



Ubika

DAY SPA

MENU

*Nourish*

*Restore*

*Regenerate*

Ubika Day Spa is 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.





## *Ubika – from the Ancient Indian Sanskrit meaning 'to grow'*

Our philosophy at UBIKA is to plant the seed (and help nurture it) for your continued physical, emotional and spiritual growth. Inspired by the seasons, our surrounding environment and the needs of busy people, we have designed a Spa menu that will help hydrate, nourish, restore and regenerate so you can flourish.

The UBIKA Spa menu features a diverse selection of therapies for both men and women that help regenerate and restore – whether it's an energising body scrub, muscle-melting hypnotic massage or results-oriented facial.

The instant you step into our Spa time will slow down. Even if you just want to sit quietly in one of the peaceful lounge areas or to read a book, take a nap, or relax... you are welcome. We hope to see you soon... We help good things grow!

Our treatments focus on the core elements we all need for growth: Hydration [water] Nourishment [food] Restore [repair and nurture] Regenerate [exfoliating, brightening]

iKOU  
REST . RELAX . RESTORE

### SPA PARTNER

iKOU is a Japanese word meaning; "to rest, to relax, to restore"

Multi-award winning iKOU creates luxurious products using organic and wild-harvested ingredients sourced from the world's most pristine environments.

Proudly Australian made, iKOU Spa treatments connect Body & Mind with a fusion of Aromatherapy oils, native Australian plant, fruit and flower extracts and global spa culture.

The iKOU specialty is "Spa Rituals", a head-to-toe degustation of treatments that take you on a memorable sensory journey.





## *Pure results...*

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. Our advanced, natural bio-active formulations deliver visible, high-performance results.

## *Face*

### **iKOU SIGNATURE FACIAL**

#### **WHITE FLANNEL FLOWER ANTI-AGEING FACIAL — 90 MIN \$195**

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

Radiant skin is revealed with an AHA & BHA Australian Desert Lime Face Polish. 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 an aromatherapy scalp, foot, arm and lower leg massage with Australian White Flannel Flower, to inspire a blissful experience.

#### **DE-STRESS ORGANIC FACIAL — 90 MIN \$195**

Stress has a powerful effect on ageing and skin sensitivity, and this calming, restorative facial focuses on collagen regeneration, healing, nourishing and rebuilding your skin's elasticity and protective hydration using Organic & Wild-Harvested Australian fruit and flower extracts. This sensory facial incorporates an aromatherapy scalp, foot, arm and lower leg massage with Geranium, Lavender & Clementine for a deeply relaxing experience.

#### **DELUXE VITAMIN RENEW FACIAL — 75 MIN \$175**

An active facial to boost luminosity, improve elasticity and deliver powerful Anti-Ageing 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 — 60 MIN \$150**

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.

# Rituals

"A head-to-toe degustation of treatments designed by iKOU to create a sensory, full body experience..."

## DE-STRESS BODY & MIND BALANCE — 120 MIN \$275

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 Hot Stone Massage
- Pure Results Calming Facial & Scalp Massage

### RECOMMENDED UPGRADES

- Soothing Quandong & Bergamot Deep Conditioning & Scalp Cocoon — 30 MIN \$75
- Vichy Treatment — 20 MIN \$50

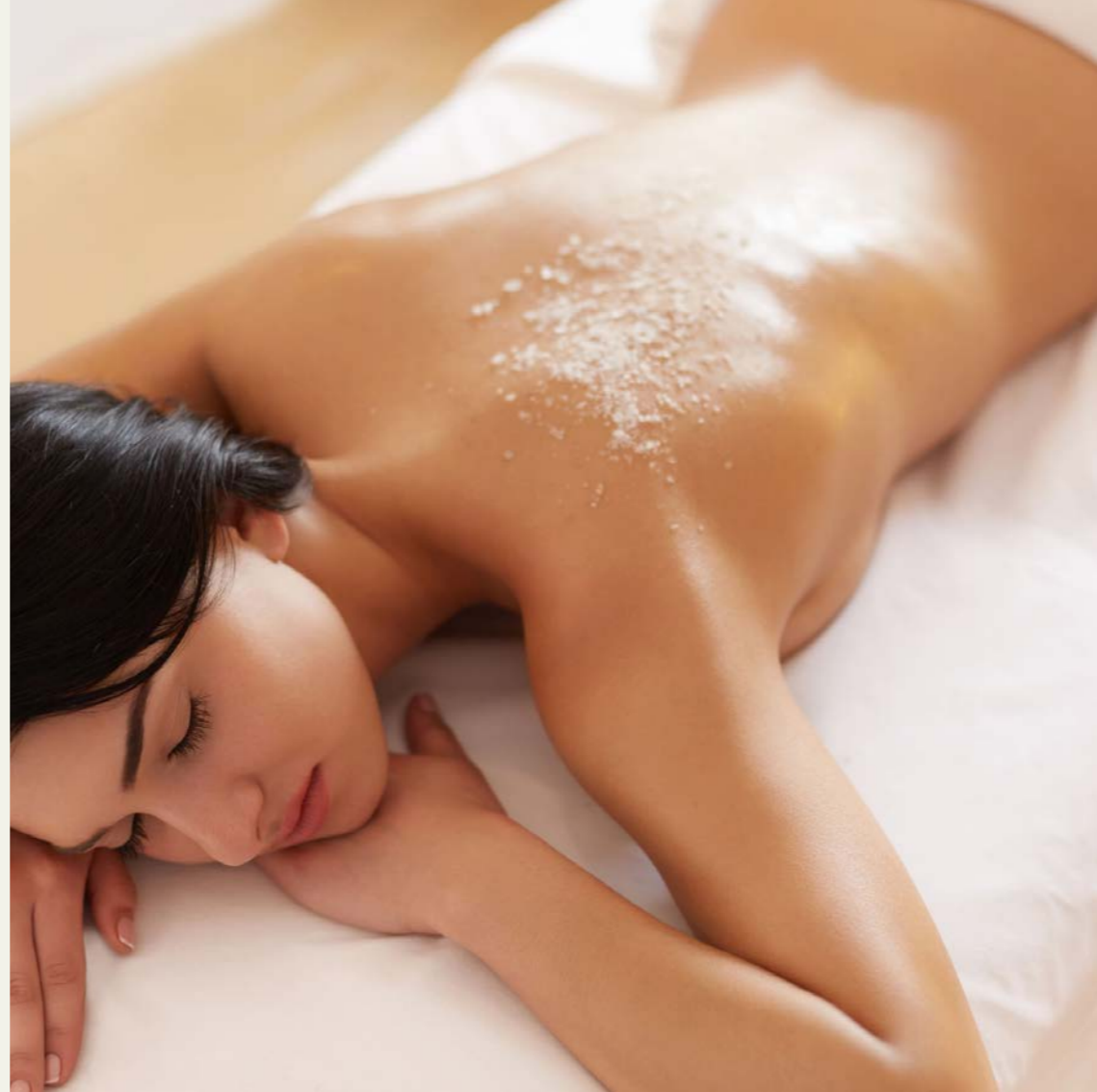
## AUSTRALIAN SEA KELP & INDIGENOUS CLAY EARTH DREAMING — 75 MIN \$175

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 Warming Clay Cocoon
- Quandong & Bergamot Deep Conditioning Scalp Massage
- Kakadu Plum & Cucumber Body Souffle

### RECOMMENDED UPGRADES

- Full body Muscular Wellbeing Massage — 60 MIN \$130
- Vichy Treatment — 20 MIN \$50



## RAINFOREST REVIVAL RITUAL — 90 MIN \$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 a full body massage that focuses on releasing tension leaving 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 UPGRADES

- Soothing Quandong & Bergamot Deep Conditioning & Scalp Cocoon — 30 MIN \$75
- Vichy Treatment — 20 MIN \$50

## WHITE FLANNEL FLOWER SANCTUARY RITUAL\* — 105 MIN \$250

\*Suitable in pregnancy

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 UPGRADES

- Organic White Flannel Flower infused neck, back & shoulder massage — 30 MIN \$75
- Vichy Treatment — 20 MIN \$50



# Body

## **iKOU ORGANIC BODY SCRUBS**

**BODY SCRUB ONLY — 45 MIN \$115 / ADD TO YOUR MASSAGE (PAGE 12) — 30 MIN \$75**

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.

### **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 TREATMENT**

**ADD TO YOUR BODY SCRUB — 20 MIN \$50**

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.

# Massage

## BALANCE AND CALM — 60 MIN \$130 / 80 MIN \$175

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 — 60 MIN \$155 / 80 MIN \$195

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 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.

## HEAD, NECK & SCALP WITH AUSTRALIAN FRAGONIA & BERGAMOT DEEP CONDITIONING MASK — 45 MIN \$115

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.

### ADD ON

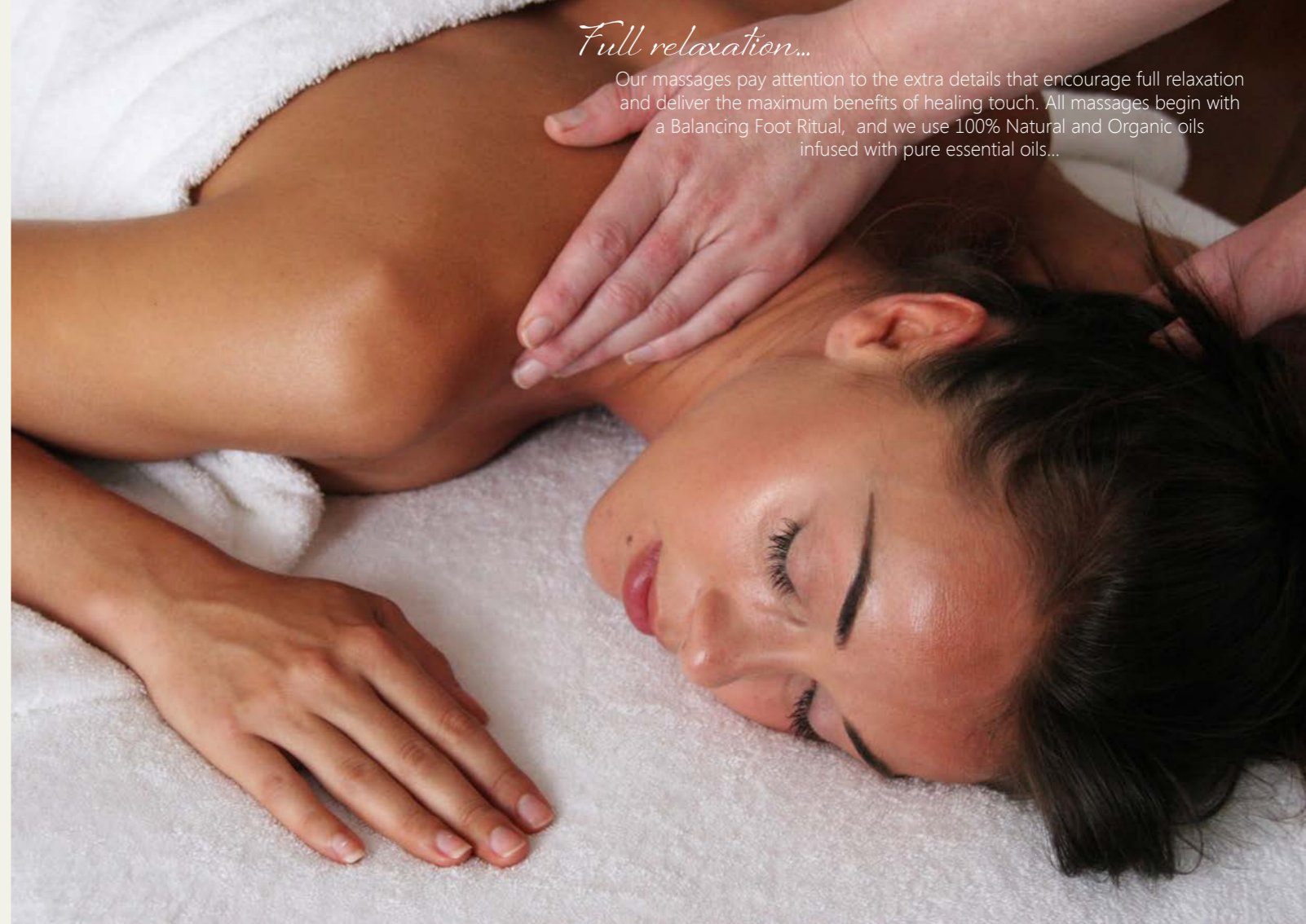
Back massage — 30 MIN \$75

## iKOU RAINFOREST FOOT RITUAL — 30 MIN \$95

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!

## *Full relaxation...*

Our massages pay attention to the extra details that encourage full relaxation and deliver the maximum benefits of healing touch. All massages begin with a Balancing Foot Ritual, and we use 100% Natural and Organic oils infused with pure essential oils...



## For Men

### RAINFOREST REVIVAL RITUAL — 90 MIN \$195

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. An iKOU Lemon Myrtle sea salt scrub reveals radiant skin while relaxing the body and mind to fully enjoy the benefits of a full body wellbeing massage. The finishing Foot Restoration Massage with Lemon Myrtle & Cucumber Mask leaving you energised and walking on air.

### MENS ESSENTIAL AGE-DEFYING FACIAL — 90 MIN \$195

Skin is deeply cleansed and detoxified with natural plant exfoliants 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. *We recommend shaving prior to having a facial for maximum comfort and benefit to the skin.*

### DE-STRESS HOT STONE MASSAGE, SCRUB & VICHY SHOWER — 120 MIN \$275

This treatment begins with a full body sugar scrub based on Italian Orange & Australian Jojoba, to balance skin hydration, stimulate blood flow and replenish feelings of energy and wellbeing. Feel stress and tension melt away under the massaging flow of multiple jets of water massaging your body with the perfect temperature water in the Vichy Shower. Your entire body then enters a state of deep relaxation under the comforting warmth of hot stones combined with skillful massage.



## For Couples

**Ubika Day Spa Couples Room** is the perfect way to share some quality relaxation time as a couple, friends or family. All the 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 — 105 MIN \$250 pp

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

#### RECOMMENDED UPGRADES

Organic Vanilla infused neck, back & shoulder massage — 30 MIN \$55

### DE-STRESS BODY & MIND BALANCE — 120 MIN \$275 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 Ubika De-Stress experience begins with an Italian Orange & Australian Jojoba Body Scrub, followed by a full body relaxation massage, Calming Organic Facial and extended scalp massage.

#### RECOMMENDED UPGRADES

Couple Vichy Treatment — 20 MIN \$50 pp

### DELUXE ROOM UPGRADE — \$50

For the ultimate relaxation unwind in our private Deluxe Couples room with access to your own spa bath. Please arrive 45 minutes prior to your scheduled time to savor the full experience.



# Pregnancy

RELAX - WHITE FLANNEL FLOWER RITUAL — 105 MIN \$250

A signature iKOU Ritual, this sensory degustation includes full body Coconut & Australian Hibiscus exfoliation, Rain shower, Hydrating White Flannel Flower Body Cocoon, Body Souffle and Organic Facial for all-over hydration, radiance and relaxation.

MASSAGE — 60 MIN \$150

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.

## RECOMMENDED UPGRADES

Cooling Cucumber Anti-Inflammatory Foot & Lower Leg Mask — 15 MIN \$35

# Ultimate Indulgence

## The Complete Head to Toe Experience

UBIKA HALF DAY INDULGENCE — 4 HRS 30 MIN \$450 per person

Reconnect with yourself and enjoy a full day to rest, relax and restore with a Ubika spa day. This sensory experience will take you on a degustation journey of head-to-toe spa treatments complete with a cheese platter and sparkling wine. Your day will include an organic body scrub, Vichy shower, hydrating body cocoon, organic facial customised to your needs, full body massage and pedicure (polish optional). Minimum 2 people with 24 hours notice required.

## CHOOSE YOUR JOURNEY

“Love Life”- White Flannel Flower connects with feelings of confidence, beauty, inner joy and happiness.

“De-Stress”- Deeply relaxing, calming to soothe both skin and mind.

“Wellbeing”- Lemon Myrtle restores energy, clarity and vitality.





# How to Spa

## PRE-ARRIVAL INFORMATION

Enhance your wellness experience by arriving 15 to 45 minutes before your scheduled appointment to relax in the Zen Room. In consideration of other guests, please be aware late arrivals will result in a reduced treatment time.

Treatments are conducted free of jewellery, please leave any valuable items in your hotel room or at home. Lockers are provided in the change rooms.

## 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.

Remember this experience is yours. Please let us know if you would like to change massage pressure, music volume, lighting levels or room temperature at any time during your treatment. We will not be offended as we want you to enjoy every aspect of your treatment.

## CANCELLATION POLICY

If you cannot make your appointment or you need to re-schedule, we require a minimum of 24 hours advance notice. We regret that 100% charge of total services will be charged if notice is not given.

## AGE LIMITATION

Ubika Spa 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".

## 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. Robes and slippers are provided including disposable underwear for body treatments. Please bring swimwear if you wish to use the spa bath in the Zen Room.

## GIFT VOUCHERS

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

## SPA APPOINTMENTS

UBIKA Spa is immensely popular with guests and as such we strongly recommend that you book your spa treatments well in advance.

Ph 02 4785 0000

Email [info@ubikaspa.com.au](mailto:info@ubikaspa.com.au)

[www.fairmontresort.com.au/ubika-spa](http://www.fairmontresort.com.au/ubika-spa)

## Opening Hours

9:00am - 6:00pm, 7 days

*Menu effective as of July 2018. Prices and treatments subject to change.*



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