



iluka spa

escape to our spa, Iluka, meaning by the water. We are located in the heart of Sydney on the top floor of Park Hyatt Sydney, graced with unparalleled views of the Opera House, Harbour Bridge and city harbour. Intimate private treatment rooms become your sanctuary where you are our sole focus.

Iluka is the spa for urban tranquility; merging contemporary products with innovative treatments. We deliver the epitome of spa excellence through vivid sensory journeys, unobtrusive service, and expert therapists.

We create your journey based on the healing powers of the  
four pillars of wellness:

energy  
renewal rebirth d-age

harmony  
calming hydrating soothing

purity  
cleansing detoxing toning

tranquility  
grounding relaxing stabilizing

Let your inner world be recreated, balanced in these elements, and remember how it is to live with vigor, vitality and joy.

Your journey begins with fresh water and a thorough consultation, before a blessing ritual is performed. Each treatment is tailored perfectly to your needs and preferences. Concluding with the herbal tea corresponding to your wellness pillar choice.

# iluka escapes

Iluka escapes are designed to help you achieve a sense of mental, physical and spiritual balance.

## d-age

180 minutes

Restore your strongest self with an escape that renews your vitality and decreases signs of ageing.

*D-age body treatment*

*Collagen chrono reversal facial with eye supreme enhancement*

## man space

180 minutes

Especially for men to aid relaxation and renew energy.

*Express pedicure*

*Energy massage ritual*

*Man anti-age performance facial*

## balance

180 minutes

Rediscover silky soft skin with an escape dedicated to deep hydration.

*Ritual body scrub*

*Harmony massage ritual*

*Hydramemory facial*

## detox

180 minutes

Balance the body and regain equilibrium of the senses with an escape that purifies and detoxifies by releasing excess energy, toxins and stress.

*Ritual body scrub*

*Monticelli mud wrap*

*Purity massage ritual*

## tranquility

180 minutes

Open your mind and calm your senses with deep breathing techniques designed to help you relax, reduce stress and restore your inner tranquility.

*Mini manicure or pedicure*

*Tranquility massage*

*Action sublime facial*

## new life

120 minutes

Celebrate and prepare your body, mind and soul for the variety of different changes that occur during pregnancy.

*New life body treatment*

*Hydramemory facial*

## jet set

120 minutes

For the frequent traveller, designed to calm and encourage sleep.

*Purity massage ritual*

*Hydramemory facial ritual*

## vitality

120 minutes

Empower your sense of well-being while you renew, protect and energize your body, mind and spirit.

*Ritual body scrub*

*Tranquility massage ritual*

## iluka massages

60 minutes  
90 minutes

### energy massage

Arabian aroma blends stimulate and revitalize your inner strength while increasing vitality and balancing the body's energy.

### harmony massage

Oriental aroma blends enhance relaxation and reduce stress to achieve a harmonious balance between body, mind and spirit.

### purity massage

Indian aroma blends purify and detox the body to regain balance and restore equilibrium of the senses.

### tranquility massage

Mediterranean aroma blends are profoundly calming and grounding and return us to our most human roots - deep, strong and relaxed.

### additional massage options

Pregnancy massage

Swedish massage

Deep tissue massage (an additional \$10 will apply)

30 minutes  
60 minutes  
90 minutes

## iluka body treatments

### d-age

A deeply moisturizing treatment that starts with a body scrub and is followed by layers of deep penetrating serums and protective creams to provide damage-reversing cellular renewal.

90 minutes

### monticelli mud wrap

After an aromatic body scrub, our deeply detoxifying mud is applied warm to relieve the ache of sore muscles and swollen joints while restoring balance and energy to the body.

90 minutes

### tranquility ritual

A unique experience to deeply relax body and mind. This calming ritual aids well-being, hydration and releases tight muscles.

60 minutes

### anti-cellulite

Skin smoothing, elasticizing and oxygenating mask for all body types and skin conditions.

60 minutes

### new life

A customized massage with our rich and firming illipe butter cream and a cooling gel to reduce water retention for the feet and ankles (for the second and third trimester only).

60 minutes

### aromasoul scrub ritual

Experience renewed, nourished and luminous skin with an aromasoul ritual reflecting four of the ancient traditional cultures; oriental, mediterranean, indian and arabian.

60 minutes

## soft sense waxing

Waxing is one of the quickest and most effective methods of hair removal, providing lasting results for both men and women.

# iluka facial treatments

## anti-ageing & renewing

action sublime 90 minutes

Anti-ageing treatment for deep and visible wrinkle reduction.

chrono reverser 60 minutes

Alpha hydroxy acid treatment that delicately and effectively improves the appearance of lines and wrinkles, pigmentation and superficial acne scars.

With collagen mask for intense anti-ageing. 90 minutes

## hydrate

hydramemory

Deep hydrating treatment ideal for after air travel.

With collagen fleece mask for anti-ageing. 60 minutes

## lifting

glorious skin

Anti-ageing lifting treatment offering immediate lifting effect without surgery.

90 minutes

## purity

active pureness rebalancing

Purifying and rebalancing treatment with deep cleansing to render the skin fresh and compact.

With alpha-hydroxy acids for intensive exfoliation. 60 minutes

## rebalance

skin resonance

Decongesting, rebalancing and protective treatment for sensitive skin.

60 minutes

## man space

anti-age performance

Active rejuvenating treatment that re-establishes skin firmness and tone.

60 minutes

pure performance

Active purifying treatment to remove impurities and rebalance skin.

60 minutes

hydra performance

Active restoring treatment for dry and dehydrated skin.

Ideal for skin under environmental stress, frequent flying, exposure to sun and extreme weather conditions.

60 minutes

# enhancements

eye supreme anti-ageing

A specific treatment to rejuvenate the area around the eyes, it provides deep nourishment and protection alleviating dark circles and expression lines.

30 minutes

*add on with any treatment*

lip blooming

Replenishes and plumps the lips with rose and fruit extracts to diminish signs of ageing around this area.

30 minutes

*add on with any treatment*

## iluka hands and feet

### iluka manicure

60 minutes

Includes exfoliation, nail shaping, cuticle work, hand and lower arm massage finished with a nail polish of your choice.

### iluka pedicure

60 minutes

Includes foot soak, exfoliation, nail shaping, cuticle work, foot and lower leg massage finished with a nail polish of your choice.

### executive express

60 minutes

Especially for men. Enjoy both an express manicure and express pedicure, both including exfoliation, nail shaping and buffing, finished with a pressure point massage.

## how to spa

### spa arrival

We encourage you to arrive 30 minutes before your scheduled treatment time to relax and enjoy our steam room, sauna, outdoor pool and jacuzzi. For your comfort, we suggest that you shower before all massages. Lockers, robes and slippers are provided.

Arriving late will limit the time for your treatment so we strongly encourage early arrival. Treatments begin and end as scheduled; the full value will be charged. To avoid a full fee charge, we require 6 hours advance notice to cancel.

If you are scheduled for a body therapy or facial, please refrain from shaving at least one hour prior to your treatment.

We respectfully ask that your cell phones be turned off so that the tranquility of the Iluka spa experience may be preserved.

Additionally, please leave at home or deposit all valuables in your room safe, as Iluka spa cannot be held responsible for loss of personal items.

### age limitation

Children under age 16 are not permitted to use the spa facilities unless with parental supervision.

### hours of operation:

Spa services	9am to 9pm monday - friday 9am - 7pm saturday and sunday
Gymnasium	24hours 7 days a week
Swimming pool	sunrise to sunset
Steam room & sauna	24hrs 7 days a week

### contact

Phone	+61 2 9256 1633
Email	iluka.spa@hyatt.com
Web	sydney.park.hyatt.com
Address	7 hickson road, the rocks, sydney 2000

**iluka escapes**

	weekdays	weekdays 6:00pm-9:00pm & weekends
d-age	460	500
man space	390	430
balance	390	430
new life	260	285
detox	390	430
jet set	260	285
tranquility	390	430
vitality	250	275

**iluka massages**

energy massage / harmony massage / purity massage / tranquility massage / deep tissue massage / pregnancy massage

30 minutes	80	90
60 minutes	150	165
90 minutes	200	220

**facials**

collagen chrono reversal with collagen	240	265
collagen chrono reversal	190	210
active pureness rebalancing	145	160
hydramemory	145	160
hydramemory with collagen	190	210
skin resonance	145	160
pure performance for men	145	160
hydra performance	145	160
anti-age performance	200	220
action sublime	210	230
glorious skin	240	265

**enhancements**

eye supreme treatment	80	90
eye supreme add-on	55	60
lip blooming treatment	70	80
lip treatment add-on	40	45

**iluka body treatments**

d-age	220	242
anti-cellulite	160	175
monticelli mud wrap	200	220
new life	140	155
tranquility ritual	170	185
aromasoul scrub ritual	140	155

**iluka hands and feet**

iluka manicure	110	120
iluka pedicure	110	120
executive express	110	120

\*\*All prices quoted are in Australian dollars and include a 10% goods and services tax.

