



Welcome

The Wellness Sanctuary and spa rituals are inspired by a Japanese verb iKOU meaning "to rest, relax and restore". iKOU is an organic skincare line that harnesses the restorative, clarifying and invigorating properties of pure essential oils, and Australia's native botanicals.

The purity of iKOU Skincare is renowned globally: chemical-free, organic and derived directly from nature. iKOU has a strong focus on ethically wild-harvested Australian ingredients that are essentially "farmed" by nature, in remote, pristine locations, ensuring an abundance and purity.

The combination of a sensitive and sustainable space and the healing hands of our Spa Therapists, the Wellness Sanctuary is a perfect destination to rest and relax. This is an opportunity to experience and embrace the simplicity of nature and the sense of wellbeing that follows.

Body Ritual

The power of human touch combined with pure essential oils will allow you to escape into deep relaxation. Your Spa Therapist is skilled in a range of massage techniques to calm the mind, ease tired muscles and restore the body.

Massage

An individually tailored massage to match your unique journey. After a thorough consultation your Spa Therapist will design a massage treatment to best suit your needs to ensure total rejuvenation. Enjoy a range of massage techniques to relax and relieve muscular pain and tension.

30 min \$90





Face & Feet Rituals



Face Ritual

Delight your senses with a rejuvenating and balancing facial ritual for all skin types. Enjoy a gentle polish, wondrous hydrating mask, warm compresses and pressure point massage to heal, smooth and restore vitality to your skin.

30 min \$105

** Includes head massage, acupressure and hand or foot massage.*



Foot Ritual

Take the time to give back to your feet with this unforgettable ritual that not only eases tension but nourishes the skin and overall wellbeing after a full day of hiking. Enjoy a gentle polish followed by a soothing foot mask to nourish and hydrate your feet. Your ritual also includes a restorative pressure point massage on your feet, lower legs, head and shoulders.

30 min \$95





General Information

The Wellness Sanctuary is open daily. We are located at the Lodge and offer spa services to our walking guests exclusively.

Reservations

As the Wellness Sanctuary is very popular and there are limited sessions available with each departure, we advise that you make your bookings in advance of your walk to avoid disappointment. If your walk has begun, you can enquire with your Guide to see if there are spaces available, but the Wellness Sanctuary is almost always fully pre-booked.

Age requirement

The minimum age for spa guests is 16 years.

Payment

Payment will be requested at the time of treatment. We accept Pay Wave, credit and debit card payments only.

Spa arrival

Please arrive 15 minutes before your treatment is scheduled. This gives you time to unwind, sit back and take in the view. If you arrive late for your treatment, we may have to reduce your treatment time.

Spa etiquette

The Wellness Sanctuary is a place of rest, relaxation and rejuvenation. The Wellness Sanctuary is a mobile phone and smoke-free area.

Medical conditions

When making your reservation, please advise us of any health conditions, allergies or injuries that might affect your spa experience.

Pregnancy

It is advised to avoid spa treatment during your first trimester. Some treatments are appropriate in later stages. Our Spa Therapists will advise you.

Cancellations

A 100% charge will apply for any treatments cancelled with less than 72 hours notice. The same applies for no-shows.