




Ubika
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.

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. 

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 | 50 MINS | 80 MINS

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.

aromatherapy experience

30 MINS | 50 MINS | 80 MINS

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 | 80 MINS

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.



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.

ubika signature collection

2 ½ HRS

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

A full body exfoliation will leave you ready to receive the benefits of a personalised Aroma Swedish massage and hydrating and restoring facial.

unwind your world

80 MINS

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

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

restore your

system 80 MINS

Burning the candles at both ends, give yourself a new start and restore your body with a full body 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.

body exfoliations

60 MINS

A vitamin and mineral rich exfoliation will be selected and applied for a full body exfoliation experience, followed by a moisturising treatment to soothe and hydrate skin for a silky finish.

body wrap

60 MINS

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.

body exfoliation and body wrap

90 MINS

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



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 glow.

rebalance (specific for oily or congested skin) 50 MINS

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.

nourishment (anti-ageing) 50 MINS

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

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.

ubika signature facial collection

ubika experience facial 80 MINS

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

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.

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

ubika man

you're the man 80 MINS

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.



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 4785 0000 or e-mail front.desk@fairmontresort.com.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 pregnant women. Facial treatments are available, 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.

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 4785 0000 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.

Price and treatments are subject to change without notice.

UBIKA SPA TREATMENTS

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