

## Body Rituals

*Our signature treatments draw inspiration from nature's beauty ingredients and use the healing properties of pure plant botanicals to nurture both body and soul.*

### Silky Oaks Relaxation Ritual 2 hours \$295

*Full body massage and facial*

Relax into a deep state of tranquillity, beginning with the Healing Waters Signature Body Massage. Fluid movements work to rebalance energy meridians while relieving physical tension. The Pure Radiance Facial is tailored to specific complexion needs and involves the placement of warm compresses on the face and neck to exfoliate the skin. A rich mask and facial massage restores skin with radiance.

### Detoxifying Ritual 3 hours \$435

*Body exfoliation, mud wrap and massage*

Designed to create a feeling of purity, this ritual begins with a full body exfoliation that draws upon the essential ingredients of green tea salt and crystal salts. Next, a detoxifying marine mask is applied and the body is wrapped to draw impurities from the skin. While cocooned, a luxurious hair and scalp mud releases pressure and tension while providing deep nourishment. A detox-specific massage and uplifting facial enhance the purification process.

### Romance Ritual - ideal for couples 2.5 hours \$329

*Complete face and body treatment*

**\$658 couple**

This luxurious spa ceremony begins with a gentle all over body scrub using Sodashi's jojoba bead polish scented with bergamot and ylang ylang. Sink into a warm, purifying mud bath to unwind before rinsing off under the rain shower overlooking the rainforest canopy. Select between a Pure Radiance Facial or Healing Waters Signature Body Massage (60-minutes). A nutrient-rich mud is then massaged into the hair and scalp, releasing tensions and leaving hair soft and shiny. Step out feeling renewed.

## Spa Essentials

*Select an enhancement therapy for a tailored addition to your spa experience. Available with a minimum 30-minute treatment or combinations of a minimum of two additions.*

### Mineral Enzyme Bathing Ritual 30 minutes \$95

*Relaxing bath ritual*

**45 minutes \$110**

Relax into a warm bath infused with Ayurvedic herbs while soaking in the beautiful views of the rainforest. The cleansing properties of clay and water combine to create a purifying mud, drawing impurities and toxins from the body to relieve sluggishness, increase energy levels and elevate the mood.

### Samadara Ultimate Age-Defying Eye Treatment

*Signature eye treatment*

**45 minutes \$125**

A purpose-designed treatment to restore and tone the delicate eye area. Plant essences are infused into the skin using gentle massage techniques based on Ayurvedic healing traditions and rose quartz crystals. A thermal eye mask ensures deep absorption of the ingredients for longer lasting, profound results.

### Gentle Touch Hand Therapy 30 minutes \$75

*Rejuvenating hand treatment*

This nurturing treatment begins with warm aromatic compresses placed on the hands and arms to prepare for a jojoba bead exfoliation. A soothing massage follows using Sodashi's lotion blended with lavender, geranium and lemon to leave skin smooth and soft.

### Focus Foot Therapy 30 minutes \$75

*The ultimate feet treat*

Soothe and revitalise weary feet with an invigorating sea salt polish to refresh the skin and stimulate circulation. Relax as Sodashi's luxuriously rich foot cream is massaged into feet and lower legs and drift away on the heady aromas of arnica, lavender and peppermint.

### Rainforest Renewal 15 minutes \$40

*Hair and scalp ritual*

A luxurious and moisture-rich mud is massaged over the scalp to release pressure and tension. This mask treatment is infused with a warm head wrap and left to deeply nourish the scalp, leaving the hair feeling silky and looking shiny.

### Salt Therapy Scrub 15 minutes \$40

*Back exfoliation*

Designed to relieve stress and fatigue while gently stimulating the body's circulation, this treatment is particularly recommended following a period of travel or strenuous exercise.

## Daintree Journeys...

A signature menu of rejuvenation treatments has been crafted to nurture the mind and body and feature the Australian-made Sodashi skin care range. Step into the Healing Waters Spa to relax into the spirit of the Daintree Rainforest.

## Considerations...

The Healing Waters Spa reflects an environment of relaxation and harmony and lends itself to guests 16 years and over. We recommend arriving 15 minutes prior to your appointment to allow time to settle into the experience. For your comfort we suggest showering before all treatments. Lockers and robes are provided within the spa. Please inform your therapist of any health concerns that you may have, or if you are or may be pregnant. Your treatment has been reserved especially for you, however, we understand that plans change. We require a minimum of 24 hours' notice to change or cancel a booking. Without such notice, a 100% cancellation fee applies.

*Advance bookings prior to arrival are recommended. To make an appointment at Silky Oaks Lodge, visit the spa reception or dial extension 215.*

+61 7 4098 1666 • [silkspa@silkyoaks.com.au](mailto:silkspa@silkyoaks.com.au)

[silkyoakslodge.com.au](http://silkyoakslodge.com.au)

# Healing Waters Spa

Set among lush rainforest gardens, the Healing Waters Spa is inspired by ancient wisdoms that celebrate water in the Mossman River as a renewing and life-giving force.

  
**SILKY OAKS**  
LODGE  
DAINTREE RAINFOREST

## Facial Therapies

At the Healing Waters Spa, facials are complemented with a specialised Sodashi facial massage technique. All facials cater for both men and women and include arms, décolletage and neck massage.

### Samadara Ultimate Age-Defying Facial 105 minutes \$285

*Intensive high-performance facial*

Designed to transform the skin, this intensely hydrating and nourishing treatment improves firmness and elasticity, diminishes the appearance of fine lines and restores a youthful glow. A rose quartz crystal facial massage improves skin tone and a thermal clay mask rich in natural plant extracts penetrates deeply into the skin for maximum hydration.

### Thermal Infusing Facial 90 minutes \$220

*Nourishing facial*

Supplying a boost of essential vitamins and minerals, Sodashi's warm infusing face mask restores elasticity and radiance into the deeper layers of the skin. Tailored to individual skin needs, this facial can purify and deeply cleanse or provide intensive nourishment, leaving skin hydrated, toned and supple.

### Samadara Illuminating Facial 75 minutes \$225

*Signature facial treatment*

This intensive skin transforming facial uses the exclusive Samadara blend of botanical ingredients to significantly diminish lines, reduce pigmentation and refine pores. A rose quartz crystal facial massage and a sequence of Ayurvedic anti-aging techniques are complemented by a brightening marine mask, leaving the skin looking clear, translucent, lifted and firmed.

### Pure Radiance Facial 60 minutes \$145

*Rejuvenating facial*

Enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate followed by a nurturing face mask rich in herbal extracts to purify and hydrate the skin. This facial experience is tailored to individual skin needs and is enhanced with the Sodashi facial massage. Sodashi's luxurious plant essences work in synergy to leave skin revitalised and fresh.

## Vichy Therapies

### Detoxifying Marine Body Wrap 90 minutes \$240

*Body exfoliation, body mask, massage, water therapy*

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying on all levels. Relax and enjoy an exfoliation with an organic green tea salt therapy that will leave skin soft and enlivened. A warm Sodashi marine body mask is then applied before you are cocooned in a comforting wrap. A soothing scalp massage follows, inducing complete comfort and relaxation. An uplifting lotion leaves the whole body rejuvenated.

### Refining Body Toner 75 minutes \$210

*Body scrub, body wrap, scalp massage, water therapy*

Begin with Sodashi's jojoba body polish that glides over the skin to exfoliate and cleanse. A nurturing full body mask is then applied, cocooning you in a comforting wrap while the scalp is gently massaged. Sodashi's refining body mask is rich in pink clay and herbal extracts to firm, tone and condition the skin. This rejuvenation therapy is beneficial in the treatment of renewing scar tissue and stretch marks.

### Vanilla Body Renewal 60 minutes \$175

*Full body exfoliation, massage, water therapy*

This gentle all-over body exfoliation soothes and calms the mind while revitalising and hydrating the skin. Containing the active ingredient Sandalwood powder blended with olive oil and vanilla extract, this treatment is perfect to relieve tired and aching muscles. A closing application of Sodashi's deeply nourishing jasmine and rose body lotion infuses a beautiful fragrance to the skin.

### Organic Green Tea Salt Therapy 60 minutes \$160

*Body exfoliation, massage, water therapy*

The combination of Sodashi's organic green tea salt and mineral-rich crystal salts stimulates deep circulation to relieve stress and fatigue. Rich in antioxidants and vitamins C and E, this blend infuses soothing, relaxing properties to the underlying muscles to help repair everyday wear and tear. As a finishing touch, application of an aromatic lotion will leave skin replenished and glowing.

### Jojoba Body Polish 45 minutes \$120

*Body scrub, massage, water therapy*

A gentle all-over body exfoliation using jojoba beads and enriching Sodashi plant essences works together to refine the skin and relax the mind. This treatment buffs away dry cells to oxygenate the outer layers of the skin and is suitable for the most sensitive of skin types. As a final touch, Sodashi's aromatic body butter leaves the skin feeling silky smooth and refreshed.

## Body Elements

### Purity Body Massage 90 minutes \$220

*Detox massage and body mask*

Restore the body's equilibrium with this detoxifying massage treatment, using Sodashi's natural serum and mud mask to gently heat along the spine and kidneys, working to relax the body's nervous system. With the back pleasantly warmed, a full body massage begins on the legs, using Sodashi's specialised techniques to penetrate deep into the muscles to help remove accumulated toxins.

### Soul to Sole 60 minutes \$160

*Hair, hand and foot therapy*

Combining several Sodashi therapies, this treatment begins with a warm, aromatic wrap placed around the head to prepare the skin for an enriching mask. The mask is massaged into the scalp to relieve tension and provide essential nutrients, leaving hair soft and shiny. Warm compresses ready the hands for a luxurious jojoba bead exfoliation before a rich cream is rubbed into the skin to nourish and soften. To finish, legs and feet are treated to a massage using mint and arnica oils to improve circulation and reduce swelling.

### Sacred Stone Therapy 60 minutes \$175

*Hot stone massage*

A deeply soothing and healing massage for tired, aching muscles. Heat radiating from smooth basalt stones placed on specific points over the body is used in synergy with massage techniques to release stress and tension while enhancing circulation and lymphatic flow. Emerge feeling rebalanced and relaxed.

### Healing Waters Signature Body Massage 60 minutes \$160

*Signature relaxation massage*

This rhythmic massage balances smooth stroking movements with light to medium pressure to encourage an increase in lymphatic circulation and to balance the energy meridians in the body. The relaxing blend of Sodashi's natural plant oils and aromatic plant essences nourish the skin and help to relieve emotional and physical tension.

### Healing Waters Pregnancy Massage 60 minutes \$165

*Pregnancy massage*

A nurturing, specialist massage designed for expectant mothers dissolves tension in the body and eases the mind, relieving the unique stresses experienced during pregnancy. Performed only from the second trimester.