

PERFORMANCE SPA FACIALS

Rose Peptide Performance Spa Facial 60 min | 190

Firming - Brightening - Collagen Inducting

Rejuvenate your skin with this peptide-rich facial designed to firm, tighten, and brighten. Featuring a 5% clinical-strength blend of smart peptide and heptapeptide-7, this treatment helps stimulate collagen production, diminish fine lines, and restore elasticity for beautifully youthful, radiant skin.

Triple Berry Performance Spa Facial 60 min | 190

Calming - Clarifying - Decongesting

Experience a powerful infusion of super B vitamins tailored for congested, inflamed, or reactive skin. This clarifying treatment calms redness, balances excess oil, enhances barrier function, and promotes glowing hydration—leaving the skin clearer, brighter, and beautifully refreshed.

Spiced Maple Performance Spa Facial 60 min | 190

Healing - Anti-inflammatory - Barrier Repair

Soothe and restore irritated or compromised skin with this deeply comforting ritual. Featuring PEA boosted with hyaluronic acid, essential fatty acids, and potent antioxidants, this treatment supports barrier repair, reduces inflammation, rebalances pH levels, and activates the skin's natural healing processes for ultimate calm and comfort.



ADDITIONAL INDULGENCES

Heavenly Hair Treatment 15 min | 45

An intensive hair and scalp nourishing ritual featuring a warm restorative treatment and soothing scalp massage

Exfoliation (choice of back or legs) 15 min | 45

Choose from a smoothing back exfoliation or a full-leg exfoliation to refine, soften, and refresh the skin.

MASSAGE

30 min 100
45 min 140
60 min 170
75 min 200
90 min 230

Relaxation or Deep Tissue Massage
Designed to soften muscular tension and quiet the mind, this customised massage promotes overall body and mind relaxation.

Pregnancy Massage
A nurturing and supportive treatment created especially for expectant mothers from the second trimester onwards.

Hot Stone Massage 90 min | 265

For the next level of relaxation, warm volcanic stones are used to melt muscle tension, enhance circulation, and deeply balance both body and mind.

SPA INFORMATION

Sunday & Public Holiday Surcharge
A 15% surcharge applies on Sundays and Public Holidays.

Cancellation Policy
Should you need to reschedule or cancel, please provide at least 24 hours’ notice. Cancellations made within 24 hours will incur a 100% fee.

Age Restrictions
Bookings for guests under 16 years of age may be considered upon request and must be supervised by a legal guardian.

Booking Time
To maximise your treatment time, please complete your consultation form prior to arrival (sent via email or SMS). We recommend arriving 10 minutes early to relax and allow our team to remain on schedule for all guests. We kindly request that mobile phones are switched off, and conversations are kept quiet within reception and treatment areas.

For Appointments
Visit: Daydream Island Resort Front Desk
Call: 1800 888 288 or 0468 872 121
Email: dayspa2121@gmail.com

Spa Location
Driftwood Wing – Lower Level, Room 2121



Welcome to Solara - Where nature's healing touch, the energy of the sun and the soothing spirit of the sea restore balance from within.



RELAX ▪ RECONNECT ▪ RENEW

SIGNATURE PACKAGES

Oasis150 min | 410

Body Exfoliation • Massage • Performance Spa Facial • Heavenly Hair

This luxurious signature ritual welcomes you into an oasis of tranquillity. Your journey begins with a full-body exfoliation enriched with multivitamins and antioxidants, followed by a nourishing infusion of aromatic Omega oils. An unhurried full-body massage using our skin-softening molten body balm melts away tension and prepares you for the exquisite Performance Spa Facial and divine Heavenly Hair Treatment.

Pamper Package150 min | 410

Back Exfoliation • Massage • Performance Spa Facial • Foot Lovers Treatment • Heavenly Hair

This heavenly ritual begins with a warm aromatic towel and a smoothing Back Exfoliation, then flows into a full-body massage using our decadent fragrant body balm. Once deeply relaxed, enjoy a rejuvenating Foot Lovers Treatment, followed by a nourishing Performance Spa Facial and indulgent Heavenly Hair Treatment to complete your head-to-toe pampering.

Pure Delight120 min | 340

Full Body Massage • Petit Spa Facial • Foot Lovers Treatment

Close your eyes and surrender to complete relaxation. Your spa ritual begins with a full body massage using aromatic botanical oils layered with Omega serums, molten butters, and vitamin E for ultimate nourishment. Continue with a revitalising Petit Spa Facial that leaves your skin glowing, and finish with a gentle foot scrub, softening mask, and soothing foot massage.

All Signature Packages include herbal tea or bubbles.

BODY RITUALS

Body Cocoon Ritual110 min | 310

Exfoliation • Wrap • Massage • Heavenly Hair

Let your stress melt away with an invigorating full-body exfoliation, followed by a deeply nourishing body cocoon. While your wrap infuses hydration and warmth, unwind with our signature Heavenly Hair Treatment and a calming scalp massage. To complete your pampering journey, drift away with a soothing full-body relaxation massage.

Body Smoother Ritual110 min | 310

Exfoliation • Massage • Heavenly Hair

This indulgent full-body ritual begins with a decadent exfoliating scrub to smooth and refine the skin from top to toe. Your experience continues with a luxurious full-body massage using our molten body balm, leaving your skin silky soft and your senses awakened. Complete this ritual with an indulgent Heavenly Hair Treatment.

Tropical Island Outdoor Massage Experience

60 min | 25090 min | 350

Experience the ultimate island relaxation with a private outdoor massage in a shaded pavilion overlooking turquoise waters. Gentle ocean breezes and the soothing sound of waves create a deeply serene environment for your personalised treatment.

Weather dependent — 24 hours’ notice required for booking. Bubbles & platter included with 90-minute treatment. Please meet your therapist at the outdoor massage site located at the south end of the island next to the Chapel.

SPA PACKAGES

Island Retreat90 min | 275Deluxe Triple Treat (3-in-1 Indulgence)90 min | 275

Massage • Performance Spa Facial

Retreat from the world with a soothing back, neck and shoulder massage, easing tension and inducing deep relaxation. Your experience continues with a full Performance Spa Facial to nourish the skin and calm the mind.

Island Getaway60 min | 18590 min | 275

Massage • Petit Spa Facial

Escape into tranquillity beginning with a relaxing 30- or 60-minute massage, followed by a refreshing 30-minute Petit Spa Facial. A beautifully balanced experience that offers a peaceful pause from reality.

Oceanic Ritual60 min | 18590 min | 275

Massage • Foot Lovers Treatment

Feel stress and tension melt away with your choice of a 30- or 60-minute relaxing massage. Complete your ritual with our Foot Lovers Treatment, featuring exfoliation, a warm nourishing wrap, and a soothing massage to revive tired, aching feet.

Couples Relaxation Escape100 min | 280 pp

Foot Soak • Massage • Petit Spa Facial or Foot Lovers Treatment

A beautiful, shared experience for two—partners, friends, or favourite family members. Relax side-by-side with herbal tea or bubbles and a warm foot soak. Your journey continues with a restorative full-body massage, then your choice of either a rejuvenating Petit Spa Facial or a nourishing Foot Lovers Treatment.

Massage • Petit Spa Facial • Foot Lovers Treatment

30 min Massage to revive the back, neck and shoulders
30 min Petit Spa Facial to refresh and repair skin
30 min Foot Lovers Treatment to restore tired, aching feet

Blissful Baby Package90 min | 275

Massage • Petit Spa Facial • Heavenly Hair

Take a moment to unwind before baby arrives with this nurturing mum-to-be package. Enjoy a soothing pregnancy massage, followed by a delightful Petit Spa Facial and our divine Heavenly Hair Treatment. Designed to safely pamper both mother and baby from the second trimester onward.

SHORT AND SWEET EXPRESS

Petit Spa Facial30 min | 120

A revitalising facial featuring a double cleanse, exfoliation, mask and moisturiser to leave your skin renewed and radiant.

Foot Lovers Treatment30 min | 120

A targeted foot ritual including exfoliation, a softening mask, and a nourishing foot massage to restore tired, aching feet.

All services are available as shared couples experiences or intimate groups.