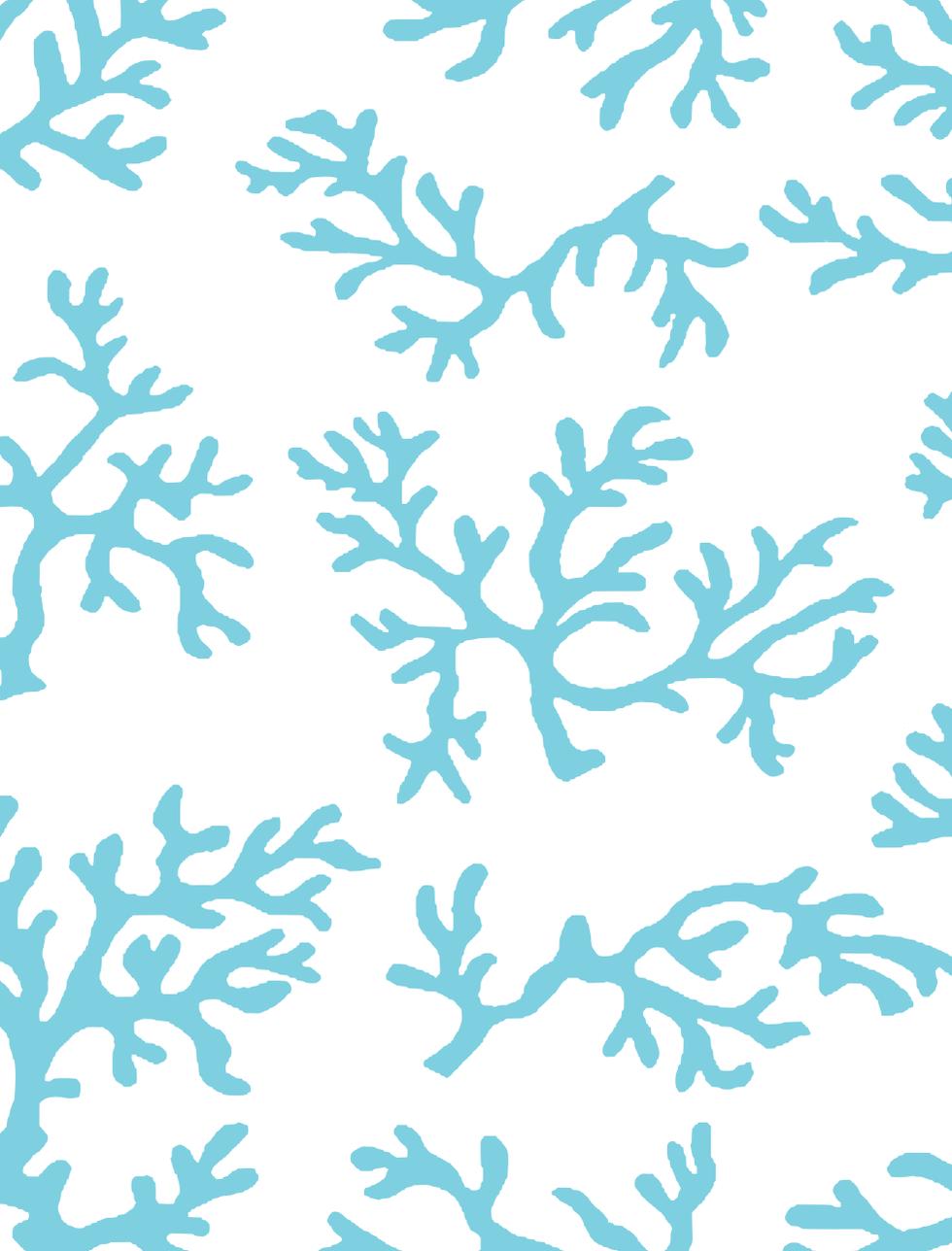


Gwandalan

Dary Spa



Gwandalan *Day Spa*

The Aboriginal name for Orpheus is Goolboddi and the island's original inhabitants were the Manbarra people. In consultation with the elders of the region, this spa was named *Gwandalan* which means 'rest and peace' in the Aboriginal language.

Peace guides every element of this spa. With a unique collection of treatments that embrace the principals of modern and indigenous herbalism, aromatherapy and touch therapy, our rituals are inspired by traditional Aboriginal techniques and aim to restore balance and wellness.

The *Gwandalan Day Spa* uses the exquisite LI'TYA [le-dee-ah] spa product range.

LI'TYA, meaning 'of the earth', is a unique collection of products formulated using sustainably wild-harvested, pure Australian botanicals and organic ingredients.

Following the guidance of indigenous plant knowledge and healing principals, our treatments are designed to reflect the tranquillity and uninterrupted beauty of Orpheus and its endless surrounding seas. Keeping true to the Aboriginal teachings, our therapists have been extensively trained in the wisdom of the indigenous people and educated in the use of Australian native ingredients to gain the skills to perform a collection of signature treatments.

Peace is its own reward.



Orypheus

Massage

LI'TYA Susu Dew (meaning: 'sea spray')

This rhythmic body massage is inspired by traditional Aboriginal techniques to balance and realign energy flow, whilst enhancing mind and body wellness. Massaging pressure points with spiralling movements to ground and uplift works to relieve muscular aches and pains, leaving the body renewed and refreshed. This massage utilises the wonderfully refreshing Ocean Dreaming massage blend; the aromas of frangipani, ylang ylang, sandalwood and clary sage will relax the mind and evoke memories of the seaside.

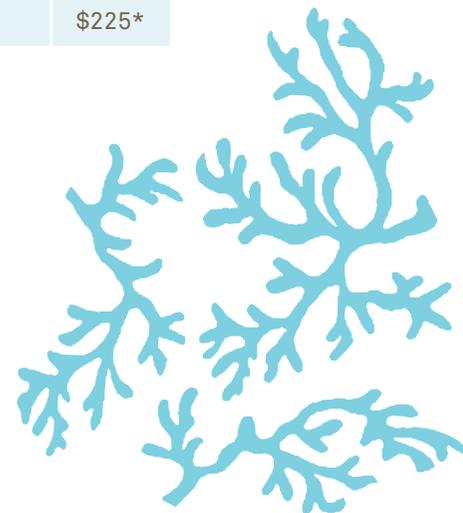
1 hour	\$130
1 hour 30 minutes	\$190

Massage with the Tides

Select a location under the palms and indulge in a massage. Allow the gentle ocean breeze to caress your skin as your senses surrender to the sound of the lapping tides.

1 hour	\$165*
1 hour 30 minutes	\$225*

**weather dependent*





Facial Treatments

LI'TYA Deep Ocean Renewal

Facial, hand or foot massage, scalp massage

This treatment draws on powerful nutrient-rich marine elements to heal and strengthen the skin. Marine collagen, kelp, marine algae and mother of pearl extracts work to deeply cleanse and exfoliate the skin. The 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 an uplifting LI'TYA Paudi scalp massage to complete this ritual of tranquillity that will leave your skin cleansed, renewed, nourished and revitalised.

1 hour 15 minutes

\$150

Ocean Wraps

LI'TYA Sapphire Sea Wrap

Full body exfoliation and mud wrap,
hair and scalp treatment (add massage)

Drift into island time... unwind, relax and nourish your body with this complete anti-aging rejuvenation experience.

Be energised and nourished with a complete mother of pearl body exfoliation before being cocooned in a warm vitamin-packed pearl and kelp body mud which works to cleanse and deliver essential nutrients to the skin, whilst you enjoy an Aboriginal-inspired LI'TYA Paudi hair treatment and scalp massage.

1 hour	\$165
2 hours	\$285*

**(includes a 1 hour rhythmic LI'TYA Susu Dew massage)*



Sacred Spa Journey

LI'TYA Ocean Dreaming

'The works' hand and foot treatment, facial, full body exfoliation and mud wrap, hair and scalp treatment, full body massage

In the beginning was 'the dreaming', the unseen vibration of creation - the sacred source from where all things are nurtured, renewed and revitalised. Our signature 'of the sea' spa journey will reconnect the body, mind and soul and provide a total sensory journey from head to toe. Your spa journey 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 a LI'TYA Miji Hand Sea Spa treatment, all embracing traditional Aboriginal healing techniques.

Surrender yourself to the ultimate anti-aging experience, through the power of marine extracts, native plant essential oils, Tasmanian sea kelp and ancient sea salts. 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-energised, and all the body systems are rebalanced and rejuvenated. It's time for your body, mind and soul to go 'walkabout.'

Served with a dreamtime tropical fruit platter

3 hours

\$395

Signature Spa Rituals

Essence of Oceania

Foot soak and scrub, back and shoulder massage, hair and scalp treatment

Soak away tensions and treat your soul to this wonderfully relaxing and grounding foot treatment and head massage. Clear your spirits and soothe your skin with a nourishing LI'TYA Jiga Jina foot soak, gentle exfoliation and the application of a stimulating LI'TYA Munthari foot balm. Attention then moves to your upper body where a tailored massage treatment realigns and rejuvenates tired muscles. Complete your dreamy experience with a LI'TYA Paudi hair treatment and scalp massage. Let your soul and spirit fly into the mystic blue.

1 hour

\$130

Orpheus Ocean Ritual

Foot soak and scrub, facial, back and shoulder massage, hair and scalp treatment

The ultimate in oceanic indulgence for every man and woman! Drift into a state of pure bliss when your body is pampered from top to toe. Your treatment starts with a LI'TYA Jiga Jina foot soak and exfoliation utilising the native aromatic oils of frangipani and ylang ylang along with pure Australian sea salts. A LI'TYA Susu Dew massage follows which concentrates on the tension points of the back, neck and shoulders. A hydrating facial treatment leaves the skin soothed and refreshed, whilst a deeply relaxing LI'TYA Paudi scalp massage and hair treatment with a nourishing LI'TYA Quandong hair mask removes every ounce of tension. A complete ritual of tranquillity for the body, face and scalp.

1 hour 30 minutes

\$230

Island Exotics

Full body exfoliation, body polish and mud wrap, facial, hair and scalp treatment, massage.

Embracing the island's bounty of endemic natural beauty, this treatment incorporates the fresh tropical ingredients of honey, raw sugar and coconut oil.

Simply melt away as your body is drizzled with warm coconut oil, sprinkled with raw sugar body polish and cocooned in a warm pearl and kelp deep nourishing and vitamin-filled mud wrap. Surrender to a wholesome mini facial followed by our luscious LI'TYA Quandong hair mask and scalp massage. Wash away the outside world in our outdoor shower to prepare for the finale, a refreshing pearl and peppermint massage to complete this truly tropical experience.

Served with a dreamtime tropical juice

2 hours 30 minutes

\$350



Spa Etiquette

We recommend that you arrive at least 10 minutes prior to your appointment to allow time to relax. Your spa journey starts with a traditional LIT'YA Jiga Jina foot soak and smoking ceremony to cleanse the spirit and bring mind into present.

Please dress in what makes you feel most comfortable and feel free to enjoy your treatment without clothing, if desired, as our therapists are trained to drape to ensure absolute comfort and privacy.

A Gwandalan treatment is a personal journey, created and modified for your specific needs. Choose a journey from our spa menu, or allow our therapists to tailor a treatment which reflects your mood or desire.

To avoid disappointment, we recommend that you reserve your spa treatment/s when booking your accommodation. Subject to availability, treatments may be booked once on the island. Please advise if you have any health concerns or if you are, or may be, pregnant.

Your treatment time has been reserved especially for you; however we understand that plans change. Please provide a minimum 4 hours notice if you wish to reschedule or cancel your treatment. Without notice the full charge of your treatment will apply.

Orpheus

