



Essential Elements
day spa



*Rediscover your senses, rest your mind and breathe freely as you
step into a world of touch and exquisite aromas*

Indulge in a tranquil moment alone or gather your friends to share in a day of pampering and relaxation.

Before your treatment melt into our luxurious therapy pool, open your pores and purify your skin in the steam room. After your treatment take some time to yourself with a cup of herbal tea in our Relaxation Room. Allow 60 minutes prior to your treatment to pamper yourself and enjoy our full Day Spa experience. Please bring swimwear for the therapy pool and steam room.

Pamper Day Packages

FRUIT & CHEESE PLATTER - LUNCH - SPARKLING WINE | \$35

Upgrade any of your spa treatments to a **Pamper Day Package**. Upon arrival you will be provided with a towel, robe and slippers and escorted to the Essential Elements Day Spa, where you can enjoy the peaceful surrounds or soak up some sun on the daybeds by the pool. Your delicious **fruit & cheese platter** and **glass of bubbly** will then arrive to tantalise your taste buds.



Cleanse your skin and remove toxins from your body in the steam room, then immerse yourself in the therapy pool to increase circulation and reduce joint and muscle tension. Indulge in your choice of spa treatment in the privacy of one of our spa rooms. Followed by a **scrumptious light lunch** while you enjoy your new found tranquil state of mind.





RITUALS

ANGOURIE SPA FUSION

120min | \$250

Surrender and let go completely while your skin is nourished and a sense of peace is restored with this combination of our blissful iKOU facial and relaxing stress relieving Aromatherapy massage treatment. Ritual includes:

Relaxing Full Body Aromatherapy Massage
Pure Results Calming Facial

iKOU RAINFOREST REVIVAL

90min | \$225

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. A sea salt scrub reveals radiant skin then enjoy the benefits of a full body massage that leaves you energised and walking on air. Ritual includes:

Australian Lemon Myrtle Body Scrub
Reviving Full Body & Scalp Massage
Foot Massage with Lemon Myrtle & Cucumber Mask

iKOU DE-STRESS BODY & MIND BALANCE

120min | \$260

Relax and de-stress the mind, balance the body, and restore hydration in this soothing ritual. Focusing on mood lifting benefits using essential oils to promote a feeling of positivity and wellbeing, this calming treatment will leave you feeling relaxed and hydrated. Ritual includes:

Italian Orange & Australian Jojoba Body Scrub
Relaxing Aromatherapy Back & Scalp Massage
Nourishing Organic De-Stress Body Souffle
Pure Results Calming Facial

IKOU WHITE FLANNEL FLOWER SANCTUARY

120min | \$260

Connect with the inner joy that lives within you, while exotic ingredients restore a radiant all-over glow. Unwind and allow your body to receive the healing benefits of deep relaxation inspired by the beauty of the Australian White Flannel Flower. Ritual includes:

Coconut & Jasmine Body Polish
Floral Hydrating Cocoon
White Flannel Flower Body Soufflé

Pure Results Calming Facial
Baobab & Neroli Facial Massage
Foot Restoration Massage

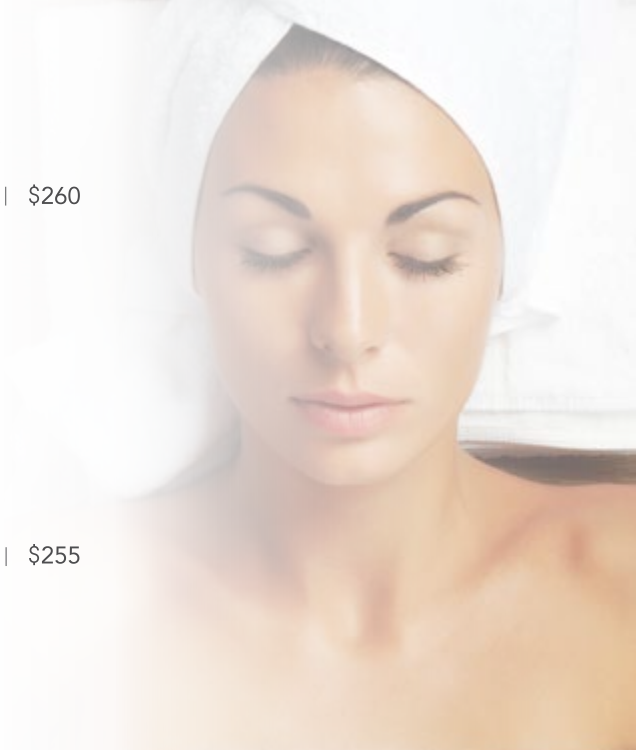
PREGNANCY PAMPER FOR MOTHER TO BE

120min | \$255

Begin this nurturing journey with a foot restoration massage and mask. Allow the tension to be released from your body with a nourishing massage performed on a pregnancy pillow that moulds to every bump. Your experience continues with a stress releasing scalp massage & cocoon. Ritual includes:

Foot Restoration Massage with Lemon Myrtle & Cucumber Mask
Nurturing Full Body Massage
Quandong & Bergamot Deep Conditioning Scalp Massage & Cocoon

Combining Australian fruit & flower extracts, immerse yourself in a head-to-toe degustation of treatments designed to create a sensory, full body experience





FACE

SIGNATURE WHITE FLANNEL FLOWER ANTI-AGEING FACIAL

75min | \$150

Delivering high performance, visible Anti-Ageing results. Radiant skin is revealed with an AHA & BHA Desert Lime Face Polish. Toning and firming of the skin, hydrating and boosting collagen is achieved by using active, organic ingredients, serums and masques extracted from unique, high-performance Australian plant, fruit and flowers infused into the skin and boosted with acupressure facial massage.

DEEP CELL HYDRATION

75min | \$150

Quench thirsty skin and restore elasticity and radiance with this deeply hydrating facial. With a focus on effective exfoliation, water balance is restored with a deep cell low molecular weight Hyaluronic Acid infusion compress and luxurious double masques for instant, visible results leaving skin radiant, nourished and revitalised.

DELUXE VITAMIN RENEW FACIAL

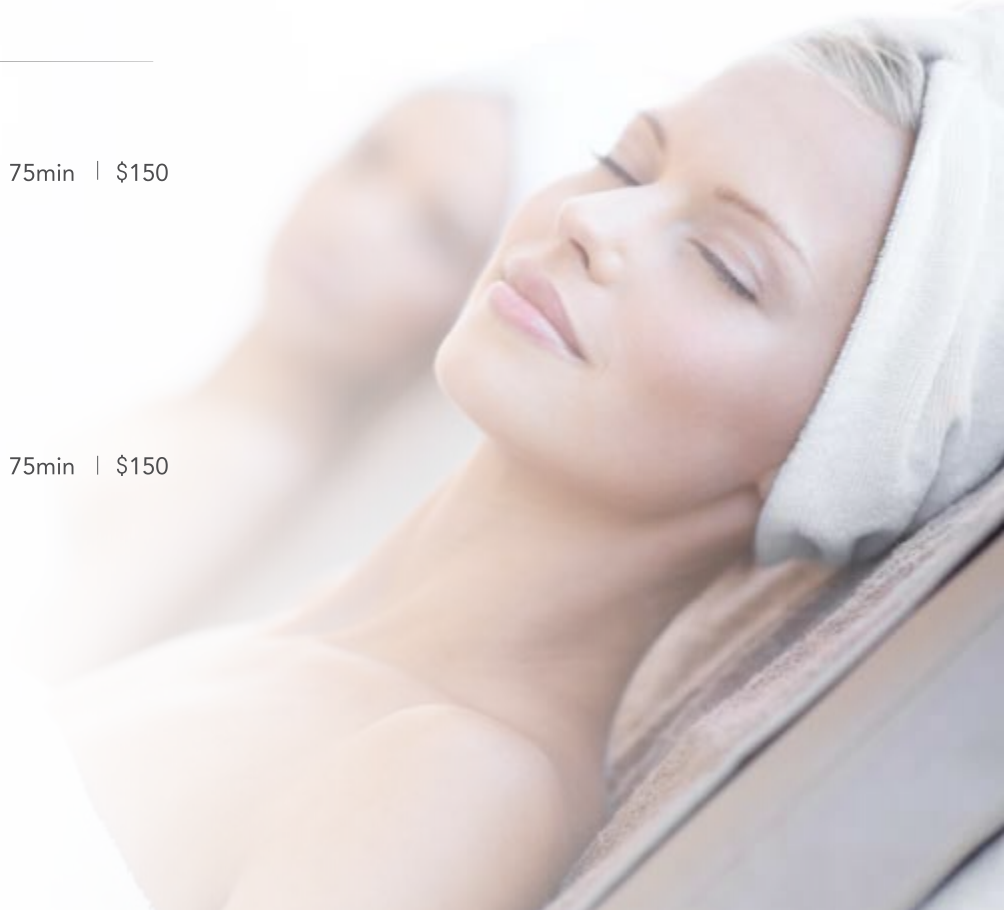
75min | \$150

An active facial to boost luminosity, improve elasticity and deliver powerful Anti-Ageing results. Advanced, ultra-intensive blend of super anti-oxidant Astaxanthin with vitamins and emollients to protect against environmental damage and deliver age-defying results.

DE-STRESS ORGANIC FACIAL

75min | \$150

Stress has a powerful effect on ageing and skin sensitivity, and this calming, restorative facial focuses on collagen regeneration, healing, nourishing and rebuilding skins elasticity and protective hydration using Organic & Wild-Harvested Australian fruit and flower extracts.



BODY



AROMATHERAPY MASSAGE

This nurturing full body (60min) or half body (30min) therapy is designed to relieve built up tension, soothe the nervous system and restore energy flow. Promising to rejuvenate and rebalance, helping your muscles to heal and relax.

60min | \$120
30min | \$80

Create your own journey with your choice of one of five organic iKOU natural plant oil blends:

Renewal	Bergamot & May Chang for energy and vitality
Tranquility	Turkish Rose for heart healing and nurturing
Flannel Flower	Celebrating life, beauty and joy
De-Stress	Geranium & Lavender, calming and relaxing
Muscle Relax	Eucalyptus for anti-inflammatory benefits

HOT STONE MASSAGE

Soothing, warm, volcanic Balinese stones, gently help to release pressure and tension from the body and stimulate circulation, restoring energy and vitality to your whole being.

75min | \$160

MOTHER TO BE MASSAGE

Performed on a pregnancy pillow that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate your growing baby.

75min | \$160



RAINFOREST FOOT RITUAL

Massaging the restorative points in the feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. Includes foot soak, scrub, massage & mask leaving you with a spring in your step.

30min | \$80



QUANDONG & BERGAMOT SCALP MASSAGE AND COCOON

Head & scalp massage is an age-old healing art form of holistic therapy. Relieving mental fatigue, calming thoughts & easing tension. Italian Bergamot Oil is renowned for relieving stress, whilst the warming mask provides deep conditioning.

45min | \$95





SCRUBS

Polish away dull skin to reveal a radiant glow with instant results. Rich in essential acids and antioxidants with selected oils to promote cell renewal and long-lasting healthy skin results. The finishing application of a triple butter Organic Body Soufflé leaves the mind relaxed and skin rejuvenated.

ORANGE & JOJOBA BODY BUFF

45min | \$95

A fast results sugar scrub rich in hydrating Jojoba Oil for cell renewal and healthy skin. De-stresses and inspires happiness.

LEMON MYRTLE RENEWAL BODY SCRUB

45min | \$95

A detoxifying, energising salt scrub with deep cleansing Lemon Myrtle for rejuvenation of balanced skin types. Reviving and cleansing benefits.

COCONUT & NATIVE HIBISCUS BODY POLISH

45min | \$95

A gentle but effective Coconut and Jasmine Rice bodypolish suitable for sensitive skin. Connects with inner joy and inspires a feeling of bliss.

The perfect indulgence to enjoy before a massage

iKOU

rest . relax . restore

iKOU Spa treatments & products are developed on the ethos that body & mind are intrinsically connected, and we feel the healthiest and happiest when the needs of both are treated as a whole

Based in the World Heritage listed Blue Mountains, Australian made, iKOU sources the most potent and pure ingredients from pristine locations around the globe, with a focus on unique organic and wild-harvested Australian fruit and flower anti-ageing extracts offering 100% Natural Bath & Body products. Our advanced, natural bio-active formulations deliver visible, high-performance results.





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Clients who wish to change or cancel an appointment, please provide notice, and note that late appointments may not be honoured.
A no-show or cancellation of your booking, with less than 24 hours' notice will incur a fee of 50% of your booking.
There is a 10% surcharge for all treatments on Public Holidays.

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GIFT VOUCHERS AVAILABLE