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# Welcome to Bodyscape Wellness Spa

The Wellness team at Bodyscape offers holistic spa therapies and wellness consultations in a beautiful and peaceful environment.

Housed in an 1930s art deco heritage listed building that has been lovingly restored to support your journey into ease and wellness and satisfy a deep human desire for connection and simplicity.

Through the experience of relaxed luxury, Bodyscape Wellness Spa provides a welcome respite from the business of modern day living.

Massage, facials, body therapies and wellness consultations are provided by a hand picked team of specialists committed to guiding and empowering each guest into a state of wellbeing and greater balance.

Our spa partner is ikou, a beautiful Australian aromatherapy based brand that uses only organic, wild-harvested Australian fruit and flower extracts to create potent products that will transform your skin.

We also use aromatic Ayurvedic oils in our Ayurvedic treatments, sourced and made according to ancient recipes.

## MASSAGE

### *Elemental Bodyscape*

Align the mind, body and spirit to thrive in wellness and presence. A deeply relaxing warm oil full body and scalp massage that encourages the flow of Prana, or life force energy in order to cleanse and revitalise the whole system—emotional, physical and energetic. The connected, rhythmic massage movements, enriching Ayurvedic oils, therapeutic techniques and energy stimulation releases tension and enhances balance, flow and sacred connection to self.

**30 min express \$100      60 mins \$145      90 mins \$205**

### *IKOU Aromatherapy Massage*

A full body relaxation massage combining rhythmic movements and soothing massage with the art of the senses. Create your own journey with a choice of one of five organic IKOU oil blends:

*Renewal* Bergamot & May Chang For energy and vitality

*Tranquility* Turkish Rose For heart healing and nurturing

*White Flannel Flower* For celebrating life, feeling beautiful and filled with joy

*De-stress* Geranium and lavender For calming and relaxing body and mind

*Muscle Relax* Eucalyptus & Kunzea For muscular warming and anti-inflammatory benefits

**60 mins \$160      90 mins \$210**

## FACIALS

### *IKOU Signature White Flannel Flower Facial*

A beautiful, detailed facial that is deeply relaxing, hydrating and rejuvenating for all skin types, delivering high-performance, anti-ageing results. Using all plant based products, radiant skin is revealed, hydration restored and collagen achieved using active, organic ingredients, serums and masques and boosted with acupressure facial massage.

Incorporating Aromatherapy, scalp, foot, arm and lower leg massage this really is the ultimate blissful experience.

**90 mins \$240      Add-ons: 30 mins sound healing \$300**

## MIND/BODY

### *IKOU Body Scrub*

Transform the body and mind with IKOU 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 the skin rejuvenated. Enjoy as a stand alone treatment or the perfect indulgence before a massage.

Customised body scrubs:

*Organic Italian Orange & Australian Jojoba Body Buff* for cell renewal and healthy skin

*Lemon Myrtle Renewal Body Scrub* to cleanse and rejuvenate balanced skin types

*Organic Coconut & Native Hibiscus Body Polish* gentle and effective for sensitive skin

**45 mins \$140**

### *Shirodhara*

Shiro (head) dhara (flow) is a unique and beautiful Ayurvedic therapy that involves gently pouring a steady stream of herbal oils over the forehead and Ajna (eyebrow) chakra. This deeply relaxing treatment has a profound effect on the nervous system, relieving symptoms of stress, anxiety, fatigue, hypertension, headaches and depression. It regulates mood, improves memory, normalises sleep patterns and helps to provide clarity of all senses.

After booking, one of our therapists will be in touch to share more details about how to prepare for this special treatment.

**70 mins \$140** (includes 10 mins pre treatment consultation) | **Course of 3 \$370**

### *Infra Red Sauna*

Deep core warmth is activated at a cellular level to induce sweating, enhance detoxification, skin rejuvenation, relaxation, muscular recovery and reduce inflammation. 2 person and 4 person saunas are available for private or group sessions.

**45 mins \$50 | 5 pack \$200 | 20 pack \$730 | + \$25 and bring a friend**

## ENHANCE YOUR BODYSCAPE EXPERIENCE:

*Back & Shoulder release massage*      **\$90 for 30 mins**

*Head & Scalp massage*                      **\$90 for 30 mins**

*Mini essential iKOU facial*                  **\$90 for 30 mins**





## **RITUALS**

### *IKOU Rainforest Revival*

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 mind to fully enjoy the benefits of full body massage, focused on releasing tension and leaves you energised and walking on air. Enjoy a body scrub, full body and scalp massage, and foot restoration massage with mask.

**90 mins \$225**

### *IKOU De-Stress Body & Mind Balance Ritual*

Relax and destress 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 utterly relaxed and hydrated.

Enjoy a body scrub, back massage, Body Souffle, facial and scalp massage.

**120 mins \$265**

### *Bodyscape Sanctuary*

A degustation of our favourites... experience the beauty of the White Flannel flower facial blended effortlessly with a deeply rejuvenating full body massage, rounded off by an infrared sauna to transport your mind and body into a level of blissful relaxation. Glow from the inside as you journey throughout the spa.

**120 mins \$265**

## **WELLNESS CONSULTATIONS**

### *Ayurveda Lifestyle Consultation*

Ayurveda (Ay\_ur\_veda) is a system of healing with its roots in ancient India. A Sanskrit term, it literally means the 'Science of Life'. More than 5000 years old, it is the oldest most comprehensive medical system in the world and is the source of many modern day approaches to healthcare. Ayurveda is a way of life. It believes optimal health is available for all, and teaches how to live in balance with ourselves, with the cycles of our life, the day, the year and in harmony with the Universe. An Ayurvedic consultation is concerned with the health of your mind, body and spirit and seeks to identify the root cause of any imbalance. By examining your lifestyle, emotional and physical health, a holistic program will be developed that best suits your needs and health goals.

**60 mins \$120**

## ADDITIONAL INFORMATION

### *Enquiries & Reservations*

Bodyscape Wellness Spa is open from Monday to Saturday. To book a treatment please visit our website, Mindbody online or drop in to the studio to talk with our Wellness Advisors. To ensure your preferred time and service are available, we recommend booking in advance.

### *Spa Arrival*

Please arrive 15 minutes prior your treatment to allow time for adequate time for you to check-in, and for your therapist to plan your perfect experience. Late arrivals may result in reduced treatment time.

### *Cancellation Policy*

If you're unable to make your appointment, Bodyscape kindly requests 24-hours notice for all bookings scheduled Monday to Friday, and 48-hours notice for all bookings scheduled on Saturday. 100% charge will apply for any treatments cancelled within these notice periods.

### *Minimum Age*

Guests must be a minimum of 18 years of age to use the spa facilities. Guests aged from 16 years may attend with signed consent from a parent or legal guardian.

### *Spa Etiquette*

To ensure comfort and relaxation of all guests, we ask that you please keep your voice to a minimum and respect that the spa is a mobile and smoke-free environment. Robes have been provided for your convenience. Professional draping is performed throughout the duration of your spa treatment. We ask that you wear swim wear or robes and towels provided when moving around the spa areas.

### *Ayurveda*

Our wellness advisors are qualified Ayurvedic practitioners that approach all treatments with your wellbeing in mind. On occasion, they may suggest alternative treatments to optimise the health benefits for you.

### *Health Conditions*

Please inform us of any medical or health conditions, allergies, injury or pregnancy when making your reservation.

### *Privacy*

All personal information shared will remain private & confidential.

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