

# ibah

A unique exotic Day Spa facility providing luxurious treatments in a serene natural environment of first class standards.

Ibah Spa is the creation of Aromatherapist, Rita Bennett. Through her expertise Rita has developed and produced "My Blend" a range of chemical free products combining eastern and western techniques along with aromatherapy. These products have been tailored to the needs of all our spa treatments, or if wanting organic products with specialised facial treatments why not try our Phytis range or for anti aging Dr Babor.

Blended into lush landscapes you will find Ibah Spa. This tropical hideaway is where tranquil sounds of water compliment the soothing aromas of natural floral oils. The perfect place for you to relax, unwind and escape the outside world.

Once you arrive at Ibah Spa, your happiness and satisfaction is guaranteed. Conscientious attention is paid to every element to produce a completely rejuvenating experience. From the welcoming herbal tea to the fresh flowers, nothing is overlooked. Soothing sounds, intoxicating aromas, tranquil ambiance, gracious caring therapists, serenity and pampered indulgence.

Your visit to Ibah Spa begins with a holistic assessment designed to create the ultimate blend of oils to support your physical, emotional and spiritual needs.

Ibah Spa invites you to relax and indulge with therapeutic and indulgent face and body treatments. Our highly qualified therapists will ensure the most beautifying and relaxing treatments.

Now let time disappear in soothing fragrances, flickering candles, gentle falling water and the sounds of birds and nature. The gentle soft music will calm your senses and lift your spirit for the journey ahead. Choose from one of the many exquisite treatments we have on offer from detoxifying body wraps and scrubs, bubbling hydrotherapy, relaxing facials, full body massages, hand and feet rejuvenation or our stream jet shower. No matter what you choose you will be pampered from top to toe while being gowned in our soft white robes and slippers.

What sets us apart from the rest, is from the moment you walk through our front gates, paradise awaits. A peaceful environment nestled into the bushland where all your worries just drift away. Let us serve you exotic teas and refreshments as you relax and take in the glorious surroundings that Ibah has to offer.

At Ibah you will find the finest natural products used in all our treatments. We have some of the most exquisite blends, potions and creams- mostly hand made and unique to Ibah. Look for these in our retail range next time you visit. Gift vouchers are also available for any occasion, so why not share the experience of Ibah with a personalised gift voucher, wonderful for family, friends and employees. Our gift vouchers are valid for 12 months and are available to purchase over the telephone and mailed to you the same day. There's no need to go it alone - we cater for girl's day in, hen's parties, corporate groups, group therapy, there is something for even the toughest crowd.

## ibah Facial Treatments

Feel divine as your skin is treated to a Ibah Aromatherapy Facial. Pure essential oils, plant extracts and flower essences are combined with specialised massage techniques, exfoliation, clay masks and warm aromatic towel compresses. Our approach is hands on - experience the difference.

### ibah Rejuvenation Facial & Balinese Foot Ritual

**\$ 99.00 1 Hour**

**\$ 125.00 1 Hour 15 minutes**

**\$ 148.00 1 Hour 30 minutes**

Cleanse, Tone, Exfoliate, Warm Aromatic Towel Compresses, Lymphatic Drainage Massage, Aromatherapy Masque and Steamer infused with essential oils for extra hydration. This is just the beginning of your skin nourishing experience. Designed for all skin types this revitalising facial is customised to your specific skin care needs to restore balance and create a more luminous appearance to your skin. Your facial will include pure botanical essential oils, minerals, clays, herbs, plant extracts and flower essences, to suit your skin type, choose from mature, dehydrated, sensitive, oily or acneic essential oil blends.

**All ibah treatments include a consultation and herbal tea on arrival and after treatment enjoy refreshments in our beautiful surrounds. So please allow another 30 minutes on treatments.**

### ibah Revitalising Eye Treatment

Focuses on the delicate eye area which is vulnerable to stress and the environment. This treatment helps eliminate under eye puffiness, softens wrinkles and improves circulation.

\*Only available in conjunction with facial, massage or body treatments. **\$23.00 for 15 minutes or \$45.00 for 30 minutes , price added to additional treatment price.**

## Spa Additions

Perfect addition to any massage, facial or body treatment.

**(Spa additions must be taken in conjunction with a treatment)**

Eyebrow Wax	\$20.00	Hot Oil Scalp Treatment
Lip Wax	\$15.00	Nourishing Hair Mask
Sides	\$15.00	Relaxation Head Massage
Chin	\$15.00	Revitalising Eye Treatment
Eyebrow Tint	\$18.00	\$45.00 for 30 minutes or \$23.00 for 15 minutes
Eyelash Tint	\$22.00	
Lash & Brow tint	\$35.00	Aromatherapy Foot and Leg Massage
Lash & Brow Tint & Wax	\$50.00	Aromatherapy Hand and Arm Massage
Lip & Eyebrow Wax	\$30.00	\$45.00 for 30 minutes
Lip & Eyebrow Wax, Eyebrow & Eyelash Tint	\$60.00	Express Manicure or Pedicure \$45.00 for 30 minutes



## Phyts Organic Specialised Facial Treatments

Europe's fastest growing professional organic skin care range. Used by beauty therapists in France for over 37 years, certified organic by the stringent ecocert and endorsed by the French Health Ministry further proving its authenticity & integrity.

This luxurious and nurturing range of quality skin and body care is truly 100% natural. Made wholly from active botanicals, mineral trace elements and essential oils, it nourishes and treats all skin types toward optimal health.

Produced only in small batches, and exceeding certification standards, PHYT'S is without any trace of chemicals, fragrances, animal products or chemical preservatives. All products are cleverly packaged in single dose phials, capsules or specially designed tubes to preserve its freshness and maximum effectiveness. We promise you will notice a difference.

### PHYT'S ORGANIC PROMISE

100% Natural Skin Care. 100% Organic. Leading the world in true organic skincare, PHYT'S not only meets the astringent standards of Ecocert organic certification, but exceeds it. Ecocert ensures that all ingredients must be at least 95% Natural, but PHYT'S is committed to going beyond this standard with all products containing 100% natural ingredients. PHYT'S guarantees organic purity and quality that is unique in the natural cosmetics market

### Facial Treatments

**All of the PHYT'S facials include a consultation and herbal tea on arrival. After your treatment enjoy our beautiful surrounds while enjoying your refreshments. Please allow another 30 minutes on your facial for these inclusions.**

#### PHYT'S Soin Equilibre & Balinese Foot Ritual

**1 Hour 15 minutes \$138.00**

*All skin types. (brighten, detoxify, hydrate & balance)*

Balances the natural oil/hydration equilibrium of the skin using a specific treatment serum cocktail which includes Camphor, Lemon and Olibanum and finishing with a specialised mask of purifying White Clay, Rosemary and Camphor.

#### PHYT'S Soin AntiComedon & Balinese Foot Ritual

**1 Hour 15 minutes \$143.00**

*Oily, acne/problem skins. (detoxifying, decongesting)*

Harnessing the luxury and power of therapeutic aromatherapy, the skin is treated using a series of tonics, including an infusion of Copper and Potassium based serums in which acne causing bacteria is sent packing! Extractions and specialised lymphatic drainage massage are performed, then an application of a purifying, soothing and remineralising masque of White Clay, Neroli, Camphor and other healing plants reinforces the treatment.

#### PHYT'S Soin Capyl & Balinese Foot Ritual

**1 Hour 30 minutes \$169.00**

*Capillary activity including dry, sensitive & couperose. (anti-redness, anti-sensitivity, decongesting)*

A calming, vaso-constrictive, decongesting and strengthening treatment following the Phyt's signature sequences & focusing on infusions including such ingredients as Centella Asiatica & Cypress - both vein tonics and stimulants, Sea Salt extract to remineralise, and Broom & Horse Chestnut to tone the capillary walls. The decongesting action of this treatment is reinforced with a hydrating, cooling & purifying masque.

#### PHYT'S SoinEnergie Vitale & Balinese Foot Ritual

**1 Hour 30 minutes \$169.00**

*Combination/oily skin types. Re-establishes energy in a sluggish, devitalised, polluted skin. (revitalising, stimulating, detoxifying)*

Anti-wrinkle preventative, this facial energises and revitalises combination and oily skins and is an excellent boost for delicate areas such as lips, eyes and throat. Serums layered over one another and gently worked into the skin via a luxurious massage containing the goodness of Barley Leaf Juice, Solidago, Chlorophyll, Wheatgerm and Vitamins A, B & E that work in synergy to oxygenate, stimulate, detoxify and nourish. All topped off with a creamy mineral masque.

#### PHYT'S SoinOligoVitale & Balinese Foot Ritual

**1 Hour 30 minutes \$169.00**

*Nourishes dry, dehydrated and demineralised skins. (remineralising, nourishing, anti-ageing)*

Using a cocktail of active ingredients to restructure and deeply nourish the epidermis. An amino-acid rich complex is applied directly onto fine lines and wrinkles activating the circulation and assisting in collagen bio-synthesis, then topped with a luxurious nutritious complex of essential oils fed to the skin via a wonderful massage, and complimented with a cream masque containing Geranium, Potassium, Copper, Iron and Manganese to remineralise and strengthen the skin.

#### PHYT'S Soin D'S & Balinese Foot Ritual

**1 Hour 30 minutes \$182.00**

*Dull, devitalised, combination & oily skins. (stimulating, invigorating, toning, anti-ageing)*

Breathe life back into your skin with this incredibly stimulating treatment made effective with the use of three energies - heat, cool & constrict. This will instantly boost hydration, tone and clarify the complexion through simultaneous application of Amino Acids, heat inducing Cinnamon and cooling herbal extracts of Lemon, Sage and Clove. A toning, firming masque enriched with the goodness from Amino Acids, Mint, Lavender & Ylang Ylang completes this experience.

#### PHYT'S Soin Multi-Vita & Balinese Foot Ritual

**1 Hour 30 minutes \$184.00**

*A powerhouse of nutraceuticals for Ageing Skins. (anti-wrinkle, anti-ageing, tightening, lifting)*

With ingredients too numerous to list providing an alchemy of powerful vitamins (A, B, C, E), minerals (14 mineral salts), 16 amino acids, and a special patented wheat protein (ceveble) proven in laboratory tests for its ability to preserve the integrity of collagen and elastin fibres, to smooth the skin and for its powerful action in slowing ageing! The entire facial area is treated including the eyes, neck and décolletage. Topped off with lashings of an amino-acid and multivitamin-rich creamy masque.

All of the above facials a course of 6-8 treatments is advised for optimal results.

Book 5 treatments and receive the 6th for Free. (Over 6 months)

By appointment only - 8 Asquith Street Austinmer NSW 2515

Ph/Fax: (02) 4267 2865 - Email: enquiries@ibahspa.com.au - www.ibahspa.com.au

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# ibah Hand & Foot Therapy

Soak away tension & treat your soul to these wonderfully relaxing & grounding treatments.

**ibah Luxury Aromatherapy Foot Rejuvenation and Hand Rejuvenation treatments include a consultation and herbal tea on arrival and after treatment enjoy refreshments in our beautiful surrounds. So please allow another 30 minutes on treatments.**

**French Polish extra \$8.00**

**Gelac Polish extra \$20.00**

## ibah Luxury Aromatherapy Foot Rejuvenation

**1 Hour \$89.00**

Lie back & relax on our beauty beds as your feet are softened & pampered in a stimulating warm bath infused with Ibah essential oils. A thorough treatment where your feet & legs are exfoliated with a mineral rich salt or peppermint scrub, followed by a deep hydrating masque treatment with hot towel wrap to relieve tired feet, nail shaping, cuticle work. This is followed by a soothing foot & leg massage with nourishing floral creams and finished with your favourite nail colour. A great way to soothe, rejuvenate & beautify your tired feet.

## ibah Luxury Aromatherapy Hand Rejuvenation

**1 Hour \$89.00**

A deeply therapeutic & nurturing treatment formulated to soothe, repair & strengthen while resting on our beauty beds. Your hands are soaked, softened & pampered with Ibah's Pure Products. Then a deep hydrating masque treatment with hot towel wrap, nail shaping, cuticle work. Relax then with a soothing hand & arm massage with nourishing floral creams and finished with your favourite nail colour. A great way to nourish & replenish your hands.

## ibah Luxury Hand and Foot Rejuvenation

**2 Hours \$165.00**

Enjoy the two above treatments to really drift you away!

## ibah Manicure

**40 minutes \$60.00**

Beautify your hands by means of expert nail shaping, buffing, cuticle treatment and conditioning, soothing massage and your choice of fashion colour, while relaxing in our chairs with refreshments in our tranquil outdoor area or lounging indoors.

## ibah Pedicure

**40 minutes \$60.00**

Treat your feet to expert nail shaping, buffing, cuticles attended to, rough skin removed, relaxing massage and nails painted to perfection, while relaxing in our chairs with refreshments in our tranquil outdoor area or lounging indoors.

## Express Manicure/Pedicure

**30 minutes \$45.00**

File, tidy, buff and paint. Added to additional spa treatment only.

# ibah Spa Body Wrap & Scrub Treatments

The skin is the largest organ of the body and serves not only as protection but as a filtration system allowing free radicals to be expelled. Regular removal of dead skin cells encourages new cell growth and improves circulation, allowing this organ to remain healthy and vital in its function.

Our rejuvenating aromatic body scrubs and therapeutic clays will naturally exfoliate, cleanse, detoxify and rejuvenate allowing deeper penetration of essential minerals and oils through the skin. They will also stimulate and circulate lymph fluids which aid in the elimination of toxins improving blood circulation.

**All ibah treatments include a consultation and herbal tea on arrival and after treatment enjoy refreshments in our beautiful surrounds. So please allow another 30 minutes on treatments.**

## ibah Bamboo and Ginseng Body Polish

**1 Hour 45 minutes \$185.00**

Finely polished bamboo grounds with lavender essential oil and wonder herbs ginseng and ginko bilobo, scrub, purify, relax, soothe, rejuvenate and exfoliate dead skin cells from the entire body. Start with a ritual foot bath and scrub followed by an invigorating body exfoliation, then relax into a petite aromatic facial and head massage, then rinse away under the massaging jet stream shower. Let us then rejuvenate your body further with a full body moisturising treatment leaving your body hydrated and feeling soft and silky.

## ibah Organic Coffee and Sea Kelp Contour Scrub

**1 Hour 45 minutes \$185.00**

Begin with a Balinese foot bath and scrub then enjoy the invigorating exfoliation of coffee and sea kelp. A stimulating body scrub that has unique anti-cellulitic properties. The combination of coffee and sea kelp have a detoxifying effect, while the presence of pumice gives the skin an invigorating exfoliation. We will then wrap you in soft muslin cloth and then relax you into a petite aromatic facial and head massage. Then enjoy the therapeutic benefits of the jet stream shower followed by an application of botanical moisturiser.

## ibah Exfoliating Body Salt/Sugar Scrubs

**1 Hour 45 minutes \$185.00**

Your choice of: Sea Salt, Macadamia and Citrus Scrub

Ginger and Turmeric Scrub

Frangipani, Honey and Sugar Scrub

Begin with a ritual foot bath and scrub, followed by an ultimate body exfoliation, removing the dead skin cells and enabling moisturisers to penetrate the skin deeper, leaving the skin soft, supple and hydrated. The salt scrub is rich in minerals, supporting the skin's metabolism, leaving you feeling soft and smooth. Ideal for dry and flaky skin. Petite facial and head massage included. Then enjoy the therapeutic benefits of the jet stream shower followed by an application of botanical moisturiser.

## ibah Egyptian Hot Oil Elixir Infusion Wrap

**1 Hour 45 minutes \$185.00**

Body oiling was first recorded by the ancient Egyptians where techniques were applied to promote healing. Ideal for sensitive or dry skin. This is complete hydration in one treatment. The ultimate in total body revitalising, beginning with a ritual foot bath and scrub, a gentle dry body brushing to relax and stimulate the lymphatics as well as remove dead skin cell impurities, this prepares the body for our rich application of unique aromatic hot oil infusions to rehydrate and nourish the skin. You will then be wrapped in pure muslin cloth. Whilst wrapped, the hot oil is infusing into the body and your mind is taking a journey towards bliss!!! We will nurture your face with a petite aromatic facial and relaxing scalp massage. Then your body will be slowly unwrapped and finished off with Balinese Body Palming.

## ibah Complete Body French Aromatic Mud Wrap

**1 Hour 45 minutes \$185.00**

Begin with a ritual foot bath and scrub followed by a gentle dry body brushing to relax the body and stimulate the lymphatic. A special body rejuvenator clay renowned for its healing properties will simultaneously cleanse, detoxify and deliver essential minerals and oils to your skin. Your body will be wrapped in pure muslin cloth. Whilst wrapped we will nurture your face with a petite facial and scalp massage. Rinse away in the jet stream shower. Let us then rejuvenate your body with a moisturising treatment.

## ibah Spoilt Body Wrap and Full Massage

**2 Hours 30 minutes \$259.00**

Choose any of the above treatment, plus a full body massage.

## ibah Hot Oil Hair & Scalp Treatment **\$45.00 for 30 minutes or \$23.00 for 15 minutes** added to additional face or body treatment price.

Our warmed aromatic essential oil mix is gently poured through the hair and massaged into the scalp using Indian Head Massage techniques. Hot towels are applied to the hair & scalp to infuse oils, to repair dry damaged hair. Oils are then removed with hot towels or left to infuse further.

## ibah Massage Treatments

In ancient Roman times it was said that massage was a sacred ritual that would cleanse and rejuvenate your senses, giving natural healing effects to the body. Today the tradition has continued with specialist massage techniques allowing each client to personalise a rejuvenating massage of their choice, using one of our four oil blends below.

**All ibah treatments include a consultation and herbal tea on arrival and after treatment enjoy refreshments in our beautiful surrounds. So please allow another 30 minutes on treatments.**

### ibah Balance & Calm Full Body Massage & Balinese Foot Ritual

**1 Hour 15 minutes \$125.00**

**1 Hour 30 minutes \$148.00**

Gentle, nurturing and deeply relaxing using long flowing strokes, stimulating the lymphatic system and eliminating toxins. The massage incorporates acupressure, lymphatic drainage, facial massage and pure essential oils, individually blended to your needs.

### ibah Back, Neck, Head and Shoulder Massage & Balinese Foot Ritual

**1 Hour \$ 99.00**

A wonderful relaxing massage easing the stresses of sore muscles and tension in the back, neck, head and shoulders with selected essential oils to help promote balance and rejuvenation of the body.

### ibah Muscular Relief Massage & Balinese Foot Ritual

**1 Hour 15 minutes \$125.00**

**1 Hour 30 minutes \$148.00**

A deeper therapeutic massage that uses remedial techniques to relieve chronic patterns of tension within muscles, tendons and ligaments.

### ibah Hot Rock Therapy (Lithos) Massage & Balinese Foot Ritual

**1 Hour 15 minutes \$155.00**

**1 Hour 30 minutes \$178.00**

A unique therapeutic massage using heated and chilled rocks and essential oils, various massage techniques are combined to enhance your treatment and prolong health benefits. The radiant warmth of heated rocks will ease muscle tension and soothe inflammation to your body. Chilled rocks to set muscle fibres which should now be free from knots and tension. This treatment will leave you feeling relaxed, balanced and energised.

**If you would like to enjoy our Jet Stream Shower after your massage, please allow 15 minutes for \$20.00.**

**Select the blend to suit your mood to enhance your massage experience.**

- Relaxing -** Total relaxation, incorporating Rose, Cedarwood, Bergamot and Australian Sandalwood oils.
- Nurturing -** For those days that you need that extra care and nurturing, let Frankincense, Lavender, Neroli and Australian Sandalwood assist you.
- Body-Ease -** Combine the essential oils of Ginger, Juniperberry, French Lavender, Sweet Marjoram, Rosemary and Black Pepper to relieve those muscular aches and pains. Let Body Ease bring ease to your body!
- Cellu-Ease -** Let Juniperberry, Sweet Fennel, Rosemary, Grapefruit, Geranium and Black Pepper improve the appearance of your skin and body. Also aiding in the reduction or elimination of cellulite and excess fluid, aids circulation.

## ibah Hydrotherapy Spa Treatments

**Hydrotherapy enables you to enjoy the benefits to health and general wellbeing through:**

- **General** relaxation and massage - excellent for any muscular problems or fatigue
- **Specific** treatment of individual areas and conditions
- **Transfers** heat into the body, relaxing tense muscles and increasing blood flow to the tissues
- **Warmth** has a sedative effect on nerve endings and therefore reduces pain and discomfort
- **Buoyancy** effect - more freedom and comfort of movement of joints and muscles
- **Jet** pressures help to eliminate oedema in the tissues
- **Stimulates** circulation to remove toxins .

Benefit from the therapeutic and rejuvenating powers of the combination of hydrotherapy and essential oils to suit your requirements.

**All ibah treatments include a consultation and herbal tea on arrival and after treatment enjoy refreshments in our beautiful surrounds. So please allow another 30 minutes on treatments.**

### ibah Detoxifying Hydrotherapy Bath

Pollution, unbalanced diet and demanding lifestyle can lead to a build up of toxins in the body. Based on lymphatic movements and using a blend of essential oils such as lemon, eucalyptus, cypress and juniper berries this treatment will help combat toxins relieving water retention and improving sluggish circulation. Also helps to break down cellulite.

### ibah Relaxation Hydrotherapy Bath

Soothes tension and stress. This bath is designed to balance mind, body and soul or whenever stress threatens to take over. The destressing essential oils Lavender, Rose, Ylang Ylang, Frankincense and Sandalwood combined with the benefits of hydrotherapy will leave you feeling totally rejuvenated.

### ibah Muscle Ease Hydrotherapy Bath

Increases alertness and eases muscular tension. A vibrant blend of essential oils including Peppermint, Rosemary, Eucalyptus and Geranium to help to revitalise, ease tired and stiff muscles and invigorate the mind when energy levels need restoring.

**\$89.00 1 Hour**

15 Min Balinese Foot Treatment

30 Min Hydrotherapy of your choice

15 Min Revitalising application of Botanical moisturizer to whole body

# ibah Day Spa Packages

Also suited for couples or brides to be.

Surrender to these therapeutic treatment packages formulated to nurture, soothe and nourish, enhancing your physical, emotional and spiritual wellbeing.

## ibah Temptation

A glorious treatment to transcend the mind and emotions. Begin with a **consultation** and **herbal tea**, then enjoy a **Balinese foot soak** and **exfoliate**, followed by a stimulating and cleansing **hydrotherapy bath** of your choice, to relax and calm the body before experiencing a **60 minute massage** or **facial** using the finest essential oils and ritualistic techniques. To complete your stay with us **refreshments** will be served on a tropical balcony with nature.

**2 Hours 30 minutes \$188.00**

## ibah Detox

A face and body spa indulgence to leave you feeling energized and renewed. Begin with a **consultation** and **herbal tea** then enjoy a **Balinese foot soak** and **exfoliate** followed by a **full body exfoliation** with our gentle mitts or bristle brush, before being **enveloped in soft French clay** where you will be wrapped in pure muslin cloth.

**2 Hour 45 minutes \$249.00**

Our unique clay is formulated with essential oils and plant extracts to gently exfoliate, nourish and help eliminate toxins. Whilst wrapped we spoil you with a **petite aromatic facial**, using only pure aromatic products, then dream away with a **relaxing head massage**. Enjoy the benefits of our **jet stream shower** before you emerge into a **hydrotherapy spa** with your choice of essential oils. The pampering is completed by deep **total face** and **body moisturizing** with rich botanical creams. To complete your stay with us **refreshments** will be served on our tropical balcony with nature.

## ibah Mother-to-be

Our treatments can safely, comfortably and effectively relieve much of the increased emotional and physical stress and discomforts of pregnancy. Our pampering and nurturing treatments are designed to enhance relaxation, skin hydration and general well-being.

**2 Hour 45 minutes \$208.00**

The journey begins with a **consultation** and **herbal tea** on arrival, then enjoy a **Balinese foot soak** and **exfoliate**. Then balance and relax your body and mind with an **ibah aromatic facial** designed to cleanse, hydrate and rejuvenate your skin. Following this you will enjoy an **ibah revitalising eye treatment** to eliminate under eye puffiness, soften wrinkles and improve circulation. Finally be pampered with a **luxury Ibah hand** or **foot therapy**. After being rejuvenated enjoy **refreshments** on our tropical balcony.

## ibah Mothers Pamper Day

The journey begins with a **consultation** and **herbal tea** on arrival, then enjoy a **Balinese foot soak** and **exfoliate**. Then balance and relax your body and mind with an **ibah aromatic facial** designed to cleanse, hydrate and rejuvenate your skin. Following this you will enjoy a **head, neck** and **shoulder massage** to relieve any tension and stress. Finally be pampered with a **luxury hand** and **foot rejuvenation** to complete your stay with us a **light lunch** will be served on our tropical balcony with nature.

**3 Hour 45 minutes \$288.00**

## ibah Petite Harmony

### ibah Deluxe Harmony

In settings where all the senses are meshed in renewed harmony, the sensation of touch – we're sure you will discover, is celebrated most of all. Gifted hands treat you to a world of therapeutic pleasures. Your adventure begins with a **consultation** and **herbal tea**, followed by our **Balinese foot soak** and **exfoliate**. Indulge in the healing powers of essential oils used to release physical and emotional stress in our **therapeutic massage**. Then balance and relax your body, calm your mind with an **aromatic facial** designed to cleanse, hydrate and rejuvenate your skin. Your adventure will then be completed with **exotic refreshments** in our tranquil environment.

**2 Hours 15 minutes \$174.00**

**2 Hours 45 minutes \$225.00**

## ibah Total Escape

A luxurious treatment which takes a pampering, holistic approach. Begin with a **consultation** and **herbal tea**, then enjoy a **Balinese foot soak** and **exfoliate**, followed by a stimulating and cleansing **hydrotherapy bath** of your choice. We will then pamper you further with an **aromatherapy relaxation massage** and **full rejuvenating facial** using the finest essential oils. Once you have floated into total tranquility, enjoy a **light lunch** in our serene environment.

**3 Hours 45 minutes \$289.00**

## ibah Girls Day In (minimum 2 people)

A girly experience whether young or old. Ultimate half day journey for you and your friends. Relax, be pampered and enjoy quality time together, in a beautiful tranquil setting. Your journey will consist of **consultation, herbal tea** and **Balinese foot soak** and **scrub**. Then experience a cleansing stimulating **hydrotherapy bath**, deeply relaxing **aromatherapy massage**, nourishing **aromatherapy facial**. While enjoying your treatment, **refreshments** and a **light lunch** will be served in the tranquil environment. You will feel totally relaxed and rejuvenated. A well deserved afternoon or morning that will see your mind, body and spirit restored. Finish the day with **exotic teas, coffee** and **home baked goodies** on our balcony where you can enjoy the glorious surroundings while you reflect and enjoy.

**4 Hours - 4 Hours 30 minutes \$289.00 each**

## ibah Dreaming

Time for your body, mind and soul to go "Walkabout". The ultimate spa experience to pamper from head to toe. The journey begins with a **consultation** and **herbal tea** on arrival, then enjoy a **Balinese foot ritual** before we spoil you with an **exfoliating Bamboo** and **Ginseng Body Scrub** or **Coffee and Sea Kelp Scrub**, to invigorate and cleanse your skin, removing impurities and leaving your skin to shimmer for days. Then wash away the toxins under our **jet stream body jets**. Following this we pamper you with an **aromatic facial** using oils and herbal treatments, then enjoy a **relaxing head massage**, leaving your body and mind to soar into a deep meditative state with a **massage** tailored to your specific needs. Our qualified therapists use a combination of eastern and western techniques to let your body de-stress, release muscle tension and rebalance. Return to embrace the world with renewed vitality. Complete the experience with a **light lunch** in our tranquil environment.

**4 Hours 15 minutes \$358.00**

## ibah Lovers Delight

Experience your journey together with a **consultation** and **herbal tea, balinese foot soak** and **exfoliation**. Then enjoy the delicious aroma of an **organic coffee** and **sea kelp body polish**, bringing nourishment to your skin and delighting your senses. We will then relax you into a **petite aromatic facial** and **warm oil scalp massage** then wash away under our **Jet Stream Shower**, then relax in a **rose oil hydrotherapy bath** and drift into a blissful, meditative state. Emerge from your bath to a **relaxing aromatherapy massage** and then after replenish with our **exotic fruit cocktail** and **lunch** together.

**4 Hours 30 minutes \$368.00 each**

## ibah Sampler Rejuvenation Package

Enjoy a taste of menu treatments: Your journey will consist of **consultation** and **herbal tea, Balinese foot soak** and **exfoliate**. Then experience a **body exfoliation** of your choice with head massage, then wash away under our **Jet Stream Shower**, then enjoy a cleansing, stimulating **hydrotherapy spa**. Now experience a **express hand or foot therapy** and a **petite aromatherapy facial** with **back, head, neck** and **shoulder massage** included. After being rejuvenated enjoy **lunch** in our tranquil environment.

**4 Hours 30 minutes \$368.00**

## ibah Goddess Package

The ultimate treat! The goddess's journey begins with a **consultation** and **herbal tea, Balinese foot soak** and **exfoliate**. Then experience an all over radiant **dry body polish** then a comforting cocoon of **nourishing body masque** then enjoy a head massage. Then wash away under our **jet stream shower**. Surrender now to a relaxation **back, head, neck** and **shoulder massage** with a luxurious **aromatic petite facial**, including a **lash** and **brow tint** and **shape**. Continue your journey with a **express foot** and **hand treatment** and conclude with your own private **lunch and tea ceremony**.

**4 Hours 45 minutes \$420.00**

## ibah Ultimate Indulgence Package

This is the ultimate in the entire Ibah treatments. This whole experience will penetrate the very heart of your mind, body and soul. Drift into another world during this half day journey. Let your senses be tempted by the exotic essential oils and treatments. Enjoy a **consultation and herbal tea**, then experience a **ritual footbath** and **exfoliate**. Followed by a **full body exfoliation** with our mitts or brush before being enveloped in a rejuvenating **honey & mud body wrap** in pure muslin cloth. Then enjoy a relaxing **head massage**. After being unwrapped you will enjoy a cleaning, stimulating soak in our hydrotherapy spa with nature's element of water gently massaging your aches and stresses away. After being unwrapped you will enter our **Jet Stream Shower** then soak in our **hydrotherapy spa** with nature's element of water gently massaging your aches and stresses away. A **light lunch** with **exotic teas** and **refreshments** will be served on our tropical balcony while you enjoy the sounds of nature. After a relaxing break the total decadence continues with an **aromatherapy body massage**. The face is then treated to a **facial** designed to revitalize your skin. Finally enjoy our **ibah express hand** or **foot therapy**. A truly pampering experience of a lifetime. "A great pre-wedding pamper or a gift for someone special".

**5 Hours 30 minutes \$480.00**

# Spa Etiquette

## What should I wear to the Spa?

Wear whatever you feel comfortable in. Bathrobes and slippers and disposable spa wear are provided for your stay.

## What do I wear during my treatment?

You may wish to wear your own underwear or we can provide you with hygienic disposable briefs.

Alternatively, treatment may be enjoyed without clothes. Choose what is most comfortable for you, our therapists will always use draping techniques to respect your privacy.

## What if I'm late for my appointment?

Arriving late will limit the time of your treatments. Your treatments will end on time so that the next guest is not delayed. However if no guest follows your booking you can enjoy the full duration of your treatment time.

## Arrival Time

Please do not arrive before your appointment time as we will not be able to attend to you, as we are with our previous clients.

# Gift Certificates

Gift Certificates can be purchased by phone and posted to you the same day. They can also be purchased at the spa in our opening hours. Valid 12 months. Please allow 2-3 weeks for week day appointments and 2-3 months for Saturday appointments.

# Reservation Conditions

We understand that sometimes it is necessary for you to change your schedule. However your booking time is totally allocated for you and no-one else. So out of consideration for our therapists who are here just for your treatment and for other clients who have missed a booking in your allocated time slot, we kindly ask you to provide a minimum of 48 hours notice if you wish to change or cancel an appointment.

If shorter periods of notice are given a 50% cancellation fee will be incurred and a 'no show' fee will be charged at full price. This also applies for gift vouchers. Payments are accepted by Cash, EFTPOS, Mastercard and VISA.

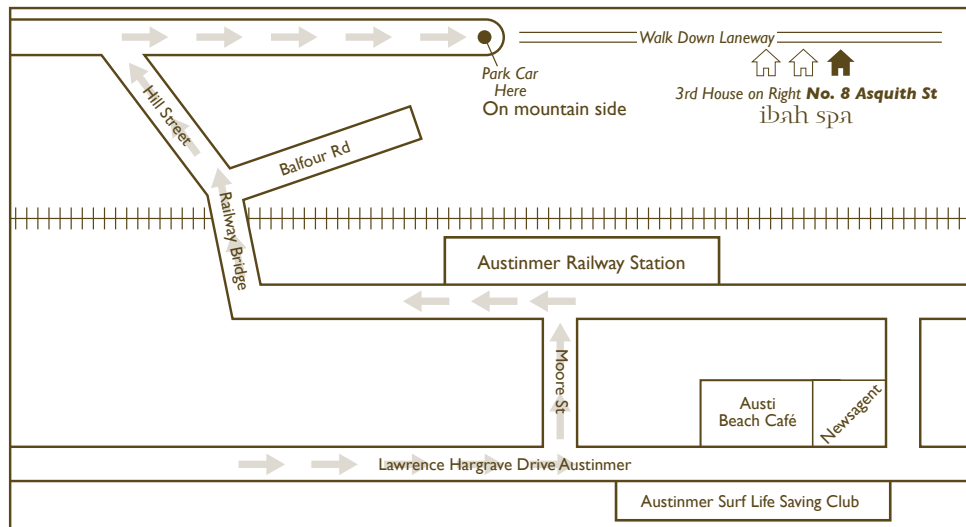
## **Once your booking is confirmed, a credit card will be required to secure your appointment.**

Please do not request changes to our policy as refusal may offend. Booking an appointment at ibah spa is an acknowledgement of these conditions.

**Health Fund Rebates** - Please check with us at your time of booking regarding health fund rebates.

# Opening Hours

<b>Monday - Friday</b>	9am till 6pm
<b>Saturday</b>	9am till 5pm
<b>Public Holidays</b>	Closed
<b>Christmas Holidays</b>	Closed for 3 weeks



# ibah

By appointment only

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