

We are the inspiring and welcoming sanctuary for your soul...

Nestled within the much-loved Cairns International Hotel we are welcoming Cairns locals and visitors into our peaceful and friendly Spa haven. Classic and comfortable, timeless and elegant, tropical and refreshing, our serene sanctuary is the consummate Spa environment.

The healing hands of our dedicated therapists will support you to achieve your skin care goals with technologically advanced products, high performance treatments and professional advice. With therapeutic massages and complimentary therapies, we are the committed partners to support you on a path to vitality and wellness.

Surrender to our unforgettable signature Spa rituals that embrace ancient indigenous healing philosophies with the tropical elements of native mint, frangipani and sandalwood. Our heavenly Spa rituals will nourish your soul and awaken your senses.

# Spa Essentials

#### **Spa Guest Facilities**

Be our guest at The Spa at Cairns International. We are open to hotel guests and day visitors.

#### Reservations

Pre-booking your treatment is recommended. Please contact The Spa when you are ready to book, so we can best accommodate your needs.

#### Arrival

Please check-in at The Spa reception at least 30 minutes before your scheduled appointment, ensuring adequate time for you to change into your robe and slippers, enjoy a herbal tea and relax before your treatment. Please understand that if you arrive late, your treatment time may be reduced accordingly.

#### **Car Parking**

All external guests enjoying treatments of 1 hour or longer at The Spa at Cairns International receive complimentary car parking.

#### **Cancellation and Re-scheduling**

If you need to change or cancel a booking, please let us know at least 8 hours before your appointment time. Otherwise, a cancellation fee of 50% of the treatment value will apply.

### **Opening Hours**

The Spa is open 7 days with extended hours for your convenience and enjoyment. Please contact The Spa reception on 4050 2124.



# Spa Essentials

#### Spa Etiquette

We aim for everyone to enjoy a tranquil, restful experience, so we ask that noise is kept to a minimum. Mobile telephones should be switched off before you enter the Spa. Smoking is prohibited in the Spa and we recommend that you refrain from alcohol prior to your Spa services.

#### Valuables

Please leave your valuables in your hotel room or Cairns International's safe-deposit. We cannot take responsibility for valuables left in change room lockers or robes.

#### **Gender Preference**

We have both male and female professional therapists available. If you have a preference, please let us know when you make your reservation.

#### **Express Service**

For those guests who are time-poor, we offer an Express Service on a number of treatments, with 2 therapists working on you simultaneously to ensure you are relaxed and rejuvenated, quickly and efficiently.

#### **Staying In-house**

You are welcome to charge Spa treatments to your Cairns International account. Please ask at the time of booking your accommodation if you would like to take advantage of our Spa and Accommodation Packages.



## Spa Information

#### **Gift Vouchers**

We are happy to arrange a Gift Voucher, whatever the occasion. Our Spa Gift Vouchers are a romantic and precious gift or a perfect way to say "thank you".

#### The Spa Lifestyle Boutique

Enjoy and maintain the results you achieve from your treatments or spoil your friends in our Lifestyle Boutique. Passionately chosen Spa and wellness inspired products to enrich your life include skin and body care, lifestyle literature, Spa music and clothing.

#### Spa Cuisine

Our chefs have created a mouth-watering Spa inspired menu of tantalising taste sensations to enhance your Spa experience before or after your treatments. Low in fat, high in nutrients and full of flavour, these delicacies aim to restore and nourish from the inside out.

#### **Celebrations & Corporate Rewards**

Celebrations are perfect opportunities to enjoy time together, whether it be special time with friends or corporate team building, The Spa at Cairns International will customise a tailored program to suit your occasion.

#### Weddings

Visit us before your special day for a selection of pre-bridal treatments to ensure you and your bridal party feel calm, centred and radiant. The groom and best man may like to join us on the morning of the wedding for a relaxing massage.



## Spa Information

#### Membership Local Loyalty Programmes

If you're ready to make an ongoing commitment to your health, please talk to us about our Membership and Local Loyalty programmes.

#### **Pre-Natal Treatments**

At The Spa, we celebrate the miracle of life by nurturing you and your baby. To ensure both your safety and enjoyment, talk to us about what services we confidently recommend during this special time. Please do let us know of your pregnancy when you reserve your booking at The Spa.

#### Especially for Men

The Spa is a welcome sanctuary for men to take time out with relaxing massages and treatments that de-stress, renew, and restore vitality. While men can enjoy all treatments on our menu, we do offer a specialised range. Just look for the Men's Treatment section in our menu.

#### **Product Choices**

The Spa is all about results, which is why we use the exceptional Pevonia Botanica product range. Potent natural healers and the latest scientific breakthroughs, Pevonia's face, body and Spa products go beneath the surface to activate healing from a cellular level. Pevonia products contain no alcohol, lanolin, mineral oil, artificial colour or artificial fragrance and are not tested on animals. Look for the Pevonia Botanica logo on treatments.

Perfectly complementing our tropical environment, the Cairns International is proud to introduce Li/Tya's new Sea of Senses Spa rituals. Li/Tya uses native Australian ingredients, organic where possible, which promote health and balance using the profound wisdom of ancient Aboriginal medicines, spirituality and healing procedures. Look for the Li/Tya logo on treatmeats.



# Skin Care Therapy

#### Spa Skin Treatment 🛞 🗢

Customised therapy to give your skin what it needs most. Relaxing and therapeutic, this treatment will leave your skin refreshed, hydrated and revitalised.

#### Performance Skin Treatment 🛞

Skin care with purpose that delivers results. Powerful and technologically advanced products are selected to correct your individual skin care concerns, such as loss of elasticity, fine lines, dehydration, sun damage and Rosacea. A massage of the face and hands or feet is included to complete your experience.

#### Add to any Skin Care Therapy

For special occasions, add any of these treatments to enhance your radiance.

## Revitalising Eye Treatment 🏵

Nurture the delicate eye area with this specialised treatment. Choose between collagen to firm and hydrate or ginkgo biloba to reduce puffiness and dark circles.

## Youthful Lip Treatment () Achieve a more youthful appearance with this remarkable formula of retinol collagen and elastin, designed to smooth and plump the lips.

#### Waxing

All waxing treatments are available, please ask our Spa co-ordinator for details.

# complete your experie

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\$39

#### 70 minutes - \$175

50 minutes - \$115

\$39

# Hand & Foot Therapy

Jet Lag Rituals

THE SPA

## Spa Hand Therapy 🋞

A nurturing treatment for over-exposed hands, designed to replenish, repair and soften. This intensive treatment combines a relaxing hand and arm massage, manicure essentials and a skin nourishing masque.

#### Spa Foot Therapy 🛞

Put your feet up and turn your mind off while we take care of both. Using therapeutic marine based products, this treatment begins with a foot soak and exfoliation, massage, refreshing masque and nail treatment with optional polish. Your feet will be glowing and feel silky soft.

#### Spa Hand & Foot Therapy 🛞

For those who have less time, 2 therapists can perform your hand and foot therapies simultaneously to ensure you are relaxed and rejuvenated quickly and efficiently.

#### LITYA Miji Jina Foot Ritual (Little Footprint)

Enjoy the benefits of this grounding foot ritual embracing the nourishing and revitalising elements of nature. A shoulder massage, floral Jiga Jina foot soak and desert salt exfoliation is followed by a relaxing foot and leg massage. A refreshing start to your holiday.

#### LITYA Jina Foot Ritual (Footprint) 🗇

Allow yourself to recover with this foot ritual, especially designed to revitalise our guests suffering jet lag and travel exhaustion. A shoulder massage, floral Jiga Jina foot soak and desert salt exfoliation is followed by a native pepperberry foot mask. Finishing with a deeply relaxing foot and leg massage, this treatment is a beautiful start to your holiday.

#### 25 minutes - \$55

#### 50 minutes - \$89

#### 60 minutes - \$99

#### 60 minutes - \$99

#### 60 minutes - \$179

# Body & Water Therapies

### LI'TYA Yerlo Meri (Sea Salt)

Purifying for the skin and spirit, this full body exfoliation using Australian sea salts and native mint are infused with aromatic oils of Frangipani, Ylang Ylang and Sandalwood to stimulate circulation and smooth your skin. Add to a Massage

#### LITYA Yerlo Tarni (Sea Surf)

Bring a fresh, healthy glow to your body with this tropical treatment. A purifying full body Yerlo Meri sea salt scrub is washed away under the massaging jets of our revitalizing Vichy Shower. A gentle application of nourishing cherry alder body lotion completes the experience.

#### LITYA Susu Mapi (Sea Spray Mud)

Unwind, relax and nourish your body with a mother of pearl body exfoliation followed by a warm and vitamin packed marine mud body wrap, delivering essential nutrients to the skin. Includes an Aboriginal inspired scalp massage. Add a 50 minute Susu Dew Massage to complete this truly holistic experience. 110 minutes - \$279

#### **Personal Spa Time**

20 minutes - \$25 per person (max 2 people) Take time to relax and unwind before your scheduled Spa treatment in our Dreamtime Suite. Enjoy the beautiful ambience with someone special while soaking in a deeply soothing private Spa bath.





#### 40 minutes - \$89

30 minutes - \$79

50 minutes - \$139

60 minutes - \$159



#### **Relaxation Massage**

Feel every trace of tension melt away under the expert hands of our massage therapists. The antidote for stress, anxiety and over-worked muscles.

#### Specialised Massage

#### 50 minutes - \$129 80 minutes - \$195

50 minutes - \$115 80 minutes - \$179

For those seeking a more therapeutic treatment, allow our specially qualified massage therapists to administer their healing techniques to soothe tired and aching muscles. You may also be eligible to receive a Health Fund rebate for this treatment.

#### LI'TYA Susu Dew (Sea Spray Massage) 🗇

#### 50 minutes - \$129 80 minutes - \$195

This indigenous inspired rhythmical and gently flowing body massage balances and re-aligns your energy. Using a combination of pressure points and spiraling movements, the healing elements of Frangipani, Ylang Ylang and Sandalwood refresh and ground your spirit.

If you are pregnant or if you have any special health requirements, please let us know at time of booking so that we can advise you on the most suitable treatment.



## Mens Treatments

## Men's Foot Treatment 🛞

This soothing treatment for men provides intense relief for tired, aching feet and legs. Unwind with a foot soak and scrub, followed by a hydrating mask and deeply relaxing foot and leg massage. For those who need some essential maintenance, please request a heel and nail treatment.

#### Men's Performance Facial (\$)

#### 70 minutes - \$175

2 hours 50 minutes - \$359

Designed to combat the additional wear and tear on male skin and deliver real and noticeable results. Potent ingredients go beneath the surface to help fight the ageing process, revitalize the skin and protect against damage from active lifestyles. This high impact treatment is accompanied by a relaxing head and neck massage.

Indulge your senses in one of our Spa Rituals, designed especially to counter the effects of jet lag and travel weariness or simply to help you deeply relax during your holiday.

1 hour 40 minutes - \$249 LI'TYA Susu Badu (Sea Spray Water Massage) The Yerlo Tarni sea salt scrub and Vichy Shower is combined with a gentle and flowing massage to balance and re-align your energy.

### Pure Radiance 🛞

This pleasure-filled path to radiant skin, groomed perfection and a divine sense of overall well-being includes:

- Spa Foot Therapy
- Spa Hand Therapy
- Spa Skin Care Treatment with Revitalising Eye Treatment

# Spa Rituals





50 minutes - \$89

# Spa Rituals

## LI'TYA Spa Indulgence 🐢 🛞

Experience the ultimate in relaxation and radiance, with 5 hours of pure Spa rejuvenation, which includes:

- Yerlo Tarni sea salt scrub, Vichy Shower and 50 minute Susu Dew Massage
- Break for a healthy and delicious Spa snack
- Spa Foot Therapy
- Spa Hand Therapy
- Spa Skin Care Treatment with Revitalising Eye Treatment

#### LITYA The Dreaming 🖤

Relax and revitalize with Li'Tya's famous signature indigenous treatment to reconnect your body, mind and soul. Includes this powerful combination of deeply therapeutic and heavenly treatments:

- Jina Foot Treatment and Hand Treatment
- Susu Mapi Body Wrap
- Susu Dew
- Facial and Head Massage

#### Intimate Dreaming 🗬

Enjoy The Dreaming Spa ritual with your partner, including a soak in our Dreamtime Suite bath and a healthy Spa snack. Your body and spirit will feel nurtured, restored and nourished.

## 3 hours - \$435

3 hours 40 minutes - \$485 per person

5 hours - \$595

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