

A photograph of a modern spa entrance at dusk. The entrance is framed by a large, white, rectangular structure. The interior is warmly lit with yellow light, revealing a spa area with a dark ceiling and white walls. The sky is a mix of blue and white clouds. The text "the spa" is overlaid in the center of the image.

the spa

menu of spa services

Combining luxury and nature to create a unique spa environment,
The Spa at Hyatt Regency Coolum evokes total relaxation and
wellbeing for both men and women.

hyatt pure

a worldwide collection of extraordinary spas, ranging from urban to resort in setting. Each spa is custom designed to embrace the local environment and culture to provide an authentic indigenous experience. Returning to the true definition of spa, “sanitas per aquas.” Latin for “healing by waters,” treatments and services incorporate the principles of hydrating the body to promote wellness and renewal.

hyattpure.com

located at the heart of the resort, The Spa is totally enclosed within the extensive natural grounds of Hyatt Regency Coolum. The entry to The Spa leads to the reception, retail boutique, salon and gymnasium. Treatment rooms are surrounded by native flora and fauna. To draw nature into the spa experience, indoor and outdoor areas are blended and most treatment rooms offer private courtyards.

The Spa provides guests with a 25 metre lap pool, an aqua-aerobics pool, outdoor unisex spa, men’s and ladies’ lounge with steam and sauna, and indoor and outdoor relaxation areas with access to the outside pools.

The grounds and landscaping surrounding The Spa highlight indigenous plants similar to those found around the resort.

The casual, elegant interior featuring copper, timber and natural stone, blends seamlessly with the landscaped garden beyond. Guests experience a balance of small delicate rooms and large open spaces.

A complete relaxation experience awaits you at The Spa.

facial treatments

diamond facial 90 min. 300

A highly unique treatment to rejuvenate tired mature skin. The anti-aging and rejuvenating benefits of the Diamond Collection, and the invigorating firming effects of the Ice-Lift mask, will lift and repair the skin. To complete this invigorating treatment, frozen plant DNA, with grape seed extract and lavender essential oil, gently melts into the skin to protect and repair damage, leaving the skin smooth, hydrated and radiant.

age defying facial 60 min. 200

This facial is a structure repair treatment that addresses the underlying problems of aging at the skin's cellular level. Targeted ingredients such as key amino acids and A-E-C vitamins work deep within the skin to treat the visible effects of aging. The result is instantly firmer, glowing skin.

oxygen facial 60 min. 150

This deep oxygenating facial is suitable for everyone. Detoxifying products relieve the skin whilst the unique massage techniques decongest the body and mind, producing a pure state of calmness.

luminous vitamin c facial 60 min. 125

Energy boosting vitamin C fights environmental aggressions and the signs of aging. A reparative combination of products drenches the skin with essential vitamins and leaves the skin nourished and revitalised.

skin calming facial 60 min. 125

This gentle but effective treatment combines highly comforting and regenerative benefits to relieve the symptoms of hypersensitivity and Rosacea. Blotchiness and irritation are dramatically reduced using marine and botanical calming agents.

massage treatments

All massages are preformed using advanced massage techniques and signature oil blend.

hahana stone massage 90 min. 190

Rhythmic Hawaiian Lomi-Lomi techniques allow warmed volcanic stones to release healing energies deep into the muscle, dissolving any tension and stress. A sensory experience to harmonise the body, mind and soul.

bamboo exfoliation and massage 60 min. 150

The effective, yet delicate exfoliation benefits of the bamboo scrub will remove accumulated dead skin cells and impurities. Skin is further hydrated with a 45 minute massage.

relaxation massage 60 / 90 min. 125 / 170

A deeply calming and nurturing treatment combining flowing, relaxation and shiatsu movements, to ease away day to day stress and renew a sense of wellbeing.

therapeutic massage 60 / 90 min. 125 / 170

The massage of choice to combat muscle related tension.

pregnancy massage 60 min. 125

Nurturing massage, designed specifically to assist with the body's changes during this precious time. Only performed after first trimester.

suite time 30 min. 50

Suite time can be added prior to any treatment at The Spa. It includes 30 minutes in your own private Geisha tub, a glass of sparkling wine and sliced tropical fruits.

body treatments

diamond magnetic body ritual treatment 90 min. 320

The ultimate body ritual to balance and realign the energy flow. Precious gemstones are used to clear the energy pathways. The body is polished with crushed diamonds and micronised iron, leaving the skin velvety smooth.

meso treatments 90 min. 200

A top-to-toe body experience, personalised to your skin needs, with a choice of slimming, lifting or re-contouring Mesodose treatments. Thermo-therapy stimulates the circulation of the treatment area before a Thalasso Sculpting body mask is applied to prepare the skin. Targeted massage techniques and creams are then used to obtain firmer looking skin.

floral pinda massage 90 min. 180

Inspired by traditional Chinese medicine and Ayurveda from India, a floral blend of rose and jasmine petals, citric blossom and buckwheat, creates a ceremonial ritual that embraces your entire body. This treatment results in the relief of muscular tension and physical and mental stress. The treatment alleviates aches and pains, improves microcirculation and accelerates the elimination of toxins. You feel totally relaxed, yet re-energised.

thalasso detox bath 60 min. 50

Immerse yourself in a bath packed with micronutrients from deep within the ocean, that firm, hydrate, soothe and detoxify the body and skin. This treatment is perfect before any body or massage treatment.

luxury manicure 60 min. 90

Truly pampering experience. This manicure includes gentle exfoliation, hand and arm massage with warm volcanic pebbles, and a hydrating mask that will leave your hands feeling velvety smooth. All luxury manicures include a complimentary take home nail polish for future touch ups.

luxury pedicure 60 min. 130

Heaven for the mind, body and toes. This pedicure includes exfoliation and a lower leg and foot massage with volcanic pebbles to relieve muscle tension. All luxury pedicures include a complimentary take home nail polish for future touch ups and sandals to wear home.

luxury waxing treatments

The Spa's luxurious waxing treatments offer a caring and gentle approach. All waxing is available in conjunction with a face or body treatment. Prices available on request.

luxury tinting

All tinting bookings are available in conjunction with a face or body treatment.

eyelash tint 30

eyebrow tint 25

sound therapy

Sound Therapy is a modern technique that uses low frequency sound waves.

Sound and gentle vibrations are transferred directly through the body. Combined with unique colour therapy, the treatment offers a complete multi sensory experience.

sound therapy 30 min. 50
Gentle harmonic vibrations envelop your mind and body.

sound therapy with head and neck massage 30 min. 70
Gentle harmonic vibrations envelop your mind and body, whilst experiencing a relaxing head and neck massage.

sound therapy with foot massage 30 min. 70
Gentle harmonic vibrations envelop your mind and body, whilst experiencing a relaxing foot massage.

sound therapy with head and foot massage 60 min. 140
Gentle harmonic vibrations envelop your mind and body, whilst experiencing a relaxing head and foot massage.

hair spa

Special treatments are available for all types of hair to help restore, regenerate and illuminate. Beautiful hair can only be achieved through healthy hair, and the secret to healthy hair is treatment from the roots to the tips.

ladies
Shampoo and Blow Wave From 60
Shampoo, Cut and Styling From 80
Dry Trim From 60

gentlemen
Shampoo and Cut 50
Dry Trim 35

colour
Permanent Colour and Blow Wave From 150
Semi Permanent Colour and Blow Wave From 125
Highlights and Blow Wave From 150
Body Wave (Perm) and Blow Wave From 150

wedding
Style and Set or Up Style From 120

make up

full make up application 60 min. 60*
A full make up application is an exquisite finishing touch for any special occasion. Whether you're after an elegant and sophisticated look – or something that reflects the latest beauty trends – we will expertly apply the exact shade of base to match your skin tone then apply the perfect selection of make up from the Jane Iredale colour palette.

make up lesson 60 min. 100*
Discover your natural beauty with a lesson tailored to your exact needs. Our professional make up artist shows you the tricks of the trade and practical techniques enabling you to apply your own make up with confidence and expertise.

bridal make up 60 min. 100
A professional makeover is not only pampering, it will help create the right image for beautiful wedding photographs. We will tailor the make up to your specific desires and also those of your bridesmaids if required.

packages

Combined treatments to offer the ultimate in relaxation and pampering.

mother to be 120 min. 240
Pregnancy Massage
Luxury Pedicure

spa escape 120 min. 250
Oxygen Facial
Luxury Manicure

light as air 120 min. 240
Luminous Vitamin C Facial
Luxury Pedicure

travel recovery 90 min. 185
Sound Therapy with Head Massage
Relaxation Massage

just for men 90 min. 180
Sound Therapy with Head Massage
30 minute Back and Shoulder Massage
30 minute Express Pedicure

wedding packages

The team at The Spa can create tailor-made packages, specifically suited to your needs. Packages for the bride, groom and the entire bridal party are available. Please enquire at The Spa for further details.

*Redeemable against make up product purchase

fitness & wellbeing

All personal fitness and wellbeing sessions are conducted by qualified personal trainers.

personal workout	60 min.	85
personal workout	3 x 60 min.	220
swim lesson	30 min.	55
personal yoga or pilates	60 min.	85
fitness assessment	60 min.	85

Aqua and fitness classes are run on a daily basis.
Class schedule can be collected from The Spa Reception Desk.

spa etiquette

appointment

We recommended you book treatments in advance to avoid disappointment. To reserve your scheduled appointment, we require a valid credit card number, gift voucher number or room number at time of booking. Please arrive 15 minutes prior to your appointment to prepare for your spa experience. Late arrivals will result in a shortened appointment.

cancellation

Should you need to cancel, please contact us 24 hours in advance of your scheduled appointment. Any cancellations with less than 24 hours notice will result in full charges of the scheduled service. Late arrivals will result in a shortened appointment. Failure to arrive for your scheduled appointment will result in full charges of the scheduled service.

attire

Most spa treatments are experienced without clothing. Disposable underwear, robes and slippers are available. Please leave jewellery and other personal items of value at home or secured in your in-room safe. The Spa will not be responsible for misplaced or lost personal belongings.

environment and protocol

We strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. Please turn off your mobile phone. Smoking is not permitted. Your cooperation in providing a quiet environment is greatly appreciated.

adult facility

The Spa is an adult facility and is available to persons over the age of 16.

gift certificates

Gift Certificates are available to create your own personal spa experience.

hours of operation

Daily 8.30am – 7.00pm. Gymnasium open daily from 6.30am – 7.00pm.

