



BRIGHTLANDS
RETREAT • LEURA



WELLNESS CENTRE SERVICES MENU



We are proud to bring you our menu of iKOU Spa Treatments. iKOU is based in the Blue Mountains Australia, and creates spa journeys inspired by nature, with sensory details of global spa culture infused into every experience.

ENTER OUR SENSORY WORLD ...

Where body & mind are transformed, organic is high-performance and eco is synonymous with luxury...

Be inspired to rest, relax, restore, and become the healthiest and happiest version of self.

Enter the world of iKOU, brought to you from the pristine World Heritage Listed Blue Mountains, Australia.

Be indulged with Australian fruit & flower extracts and ancient traditions, and immerse yourself in a skilfully crafted fusion of global spa culture.

FACIALS

ANTI-AGEING FACIAL

1 Hour 30 Minutes

This toning and firming facial stimulates collagen to deliver high-performance, visible anti-ageing results. Featuring a radiance age-defying double masque, facial massage and hyaluronic toning masque leaving your skin feeling soothed and hydrated.

RELAXING FACIAL

1 Hour 30 Minutes

This calming facial rebuilds skins health and wellbeing.

A deeply relaxing experience to de-stress your mind and restore skin luminosity and boost hydration.

HYDRATING FACIAL

1 Hour

Replenish moisture levels and restore elasticity with this intensely hydrating facial. Formulated with bio-active nutrients for soothing protection revealing a radiant glow.

RENEWAL FACIAL

1 Hour 15 Minutes

Look and feel revitalised with this super antioxidant facial to boost luminosity and deliver powerful age-defying results. A multivitamin-rich masque to nourish and regenerate collagen and elastin.

MENS RELAXING FACIAL

1 Hour

This superior deep pore cleansing facial with purifying native organic extracts detoxifies and locks in moisture while stimulating collagen leaving your skin feeling smooth, hydrated and relaxed.

MASSAGE

REST AND RESTORE MASSAGE

30 min / 60 min / 90 min

This full-body relaxation massage combines rhythmic movements and soothing massage with the art of the senses. Create your own journey with your choice of one of five organic natural plant oil blends. Intuitively guide your mind and body to greater relaxation and energy balance.

PREGNANCY MASSAGE

60 min

Relax onto the comfort of the treatment bed while your body is eased into a state of bliss using all natural, organic oils. This gentle massage assists with pain relief, increasing low energy and lowering stress levels experienced throughout the journey towards motherhood.

HOT STONE MASSAGE

60 min / 90 min

Feel tension melt away as the entire body enters a state of deep relaxation under the soothing warmth of Peruvian Basalt hot stones combined with fluid movements of a full body massage.

KAHUNA MASSAGE

60 min

A traditional form of bodywork from Hawaii, the therapist uses long, flowing strokes across the body connecting the whole body with mind and spirit.

RITUALS

MOUNTAIN ESCAPE RITUAL

1 Hour 30 Minutes

Unwind and allow your body to receive the healing benefits of deep relaxation. This complete head-to-toe experience for skin, mind and body restores a radiant all-over glow and a feeling of inner bliss and joy.

Includes:

- Body Polish
- Hydrating Cocoon
- Radiance Facial
- Body Soufflé massage style application
- Foot massage

Recommended upgrade:

White Flannel Back & Shoulder Massage - 30 minutes

*This Body Polish is very gentle & hydrating and perfect for fragile, mature skin. Also suitable in pregnancy.

DE-STRESS RITUAL

2 Hours

Draw energy from the healing power of nature, while breathing new life back into the soul with this soothing head to toe balancing ritual.

A classic combination of massage and facial, this calming treatment is designed to leave you feeling de-stressed and restore an all over healthy radiance.

Includes:

- De-stress full body massage
- Hydration Facial

Recommended upgrades:

- Warm Bergamot Hair and Scalp Deep Condition massage - 30 minutes
- De-Stress Body Buff - 30 minutes

RECONNECT RITUAL

1 Hour 30 Minutes

Restore energy and clear the mind with the uplifting wellbeing benefits of Australian Lemon Myrtle. The inclusion of a cucumber foot treatment brings a lightness of being.

Includes:

- Lemon Myrtle Body Scrub
- Renewal full body massage
- Foot & Lower Leg Polish & Hydrating Mask

Recommended upgrade:

Warm Bergamot Hair and Scalp Deep Condition massage - 30 minutes

MENS RITUAL

1 Hour 30 Minutes

Boost health and wellbeing for body and mind in this deeply relaxing treatment. Detoxifying and rejuvenating to promote a feeling of positivity leaving you feeling calm and hydrated.

Includes:

- Australian Blue Cypress & Wattleseed Scrub
- De-stress back, neck and shoulders Massage
- Mens Relaxing Facial - 30 min

Recommended upgrade:

- Warm Bergamot Hair and Scalp Deep Condition massage - 30 minutes

BODY SCRUBS

75 min

Our invigorating, deeply hydrating Body scrubs polish away dull skin to reveal a radiant glow with instant results. Rich in essential fatty acids and antioxidants with selected oils to promote cell renewal. The finishing application of an Organic Body Souffle leaves skin relaxed and rejuvenated.

This treatment includes a full body exfoliation, body cocoon, scalp massage and a nourishing body soufflé.

DE-STRESS ORGANIC ITALIAN ORANGE & JOJOBA BODY BUFF

This restorative sugar scrub delivers ultra exfoliation and hydration, leaving the skin radiant and smooth that is suitable all skin types.

ENERGISING LEMON MYRTLE BODY SCRUB

A detoxifying, energising salt scrub with cleansing Lemon Myrtle and cucumber oil leaving the skin renewed and the mind uplifted.

Rejuvenation for balanced skin types.

HYDRATING COCONUT & JASMINE BODY POLISH

A fusion of exotic tropical florals rich in antioxidants to restore skin to visibly smooth, hydrated beauty. This hydrating Coconut & Jasmine Rice body polish delivers finely detailed exfoliation for even the most sensitive skin types, including pregnancy.

The perfect treatment to enjoy before massage or as a stand alone indulgence.

MASSAGE & TEA RITUAL

2 hour 30 min

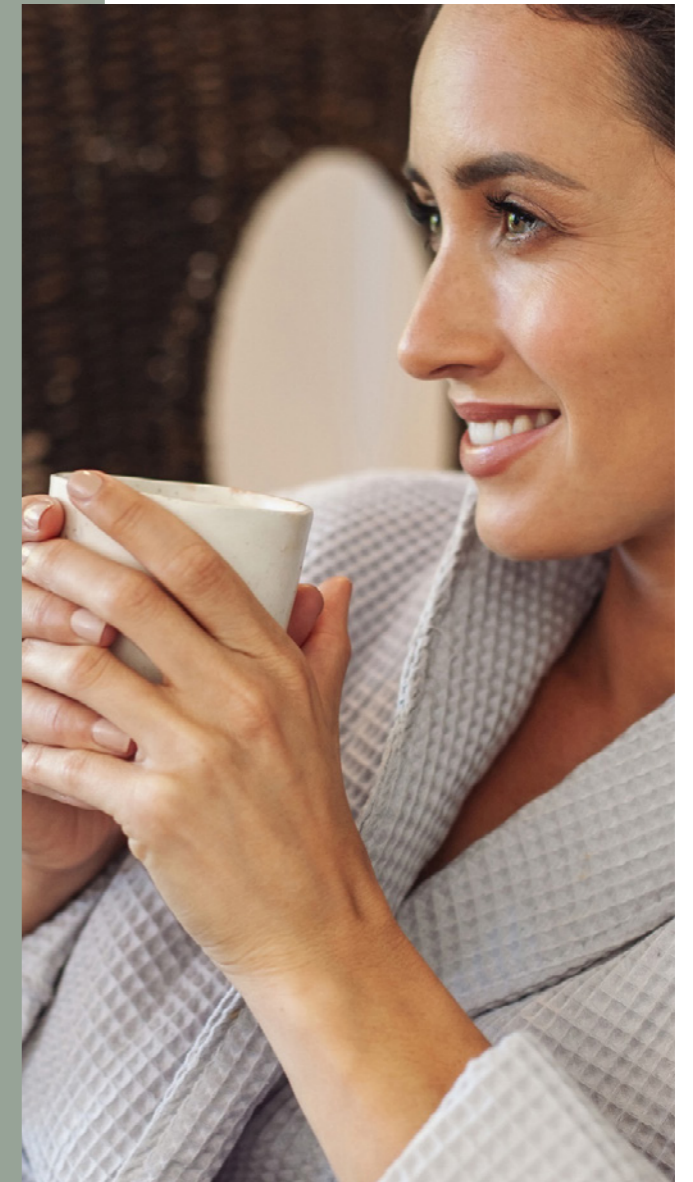
This sensory experience will take you on a Head-to-Toe journey that will nourish, restore and regenerate your whole being.

Reconnect and enjoy a healthy morning or afternoon tea as part of your treatment to completely unwind in the beauty of Brightlands Retreat.

Includes:

- Organic Italian Orange & Jojoba body scrub
- De-stress Back, Neck and Shoulders massage
- Hydrating Facial
- Nutritious Morning/Afternoon Tea

Min 2 people with 24 hour notice required.



FLOATATION EXPERIENCE

Experience deep relaxation, bliss, and new levels of sensory experience with floatation therapy. Our float tank is unique in the world, designed specifically for Brightlands.

The dense solution of pure water and Epsom salts supports your body so fully you'll float weightlessly in perfect, peaceful dark and quiet. Your body can truly relax, which encourages lower levels of cortisol and promotes a theta brain wave state associated with deep meditation and mental clarity. Even the salt has benefits - your skin will feel silky soft and your body has the opportunity to absorb vital minerals.

Never floated before? Don't worry! Our Wellness Centre attendants will walk you through the process. We recommend you try a shorter float first, to adjust to the experience.

FLOATATION EXPERIENCE

60 min, 90 min

Float in total privacy with our state-of-the-art floatation tank. Step into the tank, turn off the lights, and feel yourself drift into another level of consciousness as the dense salt water supports your weight. Everyone has a different and deeply personal float experience, but one fact remains constant: you'll feel phenomenally relaxed.

FLOAT AND MASSAGE RITUAL

2 hours

Be welcomed into the Wellness Centre and enjoy a Renewal full body massage. Then deepen the relaxation with a one-hour float. We recommend pairing this ritual with a night at the Retreat - you'll want to stay in your peaceful state as long as possible!

Includes:

- Renewal full body massage
- One-hour Floatation Therapy session in our unique float tank



ADD-ONS

Add these soothing extras to any massage, body scrub, facial or ritual

WARM BERGAMOT DEEP CONDITIONING SCALP MASSAGE

45 min

This deep conditioning hair and scalp treatment is specifically formulated with essential oils to revitalise both body and mind, inspire a sense of freedom from stress and balance and restore a shiny lustre to hair. Promotes scalp health and hydration balance.

NATIVE FOOT TREATMENT

30 min

Massage to restorative points in the feet can assist in easing tension, increase circulation and provide balance to the body's natural equilibrium. A native Eucalypt foot soak and scrub followed by a specialty massage and soothing lemon scented tea tree and cooling cucumber mask leaves you with a spring in your step. Absolute bliss for tired feet and legs!

SHAMANIC SESSIONS WITH CHARLOTTE SKYLA

Note: All Shamanic sessions are paid per session, not time, and may span from 2-2.5 hours

ILLUMINATION, CORD CUTTING & EXTRACTION

This session sets the introduction to Shamanic Energy work. In this session, within sacred space, the protégée's energy-field is tracked for blockages, cords and entity attachments. These are then removed as needed, and the energy-field is illuminated and recharged. This gives the protégée the opportunity to break old patterns, and approach life from a fresh perspective, free from old blue-prints feeding into their fields of perceiving.

SOUL RETRIEVAL

A soul retrieval often follows an illumination, and is particularly relevant if there is a stubborn cyclical life pattern in a person's life, or a deep sensation of being stuck, a form of inexplicable self sabotage. Here, the Shaman journeys to the protégées underworld and collects information about the fragment of the conscious Self that has retrieved back into the subconscious, as a result of some form of trauma. The Shaman tracks to the very source of this trauma, its origin, which may be in this life-time or another. The Shaman then integrates these fragments into the energy field of the protégée, they together work on the protégée's conscious integration of their retrieved fragment, through the use of sacred drama, a form of de-codifying symbols from the subconscious, a bit like dream interpretation. The protégée is given a 'laundry-list' to help integrate their newfound fragment into their conscious self, for the following 31 days.

SEVEN CHAKRA ILLUMINATION

This is a deep energy cleanse of all chakras, that offers the opportunity to realign all the energy centres from holding onto an experience such as grief or anger for too long, so much that attachments may affect all energy channels in perceiving one's reality.

MOMENTUM TUNNEL ILLUMINATION

In the West we are taught that time is linear, so much that we form very strong attachments to our past, and as such these trends funnel into our present and future, and can hijack our destiny and align our living to that of fate. Fatalistic living is not aligned with our destiny, our Soul's Journey, but more so a life lived attached to trauma or blue-prints that never belonged to us in the first place. In this session, the Shaman looks at trends in the protégé's life, one's time-line if you will, and using the nature or essence of this trend, the Shaman removes blockages in the energy field that are related to it. This session gives the protégé an opportunity to turn their life around, and realign it with the truth of their inner being, answering their inner calling. This session is advised after Illumination & Soul Retrieval.

SPIRIT FLIGHT

This session offers a complete reset of the protégée's energy field, and an opportunity to travel to the Upper Realm to meet their ancestors and retrieve messages. Spirit Flight is only available for seasoned protégés, who have a spiritual practise in place.

DESTINY RETRIEVAL

In a Destiny Retrieval, the Shaman tracks for the most aligned and truthful outcome, for the protégée, and installs this filament of timeline into the energy field of the protégé. Destiny Retrieval is only available for seasoned protégés, who have a spiritual practise in place.

MEDICINE WHEEL

This is a four month commitment to going around the medicine wheel at one's own pace and privately guided by the Shaman in fortnightly sessions. The Medicine Wheel is for those who are ready to go through deep transformative change, and align themselves truthfully to the needs of their inner being, and from their watch their life unfold. Here the protégé will receive all the Munay Ki Rites and relevant sessions, for travelling around the wheel. From this experience, the protégé will gain 'tools' & wisdom to add to their practises and life.

NATUROPATHY WITH CHARLOTTE SKYLA

NATUROPATHY

Initial Consult, 45 min

Follow Up, 20 min

Naturopathy is an alternative medicine system that uses herbs, essences, diet, lifestyle & nutrients, to aid the body to return to balance and health. Naturopathy can treat anything from cold & flus, digestive issue, hormonal imbalances to poor sleep and stress.

HERBAL TINCTURE

100ml

These are made of high quality standardised 1:1 tinctures, and often include essences as well.

AUSTRALIAN BUSH FLOWER ESSENCE

30ml

Using essences from the complete dispensary of Ian White's Bush Flower Essences, including the White Light & Divinity range, as well as essences of some plant medicines, remedies can be made to suit any psycho-spiritual stirring. These are suitable for children as well.

WELLNESS CENTRE GUIDELINES

PRE-ARRIVAL INFORMATION

Enhance your wellness experience by arriving 15 minutes before your scheduled appointment. In consideration of other guests, late arrivals will be subject to a time reduction from the scheduled treatment.

SPA ENVIRONMENT

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you switch off mobile phones. Your cooperation in providing a quiet environment is greatly appreciated.

CANCELLATION POLICY

If you cannot make your appointment or you need to re-schedule, we require a minimum of 24HR advance notice. We regret that 100% charge of total services will be charged if notice is not given.

AGE LIMITATION

We welcomes guest aged 16 years and older to enjoy our facilities and treatments.

GIFT VOUCHERS

Gift Vouchers are available for purchase and may be used for all iKOU spa treatments and retail items.

SPA CONSIDERATIONS

At the time of booking please notify the Wellness Centre if you have any medical conditions so we can advise the best treatment for you.



brightlandsretreat.com