



Lagoon  
day spa

iKOU  
TREATMENT  
MENU



# iKOU

REST . RELAX . RESTORE

Our Lagoon Day Spa specialises in pure spa therapies to relax and rejuvenate. The Spa is a place to unwind and enjoy thoughtfully designed treatments by iKOU and our Lagoon Spa professionals - harmonising your skin, mind and body.

Inspired by global spa culture and the natural beauty of the landscape and ocean environment surrounding us, we are proud to offer you a bespoke collection of sublime iKOU Spa Rituals.

Pure, natural, organic and vegan - iKOU is proudly Australian made.

iKOU creates a fusion of wild-harvested indigenous ingredients combined with global spa traditions for a sensory experience that not only deeply relaxes, but also connects you with the true heart of this ancient land.

Enjoy...

## iKOU RITUALS

An iKOU specialty head-to-toe degustation of treatments for the ultimate sensory spa experience for skin, mind and body.

### **NATIVE WHITE FLANNEL FLOWER RITUAL**

**120 minutes \$310**

Unwind and allow your body to receive the healing benefits of deep relaxation. Inspired by the beauty of the Australian White Flannel Flower, this popular ritual is a complete head-to-toe degustation of iKOU 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 & Native Hibiscus Body Polish  
Australian White Flannel Floral Hydrating Cocoon,  
Organic Luxury Radiance Facial  
Full Body White Flannel Flower Soufflé application with Foot Restoration Massage

### **DE-STRESS BODY & MIND RITUAL**

**120 minutes \$310**

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  
Pure Results Calming Facial & Scalp Massage



## AUSTRALIAN SEA KELP & INDIGENOUS CLAY RITUAL

90 minutes \$245

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 Scrub  
Sea Kelp & Native Clay Cocoon  
Quandong & Bergamot Deep Conditioning Scalp Massage  
Kakadu Plum & Cucumber Body Souffle application

## LAGOON REVIVAL RITUAL

90 minutes \$245

Breathe new life into your body and soul and enjoy a fresh start with this uplifting ritual. A sea salt scrub from one of Australia's pristine coastlines reveals radiant skin while preparing the body and relaxing the mind. Indulge in a full body massage that focuses on releasing tension and leaves you energised and walking on air.

Organic iKOU Australian Lemon Myrtle Body Scrub  
Reviving Full Body Massage  
Foot Restoration Massage with Lemon Myrtle & Cucumber Mask

# MASSAGES

## LAGOON SPA SIGNATURE MASSAGE EXPERIENCE

90 minutes \$235

A blend of Geranium and Clementine oils will quieten and calm the mind and expert hands plus healing hot stones will work wonders on tight muscles. We start with a deep facial cleanse, scalp, back, neck and shoulder massage then slowly and skilfully move down the body to the feet where we combine reflexology and pressure point techniques to reduce tensions throughout your entire body. Turning you, we combine hot stones and deep tension relieving methods to your back leaving you in a complete state of pure BLISS.

## CHAKRA BALANCING MASSAGE

90 minutes \$195

Our Charka Balancing Massages uses various techniques, pressure points and energy work to balance the body's energy system grounding, empowering and re-energising leaving you relaxed and rejuvenated.

## PREGNANCY MASSAGE

75 minutes \$175 (24 hours notice maybe required to arranging our specialist therapist)

Our special pregnancy massage is all about pampering. The spa's expertly trained therapists use all natural, organic oils to ease you into a state of happiness; relaxing the tensions between your shoulders and easing fluid retention on your legs and around your ankles then finishing with a Cooling Cucumber Anti-Inflammatory Foot Scrub & Lower Leg Mask. Take the time to relax, rejuvenate and spoil yourself before your big day arrives.

\* Only available after the first trimester of pregnancy.

## iKOU MESSAGES

60 minutes \$145 / 90 minutes \$195

## BALANCE & CALM MASSAGE

60 minutes / 90 minutes

Harmonise and connect mind and body with this relaxation 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 breathwork for a deeply relaxing and balancing full body massage.

## MUSCULAR WELLBEING

60 minutes / 90 minutes

This customised iKOU massage draws focus on the release of muscle tension according to your individual needs. Organic, anti-inflammatory herb and plant infused oils, including a warming trio of Australian Eucalypt and Arnica, to deliver effective results and leave you feeling relaxed and renewed.



ikou  
ORGANIC  
BODY BUFF

ORGANIC ITALIAN  
ORANGE & JOJOBA

## BODY SCRUBS

### iKOU ORGANIC BODY SCRUBS

60 minutes \$155

The perfect indulgence to enjoy before a massage.

Transform body and mind with iKOU Organic High-Performance Body Scrubs. Polish away dull skin to reveal a radiant glow with instant results. Rich in essential fatty acids and 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.

### ITALIAN ORANGE & AUSTRALIAN JOJOBA BODY BUFF

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

SKIN TYPE: Normal to dry and dehydrated.

MIND BENEFITS: De-stresses and inspires happiness.

### LEMON MYRTLE RENEWAL BODY SCRUB

A detoxifying, energising salt scrub with deep cleansing Australian Lemon Myrtle for rejuvenation of balanced skin types.

SKIN TYPE: Normal to oily and congested skin.

MIND BENEFITS: Reviving and cleansing.

### COCONUT & NATIVE HIBISCUS BODY POLISH

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

SKIN TYPE: Normal to dry, sensitive and dehydrated.

MIND BENEFITS: Connects with inner joy and inspires a feeling of bliss.



## FACIALS

### NATIVE BOTANICAL RADIANCE FACIAL

90 minutes \$195

Radiant skin is revealed using an AHA & BHA Australian Desert Lime Face Polish. Australian plant, fruit and flower essences stimulate collagen and elastin production offering a powerhouse of antioxidants delivering age-defying results. This beautiful, detailed facial incorporates an acupressure facial and aromatherapy scalp massage, arm, foot and lower leg massage with Australian White Flannel Flower to inspire a blissful experience.

### DE-STRESS ORGANIC FACIAL

90 minutes \$195

Stress has a powerful effect on ageing and skin sensitivity, and this calming, restorative facial focuses on collagen regeneration to heal and rebuild elasticity. A detailed White Clay Desquamation exfoliant will help increase cell turnover, smooth and resurface the top layers of the skin while reducing redness. Improve skin health with a double masque infusion of powerful antioxidants featuring native Australian Davidson Plum Oil. This sensory facial incorporates an acupressure facial and aromatherapy scalp massage, arm, foot and lower leg massage with geranium, lavender & clementine for a deeply relaxing experience.



## WELLNESS PROBIOTIC FACIAL

90 minutes \$195

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. A selection of iKOU skin food boosters including coconut 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 facial benefits.

## GREEN SUPERFOOD FACIAL

60 minutes \$165

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.

\* Recommended for revitalising dull, dehydrated, premature ageing, sun-damaged and acne prone skin or as a deep cleansing treatment and skin boost.

## DEEP CELL HYDRATION FACIAL

60 minutes \$165

This deeply hydrating facial features high-performance luxury organic products that work in harmony with the skins natural cycle to restore skin health. iKOU's signature hyaluronic infusion with native wild hibiscus restores balance and calm. Release facial tension with cooling crystal stone rollers, leaving you with for a fresh, dewy glow and a tranquil state of mind.

## MENS PERFORMANCE FACIAL

60 minutes \$165

Skin is deeply cleansed and detoxified with natural plant exfoliants and extracts for superior deep-pore cleansing and skin smoothing benefits.

This results-driven facial incorporates deeply penetrating organic oils, peptides and potent plant extracts including Tasmanian Mountain Pepper Berry, to stimulate collagen and elastin, lock in moisture improve firmness and deliver advanced age-defying benefits.

## ADDITIONAL SERVICES

AVAILABLE WITH ANY 60+ MINUTE SPA EXPERIENCE

### iKOU HEAD MASSAGE & MASK

30 minutes \$85

#### HEAD, NECK & SCALP WITH AUSTRALIAN FRAGONIA & BERGAMOT DEEP CONDITIONING MASK

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 tensions. 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.

### iKOU EARTH & OCEAN FOOT RITUAL

30 minutes \$85

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 and sea salt 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 aching legs!

### FOOT SPA THERAPY

60 minutes \$120

Includes: Soak or hot towel wrap, scrub, pumice heal work, massage and mask. OPI nail paint is optional within the 60 minutes. No cured varnish removal or application is available.

### CLASSIC PEDICURE

30 minutes \$85

Includes: cuticle and nail care plus OPI nail paint.

### ANTI-AGING HAND TREATMENT

60 minutes \$120

Includes Hot towel wrap, scrub, nail & cuticle care, massage and mask. OPI nail paint is optional within the 60 minutes. No cured varnish removal or application is available.

### DRY BODY BRUSH

15 minutes \$40

Perfect prior to a full body massage to smooth, soften and prepare the skin for the iKOU luxury body products.

BEAUTY SERVICES ARE AVAILABLE UPON REQUEST.

## SPA INFORMATION & ETIQUETTE

May we suggest you arrive early and stay late to enjoy time and tea.

Our spa has an atmosphere of relaxation and tranquility, so we ask you to switch off your mobile phone. Your effort in helping us provide a peaceful atmosphere is greatly appreciated.

Our CANCELLATION POLICY: If you cannot make your appointment and need to re-schedule, we require a minimum of 24 hours notice. We regret 100% of your total services will be charged or your Gift Voucher regarded as redeemed if 24 hours notice is not given and we cannot re-fill your time from our wait list guests. 25% deposit will be required for all spa bookings.

Lagoon Day Spa welcomes guests aged 17 years and older otherwise those aged 12 and over are welcome to join their parents or guardian in one of our spa rooms for 2 to enjoy our spa facilities and therapies.

Lagoon Day Spa GIFT VOUCHERS are available for purchase and may be used for all spa treatments and retail items.

At the time of your booking please let us know if you have any medical conditions so we can advise the best treatment for you to experience.

Appointments outside these hours may be arranged for minimum booking of 3.5 hours.

Please call to request any special requirements and remember our hours are subject to change without notice.

Private: The Lagoon Spa can be arranged for all sorts of occasions: Bridal Parties, Birthday Surprises and small Groups; let your imagination run wild...Romance? Maybe an overnight stay at the Mindil Beach Resort. Just call and leave the rest to us. An unforgettable experience is waiting.

FOR OPENING HOURS AND  
ONLINE BOOKINGS PLEASE VISIT  
[MINDILBEACHCASINORESORT.COM.AU](http://MINDILBEACHCASINORESORT.COM.AU)





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