



Lagoon  
day spa

TREATMENT  
MENU



## SPA MENU

Lagoon Day Spa is Darwin's very own tropical oasis. Our specialist team are dedicated to creating bespoke, pure spa therapies and unforgettable guest experiences that will leave you relaxed and rejuvenated.

Lagoon Day Spa is a place to unwind and enjoy thoughtfully designed treatments by our Lagoon Spa professionals - harmonising your skin, mind and body.

Our facilities include a relaxation lounge, a private tropical courtyard, and an inner sanctum - featuring eight treatment rooms (solo and couples rooms), some with private outdoor showers. While you can easily book solo treatments online, we kindly ask that couples treatments be arranged over the phone or via email to ensure the best possible experience.

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





Complimentary use of the Resort swimming pool is available for guests purchasing spa treatments of 60 minutes or longer.



# iKOU<sup>®</sup>

REST . RELAX . RESTORE

iKOU is our brand of choice and is proudly Australian made, natural, organic and vegan. iKOU creates a fusion of wild-harvested indigenous ingredients combined with spa traditions for a sensory experience that not only deeply relaxes, but also connects you with the true heart of this ancient land.

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





## RITUALS

### CREATE YOUR SPA RITUAL - LAGOON DAY SPA EXCLUSIVE 3hrs \$450

Lagoon Day Spa specialises in creating bespoke wellness therapies, exclusively tailored to the individual guest. Our spa remedies are thoughtfully crafted with intention from beginning to end. Why not sit back and relax, let us take care of everything and plan an exceptional spa escape just for you.

Experience something truly unforgettable!

### WHITE FLANNEL FLOWER RITUAL

2hrs \$350

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 and 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

**\*Recommended upgrade 30min Back, Neck and Shoulder Massage**

## BODY AND MIND RITUAL

2hrs \$350

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 and Australian Jojoba Body Scrub

De-Stress Aromatherapy Massage

Pure Results Calming Facial and Scalp Massage

*\*Recommended upgrade 30min Earth and Ocean Foot Ritual*

## EARTH DREAMING RITUAL

90 minutes \$280

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 and Wattleseed Scrub

Sea Kelp and Native Clay Cocoon

Quandong and Bergamot Deep Conditioning Scalp Massage

Kakadu Plum and Cucumber Body Souffle application

*\*Recommended upgrade 30min Petite Aromatherapy Facial*

## REVIVAL RITUAL

90 minutes \$280

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 and Cucumber Mask

*\*Recommended upgrade 30min Deep Conditioning Heated Scalp Cocoon*

## BLISS RITUAL

60 minutes \$175

Combining two of our most sought-after spa treatments we guarantee you will be left in a state of bliss after this mini spa escape. Melt away back and shoulder tension with a relaxing massage followed by a nourishing facial restoring hydration and revitalising the skin.

Back, Neck and Shoulder Massage

Petite Aromatherapy Facial



## FACIALS

### GUA SHA WELLNESS FACIAL

90 minutes \$220

A complete holistic relaxation treatment that begins with a sacred welcoming ritual 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 skin food boosters including coconut probiotics that 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. This sensory facial incorporates a full face, neck, shoulder and scalp massage, hand and arm, foot and lower leg massage for a deeply relaxing experience.

## ORGANIC LUXURY FACIAL

90 minutes \$220

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 a full face, neck, shoulder and scalp massage, hand and arm, foot and lower leg massage for a deeply relaxing experience.

## BRIGHTENING FACIAL

60 minutes \$199

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

## DEEP HYDRATION FACIAL

60 minutes \$199

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

## MENS SKIN FITNESS

60 minutes \$199

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.



## BODY SCRUBS

### ORGANIC BODY SCRUBS

60 minutes \$165

Transform body and mind with 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. The perfect indulgence to enjoy before a massage.

### COCONUT AND NATIVE HIBISCUS BODY POLISH

A gentle but effective Coconut and 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.

### ITALIAN ORANGE AND 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 decongested skin.

MIND BENEFITS: Reviving and cleansing.

# MASSAGE

## LAGOON RECOVERY

60 minutes \$165

Lagoon Day Spa's most popular massage experience. This carefully curated experience offers relief to all the areas our bodies hold tension and is especially well received by those traveling. We begin with our Signature Welcoming Ritual inviting deep relaxation to the mind and body. Relaxing massage to your back, neck and shoulders continues to the face, neck, decolletage and scalp. Finishing this divine experience with our Awakening Ritual.

## SIGNATURE MASSAGE EXPERIENCE

90 minutes \$240

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 facial cleanse and massage, scalp, 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 MASSAGE

90 minutes \$210

Our holistic massage offers energy healing and realignment to the chakras as our therapists use various techniques and pressure points to balance the body's equilibrium. This unique spa treatment suits those seeking grounding, empowerment, re-energising and rejuvenation.

## BALANCE AND CALM MASSAGE

90 minutes \$210

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 and gentle stretching for a deeply relaxing and balancing full body massage.

## PREGNANCY MASSAGE

75 minutes - \$190

Our special pregnancy massage is all about pampering. Using all natural, organic oils that melt away the tension between your shoulders, easing fluid retention in your legs and around your ankles, finishing with a Cooling Cucumber Anti-Inflammatory Foot Scrub and Lower Leg Mask. Take the time to relax, rejuvenate and spoil yourself before your big day arrives.

*\* Only available in the second and third trimester of pregnancy*



## ADDITIONAL SERVICES

### DEEP CONDITIONING HEATED SCALP COCOON

**30 minutes \$99**

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 the easing of stored tensions. Australian Fragonia and Bergamot is renowned for relieving stress and assisting with conditions such as psoriasis or a dry, itchy scalp. This warming hair mask provides deep conditioning and invites rest for the mind and washes away your cares.

### EARTH AND OCEAN FOOT RITUAL

**30 minutes \$99**

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!

## **PETITE AROMATHERAPY FACIAL**

**30 minutes \$99**

A beautiful facial experience that will compliment any of our spa treatments.

## **PETITE MASSAGE**

**30 minutes \$99**

Add half an hour of massage onto any Facial or Body treatment. Choose up to 2 areas you would like to enjoy your massage.

## **DRY BODY BRUSH**

**15 minutes \$40**

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

## **FOOT SPA THERAPY**

**60 minutes \$140**

Includes: Foot soak, exfoliation, pumice heel work, foot and leg massage and mask. OPI nail paint is optional within the 60 minutes. No cured varnish removal or application is available.

## **PETITE PEDICURE**

**30 minutes \$99**

Includes: Trim, file and buff plus OPI nail paint.

## **ANTI-AGING HAND TREATMENT**

**60 minutes \$150**

Includes hot towel wrap, exfoliation, nail and cuticle care, hand and arm massage and mask. OPI nail paint is optional within the 60 minutes. No cured varnish removal or application is available.

***BEAUTY SERVICES ARE AVAILABLE UPON REQUEST***

## SPA INFORMATION AND ETIQUETTE

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We suggest all our guests arrive early and stay late to enjoy their time with us.

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

**CANCELLATION POLICY:** We understand that sometimes you may need to change your schedule. We kindly ask that you give us the minimum notice of 24 hours' for solo bookings, 48 hours for couples' bookings and 72 hours for group bookings for 3 or more guests. We regret 100% of your total services will be charged or your Gift Voucher regarded as redeemed if the required notice is not given and we cannot re-fill your time from our wait list guests. As we are part of a hotel, pre-payment is required for all spa bookings as part of our policy.

**GIFT VOUCHERS:** Are available for purchase in spa and online via our website and may be used for all spa treatments and retail items.

At the time of reserving your spa booking please let our friendly reception staff know if you have any medical conditions so we can advise the best treatment for you to experience.

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.



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