

## Rituals – for those who are looking for that top to toe experience, boy have we got you covered

**iKOU Rainforest Revival** 90 min \$225  
Uplifting, invigorating and reenergising. Think full body scrub, massage and even a treat for the feet. Everything we use is designed to promote energy and vitality and you'll smell incredible

**iKOU Destress Mind & Body Balance** 120 min \$265  
Simply described as the best treatment ever, this calming treatment will leave you utterly relaxed and hydrated. When you leave this one you will feel like a different person. Scrub, massage and a facial, nothing is left untouched (well, except the naughty bits).

**Bodyscape Sanctuary** 160 min \$265  
A degustation of our favourites. Journey through the spa and pick up a massage, sauna and a facial as you go.

## Wellness Consultations

**Integrated Precision Medicine Consultation**  
Initial 75 min \$245  
Subsequent 60 min. \$195

A whole-person approach that blends the art of traditional medicine with the science of modern biometrics to provide a comprehensive, science-based diagnosis and optimal treatment plan for your condition or concern.

**Restorative Acupuncture**  
Initial 75 min \$195  
Subsequent 60 min. \$145

This consultation included constitutional diagnosis, full body acupuncture treatment, Chinese herbal medicine prescription and nutritional therapy recommendations. This restorative treatment not only addresses your immediate concerns, it also strengthens your constitution to restore and prolong good health.

## Enquiries & Reservations

Bodyscape Wellness Spa is open from Monday to Saturday. To book a treatment please visit our website, book on Mindbody 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.

## Yoga Classes

We provide an environment that is welcoming and empowering for all and this is the core of what we do at Bodyscape. We offer yoga classes and private sessions in the studio or the comfort of your home. Please refer to our website for more info on timetable and pricing.

## Bodyscape

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Nedlands 6009

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[www.bodyscape.com.au](http://www.bodyscape.com.au)

For enquiries and bookings,  
please reach out to us on  
[hello@bodyscape.com.au](mailto:hello@bodyscape.com.au)

# Bodyscape Wellness Spa Menu

**B D Y**  

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**S C P**

## About Bodyscape

Our mission is to help you come back to balance, to feel beautiful, look radiant and leave restored. Our treatments are designed to have powerful physical and energetic benefits, and when combined with potent natural products and the intuitive and healing touch of our therapists, you will be thrilled with the results.

### Massage 60 / 90min

#### Bodyscape Signature Massage \$145 / \$205

Your body, our intuition and Bodyscape's signature oil blend. It doesn't get better than this.

#### Elemental Massage \$145 / \$205

Tuning in to your unique constitution, our Ayurvedic practitioners use the flow and depth of movement to gently bring you closer to balance ... and work out a few kinks along the way.

#### Aromatherapy Massage \$160 / \$210

Smell good enough to eat as you float out of the studio.

#### Pregnancy Massage \$160

A safe, supportive, tailor made massage for our mums-to-be after the first trimester. Take the weight off your growing body, enhance the overall experience of your pregnancy and as a bonus, leave looking brighter, feeling lighter, calmer and softer.

#### Hot Stone Massage \$150 / \$210

Who knew a few hot rocks could feel this good? We go deep with this one. You'll feel the difference.

### Infrared Sauna 45 min / \$50

Warm up deep from within. Oh so good for detoxification, skin rejuvenation, relaxation, and for all your sports folk out there, to reduce inflammation and speed up muscle recovery.

## Facials

#### iKOU Signature Facial 60 / 90 min \$160 / \$220

Our high performance, anti-ageing facial. Using plant based products radiant skin is revealed, hydration restored and collagen boosted. Add a super long facial massage, double mask and a head, scalp, foot, arm and hand massage and you will feel truly spoiled.

#### Lifting & Sculpting Facial 45 min \$90

If you're like me and the massage is your favourite part of a facial then this one's for you. We use a Kansa wand to open up energy lines and intuitive movements to lift, tone, strengthen and relax facial muscles, so that you're left with a radiant complexion that starts from within.

#### Mimosa Signature Facial 2.5 hrs \$295

A unique facial therapeutic experience. Be prepared to be microneedled, pinned, and then soothed with peptide masks, Gua sha and jade rollers and finally boosted with LED photon therapy. There is nothing like this available in Perth, and as our customers tell us, quite simply the most effective facial they have ever had.

#### Mimosa Glow Facial 60 min \$195

A specialised facial acupuncture treatment designed to tone and lift the deep facial muscles that sag as we age. Not as relaxing as some of our other facials but oh so good.

## Mind/Body

#### iKOU Body Scrub 45 min \$140

Rub, scrub, slather. Fast, effective and leaves you with the smoothest skin ever.

#### Reiki 45 / 60 min. \$120 / \$140

Improving the flow of energy in the body to relieve pain, enable deep relaxation and support healing. Great for people who don't like being touched. In a Reiki healing session you keep your clothes on and there's no actual contact. You just lie back, rest and we'll wake you up once it's finished.

#### Shirodhara 60 min \$140

Another great therapy for people who are not keen on massage. We pour warm herbal oil over your forehead and induce a profound effect on your nervous system. Especially good to relieve stress, anxiety, fatigue, hypertension, headaches and depression. Basically if your concern starts in the mind, then this is the one to pick to help address it.

