

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

### iKOU Rainforest Revival 90 min \$225

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. Enjoy a body scrub, full body and scalp massage, and foot restoration massage with mask.

### iKOU De-Stress Mind & Body Balance 120 min \$265

Relax and destress the mind, balance the body and restore hydration in this soothing head to toe rejuvenation ritual. Enjoy a body scrub, back massage, Body Soufflé, facial and scalp massage.

### Sleep Ritual 3 hours \$400

Reset the natural rhythm of the body to heal disruptive sleep patterns. Using ancient Ayurvedic practices that support the nervous system and encourage deep rest. Includes: Mini consultation – Guided Pranayama – Abhyanga Marma Massage – Shirodhara – Yoga Nidra

## Wellness Consultations

### Integrated Precision Medicine Consultation

Initial 75 min \$245

Subsequent 90 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 to your treatment to allow 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

35 Stirling Highway  
Nedlands 6009

0401 738 596

[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**

**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

**Bodyscape Signature Massage.** 60 / 90 min \$145 / \$205

An intuitive massage where the therapist will tune into exactly what you need, using our very own signature oil blend.

**Pregnancy Massage** 60min \$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.

## Mind/Body

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

Polish away dull skin to reveal a radiant glow with instant 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.

**McLoughlin Scar Tissue Release®** 60min \$150

A gentle, non-invasive and highly effective treatment of scar tissue to improve lymphatics, nerve signal and blood flow.

## Infrared Sauna

45 min \$50  
5 Pack \$200

No steam, no hot rocks, no high heat. Using Solocarbon infrared heating, you experience soothing heat similar to sunshine, without the harmful UV rays. Unlike traditional saunas that simply warm the air, infrared heats the body directly in temperatures ranging between 38 to 58 degrees. You can enjoy a deep, detoxifying sweat at a more comfortable temperature. For detoxification, skin rejuvenation, relaxation, and 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.

**iKOU Green Superfood Booster Facial** 60 min \$190

Fresh skin is revealed with a natural AHA sugarcane and fruit enzyme peel. Illuminate the complexion and deliver a powerful active boost of cleansing, green superfoods. Quench thirsty skin with a moisture-locking hyaluronic infusion mask to hydrate skin for a clear, healthy balance.

**iKOU Wellness Probiotic Facial** 60 min \$220

A complete holistic relaxation treatment that begins with a sacred grounding ritual and breathwork to help you find your zen. Using Eastern facial massage techniques with Gua Sha crystal stones and rollers to relax facial muscles and release tension giving a youthful smoothness to the skin.

**Mimosa Signature Facial** 2 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.



## Ayurveda

**Basti** 60 min \$140

Soothes muscles and relieves pain and inflammation. It often helps when nothing else seems to work. A nurturing and traditional treatment where a moulded dough dam is placed over a specific region of the body and filled with warm oil.

**Marma Massage** 90 min \$225

Align the mind, body and spirit to thrive in wellness and presence. A deeply relaxing warm oil massage that encourages the flow of Prana, or life force energy in order to cleanse and revitalise the whole system. Specific attention is given to stimulating the vital energy points on the body, called Marma's.

**Pinda/Ruksha Swedana** 60 min \$200

Restore vitality throughout the body. A deeply nourishing therapy using heated cotton compresses of warmed rice, salt, herbs and spices especially selected for their therapeutic properties and applied either dry (ruksha) or oily (snigdha). Strengthening the immune system, improving circulation, and offering immediate relief from pain and inflammation in joints and muscles.

**Shirodhara** 60 min \$140

A traditional treatment whereby warm oil is poured in a continuous stream over your forehead. Especially good to relieve stress, anxiety, fatigue, hypertension, headaches and depression.

**Urdvatana** 60 min \$195

Invigorating, toning and deeply penetrating. A lymphatic massage with a difference. Combining light oil and herbal powders to cleanse the skin, improve circulation and digestion and help weight loss by increasing the basal metabolic rate.

**Abhyanga Massage** 60 / 90 min \$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.

**Ayurvedic Health Consultations**

Please enquire.