



THREE CAPES
relaxation pavilion





Welcome

The Relaxation Pavilion and spa rituals are inspired by a Japanese verb iKOU meaning "to rest, relax and restore". iKOU is an organic skincare line that harnesses the restorative, clarifying and invigorating properties of pure essential oils, and Australia's native botanicals.

The purity of iKOU Skincare is renowned globally: chemical-free, organic and derived directly from nature. iKOU has a strong focus on ethically wild-harvested Australian ingredients that are essentially "farmed" by nature, in remote, pristine locations, ensuring an abundance and purity.

The combination of a sensitive and sustainable space and the healing hands of our Spa Therapists, the Relaxation Pavilion is a perfect destination to rest and relax. This is an opportunity to experience and embrace the simplicity of nature and the sense of wellbeing that follows.



Body Ritual

The power of human touch combined with pure essential oils will allow you to escape into deep relaxation. Your Spa Therapist is skilled in a range of massage techniques to calm the mind, ease tired muscles and restore the body.



Massage

An individually tailored massage to match your unique journey. After a thorough consultation your Spa Therapist will design a massage treatment to best suit your needs to ensure total rejuvenation. Enjoy a range of massage techniques to relax and relieve muscular pain and tension.

30 min \$90

** An extended treatment may be available on the day, subject to availability.*





Face & Feet
Rituals

Face Ritual

Delight your senses with a rejuvenating and balancing facial ritual for all skin types. Enjoy a gentle polish, wondrous hydrating mask, warm compresses and pressure point massage to heal, smooth and restore vitality to your skin.

30 min \$105

** Includes head massage, acupressure and hand or foot massage. An extended treatment may be available on the day, subject to availability.*



Foot Ritual

Take the time to give back to your feet with this unforgettable ritual that not only eases tension but nourishes the skin and overall wellbeing after a full day of hiking. Enjoy a gentle polish followed by a soothing foot mask to nourish and hydrate your feet. Your ritual also includes a restorative pressure point massage on your feet, lower legs, head and shoulders.

30 min \$95

** An extended treatment may be available on the day, subject to availability.*





General Information

The Relaxation Pavilion is open daily. We are located at the Cape Pillar Lodge and offer spa services to our walking guests exclusively.

Reservations

The Relaxation Pavilion is very popular. Please advise your Guide if you are interested in making a spa appointment. Once at the Relaxation Pavilion, our Spa Therapist will help you select treatments according to your personal needs and advise you of available appointment times suitable to your walking itinerary.

Payment

Payment will be requested at the time of treatment. We accept credit and debit card payments only.

Spa arrival

Please arrive 15 minutes before your treatment is scheduled. This gives you time to unwind, sit back and take in the view. If you arrive late for your treatment, we may have to reduce your treatment time.

Spa etiquette

The Relaxation Pavilion is a place of rest, relaxation and rejuvenation. The Relaxation Pavilion is a mobile phone and smoke-free area.

Age requirement

The minimum age for spa guests is 16 years.

Medical conditions

When making your reservation, please advise us of any health conditions, allergies or injuries that might affect your spa experience.

Pregnancy

It is advised to avoid spa treatment during your first trimester. Some treatments are appropriate in later stages. Our Spa Therapists will advise you.

Cancellations

A 100% charge will apply for any treatments cancelled with less than 72 hours notice. The same applies for no-shows.

Product

There is a range of iKOU products available for purchase at our spa. Credit and debit are the accepted payment methods.

iKOU
REST . RELAX . RESTORE