



# Menu

## 2024



# Ubika is derived from the Ancient Indian Sanskrit meaning *'to grow'*.

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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 Day 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.

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

- Hydration (water)
- Nourishment (food)
- Restore (repair and nurture)
- Regenerate (exfoliating, brightening).

# Sanctuary Suite

*girls just want to have fun!*

## Sanctuary Suite

Spa Bath | Infrared Sauna | Relaxation |  
Wine | Fruit Platter

\$260 for 3 people, extra \$50 per person suitable for up

to 6 people

Our Spa Sanctuary Suite caters for groups from 2 to 6 people, making it ideal for hen's days, bridal parties or couple's escape. Relax and unwind with a Hunter Valley wine and fruit platter.

## Suite Retreat

Spa bath | Infrared Sauna | Body Massage |  
Facial | Wine | Cheese Platter

\$340 per person for up to 6 people | 2 hrs 50

mins

Bring your gang together to reconnect, relax and escape from the stress of life. Enjoy wine and cheese, an infrared sauna, a spa bath, a relaxing massage and a results-driven customised facial treatment.

# Couple's Suite

*time to reconnect.*

Our Couple's Suite allows you to indulge and relax in our private spa bath. Choose Pure Luxury, Wellness Elixir or Romantic Escape, then freshen up in your luxury bathroom.

## Pure Luxury

Spa Bath | Body Exfoliation | Body Massage

110 mins - \$315 per person (\$630)

Indulge in a luxurious candlelit spa, invigorate and smooth your skin with a full body exfoliation followed by a luxurious aroma Swedish massage.

## Wellness Elixir

Body Massage | Facial | Foot Bath | Foot Scrub

110 mins - \$335 per person (\$670)

Breathe deeply and calm your soul during your lavender anti-stress foot bath and scrub, followed by a relaxing 30-minute aroma Swedish massage, then enrich your skin with a restorative hydration facial.

## Romantic Escape

Spa Bath | Infrared Sauna | Body Exfoliation | Body Massage | Facial

*Includes a bottle of Jade Estate Wine*

2 hrs 50 mins - \$425 per person (\$850)

Enliven your senses in a romantic candlelit spa, enhance your wellbeing with an infrared sauna, feel invigorated after your aromatic body scrub and massage leaving your skin hydrated, and complete your experience with a bespoke facial for two.

# The Body & Vichy

*collection*

The Ubika body treatments are designed to heighten your overall well-being, improve your body's circulation, relieve muscle tension, relax your body and hydrate your skin.

## The Ultimate Indulgence

Exfoliation Wrap | Body Wrap | Vichy | Massage | Facial | Lash & Brow Tint | Pedicure

6 hrs **with lunch** - \$690

A truly transformative indulgent journey. Smooth and awaken the body with exfoliation, an energising wrap and head massage, a balancing Vichy shower experience, and an aroma Swedish massage. An ultimate facial is followed by an eyelash tint, eyebrow wax and tint and a 50-minute Spa pedicure.

## Devine Wellbeing

Body Exfoliation | Body Wrap | Vichy | Facial

140 mins - \$355

Invigorate with a full body exfoliation and Vichy shower experience, leaving you refreshingly balanced, followed by a body wrap and an age defence restoring facial.

Choose between:

- *Skeyndor's Hematite Organic Mud Wrap* or.
- *Energising Sapphire Wrap*

## Ubika Signature Collection

Body Exfoliation | Hot Stones | Facial

140 mins - \$355

A full body exfoliation rejuvenates the skin in preparation for an ancient healing hot stone massage to restore energy. A performance facial leaves your skin radiant, hydrated and rested.

## Ultimate Glow

Body Massage | Facial

110 mins - \$280

Begin with relaxing pressures, then immerse into a full body massage to completely escape reality in expert hands for your brightening facial, which leaves your skin glowing.

*more over...*



# The Body & Vichy

*continued*

## Sacred Serenity

Exfoliation | Body Wrap | Shower | Massage

110 mins - \$285

Awaken your senses with textures that melt into your skin, body exfoliation to renew and smooth the skin, a mineral-rich detoxifying wrap that cocoons the entire body, followed by a relaxing massage inspired by aromatherapy.

Choose between:

- *Skeyndor's Hematite Organic Mud Wrap or.*
- *Energising Sapphire Wrap*

## Body Exfoliation

Body Exfoliation | Shower | Body Cream

50 mins - \$155

Encompassing natural ingredients to exfoliate, smooth and purify, followed by a shower that invigorates and balances the mind, body and soul.

## Add Ons:

### Destress

30 mins - \$85

Warm essential oils and massage help relieve tension and stress on the head, neck and shoulders.

### Restore

15 mins - \$40

Warm steam hair towel to relax and prepare your hair, followed by a 5 minute hair nourishing mask. Complete this experience with an indulgent 10 minute scalp massage.

### Vichy

30 mins - \$75

Upgrade your amazing body treatment to experience ultimate relaxation and detox. Let warm water and a massage increase blood flow and circulation while also improving skin appearance and health.

# Ubika Man

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*a man's pampers*

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## Men's Back Treatment

Back Cleanse, Exfoliation & Mask | Back & Leg Massage

50 mins - \$170

Seriously masculine. Once experienced, you will wonder why booking one has taken so long. 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.

## Mini Glow

Body Massage | Mini Facial

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 neck muscles to help relieve tension and promote well-being.

## Modern Man Facial

Eco Clean Facial

50 mins - \$155

Use our customised facial to renew skin tone and texture, cleanse pores, soothe irritation, and hydrate skin. Ideal for combating the harsh effects of daily shaving, pollution and urban living. This is the ultimate skin overhaul providing maximum results.

# 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 ensure the best facial is chosen for your skins current needs and the very results you desire.

## High Performance Facials

50 mins - \$165 | 80 mins - \$210

Elevate and uplift your skin results with a high-performance facial designed to boost your skin with intensive actives. Results include intensive hydration, brightening glow, increasing collagen production, purifying and detoxifying, leaving the skin feeling revived and regenerated.

*Choose from:*

<i>Hyaluronic Hydration Booster</i>	<i>Vitamin C Brightening Glow</i>
<i>Intensive Retinol Renewing</i>	<i>Skin OXYgen Detox</i>
<i>Aquatherm SOS Recovery Plus</i>	<i>Clear Complexion</i>

## Anti-Defence Facials

80 mins - \$235

Combining science and beauty with the latest in age defence skin technology for high-end results leaves your skin smooth, firm and revitalised.

Global Lift, an anti-age strategy, achieves a face-lift effect improving volume. This eases wrinkles caused by sagging and supports skin tissues to re-densify and increase firmness, strength and elasticity. Perfect for skin 30yrs + with fine lines.

Corrective targeting deep wrinkles and expression lines - The novel fusion of three actions – peel, fill and smooth producing an intense effect on the deepest wrinkles. It is a cosmetic alternative to cosmetic fillers and smoothing. Immediate age-defining results for skin 40yrs + with deep wrinkles.

# The Facial

*continued*

## Eco Clean Facial

50 mins - \$155

Ensures 100% clean skin and is formulated with pre- and post-biotics to stimulate and protect the skin microbiota. The Expert Cleanse Pro facial includes a deep cleanse and exfoliation, removal of impurities and a vitamin-enriched hydrating mask. Leaving your skin feeling clean, revitalised and soft and supple.

*We proudly use Skeyndor products, offers something for everyone and every skin type.*

**SKEYNDOR**  
SCIENCE creates BEAUTY®

## Add Ons:

### LED Light Therapy

20 mins - \$55

Restores energy and youth to your cells while calming and healing the skin.

### Destress

30 mins - \$85

Warm essential oils and massage help relieve head, neck, and shoulders tension and stress.

### Restore

15 mins - \$40

Warm steam hair towel to relax and prepare your hair, followed by a 5 minute hair nourishing mask. Complete this experience with an indulgent 10 minute scalp massage.

# The Massage

*collection*

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Ubika-tailored massages work on your physical and emotional wellbeing, encouraging deep relaxation to relieve tension and calm the mind. Intense aromas and rich textures inspired by the most remote places on Earth transport you to peace and serenity.

## Destress

50 mins - \$155 | 80 mins \$195

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

50 mins - \$165 | 80 mins - \$205

This therapeutic treatment is specifically designed for tight, stressed and aching muscles. The Muscle Release utilises active essential oils to help relieve aches and pains.

## Aromatherapy Experience

50 mins - \$165 | 80 mins - \$205

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

## Hot Stone

80 mins - \$260

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



# The Pregnancy Massage

*collection*

Ubika offers a tailored prenatal massage experience, prioritising the well-being of expectant mothers. We focus on deep relaxation, tension relief, and calming the mind using gentle techniques. Immerse yourself in a serene atmosphere creating a tranquil haven for you and your baby.

**Suitable from 13 weeks or after the first trimester**

## Pregnancy Destress

50 mins - \$170

Feel stress and tension melt away with this pregnancy massage. Pregnancy massage allows the body to achieve ultimate relaxation and calm while your body is working hard to develop and grow your little bundle.

## Mumma's Ultimate Glow

110 mins - \$280

Begin with relaxing pressures, then immerse into a full body massage to completely escape reality in expert hands for your brightening facial, which leaves your skin glowing.

*feel revitalised*

## Pedicure

### Express Pedicure

30 mins - \$70

Soak, file, cuticle tidy and paint.

### Spa Pedicure

50 mins - \$110

Soak, file, cuticle tidy, pedi paddle, exfoliate, massage, paraffin and paint.

## Spray Tan

### Spray Tan

1 Coat - 20 mins - \$50

2 Coats - 20 mins - \$60

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

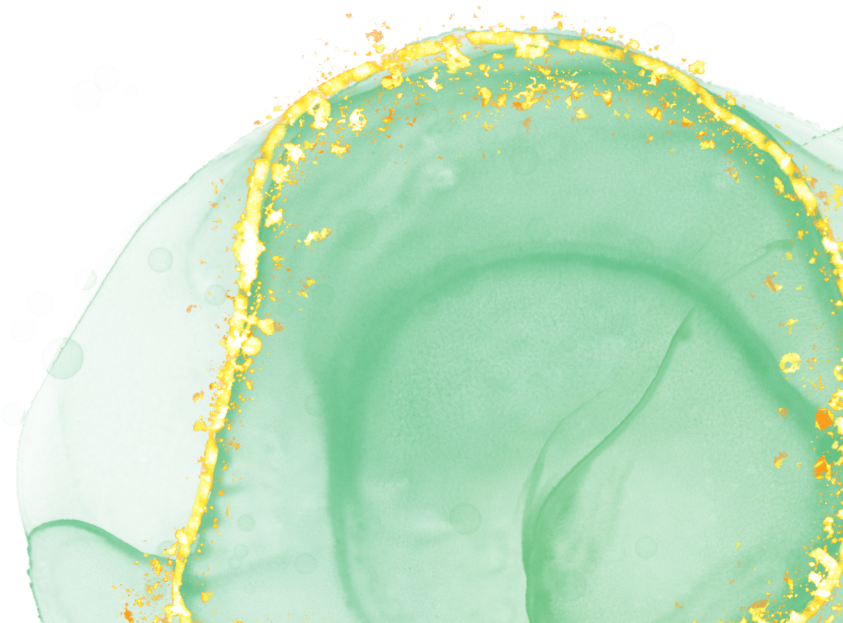
### Spray Tan With Body Exfoliation

\$80

A full body exfoliation prepares your skin for a longer-lasting and even tan, followed by a full body spray tan for an instant sun-tanned glow.

## Waxing & Tinting

A range of waxing and tinting is available. Please call the spa directly for all your waxing needs.



# Makeup Collection

*feel that 'extra' special*

Indulge in the world of our Jane Iredale range, where clean ingredients meet skin-loving formulations in an award-winning makeup range designed to elevate your natural beauty.

**Bridal Makeup**

Including Lashes

**\$170**

**Junior Bridesmaid**

**\$125**

**Bridal Trial Makeup**

Including Lashes

**\$170**

**Special Event Makeup**

**\$125**

**Bridesmaid Makeup**

Including Lashes

**\$150**

*jane iredale*  
THE SKINCARE MAKEUP®

In room makeup fees will apply, please speak to the Ubika Day Spa team to learn more.

# Hair Salon

*walk away renewed*

## Ladies

Ladies cut	\$70
Ladies shampoo, cut and blow dry	\$85

## Men

Men's cut	\$45
Men's shampoo and cut	\$60

## Kids

0-5 years	\$25
6-12 years	\$30
Highschool girl's cut	\$45
Highschool boy's cut	\$35
Add on shampoo	\$30

## Colours

Regrowth application	\$85
Full colour	from \$110

## Foils

1/4 head	\$85
1/2 head	\$130
Full head	\$165

## Styling

*For all up styles and down styles, clean hair washed the night before is preferred with no product and not straightened. This gives our stylists the best canvas to work with to achieve the best result.*

Up style	\$120
Down style	\$95
Shampoo blow dry short	\$65
Shampoo blow dry long	\$85

## Treatments

Hair treatment	\$35
Hair treatment with blow dry	\$90

# Tips

## Making a Reservation

Ubika Day Spa is immensely popular with guests, so we strongly recommend booking your spa treatments well in advance. Reservations can be made in person or by:

- phone **02 4991 0959**
- email [spa\\_rydgesresorthuntervalley@evt.com](mailto:spa_rydgesresorthuntervalley@evt.com)
- online [rydges.com/hunter-valley-spa/](http://rydges.com/hunter-valley-spa/)

## For Pregnant Guests

### 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 massages for women who are pregnant. To assist with your choice of available treatments, please get in touch with one of our spa consultants.

## Surcharges

### Sunday and Public Holiday surcharge.

A 10% surcharge applies to all treatments and product sales on Sunday, and a 15% surcharge to treatments and product sales on Public Holidays.

## The Treatment

### How should I prepare for my spa treatment?

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

## For Men

### Should I shave before my spa treatment?

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

## Cancellations

### What happens if I need to cancel my spa treatment?

If you would like to reschedule or cancel your booking, you can do so at any time, subject to providing a minimum of 48 hours' notice. If a cancellation is made less than 48 hours before your appointment time, a 100% charge will apply. If no notice is 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. **Ensure to bring swimwear for spa treatments.**

## Time of Treatment

### 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 complete 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 honoured if there is a treatment booked immediately after and will be charged the cancellation fee. Treatment time will also be amended to ensure other clients are not disadvantaged.

## 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 the UBIKA Spa receptionist 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](http://ubika.com.au) or phone 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; 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 room or at home.

## Opening Hours

Tuesday to Friday	_____	9am to 5pm
Saturday	_____	9am to 4pm
Sunday	_____	10 am to 4pm
Monday	_____	CLOSED

*Price, treatments and opening hours are subject to change without notice*



## Ubika Day Spa

Rydges Resort Hunter Valley

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[rydges.com/hunter-valley-spa/](http://rydges.com/hunter-valley-spa/)