



ESSENTIA

DAY SPA

iKOU

We are proud to bring you our menu of iKOU Spa Treatments.

iKOU is based in the Blue Mountains Australia and creates spa journeys inspired by nature, with sensory details of global spa culture infused into every experience.

ENTER OUR SENSORY WORLD...

Where body & mind are transformed, organic is high performance and eco is synonymous with luxury...

Be inspired to rest, relax, restore, and become the healthiest and happiest version of yourself.

Enter the world of iKOU, brought to you from the pristine World Heritage Listed Blue Mountains, Australia.

Be indulged with Australian fruit & flower extracts and ancient traditions and immerse yourself in a skilfully crafted fusion of global spa culture.





iKOU PURE RESULTS

High Performance Facials

IKOU SIGNATURE FACIAL

White Flannel Flower Anti-Ageing Facial - 1hr 30mins \$250

Showcasing all signature techniques and sensory surprises from the full menu of iKOU Facials, this journey of treatments deliver high-performance, visible Anti-Ageing results.

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

This beautiful, detailed facial incorporates Aromatherapy scalp, foot, arm and lower leg massage with Australian White Flannel Flower, to inspire a blissful experience.

De-Stress Organic Luxury Facial - 1hr 30mins \$250

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.

This sensory facial incorporates a White Clay Desquamation Face Polish with Hyaluronic Infusion Masque to brighten and balance skin.

Facial muscles are relaxed during extended aromatherapy massage including scalp, shoulders, arms, feet and lower legs with Geranium, Lavender & Clementine for a deeply relaxing experience.



iKOU PURE RESULTS

High Performance Facials

Deep Cell Hydration - 60mins \$180

Quench thirsty skin and restore elasticity and radiance in this deeply hydrating facial. Featuring super-antioxidant, native Australian rainforest Crown of Gold. Renewal begins with a focus on effective exfoliation. Moisture 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.

Men's Essential Age-Defying Facial - 1hr 30mins \$250

Skin is deeply cleansed and detoxified with natural plant exfoliates and extracts for superior deep-pore cleansing and skin smoothing benefits. This results-driven facial incorporates deeply penetrating organic oils, peptides and potent plant extracts including Tasmanian Mountain Pepper Berry, to stimulate collagen and elastin, lock in moisture, improve firmness and deliver advanced Age-Defying benefits.

iKOU RITUALS

“Head-to-toe degustation of treatments designed to create a sensory, full body experience...”

De-Stress Body & Mind Balance - 2hrs 30 mins \$400

Relax and de-stress the mind, balance the body, and restore hydration in this soothing head to toe rejuvenation 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.

Italian Orange & Australian Jojoba Body Scrub

De-Stress Aromatherapy Massage

Pure Results Calming Facial & Scalp Massage

De-Stress Body & Mind Balance Luxury Indulgence - 3hrs 30mins \$580

The full Ritual above with a 45 minute mind relaxing Scalp Cocoon, extended 80 minute massage and Hydrating Hyaluronic Infusion Facial Masque.

White Flannel Flower Sanctuary Ritual - 2hrs \$350

Unwind and allow your body to receive the healing benefits of deep relaxation. Inspired by the beauty of the Australian White Flannel Flower, this popular ritual is a complete head-to-toe degustation of iKOU treatments. Connect with the inner joy that lives within you, while exotic ingredients restore a radiant all-over glow.

From head to toe, unwind... breathe... relax

Organic Coconut & Jasmine Body Polish

Australian White Flannel Floral Hydrating Cocoon, Baobab & Neroli Facial Massage

Double Face Masque infusion, Peptide+ Multi-Action Serum

Full Body White Flannel Flower Soufflé, Foot Restoration Massage

iKOU RITUALS

White Flannel Flower Sanctuary Ritual Luxury indulgence - 3hrs 30mins \$580

When you FEEL fantastic, have a sparkle in your eye and are confident in your own skin, it radiates from you like a magnetic, joyful glow. Rituals of self-care can really transform the way you feel, and release us from the feelings of stress so we see things from a place of positivity rather than overwhelm. We believe they are essential to health and wellness, connecting body, mind & soul. Australian White Flannel Flower is a Bush Flower Essence researched to connect with the feelings of inner joy, self-confidence, beauty and happiness that lies within us all.

If you want to transform the way you feel, give yourself the gift of a wellness ritual based on White Flannel Flower. The full Ritual above with a 45 minute back, neck and shoulder massage, 45 minute deeply relaxing Scalp Cocoon and Hydrating Hyaluronic Infusion Facial Masque.

Australian Sea Kelp & Indigenous Clay Earth Dreaming - 1hr 15mins \$250

Invite rest for the mind through the healing powers of the earth, in this deeply relaxing and nurturing cocoon experience. Detoxifying and rejuvenating with nutrient rich Sea Kelp, native clay and Australian fruit essences to restore an all over healthy radiance for skin and hair.

Australian Blue Cypress & Wattleseed Scrub

Sea Kelp & Native Clay Cocoon

Quandong & Bergamot Deep Conditioning Scalp Massage

Kakadu Plum & Cucumber Body Souffle

Recommended upgrade:

60mins Full Body Muscular Wellbeing Massage \$210

iKOU RITUALS

Rainforest Revival Ritual - 1hr 30mins \$275

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. A sea salt scrub reveals radiant skin while preparing the body and relaxing the mind to fully enjoy the benefits of full body massage that focuses on releasing tension and leaves you energised and walking on air.

Organic iKOU Australian Lemon Myrtle Body Scrub

Reviving Full Body Massage

Foot Restoration Massage with Lemon Myrtle & Cucumber Mask

Recommended upgrade:

30mins Reviving Quandong & Bergamot Deep Conditioning Heated Scalp Cocoon \$100



IKOU BODY SCRUBS & VICHY SHOWER

iKOU Organic Body Scrubs - 60mins \$185

Transform body and mind with iKOU Organic High-Performance Body Scrubs. Polish away dull skin to reveal a radiant glow with instant results. Rich in essential fatty 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. The perfect indulgence to enjoy before a massage.

Customised Body Scrubs - 30mins - add to any massage \$100

- Organic Italian Orange & Australian Jojoba Body Buff. A fast results sugar scrub rich in hydrating Jojoba Oil for cell renewal and healthy skin.

SKIN TYPE: Normal to dry and dehydrated.

MIND BENEFITS: De-stresses and inspires happiness.

- Lemon Myrtle Renewal Body Scrub. A detoxifying, energising salt scrub with deep cleansing Lemon Myrtle for rejuvenation of balanced skin types.

SKIN TYPE: Normal to oily and decongested skin.

MIND BENEFITS: Reviving and cleansing.

- Organic Coconut & Native Hibiscus Body Polish. A gentle but effective Coconut & Jasmine Rice body polish for sensitive skin

SKIN TYPE: Normal to dry, sensitive and dehydrated.

MIND BENEFITS: Connects with inner joy and inspires a feeling of bliss.

Vichy Shower:

A Vichy Shower takes your body scrub experience to the next level of indulgence and relaxation.

After exfoliation, while you are lying down, your body is massaged with multiple jets of perfect temperature warm water, releasing tension from the muscles and relaxing and switching off the mind.

Recommended upgrade:

15mins Add Vichy Shower to any scrub treatment \$85

MASSAGE

Balance & Calm - 60mins \$180 - 1hr 30mins \$250

This full-body relaxation massage combines rhythmic movements and gentle massage manipulation with the art of the senses.

Create your own journey with your choice of one of five iKOU organic, aromatherapy plant oil blends. Intuitively guide your mind and body to greater relaxation and energy balance.

De-Stress with hot stone healing & foot renewal - 1hr 30mins \$275

Feel stress and tension melt away under expertly guided hot, Peruvian Basalt stones. Combining a blend of Geranium and Clementine oils with fluid movements to quite and calm the mind.

Your entire body will enter a state of deep relaxation under the comforting warmth of the stones. A blissful exfoliation for the feet is included in this treatment leaving you walking on air when you emerge.

Muscular Well Being - 60mins \$210 - 1hr 30mins \$275

This customised iKOU relaxation massage draws focus on the release of tension from the body and mind to correct muscular imbalances according to your individual needs.

Organic, anti-inflammatory herb and plant infused oils, including a warming trio of Australian Eucalypt and Arnica, to deliver effective results and leave you feeling relaxed and renewed.

Head, Neck & Scalp with Australian Fragonia & Bergamot Deep Conditioning Mask - 60mins \$150 (Add as an upgrade to any treatment - 30mins \$100)

Head & Scalp massage is an age-old healing art form of holistic therapy. It allows for the relief of mental fatigue, the calming of thoughts, and the easing of stored tension. Australian Fragonia & Bergamot is renowned for relieving stress and assisting with conditions such as psoriasis or a dry, itchy scalp. This warming iKOU mask provides deep conditioning and invites rest for the mind, and washes away your cares.

TREATMENTS FOR COUPLES

Essentia Day Spa is the perfect way to share some quality relaxation time as a couple, friends or family. All treatments in our menu are suitable for couples, we can also accommodate personalised treatments of the same duration allowing you time together while caring for your personal requirements or preferences.

Relax - White Flannel Flower Ritual - 2hrs \$350 pp

A sensory degustation including full body exfoliation, Hydrating Cocoon, Body Souffle and Facial.

Organic Coconut & Jasmine Body Polish

Australian White Flannel Floral Hydrating Cocoon, Baobab & Neroli Facial Massage

Double Face Masque infusion, Peptide+ Multi-Action Serum

Full Body White Flannel Flower Soufflé, Foot Restoration Massage

Recommended upgrade:

30mins Organic Vanilla Infused Back, Neck & Shoulder Massage \$100

De-Stress Body & Mind Balance - 3hrs 30mins \$580 pp

Relax and de-stress the mind, balance the body, and restore all-over hydration in this calming and rejuvenating head to toe ritual. The iKOU De-Stress experience begins with an Italian Orange & Australian Jojoba Body Scrub, followed by a full body relaxation massage, Calming Organic Facial and heated scalp cocoon.

Quandong & Bergamot Deep Conditioning & Scalp Cocoon

Italian Orange & Australian Jojoba Body Scrub, De-Stress Aromatherapy Massage

Pure Results Calming Facial



PREGNANCY

Massage - 60mins \$210

Our specialty massage is designed to ensure mothers-to-be are pampered. With the aid of a pregnancy cushion, relax on your stomach and allow the tension of your back, neck and shoulders to float away. Take the time to relax and rejuvenate before your big day arrives. Focus can be placed on areas of need.

Only available after the first trimester of pregnancy.

Maintain muscular balance as your posture and shape changes throughout the course of your pregnancy. Regular massage is an essential part of maintaining lower stress levels, assisting with pain relief and maintaining good energy levels to care for your body along the way. Relax onto the comfort of our treatment beds while your expertly trained therapist uses all natural, organic oils to ease you into a state of bliss.



ADDITIONAL SERVICES

iKOU Rainforest Foot Ritual - 30mins \$100

Massage to restorative points in the feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. A native eucalypt foot soak and scrub, followed by a specialty massage and soothing lemon scented tea tree and cooling cucumber mask, leaves you with a spring in your step. Absolute bliss for tired feet and legs!

Deluxe Spa Pedicure - 60mins \$180

Soak away tension and treat your feet and lower legs to this wonderfully relaxing and grounding treatment. Starting with an aromatherapy foot soak and exfoliation to smooth your feet, you will then enjoy a relaxing foot massage that focuses on releasing tension. The finishing touch of a cooling Kakadu Plum and Cucumber Mask and Souffle leaves you energised and walking on air.

Deluxe Manicure - 60mins \$180

Pamper the hands and lower arms with this intensely soothing and replenishing treatment. Beginning with a skin softening hand soak and Coconut & White Flannel Flower exfoliation, followed by the application of a deeply nourishing mask and organic hand cream massage to leave skin soft and renewed.

Shellac Polish Upgrade - 15mins \$75

Give yourself the freedom to wear your favourite colour for 14+ days with no nail damage upon removal, with a shellac polish upgrade.

Naturally Beautiful Eyes

Maintain your natural look with our brow shaping and tinting services, the perfect way to enhance your eyes. Customised lash and brow tinting, brow shaping & eye treatments.

Waxing

Enjoy silky smooth skin with our expert waxing services.

PRE-ARRIVAL INFORMATION

Enhance your wellness experience by arriving 15 minutes before your scheduled appointment. In consideration of other guests, late arrivals will be subject to a time reduction from the scheduled treatment.

SPA ENVIRONMENT

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you switch off mobile phones. Your cooperation in providing a quiet environment is greatly appreciated.

CANCELLATION POLICY

If you cannot make your appointment or you need to re-schedule, we require a minimum of 5hrs advance notice. We regret that 100% charge of total services will be charged if notice is not given.

AGE LIMITATION

Essentia welcomes guests aged 16 years and older to enjoy our facilities and Spa treatments.

Parents and guardians are welcome to invite those over the age of 12 to join them to share in a Spa experience in one of our “rooms for two”.

GIFT VOUCHERS

Gift Vouchers are available for purchase and may be used for all Spa treatments and retail items.

SPA CONSIDERATIONS

At the time of booking, please notify the spa if you have any medical conditions so when can advise the best treatment for you.



ESSENTIA SPA

	Duration	Price
HIGH PERFORMANCE FACIALS		
White Flannel Flower Anti-Ageing Facial	1hr 30mins	\$250
De-Stress Organic Luxury Facial	1hr 30mins	\$250
Deep Cell Hydration	60mins	\$180
Men's Essential Age-Defying Facial	1hr 30mins	\$250
Express Facial	30mins	\$100

RITUALS

De-Stress Body & Mind Balance	2hrs 30mins	\$400
De-Stress Body & Mind Balance Luxury	3hrs 30mins	\$580
White Flannel Flower Sanctuary Ritual	2hrs	\$350
White Flannel Flower Sanctuary Ritual Luxury	3hrs 30mins	\$580
Australian Sea Kelp & Indigenous Clay	1hr 15mins	\$250
Rainforest Revival Ritual	1hr 30mins	\$275

BODY SCRUBS & VICHY SHOWER

Organic Body Scrubs	60mins	\$185
Upgrade: Back, Neck and Shoulders Massage	1hr 30mins	\$250

MASSAGE

Balance & Calm	30mins	\$100
Balance & Calm	60mins	\$180
Balance & Calm	1hr 30mins	\$250

ESSENTIA SPA

	Duration	Price
MASSAGE		
De-Stress with Hot Stone Healing & Foot Renewal	1hr 30mins	\$275
Muscular Well Being Massage	60mins	\$210
Muscular Well Being Massage	1hr 30mins	\$275
Head, Neck & Scalp with Australian Fragonia & Bergamot Deep Conditioning Mask	60mins	\$150
Upgrade: add to any treatment	30mins	\$100

TREATMENTS FOR COUPLES

Relax - White Flannel Flower Ritual	2hrs	\$350pp
Upgrade: Organic Vanilla Infused Back, Neck & Shoulders Massage	2hrs 30mins	\$400pp
De-Stress Body & Mind Balance	3hrs 30mins	\$580pp

PREGNANCY

Pregnancy Massage	60mins	\$210
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ESSENTIA SPA

ADDITIONAL SERVICES

Choose an additional service to add to your treatment

Relaxation Massage	30mins	\$130
Rainforest Foot Ritual	30mins	\$100
Deluxe Spa Pedicure	60mins	\$180
Deluxe Spa Manicure	60mins	\$180
Upgrade: Shellac Polish	15mins	\$75
Upgrade: Shellac Removal	15mins	\$65
File and Polish (Hands or Feet)	30mins	\$95

WAXING & TINTING

Waxing services can be provided upon request.
Please speak with our Spa team for assistance.

PRODUCT INFORMATION

iKOU use many “Wild-Harvested” ingredients which are “next-level organics”, as they are grown in pristine, remote locations from around the globe, and planted and sustained by nature itself, not farmed by man.

These locations include the lush, tropical Australian Rainforests, the wild Kakadu, remote Swiss Alps and African Savannah where the symbol of life is the Baobab Tree.

Wild-Harvested ingredients are particularly potent as they grow in soils of their natural environment, abundant in all the nutrients they need to be healthy plants rich in phyto-nutrients.

