




Ubika
Hunter Valley | Leura



With time and patience the mulberry leaf becomes a silk gown. [Ancient Proverb]

UBIKA is from the Ancient Indian Sanskrit meaning 'to grow'. Our philosophy at UBIKA is to plant the seed (and help nurture it) for your continued physical, emotional and spiritual growth.

Inspired by the seasons, our surrounding environment and the needs of busy people, we have designed a Spa menu that will help hydrate, nourish, restore and regenerate so you can flourish.

The UBIKA Spa menu features a diverse selection of therapies for both men and women that help regenerate and restore – whether it's an energising body scrub, muscle-melting hypnotic back massage or results-oriented facial.

The instant you step into our Spa time will slow down. Even if you just want to sit quietly in one of the peaceful lounge areas or to read a book, take a nap, or relax... you are welcome.

We hope to see you soon... We help good things grow!

Our treatments focus on the core elements we all need for growth:

HYDRATION [water] | NOURISHMENT [food]

RESTORE [repair and nurture] | REGENERATE [exfoliating, brightening]



It is more than a pamper. Think preventative health. 

sanctuary suite

MIN 2 HRS - \$250 PER HOUR

The Spa Sanctuary Suite caters for groups from two to 12 people, making it ideal for hen's days, bridal parties or couples who want to spend quality time together in the privacy of your own Spa within a Spa. Enjoy full use of the Spa Sanctuary Suite's spa bath, infrared sauna, separate bathroom and tranquil relaxation area.

This experience also includes a glass of Australian sparkling wine and fruit platter to enjoy at your leisure. Escape the outside world and enjoy some time out to unwind and rejuvenate. It's great for the soul... and stress levels too!

suite retreat - romance

3 HRS - \$520 FOR 2 PEOPLE
INCLUDING A BOTTLE OF JADE ESTATE WINE

Your private Spa Sanctuary Suite will provide the backdrop for an occasion of relaxation, rejuvenation and romance. Immerse yourself in an intimate candle lit spa bath and infrared sauna experience followed by your twin spa treatments.

Starting with full body exfoliations utilising rich and nutritious ingredients, then a hydrating aromatic body massage, which is followed by your choice of decadent facial.

suite retreat – girls just want to have fun

MIN 4 HRS - \$295 PER PERSON FOR UP TO 12 PEOPLE

Whether you're celebrating an engagement or wanting to spend time with your inner circle of friends, this is the way to do it. The Spa Sanctuary Suite offers you the perfect place to spend quality time together with relaxation and restoration in mind.

Enjoy time unwinding in our infrared sauna, soak in our spa bath all while catching up with the girls in complete privacy. Included is a relaxing massage and a customised facial. Get on the phone and invite your friends for the ultimate day out – and the day after, you will look and feel amazing.



couple's suite

Our Couple's Suite is the perfect place for two to enjoy a sensual spa bath in private. Choose either Renew or Radiant for your treatment and later freshen up in your own private bathroom.

renew – let there be love

2 HRS - \$395 FOR 2 PEOPLE

It's all about spending time with people you love. Celebrate a special occasion or put the romance back into your relationship by indulging in this truly memorable and luxuriant experience. After a candlelit spa bath, enjoy a dual treatment of a full body exfoliation that will enliven the skin ready to receive the full benefits of a luxurious Aroma Swedish Massage.

radiant

2 HRS - \$395 FOR 2 PEOPLE

Start with a candlelit spa bath infused with pure essential oils, followed by an Aroma-Swedish massage to relax the body and mind. Finish with a customised facial to leave your complexion radiant.

the massage collection

UBIKA tailored Massages pay attention to the extra details, encouraging deep relaxation while providing benefits of a healing touch. All of our massage oils are pure and essential, and we allow you to choose the aroma you are drawn to – in the true tradition of aromatherapy.

destress

30 MINS - \$80 | 50 MINS - \$115 | 80 MIN - \$170

Feel stress and tension melt away with this classic swedish massage. This massage will enter you into a deep state of relaxation, restoring your mind, body and soul.

muscle release

30 MINS - \$80 | 50 MINS - \$120 | 80 MINS - \$175

This restorative treatment is specifically designed for tight, stressed and aching muscles. A firm pressure massage will address areas of concern with techniques such as trigger point therapy and stretches to relieved muscular-skeletal problems.

aromatherapy experience

30 MINS - \$80 | 50 MINS - \$120 | 80 MINS - \$175

Your therapist will use carefully applied pressure to stimulate the nervous system. Swedish techniques to relieve muscle tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, dissolving away all your stress and tension.

hotstone

50 MINS - \$140 | 80 MINS - \$195

A deeply soothing and healing massage for tired, aching muscles. Heat from our smooth, warm basalt stones penetrates deep into your muscles as they work in synergy with aromatherapy to diminish tension and promote a reconnection with nature. Emerge rebalanced, renewed and re-energised.

steam room

30 MINS - \$30PP

Lay back and relax in our tranquil steam beds. Detoxify and restore your body with a 30 minutes steam session. The perfect start to any of our Ubika Spa treatments.

the body collection

The UBIKA body treatments are designed to improve your body's circulation, relieve muscle tension, relax your body and hydrate your skin. And if that's not enough all of our body treatments assist with your overall wellbeing.

the ultimate indulgence

5 ½ HRS WITH LUNCH - \$580

Relax and unwind with this ultimate full day experience. Enjoy a full body exfoliation and body wrap with head massage, together with a balancing Vichy shower experience and Aroma Swedish massage. An ultimate facial is followed by an eye lash tint, eyebrow wax and tint and a 90 minute Spa Manicure and Pedicure combination will complete your day leaving you looking and feeling like you have been on a holiday. Allow 6 ½ hours.

ubika signature collection

2 ½ HRS - \$325

A full body exfoliation will cleanse and rejuvenate the skin ready to receive the maximum benefits of a hot stone massage to increase relaxation into the muscle groups. A personalised facial completes the treatment, leaving you radiant, hydrated and ready to face the day ahead.

you deserve it

2 ½ HRS - \$315

A full body exfoliation followed by a vichy shower experience will leave you refreshingly balanced and ready to receive the benefits of a personalised Aroma Swedish massage and hydrating and restoring facial.

pamper me please

2 HRS - \$235

This soul reviving treatment will relax and enlighten the senses starting with a lash tint and brow wax, followed by a full body massage and customised facial.

unwind your world

80 MINS - \$190

Relax and unwind with this body nourishing treatment. Melt away dryness with a full body exfoliation followed by an antioxidant body wrap that will leave your skin soft and glowing. Complete your treatment with the benefits of a relaxation Aroma Swedish massage.

hold all calls

80 MINS - \$170

An invigorating full body exfoliation will leave your skin feeling restored and balanced. Followed by the benefits of an Aroma Swedish Massage you will be left feeling refreshed and ready to take on the world.

restore your system

80 MINS - \$170

Burning the candles at both ends, give yourself a new start and restore your body with a full body mud wrap especially suited to those who are muscle sore and fatigued. This body ritual will deeply detoxify and balance all skin types. Follow with a full body Aroma Swedish massage to leave you feeling restored and rejuvenated.

soothe your soul

80 MINS - \$170

Take time out to relax in our candlelit bath treatment. Unwind and allow your body to be restored with a de-stress or muscle relax bath soak followed by a soothing massage or facial treatment. The perfect way to relax your mind, body and soul.



ubika vichy shower treatments

body exfoliations

60 MINS - \$130

A vitamin and mineral rich exfoliation will be selected and applied for a full body exfoliation experience, followed by the water treatment of the vichy shower to help you relax and restore your body through this deeply relaxing treatment.

body wrap

60 MINS \$150

The Ultimate selection of body wraps to detoxify or hydrate the skin is applied to the full body. Fall into a deeper relaxation with a head massage followed by a balancing water treatment of the vichy shower.

body exfoliation and body wrap in vichy shower

90 MINS - \$190

Combine both a vitamin rich exfoliation treatment with a hydrating or detoxifying wrap, followed by a vichy shower experience to leave your skin smooth, hydrated and looking radiant.

ubika pregnancy - new mum collection

Ubika has a great selection of treatments to leave you feeling fabulous and glowing during or after your pregnancy.

nurture massage

50 MINS - \$115

Especially designed for the mother to be or brand new mum, our specialist therapists will help to relieve your symptoms and relax and rebalance your body, mind and soul.

mother to be

3 HRS - \$340

This indulgent package is especially designed for the mother to be or new mother.

A pre-post natal massage is followed by a customised facial and is completed with a manicure and pedicure combination treatment.

ubika man

mens back treatment

50 MINS - \$140

Seriously masculine, once experience, you will wonder why it taken so long to book one. Combining a full back cleanse, exfoliation and mud masque to cleanse and detoxify the skin. Then relax deeper with a full leg and back massage to leave you feeling in the best shape ever.

you're the man

80 MINS - \$220

Starting with a full body massage to relax and restore your mind. Let your body fall deep into relaxation with a stress releasing facial that works into the muscles of the neck to help relieve tension and promote wellbeing.



the facial collection

Each of our facials is customised to meet the needs of your skin to ensure you achieve the best results possible for you. As part of your treatment, our expert Therapists will assess your skin and prescribe the facial so you glow and shine.

hydration (water)

50 MINS - \$120

This hydrating facial plumps and rejuvenates the skin to minimize the appearance of fine lines and wrinkles while restoring moisture to the skin. It enriches the skin while being full of antioxidants to fight free radicals.

nourishment (anti-ageing)

50 MINS - \$120

This nourishing facial will noticeably improve hydration, tone and texture while helping to reverse the signs of ageing. Combining powerful antioxidants and moisture to plump and nourish the skin to leave your skin feeling years younger.

restore (repair and nurture)

50 MINS - \$120

This antioxidant facial reduces the signs of redness, inflammation and irritation from the skin. It will enrich and calm the skin while hydrating and restoring.

regenerate (exfoliating, brightening)

50 MINS - \$120

This brightening facial reduces the appearance of sun damage and uneven skin tone. It helps to restore the skin's natural vitality while increasing collagen production leaving the skin feeling revived and regenerated.

rebalance (specific for oily or congested skin)

50 MINS - \$120

This clear skin facial removes impurities from the skin. While it purifies and detoxifies the skin, it also helps heal, rebalance and prevent blemishes leaving your skin soft and smooth.

ubika signature facial collection

intensive hydration facial

80 MINS - \$190

This collagen facial helps to hydrate, plump and soothe the skin while helping to combat the signs of ageing by giving the skin a revitalizing power boost.

ubika experience facial

80 MINS - \$190

Ubika experience facial drawing on the properties of anti-oxidants and vitamin rich organic ingredients, this facial will assist in the skin's oxygen intake, thereby stimulating cellular repair and rejuvenating even complexion.

add ons:

eye light

15 MINS - \$30

Make tired eyes fresh with our eye-specific mask and gentle eye massage. This will help increase circulation and strengthen the muscles around the eyes to brighten, lift and tighten.

hair nourish

15 MINS - \$30

Warm essential oils help relieve tension, stress and improve scalp circulation with this deep conditioning hair and scalp treatment.

If you wish to include one of our Add Ons please let us know at the time of booking.



hand and foot treatments

Hand and foot treatments include standard manicure and pedicure procedures with care and maintenance of nails and cuticles plus removal of dry skin build-up, exfoliation, massage and favourite OPI polish or shellac.

pampering duo

90 MINS - \$140

A combination of a manicure and pedicure to restore over worked and under loved hands and feet. A touch of colour on the talons will have you leaving with a spring in your step.

manicures | pedicures

Express Manicure	30 mins - \$55
Shellac Manicure	45 mins - \$65
Spa Manicure	50 mins - \$90
Express Pedicure	30 mins - \$55
Shellac Pedicure	45 mins - \$65
Spa Pedicure	60 mins - \$90
File and Paint only	15 mins - \$30
Shellac Removal	15 mins - \$25
French Polish	20 mins - \$20

[French Polish must be advised at time of booking]

spray tan \$45

Enjoy a tan all year round. Using botanical based tanning solutions, ensure a timeless tan ready to wash and wear in just 2 hours.

spray tan with body exfoliation \$70

Start with a full body exfoliation to prepare your skin for a longer lasting tan, followed by a full body spray tan for an instant sun tanned glow.

optional extras

waxing | tinting

Eyebrow Shape	\$22
Eyebrow Tint	\$22
Eyebrow Tint and Shape	\$35
Eyelash Tint	\$22
Eyelash and Eyebrow Tint with Eyebrow Shape	\$50
Lip or Chin	\$20
Underarm	\$25
1/2 Arm	\$35
Arm	\$45
1/2 Leg	\$45
Full Leg	\$75
Chest or Back	from \$55
Bikini	from \$30
Brazilian	from \$70

makeup

Full Makeup Application	\$65
Wedding and Special Event Makeup	\$80



the ubika hair salon

The UBIKA hair salon offers a complete menu of hair grooming services.

For more information on these services, pop your head into the hair salon or visit ubika.com/hairsalon

cutting

Ladies style cut and blowdry includes shampoo

Short from \$70

Long from \$85

Men Style Cut from \$35

styling

Blowdry (short) includes shampoo from \$40

Blowdry (long) includes shampoo from \$60

Upstyles from \$80

Downstyles from \$80

colouring

Regrowth from \$70

Full Colour (includes up to 6 complimentary foils) from \$95

foiling

¼ Head Foils from \$50

½ Head Foils from \$80

Full Head Foils from \$110

Toner from \$55

treatments

Hair Treatments \$30



tips

OUR TIPS TO YOU ON HOW TO HAVE A BETTER EXPERIENCE

making reservations

UBIKA Spa is immensely popular with guests and as such we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person or by calling 02 4991 0959 or e-mail spa.hunter@ihg.com

i am pregnant

WHAT TREATMENTS DO YOU RECOMMEND?

As always, our number one priority is the safety and well-being of our guests. And as such, we do not recommend any full body treatments or massage for women in their first trimester. To assist with your choice of available treatments, please contact one of our Spa Consultants.

the treatment itself

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

Please shower off any oils and suntan creams prior to your treatment to allow better absorption of the products applied. We have shower facilities for your convenience.

i am male

SHOULD I SHAVE BEFORE MY SPA TREATMENT?

For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

cancellations

WHAT HAPPENS IF I NEED TO CANCEL MY TREATMENT?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 24 hours notice. If a cancellation is made less than 24 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

what to wear

There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable underwear is provided for body treatments.

what time should i arrive for my treatment?

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

what happens if i am late for my appointment?

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honored if there is a treatment booked immediately after and will be charged the cancellation fee.

medical or physical conditions

WHAT MEDICAL OR PHYSICAL CONCERNS DO I NEED TO TELL THE THERAPIST?

All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort. Certain treatments and products react with some medical conditions. Please advise our reception consultant of any medical conditions at the time of booking your appointment

gift certificates

UBIKA Spa gift certificates are thoughtful, enjoyable and are more than a gift, they are the ultimate experience. We have a range of gift certificates available. To purchase visit ubika.com.au or telephone 02 4991 0959 to speak to our spa staff.

changing conditions

Remember this experience is yours. Please let us know if you would like to change massage pressure, music volume, lighting levels or room temperature at any time during your treatment. We will not be offended as we want you to enjoy every aspect of your treatment.

valuables

Treatments are conducted free of jewellery, so please leave these behind in your hotel bedroom or at home.

opening hours

THE SPA IS OPEN

Sunday to Thursday 9am to 6pm
Friday to Saturday 9am to 7pm

Price and treatments are subject to change without notice.

UBIKA DAY SPA

Crowne Plaza Hunter Valley

430 Wine Country Drive, Lovedale NSW 2325 Australia

T: 02 4991 0959 E: spa.hunter@ihg.com

www.ubika.com.au

