



Azure Spa, Lizard Island Spa Care from the Australian Dreamtime

Azure Spa offers a range of treatments inspired by nature to nurture the mind, body and spirit using LI'TYA products a high performance range of natural Australian spa care products that integrate the potent qualities of the Australian earth and spirit. These powerful spa treatments unlock the profound wisdom of ancient Aboriginal medicine and healing modalities that assists you to generate your own health and balance. Combining ancient indigenous medicines and massage techniques, with aromatherapy, colour therapy, sound therapy and herbalism principles it will positively enrich your spirit whilst providing extreme skincare results.

FOR THE FACE

LI'TYA Therapeutic facial Treatment

You will see dynamic results with this intensive treatment that combines the use of skin specific cleansers, cellular activating exfoliators, herbal masks, treatment elixirs and moisture therapies. The treatment uses targeted pressure point therapy and specialised massage techniques adapted from ancient Aboriginal healing to rebalance the client's energy from within to ensure the optimum skin care results from the treatment. Discover the wonderful feeling of well being that comes with a specialised skin programme specifically designed by a LI'TYA trained Spa Therapist.

Key Elements: Cleanse, Exfoliate, Herbal Mask, Elixir, Pressure Point Face, Neck & Scalp Massage, Hand or Foot Massage.

Duration: 75 minutes

LI'TYA Deep Ocean Renewal

Drawing on powerful nutrient rich marine elements to heal and strengthen the skin. Marine Collagen, Kelp, Marine Algae and Mother of Pearl extract work to deeply cleanse and exfoliate the skin. Mother of Pearl also acts as an anti-aging element due to its high content of essential amino-acids. A specially prescribed deep cleansing mask is applied to offer superior refining and clarifying of the skin whilst you relax with your choice of LI'TYA POLAMA Hand Massage or LI'TYA JINA Foot Massage. The powerful yet serene Aboriginal inspired pressure point massage for the face and shoulders will leave you completely relaxed before a second mask is applied to hydrate and soothe the skin whilst you receive the uplifting LI'TYA PAUDI Scalp massage to complete this ritual of serenity that will leave your skin cleansed, renewed, nourished and revitalized.

Key Elements: Cleanse, Exfoliate, Double Mask, Pressure Point Face, Neck and Scalp Massage, Hand or Foot Massage.

Duration: 60 minutes

LI'TYA Ocean Renew

Designed for skin revitalization integrating the use of marine nutrient rich ingredients including Marine Algae, Bull Kelp, and crushed Mother of Pearl, your skin will be cleansed, exfoliated and hydrated before being treated to LI'TYA's deeply relaxing Aboriginal inspired facial pressure point and shoulder massage. To complete your therapist will apply your prescribed treatment mask to treat individual skin conditions whilst you relax with a LI'TYA PAUDI Scalp Massage to relax and energize the mind and body. Your skin will be left nurtured and renewed.

Key Elements: Cleanse, Exfoliate, Pressure Point Face, Neck and Scalp Massage, Mask, Hand or Foot Massage.

Duration: 45 minutes

FOR THE HANDS

L'ITYA Marine hand sea spa

A soothing, and replenishing treatment for hands and lower arms. Beginning with a skin softening hand soak using Sea Salts and essential oils of Frangipani and Ylang Ylang, followed by a skin smoothing Mother of Pearl exfoliation to renew and regenerate before the application of a deep nourishing mask using Tasmanian Kelp to leave skin soft. To complete a hand massage for lower arms and hands removes every ounce of stress!

Key Elements: Hand Soak, Exfoliation, Mask and Massage.

Duration: 30 minutes

L'ITYA Luxurious Replenishing hand sea spa

Rescue tired, rough and parched hands with this intensive soothing, and replenishing treatment for hands and lower arms. Beginning with a skin softening hand soak using Sea Salts and essential oils of Frangipani and Ylang Ylang, followed by a skin smoothing Mother of Pearl exfoliation to renew and regenerate before the application of a deep nourishing mask using Tasmanian Kelp to leave skin soft. To complete, a hand massage for lower. A nail shaping and cuticle tidy ensure that hands look as good as they feel and if you wish an application of your choice of nail colour for extra glamour!

Key Elements; Hand Soak, Exfoliation, Nail and Cuticle work, Mask and Massage (colour optional).

Duration: with polish 60 minutes

FOR THE FEET

Footprints in the Sand

LI'TYA Rejuvenating Pedi Spa

A wonderfully rejuvenating and relaxing treat for your feet. Start with a Jiga Jina foot soak, then exfoliate and stimulate with ancient sea salt, nourish with an aromatic Pepperberry Pedi mask and smooth with a Pearl "Feet Treat" foot lotion and soothing LI'TYA JINA Foot Massage. A refreshing and rejuvenating therapy that nurtures and nourishes your hard working feet.

Key Elements: Foot Soak, Exfoliation, Mask and Massage.

Duration: 30 minutes

LI'TYA Precision Pedi Spa

Soak away tension and treat your soul to this wonderfully relaxing and grounding treatment. Start with a Jiga Jina foot soak, then exfoliate and stimulate with Ancient Sea Salt, nourish with an aromatic Pepperberry Pedi Mask and smooth with a Pearl Foot Lotion and soothing LI'TYA JINA Foot Massage. Your feet will be pummeled to soften and remove hard skin and your toes nurtured to soften and nourish the cuticles promoting healthy nails and skin, resulting in thoroughly restored and renewed feet that refresh and rejuvenate the whole body.

Key Elements: Foot Soak, Exfoliation, Nail and Cuticle Work, Mask and Massage (colour optional).

Duration: With polish 60 minutes

FOR THE BODY

LI'TYA KODO massage

Name origin Meryam Mer Torres Straits - means 'melody'

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness.

A combination of pressure points and spiraling movements ground and uplift, working to relieve muscular aches and pains while leaving the body's energies renewed and refreshed. Excellent maintenance therapy against stress, this massage enables the body to start healing itself, relieving physical and emotional tension.

A choice of native aromatic oils is prescribed to address your individual needs – to rejuvenate, harmonise or detoxify.

Duration:

30 minutes / Miji Kodo ('little melody')

60 minutes / Kodo ('melody')

90 minutes / Marta Kodo ('big melody')

LI'TYA Marma Kodo

Pregnancy Massage

This nurturing and rhythmic body massage is inspired by traditional Australian Aboriginal techniques which tone and re-align energy flow, enhancing mind and body balance and wellness. Integrating traditional elements of the LI'TYA KODO, LI'TYA MARMA KODO works gently combining aspects of the LI'TYA KODO pressure points and spiraling movements to ground and uplift, leaving the body's energies laughing with joy. The LI'TYA MARMA KODO works to prevent disharmony and nurture the pregnant mother and child.

Duration: 60 minutes

BODY POLISHS

LI'TYA Mala Mayi

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After an invigorating exfoliation with your choice of Australian Desert Salts and Aromatic Oils your body will be cocooned in a layer of your chosen silky warm mineral rich Mapi Body Mud. An Aboriginal inspired LI'TYA PAUDI scalp massage allows you to drift away to another realm and calms the soul. You will then surrender to the healing, grounding and spiritually uplifting rhythmic LI'TYA KODO full body massage to complete this truly holistic experience.

Key Elements: Full Body Exfoliation, Body Mud Wrap, Hair and Scalp Treatment and Massage.

Duration: 2 hours (includes 60 min Kodo massage)

LI'TYA Sapphire Sea Wrap

Unwind, relax and nourish your body with this complete anti aging rejuvenation experience. To begin you will be energized and nourished with a complete Mother of Pearl body exfoliation before being cocooned in warm and vitamin packed Pearl & Kelp Body Mud which works to cleanse and deliver essential nutrients to the skin, whilst you enjoy an Aboriginal inspired LI'TYA PAUDI scalp massage. You will then surrender your body and soul to a rhythmic LI'TYA SUSU DEW massage to complete this truly holistic experience.

Key Elements: Full Body Exfoliation, Body Mud Wrap, Hair and Scalp Treatment and Massage.

Duration: 2 hours (includes 60 min KODO massage)

LI'TYA Sea Salt Body Scrub

A refreshing, powerful skin recharging full body exfoliation therapy that integrates the native aromatic oils of Frangipani and Ylang Ylang and Australian Sea Salts to cleanse and purify leaving skin smooth and soft. A warm water massage washes away the stresses of the outside world, stimulating the circulation, soothing tired muscles, and leaving the spirit revitalized. An application of Cherry Alder Body Lotion to complete will leave your skin nurtured and nourished.

Key Elements: Full Body Exfoliation, Integrating Water Therapy and Skin Nourishing Body Lotion.

Duration: 60 minutes

AZURE SIGNATURE COUPLE TREATMENTS

Nirvana Couples Massage

Welcome touch deeply relaxing massage using essential oils performed in our relaxing couples' room....includes an infused private steam experience.

Key elements: Full body massage aroma steam.

Duration: 90 minutes

Coral Sea Dreaming

Your pampering begins with an exotic body polish and body wrap- excellent for skin smoothing and softening. You are then treated to a relaxing back massage, followed by a Deep Ocean Renewal Facial to re-hydrate.

Key elements: Body scrub wrap back massage facial.

Duration: 2.5 hours

Body Rejuvenation

Relax and unwind with an aroma steam infusion. An exfoliation ritual to invigorate and revitalise the body. Re-balance with a heavenly facial. Your skin will be cleansed, polished and softened to perfection.

Key Elements: Steam infusion body scrub, facial.

Duration: 90 minutes

Awaken Yours Senses

Harnessing ancient healing powers for a complete new body experience. A deeper firmer more relaxing massage using the heat of the hot basalt stones to penetrate deep into the belly of the muscles relieving muscular tension – relax as your muscles melt in the hands of your experienced spa therapist. Signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

Key elements: Full body massage.

Duration: 90 minutes

WATER THERAPY

Rain shower Release

Submit yourself to a deep exfoliation treatment. Warm, silky mud is then smoothed over your body, before you are wrapped in a cocoon and treated to a deeply relaxing Paudi Scalp massage. Your stress is washed away with the healing waters of the rain shower, before a gentle application of Cherry Alder Body Lotion leaves your skin nurtured and nourished.

Key Elements: Exfoliation, mud wrap, vichy shower, skin nourishing body lotion. **Duration:** 90 minutes

LI'TYA Head to toe warm water sea salt body buff

A refreshing and cleansing full body and face wet room therapy. Skin smoothing exfoliation utilizing native aromatic oils of Frangipani and Ylang Ylang and pure Australian Sea Salts, exfoliates and purifies before allowing the warm water Vichy massage to wash away tension and awaken vitality. A hydrating facial treatment leaves the skin soothed, refreshed and hydrated whilst a deeply relaxing LI'TYA PAUDI scalp massage and hair treatment with nourishing Quandong Hair Mask removes every ounce of tension. A complete ritual of tranquility for body, face and scalp.

Key Elements: Full Body Exfoliation, Facial Treatment, Hair & Scalp Massage, Integrating Water Therapy & a Skin Nourishing Body Lotion. **Duration:** 90 minutes

Azure Indulgence

Your feet will be luxuriously cared for. Starting with a nourishing soak and refreshing salt scrub. After a relaxing back neck and shoulder massage warm oil are drizzled over your feet before they are wrapped in hot booties to seal and moisture and leave your feet silky soft. This is followed with scalp massage duration.

Key elements: Back Massage, Foot Treat, Scalp Massage. **Duration:** 60 minutes

SPA JOURNEYS

LI'TYA Beyond the Big Blue

A deluxe pampering treatment that rejuvenates the face hands and feet by integrating the LI'TYA REJUVENATING PEDI SPA, LI'TYA MARINE HAND SEA SPA and the LI'TYA OCEAN RENEW Facial treatments. Designed to rebalance tired and stressed conditions, recharging the body and enhancing overall wellness and equilibrium. Face, hands and feet are treated with powerful marine nutrients and potent native plant essential oils and extracts to heal, smooth and restore vitality.

Key Elements: Facial, Hand & Foot Treatment. Duration: 90 mins

LI'TYA Ocean Dreaming (The unseen vibration of creation)

In the beginning was The Dreaming, the unseen vibration of creation – the sacred source from where all things are nurtured, renewed and revitalized with our signature “Of the Sea” spa journey to reconnect body, mind and soul, from head to toe and from outside in. The adventure includes LI'TYA PRECISION PEDI Spa, LI'TYA SAPPHIRE SEA WRAP, LI'TYA SUSU DEW Body Massage, LI' TYA PAUDI Scalp Massage, LI'TYA OCEAN RENEW Facial and LI'TYA MIJI HAND SEA SPA Treatments, all embracing traditional Aboriginal healing techniques.

Surrender yourself to the ultimate anti aging, renewal and potency of this experience through the power of marine extracts and native plant essential oils and extracts, Sea Kelp and Ancient Sea Salts, which allow you to celebrate your Dreaming, your utmost potential. Combining deeply therapeutic treatments with a healing approach, the skin of the face and body is cleansed, renewed, and nourished, tired muscles are nurtured and re-energized, and all the body systems are rebalanced and rejuvenated. Nurturing your energy and emotions, the soul is left refreshed and smiling with delight.

**Key Elements: Facial, Hand Foot Treatments, Body Exfoliation and Mud Wrap, Hair and Scalp Treatments and Massage
Duration: 3 hours**

TREATMENT ENHANCEMENTS

Steam Ritual

Known for its therapeutic benefits; enhance your Spa visit with a private steam session.

Duration: 30 minutes

Quandong hair mask and scalp massage

Booster facial

Duration: 30 minutes

TREATMENT PRICELIST

FOR THE FACE

LI'TYA Therapeutic Facial Treatment – **75 minutes – \$200**

LI'TYA Deep Ocean Renewal – **60 minutes – \$150**

LI'TYA Ocean Renew – **45 minutes – \$110**

FOR THE HANDS

LI'TYA Marine hand sea spa – **30 minutes – \$80**

LI'TYA Luxurious Replenishing hand sea spa – **60 minutes – \$130**

FOR THE FEET

LI'TYA Rejuvenating Pedi Spa – **30 minutes – \$80**

LI'TYA Precision Pedi Spa – **60 minutes – \$130**

LI'TYA KODO MASSAGE

LI'TYA Miji Kodo ('little melody') – **30 minutes – \$85**

LI'TYA Kodo ('melody') – **60 minutes – \$150**

LI'TYA Marta Kodo ('big melody') – **90 minutes – \$200**

LI'TYA Marma Kodo – **60 minutes – \$150**

Awaken Your Senses – **90 minutes – \$220**

BODY POLISH

LI'TYA Mala Mayi – **120 minutes – \$ 250**

LI'TYA Sapphire Sea Wrap – **120 minutes – \$250**

LI'TYA Sea Salt Body Scrub – **60 minutes – \$150**

AZURE SIGNATURE COUPLE TREATMENTS

Nirvana Couples Massage – **90 minutes – \$180pp**

Coral Sea Dreaming – **2 hours 30 minutes – \$350pp**

Body Rejuvenation – **1 hour 30 minutes – \$240pp**

WATER THERAPY

Rain shower Release – **90 minutes – \$200**

LI'TYA Head to toe warm water sea salt body buff –
90 minutes – \$220

Indulgence of Azure – **60 minutes – \$120**

SPA JOURNEYS

LI'TYA Beyond the Big Blue – **90 minutes – \$230**

LI'TYA Ocean Dreaming – **3 hours – \$400**

TO RESERVE YOUR TREATMENTS, PLEASE MAKE A BOOKING WITH RECEPTION OR BY DIALING 9 – ADVANCE BOOKINGS ARE RECOMMENDED.

Cancellation policy

Your treatment time has been reserved especially for you. However, we understand that plans change. If you do need to change or cancel your treatment, you are required to provide five hours notice. Without notice the full charge of your treatment will apply.

Other offerings to welcome you.....

Spa tours: We offer spa tours please call us to organise a walk through the beautiful Azure Spa

Personal consultation with a senior highly qualified therapist

Treatments performed after 7pm incur a surcharge of 20%

We look forward to pampering you.

Phone: + 61 7 4043 1999 web: www.lizardisland.com.au