

ikou

 **Ubika**
DAY SPA &
WELLNESS CENTRE

TREATMENT MENU

iKOU and Ubika bring together two philosophies grounded in nature, nurture, and transformation. Born in the Blue Mountains, iKOU inspires rest, mindfulness, and deep relaxation through sensory skincare and body rituals. Ubika, meaning “to grow,” is rooted in the idea of planting seeds of wellness, supporting the body’s natural ability to renew and thrive.

Together, we offer more than treatments, we offer exactly what you need: time to slow down, reconnect, and feel truly restored.

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, 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.

WHITE FLANNEL FLOWER SANCTUARY RITUAL

120 minutes / \$330

Unwind and allow your body to receive the healing benefits its of deep relaxation.

Inspired by the beauty of the Australian White Flannel Flower, found locally in the pristine Blue Mountains, 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

- The Ritual
- Organic Coconut & Jasmine Body Polish

Australian White Flannel Floral Hydrating Cocoon

Organic Radiance Facial

Full Body White Flannel Flower Soufflé

Foot Restoration Massage



RAINFOREST REVIVAL RITUAL

90 minutes / \$270

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.

- The Ritual
- Organic iKOU Australian Lemon Myrtle Body Scrub

Reviving Full Body Massage

Foot Restoration Massage



WHITE FLANNEL FLOWER ANTI-AGEING FACIAL

90 minutes / \$270

Radiant skin is revealed using an AHA & BHA Australian Desert Lime Face Polish. Australian plant, fruit and flower essences stimulate collagen and elastin production offering a powerhouse of antioxidants delivering age-defying results. This beautiful, detailed facial incorporates an acupressure facial and aromatherapy scalp massage, arm, foot and lower leg massage with Australian White Flannel Flower to inspire a blissful experience.



You're invited to share in
the iKOU journey of global spa culture
and sensory experiences.

iKOU
REST · RELAX · RESTORE


DAY SPA &
WELLNESS CENTRE