

# Samedawa day spas

## Menu of Services

*Therapies from a culture where even words  
have the power to heal*



# Samedawa day spas

## ...PHILOSOPHY

In traditional Japanese philosophy, "Samedawa" is the word for "cure all". To maintain good health it is believed that the body, mind and spirit must be in complete harmony. Movement and touch is therefore the key element in releasing the natural and environmental blockages occurring in our busy, stressful lives. Exercise, stretching, massage, water therapy and movement through relaxation of our body and senses assist us to unwind

Developed with love and integrity, Samedawa's treatments are based on the knowledge that massage is a sacred ritual which encourages your body's own natural healing ability to restore normal function to the nervous, circulatory, digestive, lymphatic and musculo-skeletal systems. Massage eases fatigue, soothes soreness and releases tension. Samedawa is dedicated to invigorating your senses and awakening well-being.

Emphasis on pure vitamin serums, natural creams, cleansers all derived from organic fruit, vegetables and herbs, scrubs, masques, 100% natural moisturisers and total sun block minerals are a dedicated feature in Samedawa treatments. No chemicals, fillers or additives are in any products used at Samedawa... No products are tested on animals

Samedawa embraces a natural approach to physical and spiritual well-being. Inspired by traditional healing philosophies, our treatments are based upon the principles of restoring balance and harmony and the natural healing of the body's largest organ – the skin.

Retreat your mind to a place forgotten by time....a Paradise where you are overwhelmed with peace and aromas of our natural blends...where ancient traditions spoil you with exotic experiences

Surrender to SAMEDAWA the Spa signature treatments, the intuitive touch of our trained therapists

Feel the restorative powers of our natural oils, 100% natural Vitamin enriched skin care, 100% natural Serums, nourishing organic herbs, fruit and vegetable potions, scrubs, body butters and lotions infused with tropical flowers and blended with fresh coconut milk to hydrate.

Samedawa the Spa uses hand made products pulsing with actual seeds, pulps and peels to begin the regenerative and healing process that only nature can produce – 100% natural and not tested on animals.

*WELCOME TO SAMEDAWA the Spa*

**“You will achieve calmness and profundity, ripeness and wisdom. And the clear enchantment of memory. And most of all, you will have time....”**

*From Lost Horizon, by James Hilton*

## **HOW TO SPA**

### **MAKING RESERVATIONS AT SAMEDAWA SPAS**

Advance bookings are recommended by calling our Central Booking Office on 07 5579 4444 Extn 1244. If our desk is temporarily unattended, please leave the name of the Hotel where you are staying, Room #, Mobile # and your name together with the name of the treatment you would like to schedule. Leave your preferred time and date so that we are able to return your call at our earliest. Our Spa is open 7 days [unless notified] 9.00am until 5.00pm. Late bookings by prior arrangement – a late booking fee is applicable of \$25 per treatment. A credit card # is required to secure a booking – the treatment will not be charged to the card but if in the event you do not show or cancel your treatment a booking fee will be charged [see below under Cancellation Policy]

### **MEETING YOUR NEEDS**

Upon your arrival at Samedawa a brief consultation will be conducted to determine you have chosen the treatments best suitable to your needs. Please advise the Spa Receptionist if you are pregnant or have any health issues or concerns, or if you have received any recent medical treatment.

### **PREPARING FOR YOUR TREATMENT**

Do not bring or wear jewellery, wear comfortable clothing. For men, we recommend shaving prior to our treatments for maximum comfort and benefit to the skin. Samedawa do have disposable underwear to allow maximum coverage in massage without discomfort however you may wear your own undergarments if you wish. Please remove nose studs or ear rings as they will interfere with the comfort of your treatment.

### **ARRIVING TIME AND LATE ARRIVALS**

To make the most of your Spa experience please arrive a few minutes before your appointment so you may relax. For late arrivals we will endeavour to conduct your full treatment. However if we have bookings after you your treatment may have to be adjusted to your original completion time.

### **CANCELLATION POLICY**

In consideration of other Spa Guests, your treatment requires that facilities and a Therapist be reserved. We require a minimum of 4 hours notice if you are unable to keep your appointments. Please call our Spa Reception or leave a message on our answer phone. A 40% booking fee is made if you do not cancel and do not show for your appointment without notification.

### **YOUR COMFORT – DO LET US KNOW**

Although we do our best to anticipate your needs, we appreciate that a Spa is a very individual experience. Please let your Spa Therapist know if there is any way that she can improve your treatment or comfort – for example, firmer or lighter pressure. We appreciate and value your feedback and encourage you to comment on the Guest questionnaire

### **ENJOY THE SAMEDAWA EXPERIENCE!**

Please call Samedawa Spas Central Booking Office 07 5579 4444 Extn 1244. If we are not in attendance or busy with clients, please leave all your details so we can return your call at the earliest

***WE LOOK FORWARD TO TREATING YOU AGAIN***

### **SAMEDAWA DAY SPAS RETAIL**

Shop is open for you to browse at your leisure, you do not need to book treatments to indulge in our beautiful natural products

Online shopping at [www.naturalhealth.net.au](http://www.naturalhealth.net.au)

Orders over \$50 post free within Australia  
Orders over \$100 post free all other countries

For enquiries regarding products  
07 5579 4444 Extn 1244  
Email: [carrington@naturalhealth.net.au](mailto:carrington@naturalhealth.net.au)



*Therapies from a culture where even words have the power to heal*

Choose from the selection of Samedawa Rituals that indulge, soothe and revitalise – all treatments may be combined with mini or full facials – see Price List insert for Treatment charges

Select your personal preference of Pure Massage Oil Blends for your treatment

ZEN – LEMONGRASS – WILD LIME & COCONUT – BALI SANTI – SPORTS BLEND

## YIN YANG HARMONIZING MASSAGE

Especially created to stimulate the senses and balance the flow of Chi throughout the body. Focus is given to specific meridians, releasing tension and restoring peace and harmony.

*Pressure point foot massage included*

- ☞ **30mins treatment**
- ☞ **60mins treatment**
- ☞ combined with mini facial -1 ¼ hrs
- ☞ combined with full facial -1 ½ hrs
- ☞ **1 ½ hrs treatment**
- ☞ combined with mini facial -1 ¾ hrs
- ☞ combined with full facial - 2 hrs
- ☞ **2 hrs treatment**
- ☞ combined with mini facial - 2 ¼ hrs
- ☞ combined with full facial - 2 ½ hrs

## SAMEDAWA INDULGENCE OF TIME

Bringing together elements of Swedish, Shiatsu and Reflexology combined with the therapeutic qualities of aromatic oils & body butters. Begin your Indulgence massage with a Chi Foot Ritual & Scrub. Designed to strengthen the body's vital energy so you can emerge with renewed spirit. Massage techniques help to relieve stress, sinus, anxiety & fatigue

- ☞ **60mins treatment**
- ☞ combined with mini facial -1 ¼ hrs
- ☞ combined with full facial -1 ½ hrs
- ☞ **1 ½ hrs treatment**
- ☞ combined with mini facial - 1 ¾ hrs
- ☞ combined with full facial - 2 hrs
- ☞ **2 hrs treatment**
- ☞ combined with mini facial - 2 ¼ hrs
- ☞ combined with full facial - 2 ½ hrs

## SAMEDAWA HEAD MASSAGE

Using Samedawa Hair Blends to revive and leave your hair nourished with a healthy luster, this massage technique employs a variety of techniques to release tension in the neck, shoulders, scalp and head. Floats tension away

- ☞ Choose your blend from Sensitive, Damaged, Stimulating, Calming, Relaxing, Blonde
- ☞ 30 mins treatment
- ☞ or combine with face cleanse & moisturise 30 mins

**TRADITIONAL THAI MASSAGE** – Floor Massage – not suitable for everyone – please wear loose clothing – no jewelry. Trackies are ideal for this 1 hour treatment –  
*not available every day*

## SAMEDAWA REVIVAL MASSAGE

The perfect treatment to overcome jetlag, relieve stiffness, aches and pains. Journey the Revival with an exhilarating exfoliating back scrub followed by flowing relaxation massage using aromatic natural oils & nourishing body butters to increase well being & circulation. Begin with the traditional Chi Foot Ritual & Scrub & end with head massage to release tension in the neck, shoulders, scalp and head.

- ☞ **60 mins treatment**
- ☞ combined with mini facial -1 ¼ hrs
- ☞ combined with full facial -1 ½ hrs
- ☞ **1 ½ hrs treatment**
- ☞ combined with mini facial -1 ¾ hrs
- ☞ combined with full facial - 2 hrs
- ☞ **2 hrs treatment**
- ☞ combined with mini facial - 2 ¼ hrs
- ☞ combined with full facial - 2 ½ hours

## SAMEDAWA SCRUB INFUSION MASSAGE

[see also under "BODY THERAPIES"]

An invigorating vitamin-rich scrub that buffs away dead skin cells and soothes dry skin stimulating cell regeneration with nourishing coconut to balance moisture levels. The whole-body scrub/massage invigorates and rebalances, working wonderfully to release tension and stress in the neck, back & lumbar area. The treatment is enriched with a scalp infusion with Samedawa Hair Blends to stimulate the scalp and condition the hair. A steaming hot shower to complete

- ☞ Scrub/Massage & Shower - 1 ¼ hrs
- ☞ combined with mini facial - 1 ½ hrs
- ☞ combined with full facial - 1 ¾ hrs

## PRE-NATAL ENCHANTED JOURNEY

Soothing massage to relieve pressure & tensions – treatment includes facial cleanse & moisturise and a head massage

- ☞ 30 mins treatment
- ☞ 60 mins treatment [includes foot soak & exfoliation]

## HOT STONES or WARM BAMBOO

*May be additional to any massage treatment – please request at time of booking*



# SAMEDAWA BODY THERAPIES

## MASSAGE- SCRUBS & WRAPS

Scrubs assist in revealing healthy glowing new skin rich in moisture and vitality. These luxurious exfoliations & wraps remove impurities, increase circulation and improve skin texture – SEE PRICE LIST FOR CHARGES

### HAYAHAY RITUAL - SCRUB/MASSAGE & WRAP

Choose from Coconut Dream/Lemongrass & Bamboo/Mandarin & Cinnamon/ Exotic Chai/ Rosemary & Lavender/ Wild Lime / Wild Lime & Coconut/ Coconut & Honey - Scrubs

An invigorating vitamin rich scrub / massage that buffs away dead surface skin cells and soothes dry skin stimulating cell regeneration with nourishing coconut scrub & coconut butter to balance moisture levels. This invigorating treatment has the effect of a deep massage relaxing the muscles & nerves while rejuvenating the mind. While your body is soaking up the moisture in this highly nourishing body wrap your hair will be taken care of with a traditional Samedawa Hair Blends Infusion to stimulate the scalp and condition the hair – steaming hot shower to complete

- ☞ Scrub/massage, wrap & head massage with Samedawa Hair Blends –hot shower to complete - 1 ¼ hrs
- ☞ Scrub/massage, wrap, head massage with Samedawa Hair Blends – mini facial –hot shower - 1 ½ hrs
- ☞ Scrub/massage, wrap, head massage with Samedawa Hair Blends – full facial –hot shower - 2 hrs

### CHI SKIN POLISH

Choose from Lime & Ginger / Wild Lime/ Rosemary & Lavender

A signature treatment, rich in minerals & citrus oil blends to gently rejuvenate and radiate the skin. This mild scrub stimulates the lymphatic system, removes dry skin cells and encourages free flow of chi throughout the body

- ☞ Full body polish & hot steaming shower - 45mins

### BALINESE BORCH

This treatment is a preventative & feels quite hot. It is good for fever, headaches, muscle aches, arthritis & chills. It increases the blood circulation and exfoliation. Blended with sandalwood, cloves, ginger, cinnamon, coriander seeds, rice powder, turmeric, nutmeg galangal, & water spiced blended oil.

- ☞ Full body massage & Borch - 1 hour

### SUNDAMAGE BODY WRAP

Suffering from too much sun? Come in and have the damage repaired with a cooling, soothing elixir of Aloe, Dilo & Squalene to reduce inflammation and increase hydration. Relax with a Samedawa Hair Blend & head massage while your body is wrapped & cooling!

- ☞ Full body treatment - 1 hour

### DETOX BODY - WRAP ONLY

Choose from Muddslide/ Orange & Vanilla Bean/ Moccacino Detox/ Deep Sea Marine Body Mud/ Organic Arabian Cleanse/ Organic Moroccan Body Mud

Wrap up with your favourite blend & enjoy a Samedawa Hair Blends Infusion while your body hydrates & detoxifies –hot shower to complete

- ☞ 1 hour treatment

### SAMEDAWA SCRUB INFUSION MASSAGE

[see also under “MASSAGE”]

An invigorating vitamin-rich scrub that buffs away dead skin cells and soothes dry skin stimulating cell regeneration with nourishing coconut to balance moisture levels. The whole-body scrub/massage invigorates and rebalances, working wonderfully to release tension and stress in the neck, back & lumbar area. The treatment is enriched with a scalp infusion with Samedawa Hair Blends to stimulate the scalp and condition the hair. A steaming hot shower to complete

- ☞ Scrub/Massage & Shower - 1 ¼ hrs
- ☞ combined with mini facial - 1 ½ hrs
- ☞ combined with full facial - 1 ¾ hrs

### COCONUT BODY DRINK

Choose from Coconut Dream/ Wild Lime & Coconut/ Coconut & Honey - Scrubs

Coconut is one of nature's gifts and makes a wonderful natural skin exfoliant & moisturiser. Pure grated coconut exfoliates the skin whilst the oil replenishes with essential vitamins and minerals

- ☞ Full body scrub & hot steaming shower - 45 mins

### TRADITIONAL LULUR

The Queen of treatments literally, this spice & yoghurt exfoliating and body polishing process has been practised in the Palaces for Central Java since the 17th Century. During the treatment the Turmeric content can make skins temporarily glow yellow while restoring moisture & natural pH to your skin. Blended with yoghurt jasmine oil, sandalwood, turmeric, rice powder

- ☞ Full body polish – hot shower - 1 hour





## TRADITIONAL PRESSURE POINT MASSAGE

- See Price List for Charges

Pressure Point Massage to Feet/Legs & Hands/Arms

Based on the belief that the body contains constant flowing energy "chi", which unites the body with the reflex points on the feet and hands. This specialized treatment assists in the relief of stress and tension and improves circulation, restoring the body's natural balance – You will feel you are walking on air

Invigorating scrub/pressure point to Feet & Legs or Hands & Arms designed to stimulate yet relax the body – hot steaming towels to remove scrub or just soak to reveal soft skin and relaxed joints

☞ Pressure Point Feet or Hands - 15 mins

☞ Pressure Point Feet or Hands - 30 mins

## TRADITIONAL THAI MASSAGE

Essential to wear loose clothing – trackies ideal for this massage ritual. This treatment is not suitable for everyone – please ask your trained therapist at the time of booking. Not available every day – please book in advance

☞ Floor Massage Treatment - 1 hour  
*not available every day]*

## SHIATSU – CHAIR MASSAGE

☞ 10 mins, shoulder & neck

☞ 15 mins, shoulder, neck & head

## HAIR TREATMENT

Using Samedawa Hair Blends to infuse your hair with Geranium, Lemon, Chamomile, Sandlewood. The cream is best left on the hair and just rinsed out with warm water. Leaves hair soft, strong with a beautiful luster – Choose your Blend from Sensitive, Damaged, Stimulating, Calming, Relaxation, Blonde. *Can also be added to any other treatment*

☞ 15mins treatment

## LASH & BROW TINT

☞ Lash tint -allow 15 mins

☞ Brow tint - allow 10 mins

☞ Combo Lash & Brow allow 15 mins

# ULTIMATE INDULGENT JOURNEY

YOUR THERAPIST CAN PLAN FOR YOU TO INDULGE YOURSELF WITH AN AMAZING PRE- SELECTION OF TREATMENTS FOR THE WHOLE DAY, MORNING or AFTERNOON- by yourself or as a couple. Natural fresh squeezed fruit juices or Therapeutic Herb Teas & snacks while you relax in between treatments served in your own private room at Samedawa Day Spas – *See attached Price List for Charges*

### Whole-day Spa Journey

Totally EVERYTHING from top to toe 9.30am ~ 4.45pm - single or double  
*Lunch served + Natural fresh squeezed juice or herb teas*

### Whole-morning Spa Journey

Beautiful selection of treatments 9.30am ~ 12.00pm - single or double  
*Natural fresh squeezed juice or herb teas & snacks*

### Whole-afternoon Spa Journey

Beautiful selection of treatments 1.00pm ~ 4.45pm - single or double  
*Natural fresh squeezed juice or herb teas & snacks*



# SAMEDAWA FACIAL JOURNEYS

Using only the finest ingredients NATURE has to offer, Samedawa facials allow you to experience new depths of relaxation as your skin is cleansed, refined and rejuvenated using traditional facial techniques to improve your skin texture, health & radiance. Samedawa select products best suited to your skin from our high quality pure vitamin or organic potions. All Samedawa products are hand made from the purest ingredients and contain concentrated pure serums, organic herbs, fruits & even organic vegetables. All skin products used by Samedawa are tested and verified by the certifying agency before they can make their way to you ensuring potency and efficacy.

Ingredients in our skin care are precious. In a 2002 study, the CDC found that high levels of chemicals such as phalates were traced to a number of conventional personal care products and were being found in women aged 20 - 40 years of age. By the time the average female has left the house for the day she is exposed to over 200 chemicals in her beauty routine. Samedawa are dedicated to offering skin care ranges that are completely safe, chemical free, filler free, not tested on animals, pure and effective through NATURE

**ALL FACIALS have the option of an application of beautiful SYNERGIE MINERALS TOTAL SUN BLOCK!  
Additional cost \$20 - redeemable off the cost of Mineral Make up purchases over \$100**

*See Price List for Facial Charges*

## SAMEDAWA EXPRESSION

Light yet invigorating – a gentle hydrating cleanse with mild coconut, lemons, roses, limes, stone crop, lemongrass, sunflower oils or olives - exfoliation followed by a balancing masque packed with a selection of fresh pulps & juices of peaches, cherries, carrots, blueberry, garlic, tomato or pumpkin. Stimulating facial massage with pure serums followed by nourishing moisturiser filled with ingredients to assist the skin's oxygen, cellular repair & metabolism

☞ *1 hour treatment - Add a Lip or Eye treatment + Synergie Mineral Make-up application for a Total Sun Block*

## SAMEDAWA RICH CHOCOLATE

Indulge your skin & senses with rich chocolate splashed over nutrient rich Roses, Peaches, Blueberry, Cranberry, Pomegranate, Cherries or Naseberry. Hydrating scrub followed by an indulgent facial massage to waken up muscle memory. Fragrant garden fresh roses combined with lightly steamed rosehips brimming with Vitamin-C for this anti-aging treatment – the ultimate hydrating treatment

☞ *1 hour treatment – Add a Lip or Eye treatment + Synergie Mineral Make-up application for a Total Sun Block*

## OXYGEN TREATMENT FACIAL

Assists the skin's oxygen, cellular repair & metabolism. Detoxifies & evens the complexion – perfect for blemished, mature, hyper-pigmented or sun-damaged skin. Nourishing natural serums to heal and replenish will be accelerated by the soothing oxygen – let our trained Therapist recommend from our pure facial ranges

☞ *1 hour treatment- Add a Lip or Eye treatment + Synergie Mineral Make-up application for a Total Sun Block*

## SAMEDAWA ULTIMATE FACIAL

An intensely nourishing facial using pure Damask Rose from Grasse, France & Olive Squalene Serum from Portugal. Oxygen plus, exclusive serums, combined with extensive facial massage to encourage circulation & hydration for cellular repair. Quoted as the “best” antiaging treatment you will leave with your face glowing

☞ *1 ½ hour treatment Add a Lip or Eye treatment + Synergie Mineral Make-up application for a Total Sun Block*

## SAMEDAWA MAXIMUM REPAIR FACIAL

Using Synergie Pure Vitamin skin care, the Repair Facial addresses concerns such as Rosacea, Acne, Pigmentation, Fine lines and Ageing. Using serums of Vitamin A, B & C together with pure Mineral Exfoliation equivalent to micro-dermabrasion & pure Olive Squalene & Roses to nourish and renew cell growth – this facial will change your life – includes Synergie Mineral Make-up application for a total sun block – includes head massage and foot massage

☞ *1 ½ hours treatment*





*Samedawa*  
day spas

[www.naturalhealth.net.au](http://www.naturalhealth.net.au)