

*A place to heal, a place to breathe, a place to smile,  
a place to connect, a place to transform.....*

# ISIKA

*From the ancient Sanskrit for 'brush' or 'sacred pen'*

*Rewrite your destiny*

Sitting high above Melbourne, ISIKA is a peaceful, private retreat providing inspiration for lifestyle change and a haven for contemplation and discovery.

Whether for a few hours or a few days, ISIKA has been designed to ensure guests enjoy the ultimate in relaxation and rejuvenation of body, mind and spirit.

*"As a man so determines, so he becomes"*

Vedas, Hindu scripture

## ISIKA. ENTER ANOTHER WORLD

Relaxation lounge, private treatment rooms and deluxe spa suites.

Vitality pools, steam rooms, a hot plunge pool, 25m infinity pool, gymnasium, plus another unique feature - relaxing and inspiring 360 degree views over Melbourne's skyline complete the experience

For the ultimate in luxury and privacy, residential spa accommodation is available offering direct, discreet access to ISIKA. Alternatively, treatments are also available exclusively in room.

ISIKA draws on a combination of traditional and modern treatment techniques from around the globe. We use only the finest skincare products including luxury, award winning UK brand Aromatherapy Associates and Australia's own SKINN for men.

# ELEMENTS OF ISIKA

ISIKA is committed to providing the highest level of care, service and expertise. To realise our modern, holistic approach to wellbeing we've brought together a team of experts, each specialists in their wellness field. Working together, our aim is to deliver all the elements of an entirely personal, inspiring experience.

ISIKA treatments and rituals are based on the following key elements

## **INDIGENOUS**    CONNECT

Reconnect with your source through tradition and ceremony, letting the healing waters and minerals from the earth nourish body and soul.

## **SENSUAL**        BREATHE

Become aware of and engage all your senses. Visualise and relax among iconic design and textures, breathe the benefits of pure aromatherapy, and as your choice of music plays, feel your mind, body and spirit centre.

## **IMMERSE**        HEAL

Immerse yourself in rejuvenating vitality pools, steam showers, steam rooms, plunge pools and our infinity pool. Cleanse and tone your body, while calming and restoring your mind.

## **KINETIC**         SMILE

With the help of your own Personal Trainer, discover the power to strengthen your body at your own pace, while revitalising and brightening your spirit.

## **AWARENESS**    TRANSFORM

Awareness offers a path to transformation. Reflect on your journey and make inspired lifestyle changes to help you reach your goals.

# MASSAGE

Harness the power of massage to release toxins, relax, reinvigorate and help rediscover the real you.

## CLASSIC RELAXATION

Soothe away unwanted tension. This full body Swedish style massage offers a gentle intensity designed to increase circulation, enhance lymphatic drainage, and promote relaxation. A classic massage as popular as it is effective.

60 min    30 min

## REMEDIAL

Combining remedial sports and deep tissue massage techniques, this restorative massage helps release stress buried deep in muscle tissue. Our experienced Therapists pinpoint and release chronic patterns of tension in your body, increasing circulation and reducing muscle fatigue. Perfect for the sports enthusiast.

90 min    60 min    30 min

## SIKA INTUITIVE

Using their experience in a variety of holistic techniques, our team will tailor the ultimate treatment for you. Specialist therapies include Shiatsu or Thai Massage, Intuitive Healing, Reiki or Warmed Stone Massage.

An unforgettable way to revitalise mind, body and soul.

90 min    60 min

## AROMATHERAPY

A truly authentic aromatherapy experience. This indepth consultation taps into your emotional and physical needs with signature oils and pressure combined to stimulate your nervous system and release stress.

90 min    60 min

## DE-STRESS

Deeply restore tight, stressed and aching muscles with advanced techniques combining Thai style stretching and essential oils to warm your muscles. Helps disperse lactic acid build-up, soothe and reduce inflammation. Feel stress-free again.

60 min    30 min

## NURTURING PREGNANCY

There's no more important time to feel nurtured and supported. Start with a caring, nourishing foot bathing ritual. Tight shoulders and heavy legs are massaged and eased before a full scalp and facial massage complete this top to toe experience. Every mum to be deserves one.

60 min

# WELLBEING

Our Wellbeing experts offer a range of individual treatments to make you feel more alive and ready to get the most from your life.

## REFLEXOLOGY

Traditional healing leading to deep relaxation and vitality. Steady, gentle pressure is expertly applied to reflex points on your feet corresponding to specific body parts and organs. This positive effect balances energy zones within your body, resulting in greater self awareness and wellbeing.

60 min    30 min

## AYURVEDIC SCALP MASSAGE

This ancient healing technique aligns body, mind and spirit. Frankincense inhalation uplifts helping you feel more centred. Expert scalp, neck, warmed shoulders and marma point facial massage finds and releases built-up mental and physical tension.

30 min

## TOTAL BODY DETOX

The ultimate wake up call for a sluggish body and mind. All-over body brushing stimulates the circulation and lymphatic system. Skin is smoothed and invigorated with intense green olive grains before a freshwater mud mask cocoon is applied to purify and tone the skin. Foot reflex pressure and a targeted citrus massage release and eliminate more toxins. Feel new again.

90 min

## AROMATHERAPY BODY BALANCE

Harmonise your emotions, boost your senses and wellbeing. Your journey starts with a lower leg olive grain exfoliation with vitamin rich wheat germ oil applied to cuticles and dry skin. An expert pressure point massage with essential oils of rose, geranium and frankincense encourages inner happiness and harmony. A warmed facial mask and massage restores your outer radiance, finishing with a relaxing scalp massage using rich, conditioning hair oil infused with essential oils.

120 min

## PRIVATE YOGA

Steady the mind, calm emotions and tone the body. Yoga practised alone or in a group promotes fitness, flexibility and relaxation. Achieve a greater awareness of self and the world through this essential practice.

60 min    Advanced bookings essential.

## WELLNESS CONSULTATION

A holistic approach to spa. A personal, in-depth consultation with one of our wellness experts assesses your lifestyle, overall wellbeing and addresses any specific issues. Nutrition, lifestyle and exercise advice will leave you inspired.

60 min    Advanced bookings essential.

# ISIKA FOR MEN

Choose from a range of treatments tailored especially for men that will see you feeling confident and looking your best.

## **MEN'S RECOVERY HYDRATION FACIAL**

A hydrating antioxidant surge is delivered to improve tired and fatigued skin, perfect before that big event.

60 min    30 min

## **REFINE & DETOX FACIAL**

Deep cleanse and reduce redness. A purifying mask will stimulate toxin release to promote a clean healthy glow.

60 min

## **REVITALISE EYE TREATMENT**

Refresh and re-energise tired eyes. Concentrated peptides are delivered to the delicate eye area to reduce puffiness, fine lines and wrinkles.

30 min

## **MINERAL BACK CLEANSE**

Release stress and tension. Micro exfoliation will smooth and soften the skin while thermal minerals will stimulate circulation and relax the muscles. The ultimate timeout for those who work and play hard.

45 min

## **TRADITIONAL WET SHAVE**

Return to tradition. A clean, close shave that includes a deep cleanse, hot towels and hydrating application to finish.

45 min    Advanced bookings essential.

## **THE GENTLEMAN'S MANICURE OR PEDICURE**

30 min

## **HAIRCUT AND STYLE**

From 30 min

## **BODY WAXING**

From 30 min

## **EYEBROW SHAPING**

20 min

# BODY TREATMENTS

Select the specialist body treatment that suits you and emerge feeling refreshed and invigorated.

## TARGETING CELLULITE

Give cellulite the treatment. Body brushing, deep tissue detox massage, a mud and pink grapefruit citrus oil wrap, and foot reflex pressure massage all target stubborn areas of cellulite. Eliminate toxins, excess body fluid and release negative emotions. Ideal for toning and shaping the body.

60 min

## JET LAG RECOVERY

Restore and revive. A eucalyptus inhalation and invigorating body brushing stimulate circulation. Stretching massage techniques realign the body. Enjoy improved sleep, energy and adjust to your new environment sooner.

90 min

## ENRICHING COCOON

Exotic, luxurious and designed to rejuvenate. Inhale fresh tuberose, seductive ylang ylang and rich vanilla. Sea salt and coffee, full body exfoliation stimulates and smooths the skin before a layer of hydrating, mineralising marine algae. This prepares the body for a final application of luxurious, velvety body butter and oils.

90 min

## ROSE BODY RENEWAL

Precious essential oil of damask rose uplifts your spirits and promotes radiant skin. A gentle body polish prepares your skin for nourishing layers of hydrating and regenerating rose gel, evening primrose oil and shea butter. While in this cocoon, Ayurvedic scalp massage with frankincense inhalation work simultaneously to improve your physical, mental and emotional wellbeing.

60 min

# FACIAL THERAPY

Choose from a range of specialist treatments that will leave you looking and feeling relaxed and rejuvenated.

## **DAMASK ROSE**

Harness the regenerative power of the rose to nourish, soften and hydrate. Designed for all skin types, especially dry, delicate and fine textured. A traditional aromatherapy back massage, pressure point massage combined with lymphatic drainage and iced rose quartz crystals release facial tension and congestion.

90 min

## **OMNILUX™ REJUVENATION**

Stimulating Light Therapy targets specific cells to help repair sun damage, reverse the signs of aging or clear problem skin. Omnilux delivers a precise wavelength of visible red light that penetrates the skin to naturally boost the production of collagen. Helps energize, rejuvenate and improve the appearance of fine lines, wrinkles and uneven skin tone. This extended treatment incorporates the relaxing benefits of massage, including pressure and reflex points. Stimulates the lymphatic system, induces deep relaxation and promotes wellbeing. A course of 9 treatments over a 3week period is recommended.

75 min initial program 30 min program

## **AROMATHERAPY PRESCRIPTION**

Bespoke facial therapy for any skin type. Eastern and western massage techniques improve circulation, lymphatic function and skin oxygenation while easing stress and toning facial muscles. Vital nourishment, conditioning and protection leave a smooth, luminous complexion.

60 min

## **DEEP CLEANSE**

Purify, balance, refresh. Start with a cleanse, exfoliate, kaolin mask, followed by a layer of serum and a light, protective moisturiser. The ultimate mini facial leaving a smooth, matt, 'brand new' feel.

30 min

## **BOOSTERS**

For optimum results from your Facial Therapy, vitamins A, C and E are delivered to your skin in a precise concentrated dose for firmer, more radiant skin.

# SINGULARLY INDULGENT

Focusing on one area at a time is a proven way to truly regenerate and revitalise.

## **REVITALISING EYES**

Powerful, healing antioxidants deliver hydration and protection while iced rose quartz crystals cool and soften fine lines and puffiness in the delicate eye area. A gentle shoulder, neck and scalp massage further rejuvenates and refreshes.

30 min

## **DE-STRESS HAND**

Support, nourish and rejuvenate the hands and arms. An aromatic soak and revitalising olive grain exfoliation is followed by layers of warming ginger and soothing lavender oils.

30 min

## **REVIVE FOOT**

Energise and invigorate with lively essential oils of fresh peppermint and earthy juniper berry. Feet and lower legs are brushed, exfoliated and refreshed with hot towels before a stimulating gel massage.

30 min

## **NOURISHING HAIR**

Enrich for lustrous locks. Rich coconut and essential oils, and warmed towels encourage fresh, vibrant hair and a healthy scalp.

30 min

## **BODY POLISH**

Revitalising full body exfoliation using natural olive grains, marine algae, pure essential oils and aloe vera to reveal luminous, glowing skin. A light lotion application completes the rejuvenation process.

30 min

# ISIKA BEAUTY

Let our professionals reveal your personal beauty potential.

## **AROMA MANICURE**

Lavender and rosemary aromatic soak and exfoliation prepare your hands for layers of a soothing serum and nourishing creams. Expert file, cuticle work, buff and polish complete the transformation.

60 min

## **AROMA PEDICURE**

Citrus and juniper berry aromatic soak, brushing and exfoliation precede layers of a stimulating serum. Warm towels help infuse nourishing rose cream. Expert file, cuticle work, buff and polish complete the experience.

60 min

## **ESSENTIAL MANICURE OR PEDICURE**

When time is of the essence. Includes expert filing and shaping of your nails, cleansing soak, relaxing massage and polish application.

30 min

## **PARAFFIN THERAPY**

30 min

## **FRENCH POLISH**

15 min

## **MAKE UP AND LASH APPLICATION**

60 min

## **ESSENTIAL EYES**

Includes brow shaping and eyelash and brow tinting.

30 min

ISIKA offers a comprehensive, expert waxing service. Please see our team for details.

# ISIKA HAIR

ISIKA stylists can sharpen a current look or create something new. Using only the finest hair care products, the look is tailored to suit the individual. The result is inspired, practical beauty you can recreate every day.

## **CUT & BLOW WAVE**

From 60 min

## **CREATIVE STYLING**

From 60 min

## **HIGHLIGHTS**

From 60 min

## **COLOUR**

From 45 min

## **BOOSTERS**

15 min

Appointments for Bridal Parties, Spa Parties and Corporate Groups available.  
Please see our team for details.

# URBAN RETREATS

## RITUALS

Choose from one of our Rituals or we can help you tailor your own. All Rituals include:

- Foot Bathing Ritual
- Use of all ISIKA facilities

## THE ISIKA URBAN MAN

Restore vitality and clear the mind.

Release tension from your muscles with a pressure point shiatsu massage and warmed thermal mask for the back, essential minerals will nourish the skin and reflexology for the feet will restore inner balance. A skin strengthening facial rich in anti oxidants and pressure point scalp massage will complete your Ritual to ensure total body stress release.

120 min

## EXECUTIVE ESCAPE

Recharge and revitalise, make the ultimate investment in yourself.

This top to toe Ritual begins with an aromatic warm oil body massage to soften muscles and deep cleansing facial therapy will balance and refresh the skin. Perfect for targeting areas of tension and stress, a traditional Ayurvedic scalp massage will calm the intensity of the mind while healing reflexology on the soles will complete your journey back to wellbeing.

120 min

## ISIKA SACRED INDULGENCE

Embrace the essence of ceremony with the ultimate facial ritual.

Begin with a soothing, aromatic foot bath and warm oil regeneration back massage, infused with the power of jade stones. Chakra stone placement will bring balance and calm as unique lymphatic facial massage with silken brushes works to strengthen skin elasticity and promote cell renewal. Hydrating and firming masks will reveal a radiant glow with anti aging benefits and expert scalp massage releases facial stress. Organic signature misting and crystal bowl vibration healing complete this unforgettable indulgence.

120 min

## FULL & HALF DAY ESCAPES

Choose from one of our Escapes or we can help you tailor your own. All Escapes include:

- Foot Bathing Ritual
- Use of all ISIKA facilities plus all day herbal teas and juices

### **ULTIMATE PAMPERING**

Indulge your inner princess, treat yourself or come as a group. Ideal for spa parties, bridal groups, mothers and daughters and girlfriends. Champagne allowed.

- Aromatherapy Massage
- Damask Rose Facial
- Essential manicure and pedicure
- Blow wave

4.5 hours

### **COUPLES' DECADENCE**

Relax and enhance together. Champagne, chocolates and more make this a sensual and romantic experience.

- Private suite with soaking tub or vitality pool and steam shower
- Body Polish
- Relaxation Massage
- Deep Cleanse Facial
- Foot Revival

3.5 hours

### **TRAVEL RECOVERY**

The romance of travel is back. The ultimate way to recharge and adjust to your new environment.

- Body Polish
- Jet Lag Recovery
- Reflexology

3 hours

# RETREATS OVERNIGHT

Choose from one to four nights in dedicated residential spa accommodation designed in conjunction with our Spa Professionals. Includes a health and fitness assessment, specialised therapies, wellbeing and fitness activities, spa cuisine, use of the gymnasium, relaxation areas and all hydrotherapy facilities.

Our retreats include these popular lifestyle enhancement options:

- DE-STRESS ME
- PURE DETOX
- BESPOKE WELLBEING
- KICKSTART FITNESS
- VITAL YOUTH

## 1 NIGHT

Includes:

- Residential spa accommodation 1 night
- Daily spa cuisine meals
- Aromatherapy Massage
- Leisure and fitness activities and full use of all ISIKA facilities

## 2 NIGHTS

Includes:

- Residential spa accommodation 2 nights
- Daily spa cuisine meals
- Body Polish
- Aromatherapy Massage
- Individual health and fitness consultation and program design
- Leisure and fitness activities and full use of all ISIKA facilities

## 3 NIGHTS

Includes:

- Residential spa accommodation 3 nights
- Daily spa cuisine meals
- Body Polish
- Aromatherapy Massage
- Reflexology Treatment
- Individual health and fitness consultation and program design
- Leisure and fitness activities and full use of all ISIKA facilities

## 4 NIGHTS

Includes:

- Residential spa accommodation 4 nights
- Daily spa cuisine meals
- Body Polish
- Aromatherapy Massage
- Reflexology Treatment
- Ayurvedic Scalp Treatment
- Individual health and fitness consultation and program design
- Leisure and fitness activities and full use of all ISIKA facilities

ISIKA is committed to bringing you the foremost specialists and consultants with a personalised approach to getting your body back in balance.

- Naturopathic Consultations
- Nutritional Services
- Kinesiology
- Lifestyle Coaching
- Martial Arts
- Traditional Chinese Medicine
- Cranio Sacral Therapy

Advanced bookings are essential. We look forward to guiding you through an amazing journey.

## SPA CUISINE

Original. Creative. Natural. Gordon Ramsay's team at 'Maze' in conjunction with ISIKA's Wellness Consultants have created a dedicated menu to complement our overnight Retreat Package options. Sophisticated and delicious.

## HEALTH & FITNESS

Our 25 metre indoor infinity pool offers sky high views of Melbourne and is heated to a comfortable 28C degrees with relaxing day beds and lounges available.

Our Fitness Centre offers ultra modern gymnasium equipment from the Life Fitness series including the latest treadmills, cross trainers plus a comprehensive selection of weight machines and free weights.

ISIKA has a dedicated team of Sports Consultants and Personal Trainers to tailor programs including fitness, weight management, circuit and strength training plus swim coaching and boxing. Choose our Overnight Retreat of one to four nights 'Kickstart Fitness' package to begin your journey to good health and fitness.

You are welcome to choose from a range of activities including running and walking groups, meditation and more.

# HOW WE SPA AT ISIKA

## ENQUIRIES AND RESERVATIONS

Appointments are essential for ISIKA treatments and activities. To avoid disappointment, we recommend advanced reservations to secure your preferred date and time. All appointments can be guaranteed with a valid credit card, gift voucher or room confirmation number.

Please call + 61 (3) 9292 8327 or visit [www.isika.com.au](http://www.isika.com.au)  
15% surcharge applies on public holidays.

## MEN AND WOMEN'S VITALITY SPACE

Experience private, well-equipped changing rooms, including

Aroma Steam Room. Ideal to help cleanse and detoxify the skin, relax the mind and body in preparation for treatments.

Vitality Pool. Heated to a soothing 38C degrees, these are equipped with ergonomic lounges that deliver champagne bubbles to revitalise your entire body.

## ATTIRE

Maintaining your sense of comfort is extremely important to us. Most spa treatments are enjoyed without clothing and you will be discreetly draped at all times. Disposable underwear, robes and slippers are all available. We recommend that you please leave all valuables in your hotel room or at home as we cannot accept liability for loss or damage of any kind.

## SPA ETIQUETTE

The spa environment is a place of calm and tranquillity. Please respect the peace and privacy of other spa guests by speaking softly and turning off mobile phones. Smoking is not permitted in ISIKA Day Spa and Urban Retreat.

## CANCELLATIONS

Spa appointments are reserved especially for you. We understand that plans change, so we kindly ask that you give us at least 3 hours' notice should you need to change or cancel your appointment. Cancellations made less than 3 hours prior will be charged at 100% of the treatment rate. Changes to Rituals, Escapes and Overnight Retreats require 24 hours' notice. Non-arrivals will also incur 100% of the treatment rate.

Any Specialist Wellness appointment also requires 24 hours notice should you need to change or cancel your appointment. Cancellations made less than 24 hours prior will be charged at 100% of the treatment rate.

## GIFT CERTIFICATES

ISIKA gift certificates are a unique and special way to celebrate any occasion. Please contact ISIKA Spa Reception to assist in your selection. Gift certificates are valid for 12 months from date of purchase. Gift certificates are non-refundable, non-transferable and if lost cannot be replaced. Expired Gift Certificates cannot be honoured.

ISIKA gift certificates can also be purchased online at [www.crowngifts.com.au](http://www.crowngifts.com.au)

# HOW WE SPA AT ISIKA

## ARRIVAL

If you have booked a Ritual, Escape or Retreat we encourage you to arrive at least 1 hour prior to your appointment to enjoy our Vitality Space. Please ensure you bring your swimwear or there is a range available to purchase at our in-spa Boutique.

If your treatment is less than two hours, please arrive at least 15 minutes prior to your appointment. This will allow you time to check-in, complete our consultation form and enjoy our Signature Tea. If you are delayed, please remember your treatment time will be limited as a courtesy to the next guest.

## HOURS OF OPERATION

ISIKA Day Spa                    8am – 8pm daily

Pool and Gymnasium   6am – 10pm daily

## GROUP BOOKINGS

Relax and let us create a memorable experience for you and your party. Tailor-made group bookings can be designed to suit your group's needs. Please contact +61 (3) 9292 8327 for further enquiries or visit [www.isika.com.au](http://www.isika.com.au)

## HEALTH CONSIDERATIONS

Kindly inform us upon booking of any special medical needs that require additional attention. If you suffer from any allergies or medical conditions, some treatments may not be suitable. If you are pregnant, or trying to become pregnant, some treatments may not be advisable.

## AGE

Spa guests must be 16 years of age and over to receive any spa treatments. Children must be accompanied by an adult when attending the pool and gymnasium.

## YOUR COMFORT

To ensure the ultimate experience, our ISIKA Spa reception team are happy to help you select the right treatment for you. Communication is the key to a fulfilling experience, so please feel free to discuss any area of concern. We have both male and female professional therapists. If you have a personal preference, please let us know when you make a reservation.

# HOW WE SPA AT ISIKA

## TREATMENT ROOMS

Treatment Rooms include private shower and en suite facilities. Personalise your experience with a choice of music genres.

The **WELLNESS SUITE** is the couples' private treatment room with Vitality Pool, steam shower for two and lounges.

The **HEALING SUITE** is the couples' private treatment room with Double Soaking Tub, steam shower for two and lounges.

For an additional supplement, selected treatments may be performed in our Wellness Suite and our Healing Suite. This space allows you to enjoy the facilities in your own private haven for a minimum 30 minutes prior to your treatment. The Wellness and Healing Suites have been furnished impeccably and with hotel corner panoramic views.

**THE HAVEN** is the perfect way to relax after your treatments. Comfortable lounges, refreshments and inspiring reading are all available for you to enjoy.

**THE LOUNGE** is our Nail Bar and Hair Salon.

## **ISIKA**

*'As a man so determines, so he becomes' Vedas, Hindu Scripture*

*Rewrite your destiny*