

— Most Popular Treatments —

**Aroma Relaxation Massage**      \$215 - 90 Minutes

The aroma of essential oils in our calming environment, provides a feast for the senses, achieving relaxation and rejuvenation.

**Hot Stones Massage**      \$220 - 90 Minutes

The soothing warmth from the volcanic stones caresses your tired knotted muscles.

**Spa Facial**      \$155 - 60 Minutes

A calming and rejuvenating experience to relax and indulge your complexion and soothe your mind.

**Tropical Dreaming Package**      \$299 - 120 Minutes

A delightful combo of our 60 Minute Aroma relaxation and our Spa Facial for your rejuvenation.

**Celebrity Teeth Whitening**      \$199 - 60 Minutes

A professional spa treatment which allows you to improve the brightness of your teeth up to 14 shades.



— Spa Etiquette —

— Opening Hours —

9am to 5pm Monday to Saturday.  
Treatments may be arranged outside these hours by appointment

— Day Passes —

Every guest having a treatment, can purchase a day pass to the Sheraton Grand Mirage Resort for \$25. Conditions apply.

— Bookings —

All bookings require credit card details or a 50% deposit

— Arrival Time —

Please arrive a minimum of 15 minutes prior to your treatment

— Late Arrivals —

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

— Rescheduling / Cancelling Appointments —

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

— Health Conditions —

Please advise us of any concerns at time of booking, we have wheelchair access to our spa.

**Kaia Day Spa**  
**Sheraton Grand Mirage Resort**  
**Port Douglas Road PORT DOUGLAS QLD 4877**  
**Phone- 1300 162 298**  
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K A I A  
— DAY SPA —



1300 162 298

Located at  
Sheraton Grand Mirage  
Resort Port Douglas

Complimentary transfers  
to and from your  
Port Douglas Accommodation

— Oxygeneo —

Clearer, Brighter, Tighter and Healthier Skin

Oxygeneo is an innovative skin renewing facial treatment that simultaneously exfoliates the outer layer of the skin, infuses it with revitalising nutrients and stimulates oxygenation

Best suited for mature and dehydrated skin types, leaving the skin refreshed and rejuvenated with no downtime.

The Oxygeneo Super Facial has arrived at Kaia, and at just \$249 per treatment, you are certain to be happy with the results.



— Hydro-dermabrasion —

A popular red carpet treatment that ensures your skin is cleared, exfoliated and glowing.

Hydro-dermabrasion is skin exfoliation with the infusion of ultra hydration nutrients that penetrate deep into skin cells flushing them with nourishing ingredients.

Breathing new life into the skin, leaving it fresh, moist and glowing...the perfect glow and go treatment.

Kaia's Hydro-dermabrasion for the face, neck and décolletage is priced at just \$229.

## — Facials —

At Kaia – luxury meets results. We have a range of facials to meet your skin type and concerns. Our experienced therapists have been expertly trained in skin care, and together with the assistance of technology, are well placed to help you on your skin care journey.

### **Spa Facial** **\$155 - 60 Minutes**

A calming, hydrating and rejuvenating experience aimed to relax and indulge the body and mind.

### **Age Defence (Lines + Wrinkles)** **\$199 - 60 Minutes**

Focuses on anti ageing and assists with smoothing the skin and reducing the appearance of fine lines and wrinkles.

### **Professional Lifting Facial** **\$199 - 60 Minutes**

Aims to tone and firm the skin around the eyes, neck and jawline, to provide a smoother, more youthful appearance.

### **Multivitamin Detox Facial** **\$199 - 60 Minutes**

Provides an infusion of vitamins and minerals to the skin, which focuses on overall skin vitality using lymphatic movements to detoxify the skin, also seeks to reduce the effects of pigmentation.



## — High Performance Facials —

If you want visible results from your facial experience, tighter, clearer, revitalised glowing skin, then one of these facials are for you.

### **Kaia Micro-dermabrasion** **\$199 - 60 Minutes**

A non invasive exfoliation based facial treatment, which stimulates blood flow, cell production, and in turn improves the skin's elasticity, texture and overall appearance. For the face, neck and décolletage.

### **Kaia Hydro-dermabrasion** **\$229 - 60 Minutes**

A popular red carpet treatment that ensures your skin is cleared, exfoliated and glowing. Hydro-dermabrasion is skin exfoliation with the infusion of ultra hydration nutrients that penetrate deep into skin cells flushing them with nourishing ingredients. Breathing new life into the skin, leaving it fresh, moist and glowing. The perfect glow and go treatment. Kaia's Hydro-dermabrasion for the face, neck and décolletage.

### **LED Facial Treatments** **\$85 - 30 Minutes** **with Facial \$70**

Simply lie back, relax and let the LED lights do all the work. Coloured LED lights activate age defying collagen and elastin production in your skin, to stimulate cell turnover and restore skin to its optimal health, clarity, suppleness and radiance. Depending on skin concern – a different light will be used during treatment.

### **Celebrity Oxygeneo Facial** **\$249 - 60 Minutes**

The ultimate in Anti Ageing and lifting technology. Exfoliate – Infuse – Oxygenate – Tighten, using this patented technology, which treats the skin at a deeper level, to provide unmatched skin nourishment and oxygenation – for smooth skin, and more youthful complexion, with results visible after just one treatment.

## — Massages —

### **Aroma Relaxation Massage**

60 Minutes - \$155 | 90 Minutes - \$215 | 120 Minutes - \$299

The fusion of our aroma essential oils, coupled with our cool and calming environment.....bliss.

### **Tension Tamer Massage**

60 Minutes - \$160 | 90 Minutes - \$220 | 120 Minutes - \$305

For those guests experiencing muscle aches and pains, we offer a tailored treatment to meet your specific needs, by varying pressure and focus of treatment, to provide a revitalising experience.

### **Hot Stone Massage**

90 Minutes - \$220 | 120 Minutes - \$305

A true indulgence with warmed volcanic basalt stones used to transfer heat, stress melts away.

### **Mum to Be Delight – Pregnancy Massage**

60 Minutes - \$155 | 90 Minutes - \$215

Mum to be - its an exciting time in you life, why not treat yourself to a relaxing, and revitalising relaxation massage, which is medically approved and is tailored to meet your specific needs.

## — Add On Treatments —

**Aroma Relaxation Massage** **\$80 - 30 min**

**Reviving Facial** **\$80 - 30 min**

**Body Exfoliation** **\$80 - 30 min**

**Wander the Beach Foot Treatment** **\$100 - 30 min**

**Tropical Nourishing Hand Ritual** **\$100 - 30 min**

**Back, Neck & Shoulder Massage** **\$120 - 45min**

## — Body Packages —

### **Tropical Dreaming Package** **\$299 - 120 Minutes**

Sees the combination of a 60 Minute Aroma Relaxation Massage, with a Spa Facial for your total rejuvenation.

### **Kaia Dreaming Package** **\$449 - 180 Minutes**

This treatment consists of a 60 minute full body exfoliation and tropical body mask. Add to this a warm oil scalp massage, and hair mask treatment. You then move into a 60 minute Aroma Relaxation Massage, to melt away the stresses of the day, together with a 60 minute Spa Facial to leave you rested. This is our ultimate deluxe treatment.

### **Coconut Breeze** **\$160 - 60 Minutes**

The scent and feel of the tropics. Enjoy a warm oil body exfoliation, a full body mask plus an invigorating scalp massage. You will feel rejuvenated and revived.

### **Hydration Booster/Sunburn Soother** **\$160 - 60 Minutes**

A soothing moisture drenching, hydration mask is applied to your whole body, whilst you relax with a hydrating facial.

### **Rainforest Detox** **\$160 - 60 Minutes**

Experience the scent of a tropical rainforest, with a revitalising spa scrub treatment, coupled with a body detox mask. Add to this a soothing scalp massage... get away to nature.

