



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

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

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

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

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.

Coconut & Native Hibiscus Body Polish

Sea Kelp & Native Clay Body Cocoon

Bergamot Deep Condition Scalp Treatment

Kakadu Plum & Cucumber Body Soufflé

90 minutes | \$270





Organic Body Buffs, Scrubs and Polishes

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

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

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

DE-STRESS HOT STONE HEALING & FOOT RENEWAL

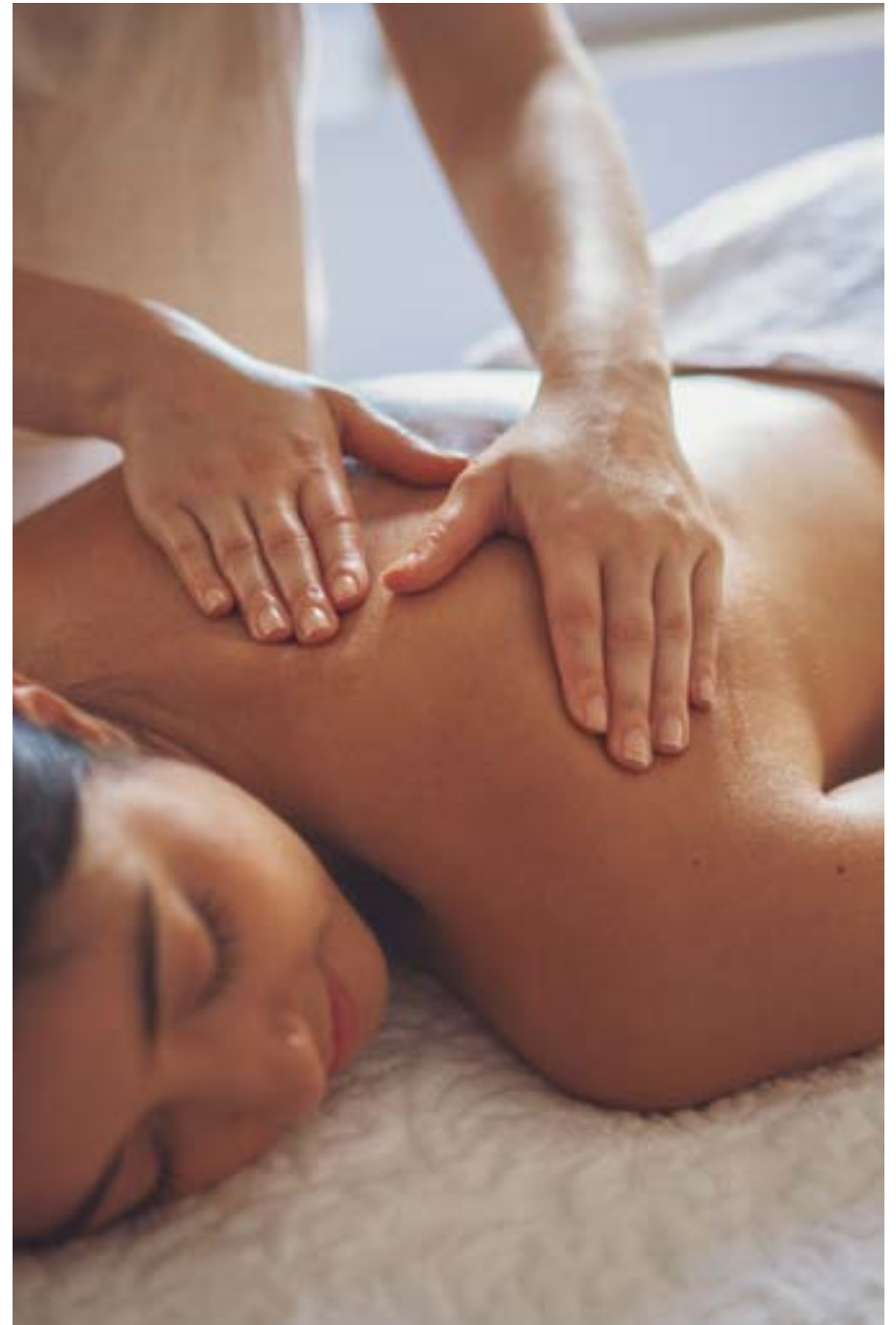
Feel stress and tension melt away under expertly guided hot, Peruvian Basalt stones. Combining a blend of Geranium and Clementine oils with fluid movements to quieten and calm the mind. Your entire body will enter a state of deep relaxation under the comforting warmth of the stones. A blissful exfoliation for the feet is included in this treatment leaving you walking on air when you emerge.

90 minutes | \$290

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)





Enhancement Therapies

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

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

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

Spa Etiquette

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 your 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.

DISCLAIMER

Pre-bookings are subject to change due to therapist availability and menu changes, however we will always do our best to accommodate your desired treatment and time.

