

MASSAGES

At Shantara Day Spa our experienced therapists offer Remedial, Swedish, and Relaxation massages.

All 1 hour massages are \$120 and a 1.5 hour massage is \$180.

Please discuss your preference with our therapist.



HAND AND FOOT TREATMENTS

SPA MANICURE 45 mins \$75

Luxurious manicure that includes cuticle grooming, a hand exfoliation and masque, aromatherapy arm massage and nail paint.

SPA PEDICURE 60 mins \$95

A deluxe foot treatment which includes cuticle grooming, a foot scrub and hydrating masque, an aromatherapy foot and leg massage and a full nail paint to finish.

EXPRESS MANICURE / PEDICURE 30 mins \$50

Includes nail shaping, buffing with cuticle work and paint.

REPOLISH \$25

Sorry, we do not offer French Manicures or Pedicures.



GIFT CERTIFICATES

These are available for all occasions.

Please ask your therapist for a Gift Voucher of your choice.



SPA ETIQUETTE

Your questions answered...

Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so that we may accommodate your schedule.

Who can help me decide how to choose my treatments?

Our qualified staff will help you plan the perfect spa experience.

What should I wear to the Spa?

Please wear comfortable clothing. We will provide you with a robe.

What should I do with my jewellery?

Please remove all jewellery prior to coming to the Spa.

When should I arrive?

We recommend that you arrive 10 minutes before your appointed time to allow completion of a treatment card.

What if I am late for my appointment?

Unfortunately, arriving late for a treatment will limit your allocated time at the Spa.

What if I have special health considerations?

Please inform your therapist if you have high blood pressure, allergies, other physical ailments or disabilities or of any health concerns/problems you may have when completing your treatment card.

We do not treat any women in their first trimester of pregnancy.

Should men shave before a facial?

Yes, we recommend that men shave a few hours before their facial.

What if I need to cancel my appointment?

We require 6 hours notice of any cancellation or re-scheduling of appointment. Cancellation or re-scheduling within this time will incur a 50% fee being charged. If you do not keep your appointment you will be charged the full price of the treatment booked.

Payment

We accept cash and all major credit cards.

As the Spa is operated independently of the resort, guests are unable to charge spa services to their room account.



SPA MENU

Our long and luxurious spa packages will leave you feeling calm, rejuvenated and harmonised.

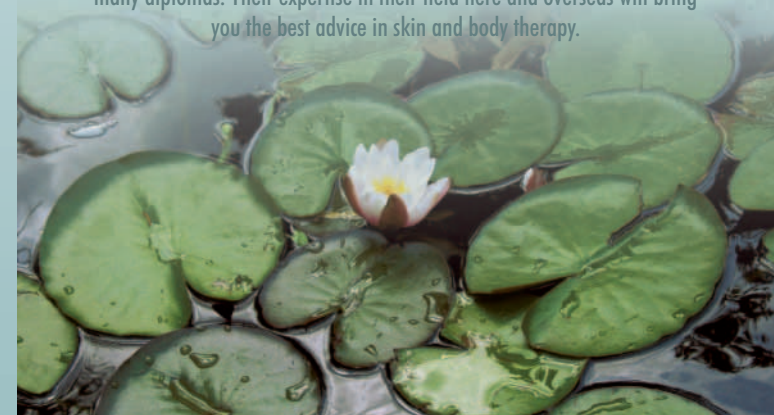
Not surprisingly, they are very popular so booking is essential.

27 Davidson Street | Port Douglas

Phone 07 4099 4800

www.shantara.com.au

Our Spa Manager Nantiya and her therapists are internationally qualified with many diplomas. Their expertise in their field here and overseas will bring you the best advice in skin and body therapy.



PRODUCT

Beauty starts from within. Balance, harmony and health.

Ancient remedies for modern stress.

Feel good inside - look good outside.

The art of beautiful skin.



SIGNATURE FACIALS

Tailored personally to your needs.

POWER PLUS COLLAGEN TREATMENT

1hr 15 mins \$155

The Collagen Booster Facial is the crème de la crème of anti-ageing treatments. It is the super moisturising treatment and next to cosmetic surgery, collagen is one of the most effective salon anti-ageing treatments reducing wrinkling and lines, and aiding your skin with a smooth refined healthy glow.

ECHO2 PURE OXYGEN THERAPY

1hr 15 mins \$165

exclusive to Shantara Day Spa

The ECHO2 Oxygenation Skin treatment is non-invasive, providing a natural and effective alternative to cosmetic surgery. During a treatment we soothe away internal stress, then regenerate and boost the health of every skin cell with pure oxygen plus essential vitamins and minerals restoring a healthy cell metabolism to previously tired and starving cells. The treatment infuses 180 million nutrient particles per second of pure oxygen gas and essential nutrients to the skin, regenerating previously tired and starving cells as well as increasing the production and strength of the facial collagen.



WILDFLOWER HEALING FACIAL

60 mins \$110

A flower essence journey that indulges the skin and the senses. Anti-oxidants and essential skin nutrients in a soothing base of healing herbals and wildflowers work to cleanse, hydrate and revitalise the skin.

MINI WILDFLOWER FACIAL

45 mins \$95

This revitalising and rejuvenating mini-treatment includes cleansing, exfoliation and hydration for all skin types



IN ROOM TREATMENTS

FOR COUPLES OR SINGLES - 1 BEDROOM APARTMENTS ONLY

BODY SCRUB

30 mins \$70 per person

A gentle cleansing and elimination of dead skin cells from the body. The perfect way to stimulate circulation and bring a healthy radiance to your skin.

Aromatic Mineral Salts Scrub OR Honey and Sugar Scrub

BODY WRAP

60 mins \$110 per person

All wraps begin with a gentle full body scrub preparing the skin to receive precious nutrients.

MINERAL MUD HEALING

Cocooned in lush mud, let the earth's natural minerals eliminate toxins and tone your skin.

Ayurvedic Healing Clays -

Vata is a lush, rich, red clay that releases active minerals on contact with skin to warm and tone tissue, nourish and hydrate. Its high iron content is best suited for dry or sensitive skin types.

Pitta is a soft cool deep cleansing green clay used to detoxify, absorbing excess oils and impurities while soothing, calming and balancing problem areas. It is best suited for oily and combination skins.

Kapha is a yellow clay. It is revitalising and cleansing while the high active mineral content gently warms and stimulates the skin. A perfect mask for normal to mature skin types.

BODY PACKAGES

TRANQUILLITY TREATMENT FOR TWO 2hrs 30 mins \$295 per person

An indulgent memory of togetherness uniquely designed for two. You begin the journey with a scrub, removing all unwanted dead skin. This is followed by a wrap of your choice, finishing with a wildflower facial.

BLISS TREATMENT

3hrs \$345

Relax while we transport you to 'heaven on earth' with this package. This relaxing treat rejuvenates you from head to toe. Begin with a scrub, then enjoy your choice of massage followed by a wildflower facial to hydrate and revitalize the skin. Next is an Express Pedicure that will leave your feet looking and feeling fantastic.

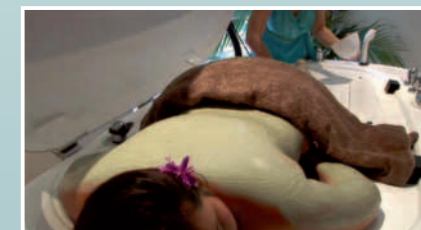
RETREAT TREATMENT

3hrs 30 mins \$390

One of our most popular combinations. Begin your pampering with a pleasurable scrub, followed by an Ayurvedic healing clay mask. Next you are treated to a relaxing massage. Your half day indulgence is then completed with a wildflower healing facial

BODY TREATMENTS

The Hydrotone Thermal M is a two in one body treatment capsule incorporating steam aromatherapy and Vichy shower working on all systems of the body; stimulating muscles, relieving tension, detoxifying, nourishing and improving oxygen supplies to cells



SHANTARA DREAM

1hr 15 mins \$155

Scrub / Wrap / Steam / Vichy.

SHANTARA REJUVENATE

2hrs 25 mins \$270

Scrub / Wrap / Steam / Vichy / Relax Massage

SHANTARA RETREAT

3hrs 25 mins \$375

Scrub / Wrap / Steam / Vichy / Relax Massage / Wildflower Facial