

ibah
DAY SPA

THIRROUL &
WOLLONGONG

A Haven of Serenity

peace - luxury - relaxation - sanctuary - nurturing

ibah

DAY SPA

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WOLLONGONG

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 our doors 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.

Pumpkin Peel Facial \$198
Arrival refreshments
Balinese Foot Soak
1 Hour Facial with Pumpkin Peel
Head, Neck, Shoulder massage
Dessert & Departure Refreshments
Total Experience - 1 ¾ Hour Session

Signature Facial \$225
Arrival Refreshments
Balinese Foot Ritual
1 Hour Facial with Head, Neck
& Shoulder Massage
+ collagen eye + lip mask
Dessert & Departure Refreshments
Total Experience - 1 ¾ Hour Session

Illuminate Facial \$354
Arrival refreshments
Balinese Foot Soak
1 Hour Facial with Skin Needling
+ Head, Neck, Shoulder massage
+ Eye Treatment
Dessert & Departure Refreshments
Total Experience - 1 ¾ Hour Session

Recommended Advanced additions (no added time):

LED Light \$55 | Microdermabrasion \$75
Micro Needling Collagen Infuser \$129
Medi Facial including Hydradermabrasion \$149
Infrared Sauna - Additional 45mins - \$55 or \$75 for 2ppl

Ibuh Massage Rituals

Back, Head, Neck & Shoulder Massage	\$126
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	\$168
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Massage	
Dessert & Departure Refreshments	
Total Experience - 1¾ Hour Session	

Luxury	\$210
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
 Infrared Sauna - Additional 45mins - \$55 or \$75 for 2ppl

Ibali 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 \$168
Arrival Refreshments
Balinese Foot Ritual
1 Hour Massage
Dessert & Departure Refreshments
Total Experience - 1 ¼ Hour Session

Luxury \$210
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 \$198
Arrival Refreshments
Balinese Foot Ritual
1 Hour Hot Stone Massage
Dessert & Departure Refreshments
Total Experience - 1 ¼ Hour Session

Luxury \$240
Arrival Refreshments
Balinese Foot Ritual
1 Hour 15 Minute Hot Stone Massage
Dessert & Departure Refreshments
Total Experience - 2 Hour Session

Semi Precious Crystal Massages

A unique massage combining aspects from the fields of eastern medicine, modern wellness, and relaxation through pure massage. Releases blockages through acupressure and transfer of positive vibrations by semi-precious stones. The use of therapeutic hands and healing crystals will balance and help with a spiritual and emotional reawakening. A beautiful holistic experience.

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 a 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).

Deluxe	\$178
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Massage	
Dessert & Departure Refreshments	
Total Experience - 1 ¾ Hour Session	

Luxury	\$220
Arrival Refreshments	
Balinese Foot Ritual	
1 ¼ Hour Massage	
Dessert & Departure Refreshments	
Total Experience - 2 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	\$350
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Body Wrap With Head Massage	
15 Minute Shower	
30 Minute Full Body Moisturize	
15 Minute Facial	
Dessert & Departure Refreshments	
Total Experience 2 ¾ Session	

Ibah Spoilt Package	\$420
<i>Choose any of the above Wraps plus a full body massage or Facial.</i>	
Arrival Refreshments	
Balinese Foot Ritual	
1 Hour Body Wrap With Head Massage	
15 Minute Shower	
1 Hour Full Body Massage	
15 Minute Facial	
Dessert & Departure Refreshments	
Total Experience - 3 ¼ Hour Session	

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Relax, Rejuvenate, Restore



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 \$255
Arrival Refreshments
Balinese Foot Ritual
45 Minute Massage
45 Minute Facial
Departure Refreshments & Dessert
Total Experience 2 ¼ Hour Session

* Temptation \$255
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 \$255
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

Deluxe Harmony \$320
Arrival Refreshments
Balinese Foot Ritual
1 Hour Massage
1 Hour Facial
Departure Refreshments & Dessert
Total Experience 2 ¾ Hour Session

Mother To Be Package \$320
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

* Detox Package \$420
Arrival Refreshments
Balinese Foot Ritual
1 Hour Mud and Honey Wrap
30 Minute Facial
15 Minute Shower
45 Minute Zen Bath
15 Minute Full Body Moisturize
Departure Refreshments & Dessert
Total Experience 3 ¼ Hour Session

* Detox only available at Ibah Thirroul

Ibah Spa Escapes Continued

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|---|-------|
| Mothers Pampers Day | \$400 |
| Arrival Refreshments | |
| Balinese Foot Ritual | |
| 1 Hour Massage | |
| 1 Hour Facial | |
| Express Pedicure | |
| Departure Refreshments & Dessert | |
| Total Experience 3 ¼ Hour Session | |
| * Total Escape | \$390 |
| Arrival Refreshments | |
| Balinese Foot Ritual | |
| 1 Hour Massage | |
| 1 Hour Facial | |
| 30 Minute Zen Bath | |
| Departure Refreshments & Dessert | |
| Total Experience 3 ¼ Hour Session | |
| Dreaming Package | \$490 |
| Arrival Refreshments | |
| Balinese Foot Ritual | |
| 1 Hour Body Wrap and Head Massage | |
| 15 Minute Shower | |
| 1 Hour Massage | |
| 1 Hour Facial | |
| Light Lunch, Departure Refreshments & Dessert | |
| Total Experience 4 Hour Session | |
| * Ultimate Indulgence | \$635 |
| 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 | |
| * Only available at Ibah Thirroul | |



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Additional Services

Facial Waxing & Tinting

Eyebrow Wax	\$40
Lip Wax	\$20
Sides of Face	\$35
Chin	\$20
Eyebrow Tint	\$40
Eyelash Tint	\$40
Brow Wax + Tint	\$60
Lash & Brow Tint	\$60
Lash & Brow Tint & Wax	\$80

Infrared Sauna with Chromotherapy

1 Person	\$55
2 People	\$75

Beauty

Lash Lift	\$90
Lash Lift & Tint	\$110
Henna only	\$60
Brow Lamination	\$75
Eyebrow Wax + Henna	\$75

Make Up

Ibah Cosmetics Strip Lashes included.	\$150
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Spray Tan	\$55
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Lash Extensions

Classic	\$150
Classic Infill	\$100
Volume	\$180
Volume Infill	\$130
Removal	\$50

Teeth Whitening

20 minute Session (6-8 Shades Whiter*)	\$150
40 minute Session (8-12 Shades Whiter*)	\$178

* Personal results may vary

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
Brazilian	\$65
Full Arm	\$55
Half Arm	\$40

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Spa Additions

Zen Bath **only in conjunction with a treatment** 30 min - \$80

Indulge in one of our relaxing bathing ceremonies with exotic tea and biscuits. Tension melts away with our aromatic infusions of 100% pure blended aromatherapy bath oils, Himalayan bath salts & coconut milk.

Only available at Thirroul Day Spa

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

Petite facial includes a Cleanse, Exfoliant, Head massage, Masque & Moisturise.

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

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 / **only in conjunction with a treatment** - \$85/30 mins

Hair Mask & Massage - \$45/15 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 **only in conjunction with a treatment**

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

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

Microdermabrasion 30min - \$120.00 **only 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.

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.

Saturdays incur 10% surcharge. Sundays incur 20% surcharge.

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

BRAND NEW DAY SPA

3/264 Lawrence Hargrave Dr, Thirroul 2515

Phone: 4267 IBAH / 4267 4224

Email: info@ibahspathirroul.com

www.ibahspathirroul.com

WOLLONGONG

36/71 - 83 Smith Street, Wollongong 2500

Phone: 4225 1228

Email: contact@ibahwollongong.com

www.ibahwollongong.com

Ibah Cosmetics

www.ibahcosmetics.com

OPENING HOURS

Open 7 Days a Week

9am - 6pm

* Trading hours may vary

* Sunday by appointment only