeze** 1 hour / \$160  
Warm oil & Sugar Full Body Exfoliation  
Coconut Cream Body Mask  
Hair Mask & Scalp Massage  
Vichy Shower

**Niramaya Bliss** 3 hour / \$420  
Full Body Exfoliation and Mask with your choice of salt & mask  
Hair Mask & Scalp Massage  
Vichy Shower  
Relaxation Massage  
Dr Rose Facial  
Champagne

## facials

**Dr. Rose** 60 minutes / \$160  
90 minutes / \$240

Using natural & organic products, this restorative treatment is full of active ingredients that will cater your skin's individual needs. The anti-oxidant formulas have also shown positive results with anti-aging and sensitive skin conditions such as eczema and acne. Cleanse, exfoliate, face masks, hair mask, scalp massage, tone, face, neck & décolleté massage including, Serum, eye serum & moisturise.

**Dr. Rose GOLD** 90 minutes / \$350  
The ultimate anti-aging facial that caters to all skin types. Helps to lift and firm the skin, reduces the appearance of wrinkles & lines, reduces the appearance of sun damage and age spots, helps eradicate free radicals & acne leaving the skin with a golden, luminous glow. Cleanse, exfoliate, AHA Peel, 24 carat Gold Gel and Gold Leaf Mask, scalp massage, hair mask, tone, face, neck & décolleté healing crystal wand massage including Serum, eye serum & moisturise.

## healing modalities

**Reiki** 30 minutes / \$85  
This treatment is based on a universal life energy that your trained Reiki therapist will channel to restore the body to a state of balance. Designed to work on four levels of healing - physical, mental, emotional and spiritual. Improving your physical health and emotional well-being.

**Life Alignment** 90 minutes / \$170  
Life alignment is a system of vibrational healing that facilitates the release of energetic and emotional blockages, this healing technique is not hands on healing. Life alignment helps to restore inner well being, bringing us into clarity and harmony with our true nature.

**Guided Meditation & Visualization** 1 hour / \$130  
Allow your body to relax and connect with your higher self as you use all of your senses. Connecting with the breath as you move into the stillness that lies deep within you; it promotes peace and a heightened awareness on all levels leaving you feeling grounded, calm and at peace. This treatment will leave you feeling lighter and revitalized.

## massages

We specialise in couples & group massages. We can offer our treatments within our ideallic in house spa.

**Relaxation** 30 minutes / \$95  
1 hour / \$150  
90 minutes / \$199

A relaxing, nurturing treatment with pressure of your choice, gentle medium or firm. This massage will relieve any tension, increase circulation, relieve muscular aches and pains in your body as well as still your mind. The therapist will use a variety of massage techniques to leave you feeling lighter and revitalised.

**Remedial / Specialised** 1 hour / \$160  
90 minutes / \$200

**Hot Stones** 90 minutes / \$210  
This long and luxurious treatment uses massage and natural deep heat in the form of natural basalt stones to relieve muscle tension and stimulate the body's own detoxification system. The embodied heat of the stones seeps deep into the muscle tissue to leave your body feeling free and uplifted.

**Pregnancy (After first trimester)** 1 hour / \$150  
90 minutes / \$199  
Using a gentle pressure and a variety of techniques prenatal massage focuses on pampering our mothers to be, helping to relieve tired muscles and bring her into a state of complete relaxation and harmony.

**Back and Shoulder Massage** 45 minutes / \$105  
A relaxing massage treatment that is nurturing to your body with either gentle or firm strokes. This massage releases tension in the body and loosens any general muscular aches and pains. It promotes healing and balance - bringing a sense of inner well-being and deep relaxation.

**Leg & Foot Reviver** 45 minutes / \$105  
Foot massage is one of the most relaxing ways to re-energize our feet and calf muscles. This massage technique not only stimulates the blood circulation in your feet and calves but also promotes gentle healing. This foot and leg therapy will relieve your feet after a rigorous day of walking or standing using essential oils of your choice from our beautiful range.