





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.

Individually designed treatments for singles and couples are inspired by timeless healing philosophies from around the world and based on the principles of restoring balance and harmony to the mind and body to restore physical, mental and spiritual health and vitality.

Chahoya Spa encompasses a level of indulgence and certified experience unequalled in Broome. Seven private double or single suites, including a double vichy suite, provide a peaceful retreat where senses are unleashed and clarity restored. Relax amidst a blend of contemporary lines and Asian artifacts and find the stresses of everyday life sliding away.

Your body is a temple for your spirit so nurture the opportunity for tranquility and rejuvenation at Chahoya Spa.



face

Customised Facial

30, 60, 90 minutes

Make a facial work for you – a focused treatment customised to suit your skins needs. Based on Aveda's elemental nature philosophy, allow our experts to personalize products, essential oil aromas and facial techniques to address your specific skin concerns.

Enbrighten™™ Discolouration Facial

60, 90 minutes

Combining high-tech plant technology – up to 99% naturally derived formulas – with a high-touch service to maximise the benefits of new Enbrighten™™ Brightening Skin Care: 34% reduction in appearance of discolouration and dark spots, 52% improvement in visible clarity*. New massage and application methods inspired by traditional Asian techniques to support healthy skin function achieving an evening of skintone and overall luminosity. The 90 minute treatment includes a signature reflexology treatment for overall relaxation.

* Based on clinical testing after 8 weeks of using 5-step Enbrighten™™, plus SPF 15.

** Available from August 16 2009.

Green Science™™ Skin Renewing Treatment

60, 90 minutes

The anti-ageing solution – a unique rejuvenating facial experience harnessing the powerful high tech plant technology of Green Science™™ and combining it with high touch skin therapy to renew, repair and regenerate your skin. Clinically proven to lift and firm the skin, improve skins smoothness, tone and clarity, and significantly improve skins barrier strength while reducing the appearance of age spots.

Perfecting Plant Peel

30 minutes

Harnessing unique botanical ingredients to give you an intensive deep exfoliation – an alternative to harsh glycolic peels that can make the skin red and light sensitive. 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.

Outer Peace Blemish Relief Treatment

60, 90 minutes

A total solution – personalized for your skin that treats not only blemish symptoms, but its causes – so skin stays clear, without over-drying or irritating effects. Includes exfoliation, pore extraction, specialised massage techniques and visible redness reduction for calming and purification. Completed with a specialized lotion to help control and balance sebum production.



Botanical Resurfacing Facial

60, 90 minutes

An innovative alternative to microdermabrasion for glowing results. Botanical Skin resurfacing with our hands on approach and the power of tourmaline to smooth your skins texture. 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.

Mens Focus Facial

60 minutes

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

massage

Relaxation or Deep Tissue Massage

(subject to therapist availability)

30, 60, 90 minutes

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, both with a customised oil blend of Aveda aromas to balance your elemental nature – calming blends to ease stress, anxiety and insomnia, uplifting blends for low energy and stimulating blends to improve circulation and to detoxify. Our therapists will customize your massage and focus on areas needing the most attention.

*Customised pregnancy massage also available on request, from second & third trimester.

Fusion Stone Massage

60, 90 minutes

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

Chakra Balancing Massage

60 minutes

The concept of Chakra's comes from Ayurveda, the ancient healing art of India. These 7 energy centres are located along the spine and can be thought of 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 variety of massage techniques – deep tissue, chakra foot reflexology and chakra energy work.

Neti Massage

30 mins

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

45 minutes

75 minutes with Vichy

Deluxe Skin Conditioning – 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

60 minutes

90 minutes with Vichy

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 massage that will leave you feeling renewed.

Caribbean Therapy™ Body Treatment

90 minutes

120 minutes with Vichy

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 using orange flower water 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 massage movements.

Himalayan Rejuvenation Therapy

120 minutes

The supreme body treatment for a balanced self, 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 warmed plant oil infused with a customised aroma. This is directed between the brows on the 3rd 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 15 minutes

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 15 minutes

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

Vichy Shower Hydrotherapy 30 minutes

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 45 minutes 75 minutes with Blow Wave

A beautiful addition to any treatment this intensive restructuring masque is like a 'facial for the hair'. This customised treatment begins with an aroma-therapeutic Balancing Touch Massage to balance the scalp and the mood. Next the hair is repaired with Damage Remedy™ treatment that improves the hairs condition by up to 71% while you are treated to a stress relieving hand ritual. Perfect your look with an optional blow wave.

Essential Back Treatment 30 minutes

A Facial for the Back – 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.

Pregnancy Massage Custom

To assist with the aches and pains that comes with being pregnant enjoy a relaxing massage on the comfortable Athlegen pregnancy pillow with allows you to lie on your stomach. Customised pregnancy massage is available for second and third trimester only.



hands and feet

All hand and feet treatments include nail shaping and conditioning of the cuticles and are available as either:

Natural Finish 45 minutes

– improve the health of your nails with a buff finish

Polish Finish 60 minutes

– an application of your favourite colour, finished with a top coat

Healing Hands Manicure or Foot Relief Pedicure

Smooth and moisturize your arms and hands with citrus extracts or refresh tired aching feet and legs with sea salts and the aroma of peppermint. A walnut scrub will smooth your skin while a customised herbal masque will calm and nourish. Complete with a hand or foot massage using softening plant extracts.

Chakra Balancing Pedicure

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 your subconscious with your physical body. 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

Powerful plant ingredients visibly renew and repair ageing skin, generate skin protection from environmental aggressors and increase barrier strength. 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.

face colour

Full Face Colour Application

45 minutes

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

Wedding & Special Event Makeup

90 minutes

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

Tinting

Give your lashes and brows a healthy and sparkling look, using vegetable dyes in various shades from natural to dramatic while receiving a relieving hand massage.

Waxing

Smooth, hairless skin achieved the holistic way – a true spa treatment that offers maximum comfort and effectiveness. Begin with a deep breath of balancing Aveda aroma, followed by an expert application of wax to minimize sensitivity, followed by calming products to reduce redness and complete your relaxing waxing.

spa packages

Serenity

1 hour 15 minutes

30min Massage + 45min Body Exfoliation

Upgrade to Body Exfoliation with Vichy – 1hr 45min

Rejuvenation

1 hour 30 minutes

60min Facial + Essential Back Treatment (facial for the back)

Dreaming

2 hours

60min Massage + 60min Facial

Escape

2 hours 15 minutes

45min Body Exfoliation + 30min Facial + Foot Relief Pedicure

Upgrade to Body Exfoliation with Vichy - 2hrs 45min

Tranquility

3 hours 15 minutes

Caribbean Therapy Body Treatment + 60min Facial + Botanical Hair and Scalp Therapy

Upgrade to Caribbean Therapy Body Treatment with Vichy – 3hrs 45min

Indulgence

5 hours 30 minutes

Body Exfoliation Treatment with Vichy, 90min massage, 60min Facial, Chakra Balancing Pedicure or Skin Renewing Manicure (includes a light lunch and refreshments)



Chahoya hair salon

Discover the intimate and relaxing oasis of the hair salon at Chahoya Spa. In our luxurious modern surrounds amidst the tropical gardens of the resort, you will be looked after by our team of highly experienced Aveda hair stylists. This pampering service combines beauty, well-being and the respect of the environment.

hair shaping & styling

Looking for inspiration, motivation or a complete transformation? Call us to receive a complimentary consultation. Our philosophy is customised creativity – our innovative stylists will create a look that suits you and your lifestyle.

hair colouring & highlighting

Aveda Full Spectrum™ hair colour immerses hair in 97% naturally derived formula's for a permanent colour and 99% naturally derived formula's for a deposit-only semi permanent colour. Drenching each strand in sunflower, castor and jojoba oils to maintain the condition of the hair and deliver exceptional shine, our patented green tea technology helps ensure the most true to life tones. We recommend you book a blow dry following your hair colour to complete your new look.

hair treatment

Your head is an ecosystem - it must be in balance and cared for. A beautiful addition to any treatment this intensive restructuring masque is like a 'facial for the hair'. The customised treatment begins with an aroma-therapeutic Balancing Touch Massage to balance the scalp and the mood. Next the hair is repaired with Damage Remedy™ treatment that improves the hairs condition by up to 71% while you are treated to a stress relieving hand ritual. Your look is then perfected with a blow dry.

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.

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.

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.

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.

Cable Beach Club

RESORT & SPA



PO Box 1544, Broome WA 6725

Telephone + (61) 8 9192 0440

Facsimile + (61) 8 9192 2249

dayspa@cablebeachclub.com

www.cablebeachclub.com

AVEDA

THE ART OF WELLNESS

www.aveda.com.au