



FLYSIAN RESORT SPA

'JALA' - ELEMENT OF WATER

AYURVEDA MEANS 'THE SCIENCE OF LIFE' (AYUR - LIFE, VEDA - SCIENCE OR KNOWLEDGE) AND IS THE OLDEST MEDICAL SYSTEM IN THE WORLD, ORIGINATING IN INDIA OVER 5000 YEARS AGO. IT IS BASED ON THE BELIEF THAT HEALTH AND WELLNESS DEPEND ON A BALANCE BETWEEN THE MIND, BODY AND SPIRIT.

WELCOME TO OUR AYURVEDA-INSPIRED SPA WHERE OUR TREATMENTS AIM TO HELP YOU ACHIEVE BALANCE.

DRIFT AWAY MASSAGE

Utilising Subtle Energies Ayurvedic therapeutic oils, we customise a massage experience individually tailored to your needs. Allow your muscles to release and mind to ease as we take you on an aromatherapeutic journey back to your centre. Our therapist incorporates a variety of massage techniques customised to your areas of tension.

60 minutes \$140 | 90 minutes \$200

FACIAL ESSENCE

We tailor individualised facial treatments utilising Australian made organic wild botanica antioxidant-rich ingredients from Edible Beauty and organic Ayurvedic products from Subtle Energies. All facials include a scalp, neck, shoulder and foot massage.

60 minutes \$140 | 90 minutes \$200



RASAYANA DETOX BODY SCRUB

Your skin is the largest organ and can assist the body's detoxification process and this treatment also supports lymphatic flow. This invigorating exfoliation of walnut shells buffs away dead skin cells to stimulate cell renewal. The uplifting aromatics of tulasi, wild turmeric and limbu will invigorate your senses and make this scrub ideal for jet lag or fatigue. Nourishment is then delivered into the skin through a customised experience of aromatic infused body butter, lotion and oils- leaving the skin glowing and a rejuvenated body and mind.

60 minutes \$190

HIMALAYAN SALT SCRUB

This invigorating ritual begins with a deep exfoliating body polish using mineral-rich and ionising Himalayan crystal salts to release toxins, stimulate circulation, reduce the signs of cellulite and relieve built-up tension. Skin will be visibly radiant, and stress will be soothed away with the active effects of rare Ayurveda Aromatherapy oils blended within the scrub. The treatment concludes with a full-body hydration using long stroke massage techniques. Leaving your skin and muscles rejuvenated and replenished.

60 minutes \$190

RASAYANA DETOX BODY SCRUB AND CLAY MASK

Revitalise, tone, renew and purify through this active body therapy. Beginning with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite warm mineral-rich clay infused with powerful herbs of spiked ginger lily, spirulina and green tea envelop your body. Nourishment is then delivered into the skin through a customised experience of aromatic infused body butter, lotion and oils- leaving the skin glowing and a rejuvenated body and mind.

90 minutes \$250

HIMALAYAN SCRUB AND PEARL REVITALISING CLAY MASK

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Nourishment is then delivered into the skin through a customised experience of aromatic infused body butter, lotion and oils- leaving the skin glowing and a rejuvenated body and mind.

90 minutes \$250



ADD ON
ENHANCEMENTS
AVAILABLE WITH ANY
TREATMENT

ACUPRESSURE
FOOT MASSAGE

A stimulating massage of the feet that involves a range of acupressure techniques that invigorate and renew the entire body.

30 minutes \$70

HOT SCALP
AYURVEDIC HAIR OIL
TREATMENT

A rejuvenating Indian Ayurvedic scalp massage treatment to add onto any treatment.

30 minutes \$70

HOT STONE MASSAGE

Smooth, hot stones are held in the therapist's hand and directed over your body whilst others are placed along your spine creating a deeply relaxing and nurturing experience. An ideal treatment for enhancing circulation, connecting mind to body and for those who wish to alleviate muscle tension without the depth of a remedial massage.

Add hot stones to any massage treatment for an additional \$20





ELYSIAN

LONG ISLAND GREAT BARRIER REEF