

Chahoya
SPA & SALON



TREATMENT MENU
& PRICELIST



Open 9am to 5pm
Prices valid 1 April to 31 January

FACE



Enter a sanctuary where time stands still and tranquility reigns. Chahoya Spa is Broome's little piece of heaven on Earth designed to cater for men and women searching for total body wellness. We embrace a holistic approach to physical and spiritual vitality using Aveda products – the art and science of pure flower and plant essences.

Customised Facial

30mins \$75 | 45mins \$105 | 60mins \$135 | 90mins \$185

A focused treatment customised to suit your skin's needs. Based on Aveda's elemental nature philosophy, allow our experts to personalise products and essential oil aromas to address your specific skin concerns.

Green Science Skin Renewing Treatment

30mins \$75 | 60mins \$135 | 90mins \$185

The anti-ageing solution – a unique rejuvenating facial clinically proven to lift and firm the skin, improve skin's smoothness, tone and clarity, and significantly improve the skin's barrier strength while reducing the appearance of age spots.

Perfecting Plant Peel

30mins \$75

Aveda's Perfecting Peel will provide the skin with 40% exfoliation – equivalent results to that of a 30% glycolic peel, leaving your skin incredibly smooth, soft and supple with improved skin clarity.

FACE



Outer Peace Blemish Relief Treatment

30mins \$75 | 60mins \$135 | 90mins \$185

A total solution, personalised for your skin that treats not only blemish symptoms, but its causes. Includes exfoliation, pore extraction (30min option excluded), specialised massage techniques and visible redness reduction for calming and purification.

Botanical Resurfacing Facial

30mins \$75 | 60mins \$135 | 90mins \$185

An innovative alternative to microdermabrasion for glowing results. Reduce the appearance of fine lines and diminish pore size while significantly increasing radiance. This facial gives you the glowing results comparable to salon microdermabrasion with less irritation and inflammation.

Men's Focus Facial

30mins \$75 | 45mins \$105 | 60mins \$135 | 90mins \$185

Integrating high performance products designed to deep cleanse, refine the texture, boost the nutrients and deliver essential hydration to masculine skin.

Enbrightenment™ Discoloration Treatment

60mins \$135 | 90mins \$185

New massage and application methods inspired by traditional Asian techniques to support healthy skin function achieve an evening of skin tone and overall luminosity. The 90min treatment includes a signature reflexology treatment for overall relaxation.

MASSAGE

Relaxation/Remedial Massage

(subject to therapist availability)

30mins \$70 | 45mins \$100 | 60mins \$125 | 90mins \$175

Reduce tension, restore your well being and coax tired aching muscles back into condition with the power of touch. The choice is yours – soothing relaxation massage OR deep tissue remedial massage with a customised oil blend of Aveda aromas to balance your elemental nature.

Fusion Stone Massage

60mins \$130 | 90mins \$180

Absolute relaxation to warm the soul - experience the aromatic power of plant oils fused with the sensation of smooth warm stones. Comforts, de-stresses and melts muscle tension.

Pregnancy Massage

30mins \$70 | 45mins \$100 | 60mins \$125

Soothing relaxation massage **available from second and third trimesters** with a specialised pregnancy insert for you to lie comfortably throughout. (For safety reasons, massage is not offered in the first trimester of pregnancy).

Chakra Balancing Massage

60mins \$130

The concept of Chakras comes from Ayurveda, the ancient healing art of India. These 7 energy centres are located along the spine and can be thought of as personal growth centres that connect our subconscious with our physical body. The Chakra Balancing Massage seeks to create harmony in the Chakra system using a combination of massage techniques – deep tissue, Chakra foot reflexology and Chakra energy work.

Neti Massage

30mins \$70

Ease sinus or post-flight congestion and boost immunity with this unique aromatic steam inhalation and facial massage treatment. Potent essential oils clear the head while massage and pressure point techniques relieve tension.

BODY TREATMENTS



Body Exfoliation

45mins \$105 | 75mins with Vichy \$150

A customised refinement of the entire body using either Dead Sea salts or finely ground walnuts that will leave your skin cleansed, polished and softened. Enjoy an outdoor shower in your private courtyard or a Vichy shower, then a hydrating formula customised with your chosen aroma will smooth and condition skin.

Caribbean Therapy™ Body Scrub

60mins \$140 | 90mins with Vichy \$190

Stimulate and rejuvenate your skin with an exfoliation treatment that uses the healing touch and plant ingredients from the Caribbean to rejuvenate your skin and senses. Sugarcane, ginger, avocado, seaweed, coconut and lime will exfoliate, smooth, stimulate and nourish. This island inspired treatment includes a foot bath, foot massage, Caribbean Therapy™ body scrub and body lotion application that will leave you feeling renewed.

Caribbean Therapy™ Body Treatment

90mins \$190 | 120mins with Vichy \$240

Detox deluxe style with a rejuvenating and nurturing body treatment. Following a dry exfoliation, warm seaweed mud smoothes the skin and detoxifies your body, while a face and scalp massage will calm the mind as you are cocooned. Enjoy an outdoor shower in your private courtyard or succumb to the soothing experience of hydrotherapy as our Vichy shower washes away the toxins. Your body will then be enriched with mango and cocoa butters, lime, bay, vetiver and amyris to soften the skin and relieve muscle tension with light, lymphatic drainage based body lotion application.

BODY TREATMENTS



Himalayan Rejuvenation Therapy

120 mins \$245

This nurturing treatment takes you beyond relaxation to a pure mind/body connection. Based on four stages:

Neti – boost immunity with this unique aromatic steam inhalation treatment to ease tension and sinus congestion. Potent essential oils will clear the head and facial massage techniques relieve pressure.

Friction massage – A vigorous full body dry exfoliation precedes a rhythmic, friction massage with a customised massage blend.

Plant Pure-Fume Steam Tent – become enveloped in aromatic steam to release impurities and detoxify the body. The warmth of the steam will relax muscles, encourage circulation and improve skin function.

Shirodhara – Based on the principals of Ayurvedic Shirodhara, a deep state of relaxation is created by a continuous stream of aromatic Tranquillescence™ Compound. This is directed between the brows on the third eye, quietening thought and inviting exceptional calm.

TREATMENT ENHANCEMENTS

Enhance your spa experience with these specialised treatments – available as an addition to any face or body treatment.

Stress Relieving Scalp Massage

15mins \$30

A combination of traditional techniques, pressure points and brush strokes will stimulate blood flow to improve the health of your scalp, relieving tension in the universal stress points of the body.

Therapeutic Foot Massage

15mins \$30

Indulge those tired aching feet in a treat they deserve. Gentle massage techniques with medium pressure and luxurious Foot Relief cream soothe the lower legs and feet, with plant and flower extracts known to deodorise, moisturise, cool and refresh.

Vichy Shower Hydrotherapy

30mins \$65

Perfect prior to a massage or facial, enjoy the sensation of warm water massage from 7 different jets, direction controlled by your therapist.

Botanical Hair and Scalp Therapy

45mins \$95 | 75mins with Blow Wave POA

A beautiful addition to any treatment this intensive restructuring masque is like a 'facial for the hair'. This customised treatment begins with massage to balance the scalp and the mood. Next the hair is repaired with Damage Remedy™ treatment that improves the hair's condition by up to 71% while you are treated to a stress relieving hand ritual.

Perfect your look with an optional blow wave at Chahoya Hair Salon.

Essential Back Treatment

30mins \$80

The hard to reach area of your back is tended to during this deep cleansing masque and massage. Shoulders, neck, and back are purified and refined to ensure well cared for skin all over.

HANDS AND FEET

Healing Hands Manicure or Foot Relief Pedicure

All hand and feet treatments include nail shaping and conditioning of the cuticles and a customised masque to calm and nourish. Completed with a hand or foot massage using softening plant extracts and are available as either:

Natural Finish – improve the health of your nails with a buff finish. 45mins \$75

Polish Finish – an application of your favourite colour, finished with a top coat. 60mins \$95

French Polish Finish – an application of French finish polish. 75mins \$105

Express Manicure or Pedicure

30 mins \$50

Includes nail shaping, conditioning of the cuticles, application of a hand or foot lotion and natural or colour polish finish.

Chakra Balancing Pedicure

Natural Finish 45mins \$75 | **Polish Finish** 60mins \$95

This Chakra Balancing Pedicure seeks to create harmony by combining a luxurious customised foot soak, exfoliation, and Aveda's own Chakra Body Mists to balance your senses whilst Chakra foot reflexology works the energy centres of the body.

Green Science Skin Renewing Manicure

Natural Finish 45mins \$75 | **Polish Finish** 60mins \$95

Improve your skins smoothness, tone and clarity while lifting and firming skin, targeting age spots and reducing lines and wrinkles. Achieve maximum exfoliation without irritation with the Perfecting Plant Peel to diminish the appearance of sunspots.

SPA & SALON SERVICES



Full Face Colour Application

45mins \$90

A colour prescription for your skin tone and face shape – includes a consultation and full make-up application

Wedding & Special Event Makeup

90mins \$170

Trial and perfect the look you want to create on your special day. The package includes a consultation and trial prior to the event and a completely perfected look on the big day.

Tinting & Waxing

POA

SPA PACKAGES

Serenity

1hr 15min \$170 | 1hr 45mins with Vichy option \$210

30min Relaxation Massage + 45min Body Exfoliation
Upgrade to Body Exfoliation with Vichy

Rejuvenation

1hr 30mins \$205

60min Facial + 30mins Essential Back Treatment

Dreaming

2hrs \$235

60min Relaxation Massage + 60min Facial

Escape

2hr 15mins \$250 | 2hrs 45mins with Vichy option \$295

45mins Body Exfoliation + 30min Facial + 60mins Foot Relief
Pedicure. Upgrade to Body Exfoliation with Vichy

Tranquility

3hrs 15mins \$380 | 3hrs 45mins with Vichy option \$425

Caribbean Therapy Body Treatment + 60min Facial + Botanical
Hair and Scalp Therapy
Upgrade to Caribbean Therapy Body Treatment with Vichy

Indulgence

5hrs 30mins \$540

Body Exfoliation Treatment with Vichy, 90min massage, 60min
Facial, Foot Relief Pedicure OR Hand Relief Manicure (includes
a light lunch)

SPA ETIQUETTE

Appointment Policy

We recommend you book appointments in advance to secure your preferred date, time and treatment. We may also contact you prior to your treatment to confirm your appointment time. All weekend appointments must be paid for in advance.

Cancellation Policy

We understand that sometimes you need to change your schedule. We kindly request 24 hrs notice to change or cancel an appointment or we regret that 50% of the fee may be charged. On public holidays, 100% of the fee is charged.

Spa Etiquette

We ask that you arrive 15 minutes prior to your treatment. This allows you time to check-in, enjoy a welcome tea, complete your consultation form and relax. Please respect the quiet and privacy needs of other guests by turning off your mobile phone.

Your Comfort

Once in your treatment room, your therapist will advise which clothes to leave on ensuring your privacy is maintained at all times. We will provide you with a robe, slippers and disposable underwear wherever required. Please advise your therapist if you are uncomfortable for any reason.

Your Treatment Needs

For your utmost safety and comfort, please let us know if you are under the care of a doctor, or other alternative practitioner. In particular, please inform us if you are pregnant or have any allergies or health conditions so we can modify the treatment to your needs. All treatments are suitable for men and women and are customised. As your needs vary from visit to visit, your treatments may differ.

Payment Options

We accept Cash, Eftpos, Visa, Mastercard, Amex and Diners Club. Alternatively you are welcome to charge directly to your room when staying with us at Cable Beach Club Resort.

Adults Only Sanctuary

In the interest of all Spa guests, Chahoya Spa is an adults only retreat. Children 15 years and under are not permitted.



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Cable Beach Club
RESORT & SPA

