



iKOU[®]
REST . RELAX . RESTORE

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 self.

Enter the world of iKOU spa treatments, 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 skillfully crafted fusion of global spa culture.

iKOU PURE RESULTS High Performance Facials:

White Flannel Flower Age-Defying Facial - 1hr 30min \$195

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

Radiant skin is revealed with an AHA & BHA Australian desert lime face polish and toning and firming of the skin, hydrating and boosting collagen is achieved 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.

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

Deluxe Vitamin Renew Facial - 1hr \$145

An active facial to boost luminosity, improve elasticity and deliver powerful age-defying results.

Advanced, ultra-intensive blend of antioxidant astaxanthin with vitamins and emollients to protect against environmental damage and deliver age-defying results. Collagen is boosted and cells are renewed with vitamin A rich Australian banksia seed oil.

Deep Cell Hydration - 45min \$95

Quench thirsty skin and restore elasticity and radiance in this deeply hydrating facial featuring super-antioxidant, native Australian rainforest ingredients. 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



Rainforest Revival - 1hr 30mins \$195

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 \$60

White Flannel Flower Sanctuary - 1hr 45mins \$230

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

Recommended upgrade:

Organic White Flannel Flower infused neck, back & shoulder massage add 30 mins \$75

Body & Mind Balance 2hrs \$260

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.

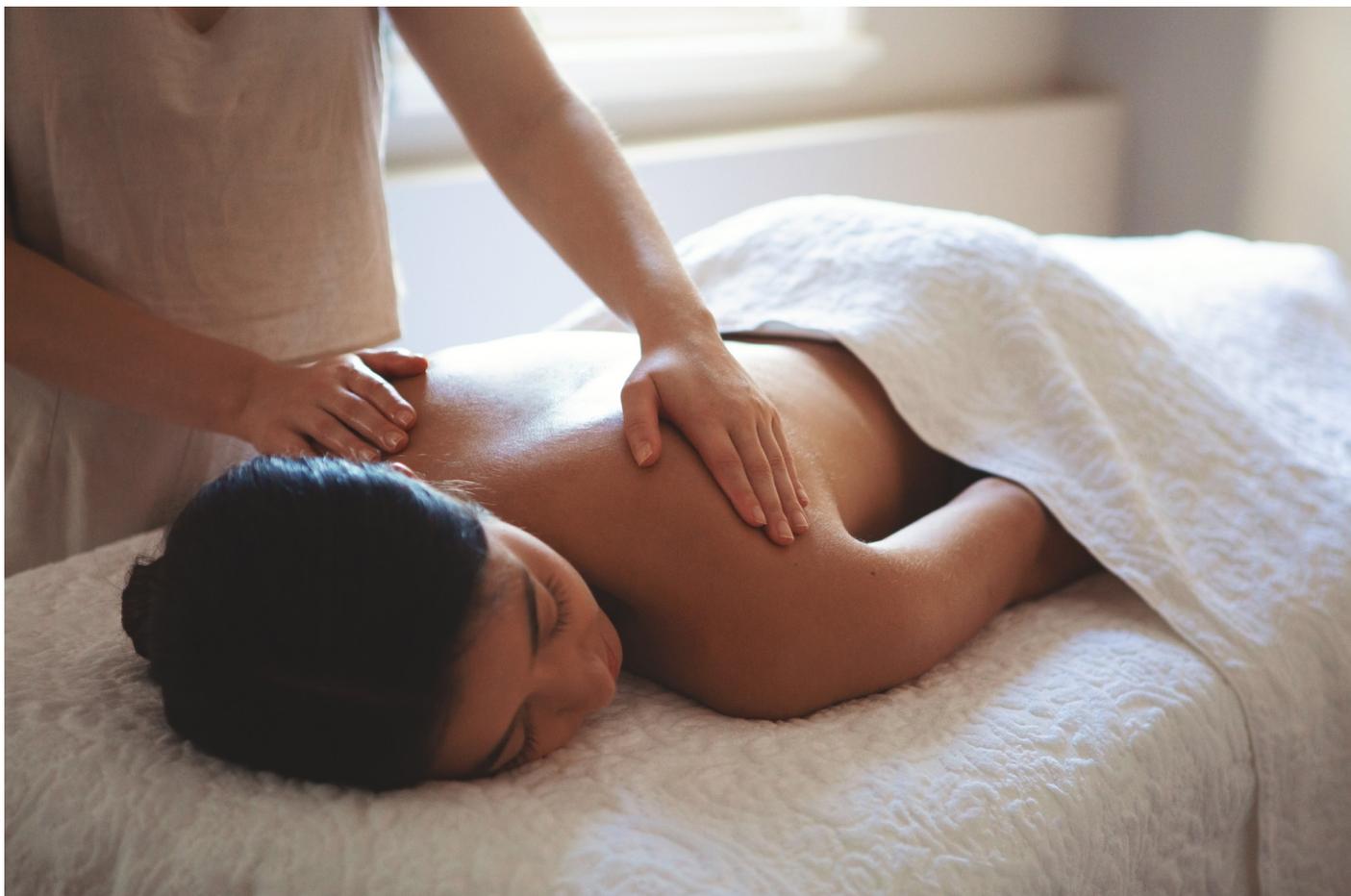
Italian Orange & Australian Jojoba Body Scrub
De-Stress Aromatherapy Massage
Pure Results Calming Facial
Scalp Massage

Recommended upgrade 30mins:

Soothing Quandong & Bergamot Deep Conditioning & Scalp Cocoon \$60

iKOU Organic Body Scrubs 60mins \$140

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.



iKOU Massage:

Balance & Calm

30 mins - \$75 60 mins - \$135

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 four iKOU organic, aromatherapy plant oil blends. Intuitively guide your mind and body to greater relaxation and energy balance.

Head, Neck & Scalp with Australian Fragonia & Bergamot Deep Conditioning Mask

60 mins \$125 (\$60 as 30 min treatment upgrade)

(Also available as a 30 minute add-on to other treatments)

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.

iKOU Rainforest Foot Ritual

30 mins - \$75

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!