



ilā

REDEFINING
BEAUTY

FACE

ANANDA FACE THERAPY

60 MINS

Nourishing * Hydrating * Rejuvenating* For stressed & exhausted skin

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant & honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

Treatment ritual- Cleanse, exfoliation & tone, classic opening techniques, marma & light therapy, green clay mask.





KU NYE FACE THERAPY

60 MINS

Rejuvenating* Nutrient Dense* Time honoured techniques* For damaged skin & exhausted souls

This healing therapy uses ancient organic Tibetan oil (Sea Buckthorn Seed Oil) – containing a rare Omega 7 – to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepares skin for the sea buckthorn elixir; deep lymphatic drainage and acupressure with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

Treatment ritual- Tibetan scalp massage, cleanse, exfoliation & tone, Tibetan tapping, classic opening techniques, Tibetan acupressure, warm herbal poultices & rose quartz crystals, gel mask.

CRYSTAL HEALING FACE THERAPY

90 MINS

Calming* Anti-bacterial* For young & hormonal skin

This treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energises. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

Treatment ritual- Tibetan scalp massage, cleanse, exfoliation & tone, Tibetan tapping, classic opening techniques, lymphatic drainage, Tibetan acupressure, warm herbal poultices & rose quartz crystals, green clay mask.

DREAMTIME FACE THERAPY

60 MINS

Grounding* Nourishing* Rejuvenating* For insomnia & restless minds

This soothing face therapy works at both an emotional and physical level, restoring the balance of the throat chakra (the body's sleep centre). Jatamansi, vetiver and jasmine are massaged into the skin using ancient light techniques, to help the mind let go and support cellular repair. Warm herbal poultices are soothed over specific marma points to encourage deep rest. Treatment ritual- Cleanse, exfoliation & tone, classic opening techniques, marma therapy, warm herbal poultices, green clay mask.



MEN'S KU NYE FACE THERAPY

60 MINS

Rejuvenating* Nutrient Dense* Time honoured techniques* For damaged skin & exhausted souls

This healing therapy uses ancient organic Tibetan oil (Sea Buckthorn Seed Oil) – containing a rare Omega 7 – to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepares skin for the sea buckthorn elixir; deep lymphatic drainage and acupressure with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

Treatment ritual- Tibetan scalp massage, cleanse, exfoliation & tone, Tibetan tapping, classic opening techniques, Tibetan acupressure, warm herbal poultices & rose quartz crystals, gel mask.

MASSAGE

KUNDALINI BACK TREATMENT

60/75 MINS

(includes rose facial massage)

Soothing * Grounding * For exhaustion, stress & chronic fatigue

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

Treatment ritual- Ila core back massage, marma therapy, chakra balancing, warm herbal poultices, back of leg massage. Optional rose facial massage.



INNER PEACE BODY TREATMENT

60 MINS

Deep relaxation* Nurturing* For anxiety, restlessness & post pregnancy

This blissfully balancing treatment feeds skin and senses, relaxing and reviving both body and spirit. Specialised massage & marma therapy with emotionally balancing rose, healing sandalwood, and renewing jasmine combine in this wonderful massage. The skin is nourished, the soul nurtured, and a profound sense of inner peace pervades.

Treatment ritual- Ila core full body massage, marma therapy.

KU NYE MASSAGE

90 MINS

Rejuvenating* Therapeutic medicine* Time honoured techniques* For dry skin, deep fatigue & recovery

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

Treatment ritual- Tibetan cupping, Ila advanced full body massage, Tibetan acupressure, warm herbal poultices and rose quartz crystals, Tibetan scalp massage.

SCRUBS

ENERGISING & DETOXIFYING BODY RENEWAL

60 MINS

Toning* Illuminates skin * Cleansing * For exhaustion & combatting cellulite

Using the ionising properties of Himalayan Salt Crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

Treatment ritual- 1/2 core full body massage, marma therapy, shower, full body oil/cream application.



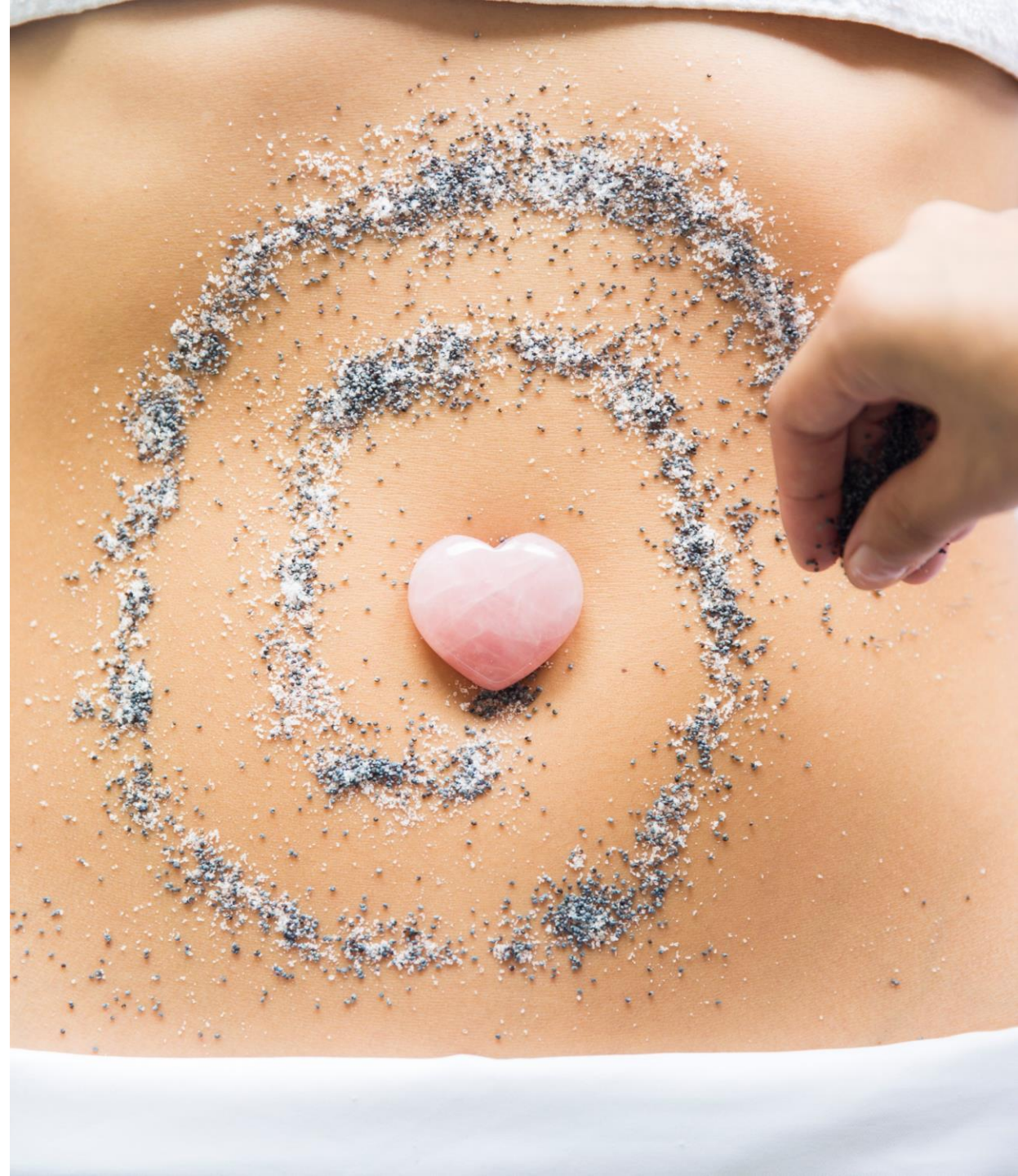
DREAMTIME SCRUB AND BODY TREATMENT

90 MINS

Grounding* Nourishing* Rejuvenating* For insomnia
& restless minds

Reclaim peaceful sleep and joyful dreams. This complete body experience commences with a soothing body scrub to release toxins trapped within the body. A full body massage built around the power of mantras, designed to calm the nervous system, balance the chakras, using warm herbal poultices and restore the body's magnetic field.

Treatment ritual – express mini body scrub, Kundalini back treatment using dreamtime oils.



WRAPS

PEARL AND JASMINE SCRUB WITH AMETHYST WRAP 90 MINS

Restoring nervous system* Reconnection* Dazzling*
For brides to be & life's transitions

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

Treatment ritual- 1hr core full body renewal, gel wrap application, cranial hold or facial massage, shower, full body oil/cream application.



EXPERIENCES

INNER PEACE IMMERSION

120 MINS

Deep relaxation* Nurturing* For anxiety, restlessness & post pregnancy

A blissfully balancing experience that restores positive energy: relaxing and reviving both body and spirit for a profound feeling of calm. Targeting skin and senses, a renewing all over scrub prepares the body for a deeply nourishing Inner Peace massage, with rose to restore emotional balance, jasmine to calm the nervous system and sandalwood to hydrate and heal. Focus is then shifted to the face with a stimulating and soothing Ananda Face Therapy for inner equilibrium from head to toe.

Treatment ritual- Express mini body scrub, shower, Inner peace massage, Ananda Face Therapy.





KU NYE FIVE ELEMENT RITUAL

120 MINS

Rejuvenating* Therapeutic medicine* Time honoured techniques* For dry skin, deep fatigue & recovery

This Tibetan Ritual balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension, whilst warm crystals and poultices bring harmony. A strengthening Ku Nye Face therapy and an invigorating head massage brings nourishment and regeneration from the tips of the toes, to the crown of the head. Treatment ritual- Ku Nye massage & Ku Nye Face Therapy.

ILA CHAKRA WELLBEING

120 MINS

The ultimate ritual for restoring mind, body & soul

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

Treatment ritual- Express mini body scrub, shower, Kundalini back treatment, optional massage to the front of body, Ananda face therapy, oil pouring over third eye chakra into hair.

COUPLES CONNECT

120 MINS

Reconnection* Love* Happiness

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love). Chakra healing and the pouring of warm oil over the third eye encourage a beautiful union of body, mind and soul.

Treatment ritual- Chakra Wellbeing with couples connect blend.

DREAMTIME JOURNEY

120 MINS

Grounding* Nourishing* Rejuvenating* For insomnia & restless minds

This soporific treatment draws on pure essential oils, marma massage and chakra healing to relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular repair is faster during rest, it incorporates a slow rhythmic body renewal, body treatment and soothing face therapy to promote relaxation, while jasmine, patchouli, lavender, and spikenard promote cellular rejuvenation.

Treatment ritual- Express mini body scrub, shower, Kundalini back treatment, Dreamtime face therapy.

ADRENO RESTORE TREATMENT

120 MINS

Energy recovery* Nutrient Dense* Grounding* For burn out, exhaustion +& hormonal imbalances

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetivert, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

Treatment ritual- Express mini body scrub, shower, application of adrenal herbal pack, Ku Nye massage & warm herbal poultices.



FEMININE SPIRIT

120 MINS

Joyful* Peaceful* Nutrient Dense*Energising* For 'me time'

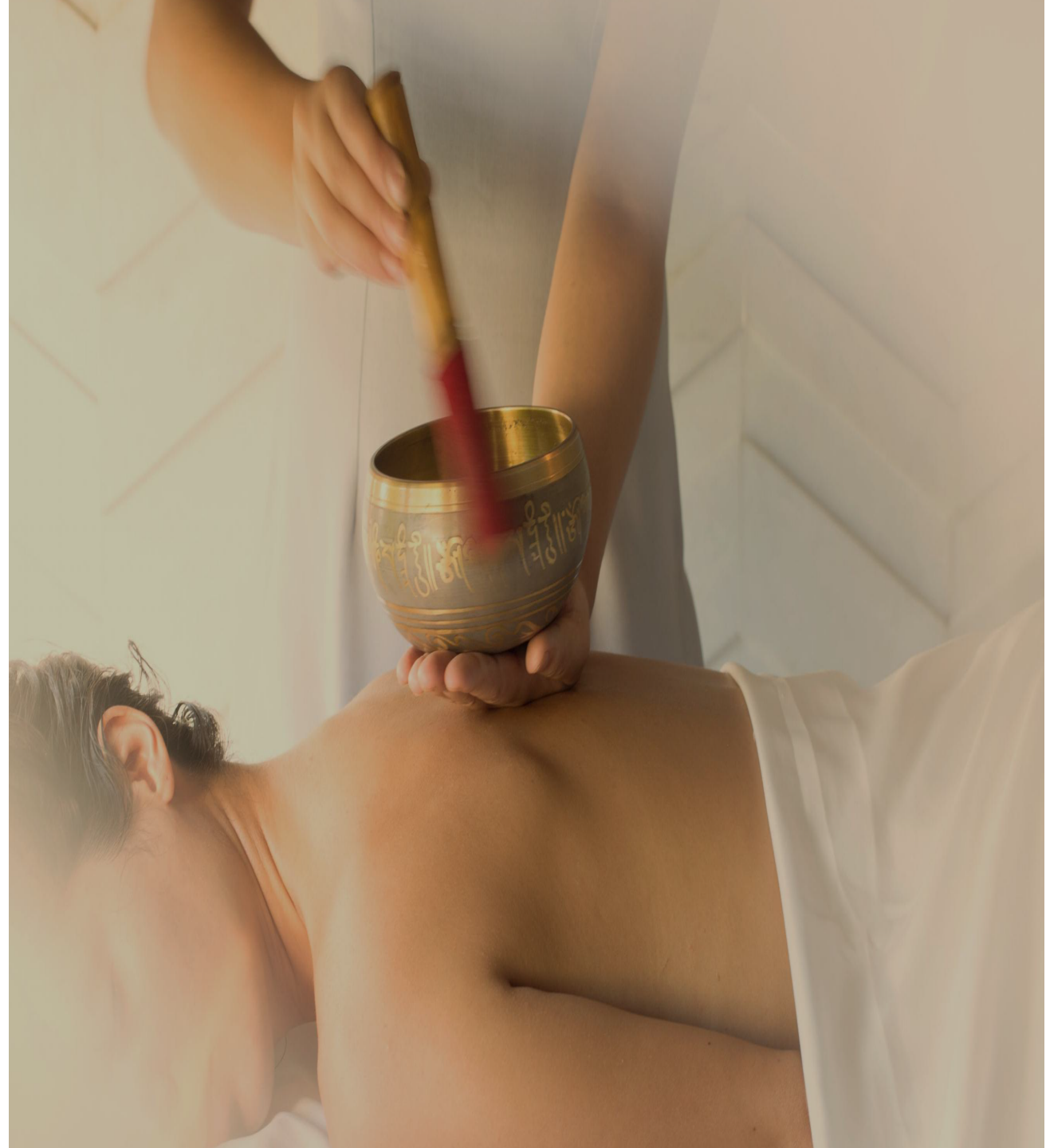
This heavenly experience uses flowing lymphatic massage, marma therapy and kidney packs to awaken the feminine spirit and rejuvenate the kidneys and reproductive energies. Herbs renowned for supporting women's emotional wellbeing combine with a body renewal, soothing massage, kidney packs and uplifting oils of rose damascene and sandalwood to nurture the feminine spirit and life-giving energy. Treatment ritual- Express mini body scrub, shower, application of kidney herbal pack, ila advanced lymphatic full body massage, sacral chakra balancing & warm herbal poultices.

ILA HAMMAM TREATMENT

90 MINS

Detoxifying* Hydrating* Nourishing* For a traditional spa experience

Hammam means 'spreader of warmth'. This treatment begins with the traditional Hammam, which includes a steam & black soap body cleanse. A kessa and argan seed scrub with rhassoul clay is then applied over the whole body and allowed time to absorb before a soothing rose milk is poured onto the skin for nourishment. An application of Body Cream for Glowing Radiance completes this purifying and softening ritual. Treatment ritual- Steam, black soap body cleanse, kessa and argan seed full body renewal, rhassoul clay application, rose milk pouring and body cream application.



EXPRESS TREATS

ila's Express Face & Body Treatments are positive proof that extraordinary results can go hand in hand with the highest standards of natural and ethical integrity. From our instantly restorative scrubs to 'reflexology for the head', discover the benefits of truly transformative treatments in just half an hour



EXPRESS FACE TREATS

ILA EXPRESS BLISS FACE THERAPY

30 MINS

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

Treatment ritual- Express Ananda Face Therapy.

ILA EXPRESS RENEWED RECOVERY FACE THERAPY

30 MINS

The keystone of ila's Renewed Recovery range is the Amazonian Elixir, which is a bespoke holistic blend of four Amazonian plant extracts: acmella, pfaffia, marapuama and white lily. This unique blend of bio-active raw ingredients are blended into bespoke formulations that support and encourage the skin's natural regeneration processes.

Treatment ritual- Express Renewed Recovery Face Therapy.



EXPRESS BODY TREATS

ILA BACK AND SHOULDER RECOVERY

30 MINS

Using a unique blend of five elements oil, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

Treatment ritual- Express Ku Nye Back Massage.

ILA INSTANTLY DETOXIFYING SCRUB

30 MINS

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

Treatment ritual- Express Body Renewal (mini body scrub)





ILA INSTANTLY BLISSFUL SCRUB

30 MINS

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

Treatment ritual- Express Body Renewal (mini body scrub).

ILA EYE INDULGENCE

30 MINS

Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

Treatment ritual- Cleanse & serum application, eye massage, marma massage, targeted nerve point therapy, night cream mask around eye area & cranial hold.

ILA SCALP AND HEAD REVIVER

30 MINS

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.

NOTE: Due to the green clay mask, this treatment is not suitable for those with blonde or bleached hair.

Treatment ritual- Scalp scrub, Tibetan scalp massage, green clay mask, warm herbal poultices.



ILA BREAST BOOST

30 MINS

This delicate, sensuous treatment draws on the healing properties of rose to awaken the feminine spirit of strength and gentleness, tone the delicate breast tissue, and balance female hormones.

Treatment ritual- Warm herbal poultices, Cleanse & tone, targeted lymphatic drainage, marma therapy, heart chakra balancing, rose quartz crystals, gel mask & hand massage.

ILA ROSE AND ALOE SUN COOLER

30 MINS

This delicate treatment refreshes and replenishes sun-damaged or overheated skin by reducing bodily heat. After a soothing mist of rose hydrolat, a cooling massage with Body Cream for Glowing Radiance calms and soothes sunburn or sensitivity. A rose and aloe vera gel wrap is gently applied over sensitive skin.

Treatment ritual – Express Rose & Aloe Sun Cooler wrap.

HAND AND FOOT DELIGHTS

ILA IMPECCABLY PERFECT HANDS

30 MINS

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

Treatment ritual- Exfoliation & soak, massage, marma therapy, gel mask, cream application.

ILA FLAWLESS FEET TREAT

30 MINS

A relaxing and energising treat for flawless feet, comprising an Energising & Detoxifying scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften. Perfect for jetlag.

Treatment ritual- Exfoliation & soak, massage, marma therapy, mud mask, cream application.



ILA EXPRESS BATHING

Bathing offers many physiological benefits, from dilating blood vessels and lowering stress-induced blood pressure, to relaxing the adrenal glands and nervous system.

ila's Express Bathing Rituals combine exquisitely nourishing in-bath and on-skin products to support the body's natural healing abilities and infuse a renewed sense of wellbeing in just half an hour.

ILA SERENITY BATH

30 MINS

A serene soak in ila's Bath Salts for Inner Peace, followed by an application of Inner Peace Oil to restore balance to the body and leave skin softened and nourished.

ILA DREAMTIME BATH

30 MINS

A soothing bathing ritual using ila's soporific Dreamtime products – specially formulated with vetivert, jasmine and spikenard – to encourage the mind and body to let go, sleep deeply and dream beautifully.





ILA AWAKENING BATH

30 MINS

A stimulating combination of Bath Salts for Cleansing, Body Cream for Vital Energy and Energy Spray for An Aura of Confidence to help release physical and mental toxins, and restore vitality and positivity.

ILA ROSE BLISS BATH

30 MINS

Using the divine benefits of rose and tuberose to nurture a sense of deepest bliss, this luscious soak in nourishing oils and sugars is followed by an application of Body Cream for Glowing Radiance.

ILA KUNDALINI BATH

30 MINS

This sensuous bathing experience incorporates Kundalini bath salts, spray and body lotion, all formulated with exquisitely fragranced orange blossom, to help relax and restore the nervous system. Perfect for jet lag.

Treatment ritual – As above.

ADAPTOGENIC WRAPS

Our hormonal system holds the most subtle, mystical and powerful influence over our physical, mental and spiritual wellbeing. When our hormones are in balance, our emotions are positive, our body strong and vibrant, and we feel in harmony with our environment and ourselves.

ila's Adaptogenic Wraps incorporate highly specialised plant botanicals and essential oils to balance the endocrine hormones and the immune system. Together, they impart strength and stamina, increasing the body's natural resistance to stress and exhaustion.

ILA ADRENO EXHAUSTION WRAP

30 MINS

Targeting the adrenal glands, this specialised abdomen & lower back wrap combines a herbal tincture of vetivert, pine, pfaffia and ashwaghandha. These powerful adaptogens support cells when under stress. Warm and cool packs activate and bring relief from adrenal exhaustion, hormone imbalances, and anxiety.





ILA VITALITY WRAP

30 MINS

Targeting the liver, this specialised abdomen & lower back wrap combines a herbal tincture of liquorice, pfaffia, cedarwood & juniperberry. These powerful adaptogens support the cells when under stress. Warm and cool packs activate to help increase the body's vital energy.

ILA HORMONE WRAP

30 MINS

Targeting the kidneys, this specialised abdomen & lower back wrap combines a herbal tincture of rose, jasmine, ylang ylang, rhodiola and shatavari. These powerful adaptogens support cells when under stress. Warm and cool packs help regulate fertility hormones and support healthy kidney function.

All treatments ritual - Back and abdomen massage, application of herbal pack & foot massage.