

The background is an abstract composition of soft, painterly brushstrokes. A large teal area occupies the right side, while the left side features a mix of yellow, brown, and light pinkish-beige strokes. The overall effect is a textured, artistic backdrop.

# ESSENTIA

DAY SPA



# ESSENTIA | Latin | meaning “to be”

Essentia Spa is nestled in amongst the white sands, palm trees and turquoise waters of the Coral Sea; a sanctuary “to be” present in oneself, to de-stress, to pause from the world and unwind with spa rituals that have been thoughtfully designed to harmonise mind, body and soul.

Our decadent rituals and treatments utilise the pure, organic and Australian-made range iKOU. A sensory experience that not only deeply relaxes, but connects you with the true heart of this ancient land.

# Lizard Island Rituals

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## 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 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.

**Organic Australian Lemon Myrtle Body Scrub**

**Reviving Full Body Massage**

**Foot Restoration Massage with Lemon Myrtle & Cucumber Mask**

90 minutes | \$280

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## NURTURE

Nurture your tender skin after a long day in the sun with this cooling hydration treatment. Protect and nourish the skin with a cooling cucumber & aloe vera mask. A soothing massage with cool stones is used to refresh both the skin and mind, lower the body temperature and reduce inflammation with a luxuriously hydrating cucumber soufflé. Drift into a state of deep serenity with a relaxing scalp massage.

**Cooling Cucumber & Aloe Vera Mask**

**Soothing Cool Stone Massage**

**Hydrating Cucumber Body Soufflé**

**Relaxing Scalp Massage**

90 minutes | \$280

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## RENEWAL

A sense of renewal and wellness for skin and mind. This journey begins with a mindful moment as you set the intention for your experience by intuitively choosing from one of five aromatherapy oil blends to customise your massage to you. A facial that is individually tailored to suit your skin needs, allowing us to create a complete bespoke experience. Tension is released through the feet with zone therapy and cooling aromatherapy mask to leave you with a renewed sense of inspiration.

**Aromatherapy Back Massage**

**Customised Hydration Facial**

**Foot Restoration Massage with Lemon Myrtle & Cucumber Mask**

90 minutes | \$280

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# iKOU Rituals

*“A head-to-toe degustation of treatments designed to create a sensory, full body experience...”*

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## BALANCE

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 Aromatherapy Massage**

**Calming Facial & Scalp Massage**

150 minutes | \$400

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## RADIANCE

Inspired by the beauty of the Australian White Flannel Flower, this popular ritual is a complete head-to-toe degustation of 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 Flower Hydrating Body Cocoon**

**Pure Radiance Facial**

**Full Body White Flannel Flower Soufflé & Foot Restoration Massage**

120 minutes | \$350

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## DREAMING

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 Body Scrub**

**Sea Kelp & Native Clay Body Cocoon**

**Quandong & Bergamot Deep Condition Scalp Treatment**

**Kakadu Plum & Cucumber Body Soufflé**

90 minutes | \$270

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# High Performance Facials

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## WELLNESS FACE BOOST

A complete holistic relaxation treatment that begins with a sacred affirmation ritual and breath work 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. A selection of iKOU skin food boosters including probiotics and green superfoods brighten the complexion leaving a luminous glow, a reflection of skin health. Hot and cold temperature therapy is incorporated to promote vascular circulation and product absorption offering healing, calming and rejuvenation benefits.

90 minutes | \$250

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## ORGANIC DE-STRESS

This restorative facial focuses on collagen regeneration, healing, nourishing and rebuilding skins elasticity and protective hydration barrier using Organic & Wild Harvested Australian fruit and flower extracts.

Incorporating a White Clay Desquamation Face Polish with Hyaluronic Infusion Masque to brighten and balance skin. Facial muscles are relaxed during extended aromatherapy massage including scalp, shoulders, arms, feet and lower legs with Geranium, Lavender & Clementine for a deeply relaxing state of being.

90 minutes | \$250

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## PURE RADIANCE

Radiant skin is revealed with an AHA & BHA Australian Desert Lime Face Polish. Boosting collagen is achieved using active, organic ingredients, serums and masques extracted from high-performance Australian plant, fruit and flower extracts. This beautiful, detailed facial incorporates an acupuncture massage leaving your skin lifted, firm and radiant.

75 minutes | \$220

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## DEEP CELL HYDRATION

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.

Hyaluronic Acid infusion compress and luxurious double masques for instant, visible results leaving skin radiant, nourished and revitalized.

60 minutes | \$180

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# Organic Body Buffs, Scrubs and Polishes

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## BODY SCRUB

Polish away dull skin to reveal a radiant glow with instant results. Organic ingredients high in 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.

60 minutes | \$190

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### Organic Italian Orange & Australian Jojoba Body Buff

A fast results sugar scrub rich in hydrating Jojoba Oil for cell renewal and healthy skin.

**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.

**Mind benefits:** Reviving and cleansing.

### Organic Coconut & Native Hibiscus Body Polish

A gentle but effective Coconut & Jasmine Rice body polish for sensitive skin.

**Mind Benefits:** Connects with inner joy and inspires a feeling of bliss

# Body Massage

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## ESSENTIA SIGNATURE MASSAGE

Harmonise and connect mind and body with this signature wellbeing massage. Create your own journey with your choice of five iKOU organic aromatherapy plant oil blends. Soothing essential oils are combined with the art of mindful movements, gentle stretching and guided breath work for a deeply relaxing and balancing full body massage.

60 minutes | \$210

90 minutes | \$280

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## DE-STRESS HOT STONE HEALING & FOOT RENEWAL

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 quieten and 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.

90 minutes | \$290

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## MUMMA TO BE

Pregnancy specific movements to help relax the mother to be and child. Using pregnancy blended oils to balance out the muscular tension and ground the energies of the body.

60 minutes | \$210

(Only available after the first trimester)

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# Enhancement Therapies

Add an enhancement to another spa treatment or create your own spa experience with a blend of two or more enhancements.

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## SCALP COCOON

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.

30 minutes | \$100

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## RAINFOREST FOOT RITUAL

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!

30 minutes | \$100

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## ISLAND REFRESHER

This express facial offers an effective 'pick me up' for tired skin. A cleanse and exfoliant is followed by facial massage and serums to energise a vibrant complexion.

30 minutes | \$100

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## VICHY SHOWER

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.

15 minutes | \$80

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# Spa Etiquette

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## ARRIVAL TIME

Enhance your wellness experience by arriving 15 minutes before your scheduled appointment. In consideration of other guests, late arrivals will be subject to a time reduction from the scheduled treatment.

## 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.

## RETAIL THERAPY

Essentia Spa offers a wide range of iKOU products to take you spa experience home with you. Please ask therapists for recommendations.

## CANCELLATION POLICY

If you cannot make your appointment or you need to re-schedule, we require a minimum of 12 hours advance notice. We regret that 100% charge of total services will be charged if notice is not given.

## AGE LIMITATION

Essentia Spa welcomes guests aged 16 years and older to enjoy our facilities and Spa treatments.

## GIFT VOUCHERS

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

## HEALTH

At the time of booking please notify the spa if you have any medical conditions so we can advise the best treatment for you.



