



ibah

DAY SPA

THIRROUL &
WOLLONGONG

A Haven of Serenity

peace - luxury - relaxation - sanctuary - nurturing

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At Ibah Day Spa our philosophy adheres to an essential holistic approach that beauty is more than skin deep which dictates our choice of products, treatments and applications.

Our exquisite specialised treatments will take you on an inner journey where deep healing is experienced.

We aim to completely pamper our clients by creating an environment that you can escape to with amazing surroundings to truly relax and forget about the outside world. From the moment you walk through the gate the enriching experience will enliven your senses, connect with your heart, and replenish your soul.

Whichever service you choose to have at Ibah we guarantee the ultimate luxury experience.



Ibuh Botanical Facial's with Balinese Foot Ritual

Our healing touch using pure active botanicals is just the beginning of your skins nourishing experience. Designed for all skin types to restore balance and create a more luminous appearance to your skin.

Rejuvenation Facial \$155

Arrival refreshments

Balinese Foot Ritual

45 Minute Facial

Dessert & Departure Refreshments

Total Experience - 1 ½ Hour Session

Signature Facial \$185

Arrival Refreshments

Balinese Foot Ritual

1 Hour Facial with Head, Neck
& Shoulder Massage + collagen eye
mask

Dessert & Departure Refreshments

Total Experience - 1 ¾ Hour Session

Boost your facial with Linea+ for only \$25

Bioline Customized Facial

The Linea + range is a customized & corrective facial tailor made to suit the individual client, Linea+ makes the most of nature and biotech research to offer a simple, effective response to skin's needs and a focused treatment programme.

AQUA +

Restores the skin's natural water balance, offering the face immediate luminosity. Fundamental for dehydrated, dull skin types, also suitable for young, normal and combined skin types.

PURA +

For impure, oily and acne prone skin types; ideal for oily skin, shiny T-zones, dilated pores and blackheads, also suitable for young and combined skin types.

DOLCE +

For sensitive, fragile, reactive skin types that are prone to redness; also suitable for skin types that present early signs of ageing.

VITA +

For those who are seeing signs of aging, Vita + is packed full of Omega 3 and 6, Ceramide III Sugars, AHAS, Vitamins and Amino Acids, Fundamental for dry, devitalised & dull skin types with poor elasticity.

Total Experience Includes:

Arrival refreshments

Balinese Foot Ritual

1 Hour 15 minute Linea Facial

Dessert & Departure Refreshments

2 Hour Session \$199

Recommended Advanced additions (no added time):

LED Light \$55 | Microdermabrasion \$75

Micro Needling Collagen Infuser \$129

Medi Facial including Hydradermabrasion \$149

Ibuh Massage Rituals

Back, Head, Neck & Shoulder Massage	\$125
Arrival Refreshments	
Balinese Foot Ritual	
45 Minute Massage	
Dessert & Departure Refreshments	
Total Experience - 1½ Hour Session	

Balance & Calm Massages

Gentle, nurturing and deeply relaxing using long glowing strokes in a light to medium pressure, stimulating the lymphatic system and eliminating toxins. The massage incorporates acupressure, lymphatic drainage and warm stones to ease muscular tension to back and shoulders.

Deluxe	\$155
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Massage	
Dessert & Departure Refreshments	
Total Experience - 1 ¾ Hour Session	

Luxury	\$185
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour 15 Minute Massage	
Dessert & Departure Refreshments	
Total Experience - 2 Hour Session	

Recommended massage additions (no added time):

Hot Oil Scalp Treatment \$18.00 | Hair Mask and Head Massage \$18.00
Collagen Eye Treatment \$18.00 | Collagen Lip Mask \$18.00 | Plus more!
Add 2 treatment additions for \$30.00

Advanced additions (no added time):

LED Light \$55 | Microdermabrasion \$75
Micro Needling Collagen Infuser \$129
Medi Facial including Hydradermabrasion \$149

Ibuh Massage Rituals

Muscular Relief Massages

A deeper therapeutic massage in a medium to firm pressure to relieve chronic patterns of tension within muscles, tendons and ligaments. Warm stones are also used in this massage to relieve muscular tension to the back, neck and shoulders.

Deluxe	\$155
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Massage	
Dessert & Departure Refreshments	
Total Experience - 1 ¾ Hour Session	

Luxury	\$185
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour 15 Minute Massage	
Dessert & Departure Refreshments	
Total Experience - 2 Hour Session	

Hot Stone Massages

A unique therapeutic massage using heated rocks and essential oils, various massage techniques are combined to enhance your treatment and prolong health benefits. The radiant warmth of the heated rocks will smooth across the oiled body to ease muscle tension and soothe inflammation to your body.

Deluxe	\$180
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Hot Stone Massage	
Dessert & Departure Refreshments	
Total Experience - 1 ¾ Hour Session	

Luxury	\$205
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour 15 Minute Hot Stone Massage	
Dessert & Departure Refreshments	
Total Experience - 2 Hour Session	

Ibah Pregnancy Massage Rituals

Specially designed for mothers to be, this massage promotes relaxation, circulation and provides comfort during your wonderful time of change. This massage is performed in an slightly elevated position on you back where you feet, legs, hands, arms, head, neck and shoulders are massaged (only to be taken after first trimester).

Relax \$125

Arrival Refreshments
Balinese Foot Ritual
45 Minute Massage
Dessert & Departure Refreshments
Total Experience - 1 ½ Hour Session

Deluxe \$155

Arrival Refreshments
Balinese Foot Ritual
1 Hour Massage
Dessert & Departure Refreshments
Total Experience - 1 ¾ Hour Session

Body Wraps & Exfoliating Rituals

Your choice of: *Coconut & Lime Body Scrub, Vanilla & Cinnamon Body Scrub, Frangipani Body Polish, Coffee & Brown Sugar Body Polish, Hot Oil Elixer Body Wrap or Mud & Honey Body Wrap.*

* Ibah Body Wrap & Exfoliating Rituals \$220

Arrival Refreshments
Balinese Foot Ritual
1 Hour Body Wrap With Petite Facial
15 Minute Shower
Full Body Moisturize
Dessert & Departure Refreshments
Total Experience 2 1/4 Session

* Ibah Spoilt Package \$310

Choose any of the above Wraps plus a full body massage or Facial.
Arrival Refreshments
Balinese Foot Ritual
1 Hour Body Wrap With Head Massage
15 Minute Shower
1 Hour Full Body Massage or Facial
Dessert & Departure Refreshments
Total Experience - 3 Hour Session

* At Ibah Wollongong, only the Hot Oil Elixer is available.

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Foot & Hand Treatments

Foot or Hand Rejuvenation \$115
Arrival Refreshments
Balinese Foot Ritual
45 Minute Manicure or Pedicure
Dessert & Departure Refreshments
Total Experience 1 ½ Hour Session

Hand & Foot Rejuvenation \$199
Arrival Refreshments
Balinese Foot Ritual
45 Minute Manicure
45 Minute Pedicure
Dessert & Departure Refreshments
Total Experience 2 ¼ Hour Session

Ibah Spa Escapes

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

Petite Harmony \$230
Arrival Refreshments
Balinese Foot Ritual
45 Minute Massage
45 Minute Facial
Departure Refreshments & Dessert
Total Experience 2 ¼ Hour Session

* Temptation \$230
Arrival Refreshments
Balinese Foot Ritual
1 Hour Massage or Facial
30 Minute Zen Bath
Departure Refreshments & Dessert
Total Experience 2 ¼ Hour Session

* Temptation only available at Ibah Thirroul

Ibah Spa Escapes Continued

Total Tranquility Arrival Refreshments Balinese Foot Ritual 1 Hour Massage or Facial 15 Minute Nourishing Hair Mask 15 Minute Hand & Arm Mask & Massage Departure Refreshments & Dessert Total Experience - 2 ¼ Hour Session	\$230
Deluxe Harmony Arrival Refreshments Balinese Foot Ritual 1 Hour Massage 1 Hour Facial Departure Refreshments & Dessert Total Experience 2 ¾ Hour Session	\$295
Mother To Be Package Arrival Refreshments Balinese Foot Ritual 1 Hour Facial 30 Minute Express Manicure 30 Minute Express Pedicure Departure Refreshments & Dessert Total Experience 2 ¾ Hour Session	\$295
* Detox Package Arrival Refreshments Balinese Foot Ritual 1 Hour Mud and Honey Wrap & Petite Facial 15 Minute Shower 45 Minute Zen Bath Departure Refreshments & Dessert Total Experience 2 ¾ Hour Session	\$295
* Detox only available at Ibah Thirroul	

Ibah Spa Escapes Continued

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|--|-------|
| Mothers Pampers Day
Arrival Refreshments
Balinese Foot Ritual
1 Hour Massage
1 Hour Facial
Express Pedicure
Departure Refreshments & Dessert
Total Experience 3 ¼ Hour Session | \$365 |
| * Total Escape
Arrival Refreshments
Balinese Foot Ritual
1 Hour Massage
1 Hour Facial
30 Minute Zen Bath
Departure Refreshments & Dessert
Total Experience 3 ¼ Hour Session | \$365 |
| * Dreaming Package
Arrival Refreshments
Balinese Foot Ritual
1 Hour Body Wrap and Head Massage
15 Minute Shower
1 Hour Massage
1 Hour Facial
Departure Refreshments & Dessert
Total Experience 4 Hour Session | \$460 |
| * Ultimate Indulgence
Arrival Refreshments
Balinese Foot Ritual
1 Hour Body Wrap and Head Massage
15 Minute Shower
30 Minute Zen Bath
1 Hour Massage
1 Hour Facial
30 Minute Express Manicure or Pedicure
Light Lunch, Departure Refreshments & Dessert
Total Experience 5 ¼ Hour Session | \$585 |
| * Only available at Ibah Thirroul | |



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Beauty Services

Facial Waxing & Tinting

Eyebrow Wax	\$35
Lip Wax	\$20
Sides of Face	\$35
Chin	\$20
Eyebrow Tint	\$25
Eyelash Tint	\$35
Lash & Brow Tint	\$55
Lash & Brow Tint & Wax	\$80
Lip & Eyebrow Wax	\$50
Eyebrow Wax & Tint	\$49
Lip & Eyebrow Wax, Eyebrow & Eyelash Tint	\$95

Lash Extensions

Classic Lash Extensions	\$150
Hybrid Lash Extensions	\$180
Volume Lash Extensions	\$250
Removal	\$100
2 week Infill <i>from</i>	\$89
3 week Infill <i>from</i>	\$99

Teeth Whitening

20 minute Session (6-8 Shades Whiter*)	\$99
40 minute Session (8-12 Shades Whiter*)	\$178

* Personal results may vary

Beauty

Lash Lift	\$85
Lash Lift & Tint	\$110
Henna only	\$60
Eyebrow Wax + Henna	\$75

Make Up

Ibah Cosmetics Strip Lashes included.	\$110
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Spray Tan

2 Hour Solution	\$45
Express Tan - can be washed off in 30 mins	\$55

Body Waxing

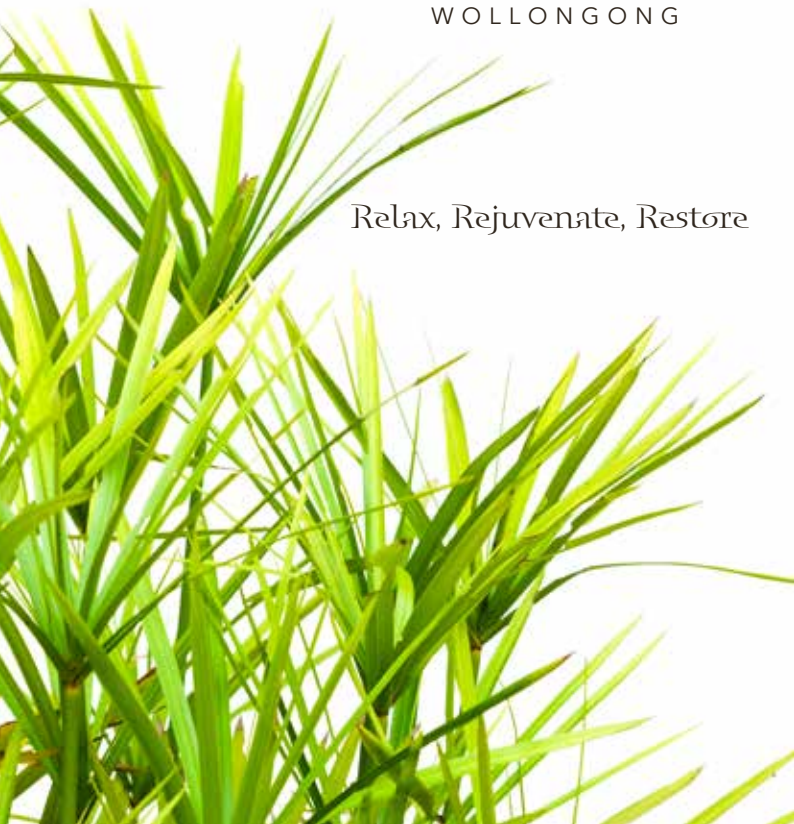
Half Leg	\$45
Half Leg & Bikini	\$70
Half Leg & G-string	\$80
Full Leg	\$55
Full Leg & Bikini	\$80
Full Leg & G-string	\$90
Underarms	\$35
Bikini	\$35
G-string	\$45
Full Arm	\$55
Half Arm	\$40

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Spa Additions

Want the Ibah Spa experience but don't have the time, choose from our petite treatments as an add on or simply have one on its own.

Zen Bath *only in conjunction with a treatment* 30 min - \$70

Relax in Ibah's Zen bath overlooking a private little garden in our Zen Room, after soaking in the milk bath finish off by applying our Vanilla and Cinnamon body mousse.

Only available at Thirroul Day Spa

Refresher Facial 30min - \$85 *or in conjunction with a treatment* - \$65

Want an Ibah facial though don't have the time for a session, Refresher facial is perfect for you! Feel brand new by receiving our Petite facial includes a Cleanse, Exfoliant, Head massage, Masque & Moisturise.

Mini Detox 30min - \$85 *or in conjunction with a treatment* - \$65

Mud and Honey applied as a detoxifying back treatment with head massage, then removed with hot towels and for ultimate hydration vanilla body moisturizer applied to the back, neck and shoulders.

Hot Oil / Hair Mask & Massage 30min - \$85 *or in conjunction with a treatment* - \$65/30 mins
- \$35/15 mins

Choose from a Macadamia Hair Mask or Hot Oil Elixir to be massaged and combed through your hair, Hot towels are then applied to infuse the product then removed and product left in the hair to infuse even further.

Express Manicure or Pedicure 30min - \$70 Mani + Pedi 1 hour - \$120

Treat yourself to a file, tidy, buff and paint for the hands or feet.

Unwind Massage 30min - \$85 *or in conjunction with a treatment* - \$65

A petite massage soully working on the head, neck & shoulders with aromatic oils and warm stones.

LED Light \$55.00 *Only in conjunction with a treatment*

Microdermabrasion 30min - \$110.00 *or in conjunction with a facial* - \$75

A non-surgical progressive treatment for superior skin resurfacing. Primary function of Microdermabrasion is to remove skin debris and to correct or minimize imperfections, blemishes and age damage.

Micro Needling Collagen Infuser + Ultra Sonic Cleanse + Collagen

Lip Mask no extra time needed - \$129.00 *Only in conjunction with a treatment*

Medi Facial including Hydradermabrasion no extra time needed -

\$149.00 *Only in conjunction with a treatment*

Frequently Asked Questions

Spa Etiquette

To keep the serenity of the spa, we ask that you turn off your mobile phone and keep noise to a minimum to respect guests.

What should I wear to the Spa?

Wear whatever you feel comfortable in (no need to dress up and please keep yourself warm) 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 are an ideal way to offer that special someone an indulgent and blissful experience. The perfect gift for any occasion. Gift vouchers can be purchased by phone or email and posted to you the same day. Valid for 3 Years.

Please note: Gift Certificates are to be redeemed at place of purchased.

Reservation Conditions

To avoid disappointment, we recommend that you book ahead. 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 2 working days 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. When making an appointment, a credit card will be required to secure your booking. Please do not request changes to our policy as refusal may offend. Booking an appointment at ibah spa is an acknowledgment of these conditions. **Please note: We do not process refunds.**

Health Considerations and Pregnancy

Our therapists will advise you pre-treatments as to what services they feel are appropriate for you. Please notify our therapists upon booking of any health concerns that may effect your treatment, so we can best provide for your needs.



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THIRROUL

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Ibah Cosmetics

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OPENING HOURS

Monday to Saturday

9am - 5:30pm

* Trading hours may vary