



THE  
*Spa*

THE HILLS LODGE

ESCAPE INDULGE REJUVENATE



# Welcome

Escape to a place where your wellness is our focus. Welcome to The Spa at The Hills Lodge. A luxurious spa, hidden beside the pool in a truly boutique hotel. From the moment you walk down the jasmine-lined stairs, a feeling of tranquility will surround you.

Your journey begins with a wellness questionnaire to ensure your treatments are tailored to perfectly meet your needs.

As you sip on a calming iKOU herbal infusion, the soft aromas of essential oils and soothing music will move you into a place of serenity as the worries of the world float away.

Our iKOU treatments and spa packages are designed to alleviate stress, and reduce tension in your mind and body.

Restore balance to your body while delighting all of your senses as our therapists guide you through The Spa's journey to wellness.

# iKOU RITUALS

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

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Relax

\$250

## White Flannel Flower Ritual

**1 hour & 45 minutes**

Unwind and allow your body to receive the healing benefits of deep relaxation. The white flannel flower and other exotic ingredients restore a radiant all-over glow. From head to toe - unwind, breathe, relax.

- Organic Coconut and Jasmine Body Polish
- Wild Yam and White Flannel Flower Hydrating Cocoon
- Neroli and Rosehip Facial Massage
- Recovery Face Masque
- Native Hibiscus, Jasmine and Silk Body Souffle
- Vanilla Infused Oil Foot Restoration Massage

### **Recommended upgrade**

Express facial / 30 minutes / \$65

# Renewal Body & Mind Balance

\$275

## 2 hours

Soothe and de-stress the mind while breathing new life back into the body and soul with this uplifting head to toe rejuvenating ritual.

Focusing on mood lifting benefits using essential oils to promote a feeling of positivity and well being... rediscover your bliss.

- iKOU Foot Ritual
- Warm Bergamot Hair and Scalp Deep Conditioning massage
- Organic Jojoba and Italian Orange Body Buff
- Organic Aromatherapy Full Body Massage

## Recommended upgrade

Express Facial / 30 minutes / \$65

# Restore Fresh from the vine

\$295

## 2 hours and 15 minutes

Re-establish radiance and restore energy to your body through this deeply relaxing and nurturing cocoon-like experience. Combining the regenerative properties of nature's oils with high performance extracts from the vine, this ritual reveals all over polished skin, silky hair and relaxed muscles.

- iKOU Foot Ritual
- Citrus Grove Body Mist
- Natures Vine Enzymatic Body Peel
- Phyto-nutrient Glow Body Cocoon
- Natures Ultra Vine Body Serum
- Fig and Guava Oil Full Body Massage
- Cucumber Contouring Eye Treatment
- Deep conditioning Bergamot Hair and Scalp Mask

## Recommended upgrade

Express Facial / 30 minutes / \$65

Organic Vanilla infused neck back and shoulder massage / 30 minutes / \$60

# iKOU CUSTOMISED BOTANICAL FACIALS

**Advanced Cell Hydration / Superior Exfoliation /  
High Performance Anti-Ageing /  
High Intensity Vitamins and Minerals**

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## Refresher Facial

**30 minutes**

Refresh your skin while having a taste of iKOU luxury. Focusing on effective cleansing, exfoliation and hydration in an express time frame.

\$75

## Deluxe Botanical Balance

**1 hour**

This results-driven facial rejuvenates and restores moisture balance through phyto-nutrient synergy. Includes a relaxing facial massage.

\$130

## Age Defying

**1 hour / 1 hour and 30 minutes**

Following deep cleansing, radiant skin is revealed using a signature iKOU technique of French White Clay and Natural Salicylic Acid Botanical Desquamation of the face, neck and décolletage. Toning and firming of the skin, lifting and creating improved muscle tone is achieved using active, organic ingredients and masks including Marine Collagen and Siberian Ginseng infused into the skin and an acupressure facial massage.

\$145

60  
mins

\$195

90  
mins

### **Recommended upgrade**

Neck, back and shoulder massage / 30 minutes / \$60

Full body massage / 60 minutes / \$110

# HAND & FOOT INDULGENCE

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## iKOU Rainforest Foot Restoration

\$75

**45 minutes**

**(can also be enjoyed as a 30 minute add on / \$50)**

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!

## The Spa Manicure

\$90

**1 hour**

Let us take you by the hand and lead you into luxury. Includes an exfoliation, massage, nail care and cuticle work. Finish with a polish of your choice – our gift to you.

### **Recommended upgrade**

French polish / 15 minutes / \$25

## The Spa Pedicure

\$90

**1 hour**

Take the weight off your feet with this replenishing treatment. Immerse your feet in a warm soak, followed by nail care, cuticle work, massage and refreshing mask. Finish with a polish of your choice – our gift to you.

30 minute express treatments also available.

## The Perfect Pair

\$145

**1 hour and 30 minutes**

Lets us focus on your concerns and relieve your tired hands and feet. Finish with a polish of your choice – our gift to you.

# BODY TREATMENTS

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## iKOU Head, Neck and Scalp massage with Bergamot and Cedarwood Deep Conditioning Mask

\$115

**45 minutes**

**(can also be enjoyed as a 30 minute add on / \$70)**

Head and 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 easing of stored tension. Italian Bergamot Oil is renowned for relieving stress and assisting with conditions such as psoriasis, or a dry itchy scalp. This warm iKOU mask provides deep conditioning for the hair and invites rest for the mind, while the finishing shower washes away your cares.

## Organic Italian Orange and Jojoba Body Buff

\$115

**45 minutes**

**(can also be enjoyed as a 30 minute add on / \$70)**

A favourite for its instant results, the Organic Italian Orange and Jojoba body buff polishes away dull skin to reveal a radiant glow. Rich in essential fatty acids and antioxidants with natural oils promote cell renewal. The finishing application of Organic Body Souffle leaves the body relaxed and rejuvenated.

The perfect treatment to enjoy before a massage or as a stand-alone indulgence.



## Relaxation Massage

**30 minutes / 1 hour / 1 hour and 30 minutes**

Let the healing touch of our therapists move you into a deep place of relaxation. With flowing movements and gentle muscle manipulations, this treatment is sure to put your mind at ease and have you walk out floating. Create your own journey, choose from five Organic iKOU plant infused oils.

\$70

30  
mins

\$130

60  
mins

\$175

90  
mins

## Tension Reliever Massage

**30 minutes / 1 hour / 1 hour and 30 minutes**

This massage focuses on the deeper tissues to remove all traces of tension. Customised to suit your needs, with anti-inflammatory herb and plant infused oils, the Tension Reliever will relax and renew.

\$70

30  
mins

\$130

60  
mins

\$175

90  
mins

## iKOU Native Clay and Hot Oil

**1 hour - back, neck and shoulders**

**1 hour and 30 minutes - full body**

A unique iKOU treatment based on Ayurvedic principals to effectively ease tension through heat release and massage. Hot, therapeutic oil is repeatedly flowed through a clay ring placed on the back, to begin the process of releasing tension from the sacrum, spine and hips. The oil is then massaged over the body. This highly effective treatment focuses on relieving back pain through anti-inflammatory herb and plant extracts, heat and massage, providing fast and lasting results.

\$165

60  
mins

\$195

90  
mins

# THE SPA PACKAGES

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## Revive

**1 hour and 30 minutes**

Recover from the daily grind with the ultimate pick-me-up in this one and a half hour package.

A relaxing 30 minute back, neck and shoulder massage allows you to drift away, while the refresher facial brightens and hydrates your skin. An Eyebrow wax, tint and eyelash tint provide the finishing touches.

\$190

## Reinvigorate

**2 hours**

Reinvigorate your body with this luxurious two hour package.

Begin with an Italian Orange and Jojoba body buff to awaken the senses. Nurture and replenish tired skin while releasing muscle tension with a Relaxation Massage with an oil of choice. Choose between an Express Manicure or Express pedicure to complete your journey to renewal.

\$240

## Serenity

**2 hours and 30 minutes**

Escape to a serene place with this two and a half hour package.

Enjoy a 90 minute Relaxation or Tension Reliever massage to calm and soothe your mind and body, followed by a 60 minute botanical balance facial. Customise your journey by selecting from five iKOU Organic Plant Oil blends.

\$300

## Rejuvenation

\$415

### 3 hours

Renew yourself with this top to toe rejuvenating three hour package.

Your journey begins with the Rainforest Foot Restoration, to soothe and revive those tired feet. Melt away the built up tension through heat release and massage with a 60 minute Native Clay and Hot Oil treatment. Focusing on the back, neck, shoulders and hips, hot therapeutic oil is repeatedly flowed through a clay ring, and then massaged into the skin, providing fast and lasting results. Boost your skin with a refreshing facial treatment, and drift away as your therapist relieves mental fatigue, calms your mind and eases stored tension with a deeply relaxing scalp massage. An infusion of Italian Bergamot Oil into the scalp and hair and the application of a warm Bergamot and Cedarwood hair mask completes your journey. Sip on an iKOU herbal infusion as you float out of the treatment room and back into reality.

## The Ultimate Indulgence

\$500

### 5 hours

Find refuge from the stresses of life and treat yourself with this indulgent five hour package.

Relax from top to toe with the White Flannel Flower Ritual, including a full body polish with Organic Coconut and Jasmine. Vanilla and tangerine infused back, neck and shoulder massage and a hydrating Wild Yam and White Flannel Flower cocoon. The bliss continues with a Refresher Facial including a Neroli facial massage, and full body soufflé application. Take some time out for yourself and indulge in a 45 minute break to enjoy a delicious light lunch by the pool or in the restaurant.

Add the finishing touches with The Spa Manicure and Pedicure, and enjoy a nail polish of choice as our gift to you.

# WAXING & TINTING

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Eyebrow Wax

\$25

Top Lip

\$20

Underarm

\$25

Bikini

\$30

Extended Bikini

\$45

Half Leg

\$40

Full Leg

\$60

Full Leg and Bikini

\$85

Eyebrow Tint

\$20

Eyelash Tint

\$25

Eyebrow and Eyelash Tint

\$40

Other services available upon request.

# Spa Etiquette

## **Reservations**

Reservations are recommended to avoid disappointment. We ask for a valid credit card, spa voucher or room number to reserve your appointment at the time of booking. When making your reservation, please notify the spa if you have any medical conditions so we can suggest the best treatment for you.

## **Pre-Arrival**

To enhance your journey with us, we encourage you to arrive 15 mins prior to your treatment. In consideration of our other guests, late arrival may result in your treatment time being shortened.

## **Our Spa**

We aim to provide a quiet and tranquil spa environment for all of our guests, and kindly request that you turn off your mobile phone on arrival.

To enhance your journey of wellness, we invite you to enjoy our heated outdoor pool and steam room before or after your treatment. If you would like to use the facilities, please notify our spa team when making your booking so we can prepare for you.

# Cancellation Policy

If you cannot make your appointment or need to reschedule, we ask that you provide a minimum of six (6) hours notice prior to your treatment, and twenty four (24) hours notice for all large packages and group bookings. We regret that failure to provide notice will incur the full charge of the treatment/s.

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# Spa Vouchers

Give the gift of an experience at The Spa at the Hills Lodge. Spa vouchers are available for purchase for all treatments, packages and retail products. All spa vouchers are valid for six (6) months from the purchase date.

Prices are subject to change without notice.

THE  
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