



INDAH

ORGANIC DAY SPA

TREATMENT MENU

Restore and revitalise your
body and mind with our range
of premium natural and organic
treatments delivered at
our luxury day spa

Each detail of our serene premises has been consciously designed for your optimal wellness. Across our ten state-of-the-art treatment rooms, traditional sauna, decadent steam room and hot stone bath – we apply ancient and modern therapies to deliver the ultimate in holistic care.

We use premium natural and organic products, including Australian native essential oils and world-leading skincare ranges to deliver you exceptional results. We honour and utilise the power of nature in our treatments and our customised premises – which features native Western Australian botanicals.

We respect and thank the Traditional Owners of the land upon which we work, the Yamatji people. We take our inspiration from Geraldton's natural environment – it's pristine air, coastline and biodiversity. We feel honoured to live and work in this beautiful region.



Signature Treatment

Indah's signature day spa treatment takes you on an immersive journey of full-body wellness

INDAH'S SIGNATURE MASSAGE

ALLOW 60 MIN | \$155

Exclusive to Indah, our signature massage is designed to energetically revitalise your body and mind – focusing on your neck, shoulders, arms, face and scalp. Indah's signature vitality oil blend and citrine crystals are applied to promote positive energy and wellbeing. Ayurvedic Marma points are focused on during your face massage to balance the flow of energy across the body. A nourishing scalp treatment using an enriching macadamia oil blend completes this deluxe treatment.

Indah recommendation – Extend the benefits of this treatment with an add-on:

+ PINK SALT LAKE SCRUB

ALLOW 2 HOURS | \$305

An exquisite polishing of your body using Indah's signature local Pink Lake Salt Scrub, boasting a blend of quality native Australian ingredients. Let your whole body deeply relax whilst dead skin is removed and bodily circulation improved. A treatment that leaves your skin soft, refreshed and energised.

+ TRADITIONAL SAUNA OR STEAM ROOM

ALLOW 2.5 HOURS | \$340



Indulge

Our signature bespoke treatments combine therapies to perfectly relieve and relax your body and mind

WATTLE SEED

ALLOW 90 MIN | \$230

Aromatherapy or Therapeutic Massage (60 min) + Soothing Mint Foot Treatment

BANKSIA

ALLOW 90 MIN | \$260

Express Back Massage, Soothing Mint Foot Treatment + Relax Facial

BOTTLEBRUSH

ALLOW 2 HOURS | \$325

Aromatherapy or Therapeutic Massage (60 min) + Radiance Facial

KANGAROO PAW

ALLOW 3 HOURS | \$435

Deluxe Stone Organic Epsom Salt Bath, Aromatherapy or Therapeutic Massage (60 min) + Marine Mineral Facial

LEMON MYRTLE

ALLOW 5.5 HOURS | \$675

Hot Stone Massage, Thermal Infusing Facial, Gourmet Luncheon, Manicure + Spa Pedicure

EUCALYPTUS

ALLOW 7 HOURS | \$995

Traditional Sauna or Steam Room, Detoxifying Marine Body Wrap, Gourmet Luncheon, Aromatherapy Massage (90 min), Marine Mineral Facial + Manicure, Pedicure



Spa Enhancements

Indah Spa Enhancements are available to
add-on to our treatments

STEAM ROOM

20 MIN | SOLO \$55 | FOR TWO \$90 / 40 MIN | SOLO \$90 | FOR TWO \$155

Our custom-built steam room provides the ultimate therapeutic steam experience. Relax in the steam room as it delivers powerful health benefits of improved circulation and metabolism, detoxification of toxins, reduction of stress, and hydration of the skin. Enjoy a shower, followed by a steam room session, followed by a cooling shower to return your body temperature to equilibrium for best results.

TRADITIONAL SAUNA

20 MIN | SOLO \$55 | FOR TWO \$90 / 40 MIN | SOLO \$90 | FOR TWO \$155

The essential elements of nature – wood, stone and water – combine to create an oasis of wellbeing. Relax in the soft heat of the sauna as its positive health benefits take effect: improved circulation, sleep and metabolism, muscle recovery, reduction of stress and preventative effects against disease. Enjoy a shower, followed by sauna session, followed by a cooling shower to return your body to equilibrium for best results.

DELUXE STONE ORGANIC EPSOM SALT BATH

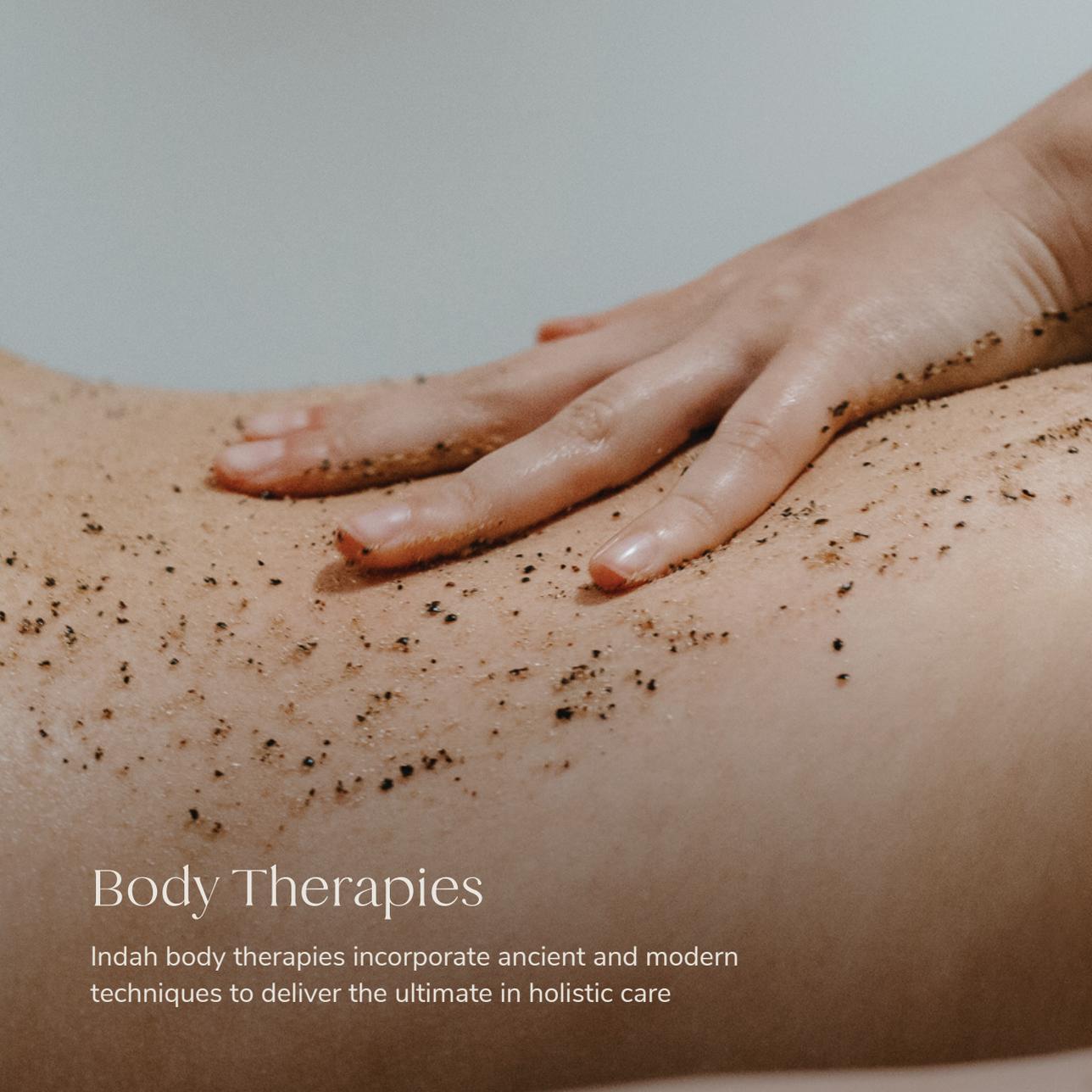
30 MIN | SOLO \$55 | FOR TWO \$65

Experience the ultimate in detoxification and relaxation with a soothing organic Epsom salt bath in our custom luxury stone bath. Treat your muscles, and your mind, to some Indah love.

GOURMET LUNCHEON

\$50 PER PERSON

At Indah we want you to fully enjoy your day spa experience. Restore your energy with a bespoke gourmet luncheon within our tranquil premises. Restore your energy as you savour the moment. Choose your meal from our exclusive Skeetas Restaurant menu, and enjoy a glass of bubbles or freshly squeezed juice, a delicious raw dessert, an Indah chocolate and fresh seasonal fruit. Available for groups of up to eight people. For groups of nine or more ask us about our alternative lunch options.



Body Therapies

Indah body therapies incorporate ancient and modern techniques to deliver the ultimate in holistic care

REFLEXOLOGY FOR RELAXATION

60 MIN | \$160

A specialised form of acupressure focusing solely on your feet, stimulating reflex nerves which are systematically linked to all parts of your body. Our expert therapists will clear meridian blockages, harmonising your body to be balanced. A nurturing citrus foot soak and balancing salt exfoliation of your lower legs and feet complete this treatment, leaving you feeling grounded and energised.

SODASHI SOLE TO SOUL TREATMENT

60 MIN | \$160

Indulge in a deluxe head-to-toe treatment. Using premium Sodashi products, this treatment begins with an aromatic steaming head wrap and the application of an enriching scalp mask, leaving your hair soft and shiny. To follow, warm compresses and luxurious jojoba beads exfoliate your hands before a rich moisturiser is massaged deeply into the skin to nourish, soften and protect. To finish, we provide total relief for aching feet and legs with Sodashi's soothing foot cream using the oils of mint and arnica to increase circulation and reduce swelling.

FULL BODY EXFOLIATION

60 MIN | \$160

An exquisite polishing of your body with your choice of using Indah's signature local Pink Lake salt scrub, Vanilla and Sandalwood, Soothing Stone Crop, or Body Balance Salt – all boasting a blend of quality native Australian ingredients. Let your whole body deeply relax whilst dead skin is removed and bodily circulation improved. A treatment that leaves your skin soft, refreshed and energised.

LOUD RENEWAL THERAPY

90 MIN | \$255

A deluxe complete head-to-toe treatment featuring an exclusive Sodashi Arabian Oud massage, a facial, and scalp and foot treatments to deliver exceptional detoxification. Arabian Oud Oil has a profound ability to release stored emotions and alleviate negativity to improve emotional, energetic and spiritual wellbeing.

DETOXIFYING MARINE BODY WRAP

90 MIN | \$245

Detoxification for the entire body is achieved by harnessing the richness of sea plants, algae, marine minerals and plant essences. Enjoy a full body exfoliation followed with Sodashi's Detoxifying Body Mask, followed by a soothing scalp massage. Emerge renewed.

STONE CROP BODY TREATMENT

90 MIN | \$245

Your experience begins with an invigorating sugar and salt exfoliation that gently resurfaces the skin, followed by a cooling aloe-infused restorative wrap. Your whole body is left soothed and smoothed, uniting body, soul and skin.

At Indah, we offer a bespoke
range of exclusive treatments
designed to perfectly
complement each other
for your perfect day spa
experience



Massage

Our highly-qualified massage therapists deliver healing massage modalities to centre, restore and invigorate your body

EXPRESS BACK MASSAGE

30 MIN | \$90

A condensed focused massage providing you a luxurious unwinding of your back. Your upper and lower back and shoulders are targeted, to relieve upper body tension. This treatment begins with a warm foot compress to begin the experience. Let stress and tension melt away with this targeted reset.

AROMATHERAPY MASSAGE

60 MIN \$155 | 90 MIN \$225

A soothing massage augmented by Indah's exclusive potent aromatherapy oils to loosen the superficial muscle structure to relax the entire body, reduce mental stress and promote wellbeing.

THERAPEUTIC MASSAGE

60 MIN \$170 | 90 MIN \$250

A full body massage to release tension and knots to help reduce discomfort, working with the deep layers of muscles to release bodily stress.

HOT STONE MASSAGE

90 MIN | \$235

A deeply relaxing massage for the whole body. Warm volcanic stones are applied to penetrate the muscles and relax and soften muscle tissue.

PREGNANCY MASSAGE

60 MIN \$160 | 90 MIN \$235

A full body massage to bring relaxation and harmony to your body during your pregnancy journey, supported by our pregnancy pillow. This special massage is tailored for the pregnant body – to soothe tired limbs, reduce fluid build-up and provide a moment of deep restorative relaxation for the body and mind. Recentre and realign to prepare for welcoming your little one into the world.

Not recommended before 12 weeks.



Facials

Indah facials target the skin of the face using the highest quality products to achieve luminous, restored and glowing skin

RELAX FACIAL

30 MIN | \$95

A relaxing facial designed to soothe and harmonise your skin. Premium Sodashi products are used to cleanse, exfoliate, hydrate and firm your skin, finishing with a nutrient-rich moisturiser. Your skin is left soft, supple and hydrated. **Only available as an add-on to another Indah treatment.**

RADIANCE FACIAL

60 MIN | \$175

A facial designed to harmonise your skin to achieve maximum radiance. Premium activating Sodashi products are used to energise and refresh your skin, leaving it bright and luminous. Relax and enjoy the aromatic experience, which will soften, nourish, balance and significantly enhance the radiance of your complexion.

REVITALISE FACIAL

60 MIN | \$175

A facial featuring the antioxidant rich 'superfruit' mangosteen, which works to gently even out skin tone and smooth your complexion for the ultimate glow. Using premium Eminence products, this facial addresses the root cause of dull, tired, uneven looking skin and gently resurfaces your complexion, minimising pores and refining skin tone.

REPLENISH FACIAL

80 MIN | \$230

Erase the damage that the sun brings to the skin with this collagen-boosting treatment. Rediscover a smooth and even complexion using premium Eminence skincare. An enzymatic puree of yam and pumpkin accelerates the exfoliation process, peeling away dead skin, as well as reducing hyperpigmentation and fine lines.

RENEW FACIAL

80 MIN | \$230

Illuminate your skin with the power of Arctic berries, to revitalise and even skin tone. Using premium Eminence products, this facial will leave you with a firm, plump complexion.

MARINE MINERAL FACIAL

80 MIN | \$230

A deeply purifying facial using marine minerals to remineralise your skin. Premium Sodashi products rich in spirulina and fucus extract bring radiance and glow to your complexion. A luxurious facial, neck and décolletage massage oxygenates, tones and revitalises your skin leaving it bursting with radiance.

THERMAL INFUSING FACIAL

90 MIN | \$240

An intensive hydrating and balancing treatment to restore skin radiance and elasticity. Known as 'Nature's face lift', Sodashi's exclusive warm-infusing mask maximises the penetration of nature's essential vitamins and minerals into the deeper layers of the skin. Skin is left hydrated and toned, with forgotten elasticity and radiance restored. Antioxidant-rich properties are delivered through the powerful modality of thermal energy, leaving your skin plumped and highly-nourished.

LED LIGHT CUSTOMISED FACIAL

40 MIN | \$125

A customised Indah facial designed especially to treat your skin concerns including a cleanse, exfoliation, LED Therapy and moisturise. LED is the perfect solution for stimulating collagen, preventing acne, reducing redness, and pigmentation. Includes a luxurious hand or foot massage.

MICROHYDRABRASION

60 MIN | \$195

A deep clean facial, providing comprehensive decongestion and cleaning of pores and follicles. Microhydrabrasion is a leading system that exfoliates using diamonds whilst simultaneously cleaning the skin. Assists with blemishes, black-heads and reversing scarring, fine lines and wrinkles. Repeat treatments are recommended.

Indah recommendation – Extend the benefits of this treatment with an add-on luxurious 20 min facial massage and soothing mask.

Package Pricing:

3 Microhydrabrasion Treatments	\$525 (Save \$60)
6 Microhydrabrasion Treatments	\$990 (Save \$180)
8 Microhydrabrasion Treatments	\$1,240 (Save \$320)
10 Microhydrabrasion Treatments	\$1,450 (Save \$500)

IPL FACIAL TREATMENTS

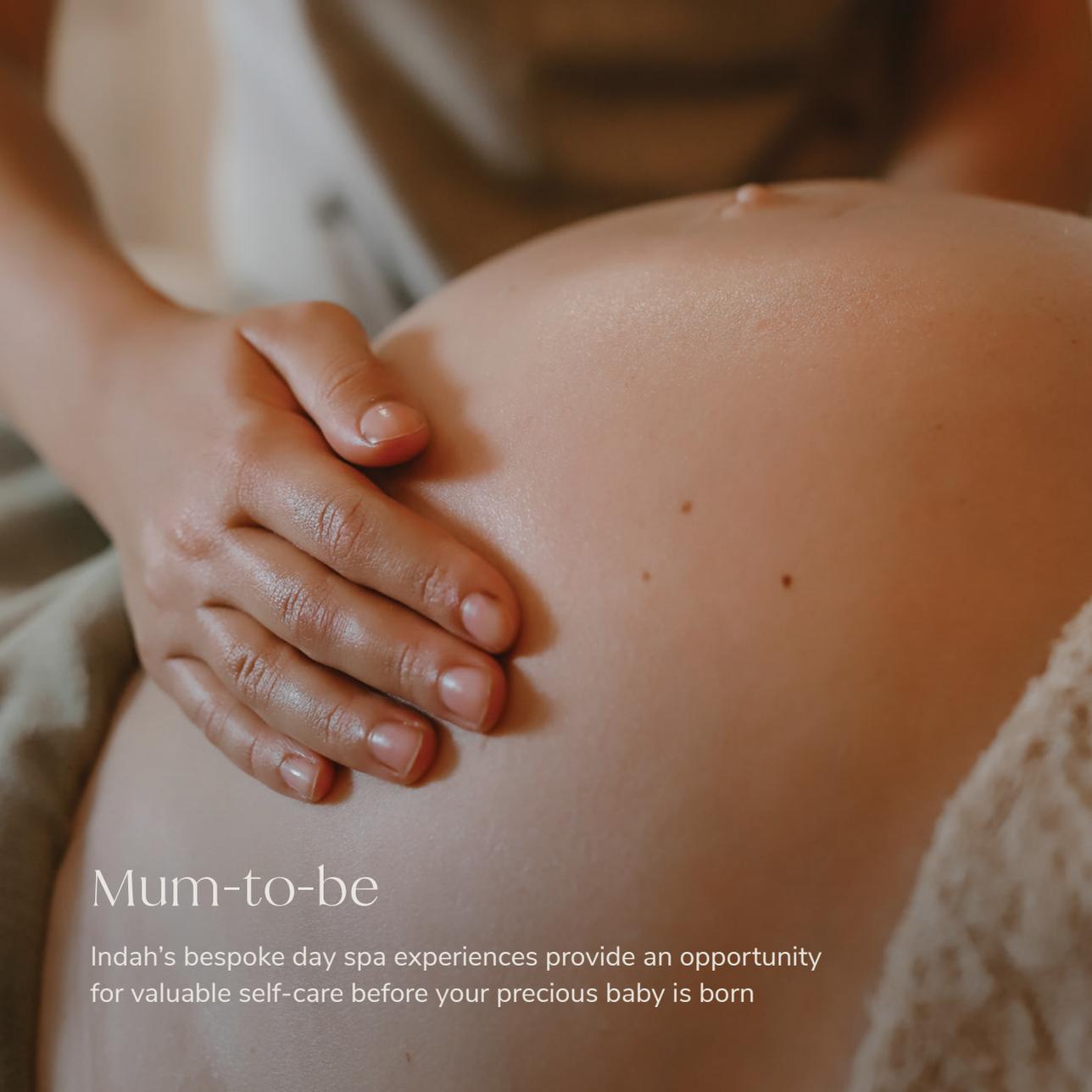
Intense Pulse Light Therapy (IPL) is a safe, non-invasive treatment effectively treating skin concerns. Light pulses are used to target pigmentation, freckles, sunspots, acne, anti-ageing or redness. Complete your treatment with a cleanse, moisturise and luxurious scalp massage.

Indah recommendation – For best results, add a LED Light Therapy to this treatment.

Full Face	\$200	Face + Neck	\$250
Half Face	\$145	Face, Neck + Décolletage	\$300
Neck	\$150	Décolletage	\$150

FACIAL ENHANCEMENTS

Indah Facial Enhancements are add-ons to extend the benefit of your facial treatment.
+ Gua Sha Crystal Facial Massage \$25 | + Extractions \$20 | + LED Light Therapy \$60



Mum-to-be

Indah's bespoke day spa experiences provide an opportunity for valuable self-care before your precious baby is born

Allow yourself – or a mum-to-be in your life – the gift of deeply-nurturing bodily care. Indah pregnancy massages are delivered using our pregnancy massage pillow, so you can comfortably lie downwards. However, if you prefer to lie on your side, please let us know when making your booking. We only use pregnancy-safe natural and organic products.

PREGNANCY PAMPER

90 MIN | \$255

Pregnancy Massage + Relax Facial

NURTURING GLOW

2.5 HOURS | \$380

Pregnancy Massage, Relax Facial + Spa Manicure or Spa Pedicure

MOTHERS INDULGENCE

ALLOW 5 HOURS | \$630

The ultimate in pampering for your body and mind before you welcome your little one.

Deluxe Stone Organic Epsom Salt Bath, Pregnancy Massage, Radiance Facial, Gourmet Luncheon, Manicure + Pedicure

PREGNANCY MASSAGE

60 MIN \$160 | 90 MIN \$235

A full body massage to bring relaxation and harmony to your body during your pregnancy journey, supported by our pregnancy pillow. This special massage is tailored for the pregnant body – to soothe tired limbs, reduce fluid build-up and provide a moment of deep restorative relaxation for the body and mind. Recentre and realign to prepare for welcoming your little one into the world.

Not recommended before 12 weeks.



For Him

Indah specialises in premium body care therapies for men promoting vitality, anti-ageing and wellbeing

THE GROUNDED GENT

90 MIN | \$200

Traditional Sauna or Steam Room + Therapeutic Massage (60 min)

HIS ESCAPE

2.5 HOURS | \$370

Traditional Sauna or Steam Room, Therapeutic Massage (60 min) + Man Maintenance Facial

THE CHAIRMAN

3.5 HOURS | \$540

Traditional Sauna or Steam Room, Full Body Exfoliation, Therapeutic Massage (60 min) + Man Maintenance Facial

MAN MAINTENANCE FACIAL

60 MIN | \$175

A refreshing exfoliation of the back, before a deep cleanse and exfoliating facial to balance the natural oils of the skin. Emerge refreshed and invigorated.

THERAPEUTIC MASSAGE

60 MIN \$170 | 90 MIN \$250

A full body massage to release tension and knots to help reduce discomfort, working with the deep layers of muscles to release bodily stress.

WAXING FOR HIM

Back	\$47	Chest	\$47
Back + Shoulders	\$66	Chest + Stomach	\$66
Back, Shoulders + Chest	\$99	Ears	\$25
Full Arm	\$55	Nose	\$25
Full Leg	\$77		



Hands and Feet

Give your hands and feet some Indah love
with our indulgent bespoke treatments

SOOTHING MINT FOOT TREATMENT

30 MIN | \$80

This deeply relaxing treatment uses premium products to attend to your feet – improving circulation, promoting wellbeing and leaving you revitalised. An invigorating sea salt polish is used to refresh the skin and stimulate circulation, with an arnica, lavender and peppermint foot cream massaged into feet and lower legs. **Only available as an add-on to another Indah treatment.**

MANICURE OR PEDICURE

50 MIN | \$100

Enjoy a professional nail file, cuticle treatment, buff and perfect polish of your fingers or toes.

SPA MANICURE

60 MIN | \$130

This treatment begins with a warm towel compress to soften your hands before your fingers and cuticles are rejuvenated through premium products. An exfoliant and massage leaves your hands and arms nurtured, before your choice of polish is expertly applied.

SPA PEDICURE

60 MIN | \$130

The ultimate pedicure experience. This treatment begins with a warm soak of your feet and legs before your toenails and cuticles are rejuvenated through premium products. An exfoliant, massage, rasp and mask leaves your feet looking and feeling their best, before your choice of polish is expertly applied.

EVO GEL

Evo Gel is a next generation bottle-and-brush gel system that has been designed from the base up with nail health and safety in mind. The gel polish lasts up to 6 weeks on toes, and up to two weeks on fingers. Evo Gel is vegan, cruelty-free, and non-toxic. Please note that as a natural and organic day spa Indah is acetone-free, therefore we do not remove gel/shellac or acrylic nails.

Manicure or Pedicure \$115 | Spa Manicure or Spa Pedicure \$140 | Evo Gel Removal \$25



Beauty Therapy

We cover all your beauty requirements with the luxury and natural products synonymous with Indah

WAXING

Eyebrow Wax	\$33
Eyebrow Wax + Tint	\$48
Eyebrow Mapping + Reshape	\$48
Eyebrow Mapping, Reshape + Tint	\$65
Lip	\$25
Chin	\$25
Nose	\$25
Eyebrow, Lip + Chin	\$55
Sides Of Face	\$30
Underarm	\$33
Half Arm	\$38
Full Arm	\$48
Stomach	\$35
Lower Leg	\$45
3/4 Leg	\$55
Upper Leg	\$45
Full Leg	\$65
Bikini	\$40
G-String Bikini	\$55
Brazilian	\$90
Brazilian Maintenance	\$80

Receive 10% OFF waxing services when you book for 3 or more areas.

TINTING

Eyebrow Tint	\$28
Eyelash Tint	\$35
Eyebrow + Eyelash Tint	\$50
Henna, Mapping + Wax	\$85
Henna Maintenance + Wax	\$70

ORGANIC MAKEUP

Indah is proud to exclusively use Inika, the leading certified organic make-up brand trusted worldwide. Our highly-qualified makeup artists will provide you the look you are seeking, using the most beautiful range of products. Natural elegance awaits.

Special Occasion Makeup + Lashes	\$145
Special Occasion Makeup	\$120

IPL HAIR REDUCTION

Indah provides specialist Intense Pulse Light Therapy (IPL) hair reduction to achieve excellent long-term results. IPL is a safe, non-invasive treatment that permanently reduces hair regrowth.

Receive 10% OFF IPL Hair Reduction services when you book for 3 or more areas.

Lip	\$50	Back, Shoulders + Chest	\$280
Chin	\$50	Lower Leg	\$125
Sides Of Face	\$60	3/4 Leg	\$155
Underarm	\$70	Upper Leg	\$209
Half Arm	\$99	Full Leg	\$319
Full Arm	\$180	Bikini	\$80
Stomach	\$55	G-String Bikini	\$95
Chest	\$60	Brazilian	\$135
Chest + Stomach	\$180		
Back	\$180		
Back + Shoulders	\$210		

WELLNESS STUDIO

Visit our website to see upcoming events and workshops in our boutique Wellness Studio

YOGA

SOUND HEALING

MEDITATION

MAKEUP WORKSHOPS

WELLNESS WORKSHOPS



Experience the destination
that is Indah – luxurious
wellness for the body and
mind awaits



OPENING HOURS

Monday	9am - 5pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 8pm
Friday	9am - 5pm
Saturday	9am - 5pm
Sunday	Closed
Public Holidays	Closed

www.indahdayspa.com.au

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