IONE

spa and wellness

SPA MENU

WELCOME TO IONE

A mindful space that invites you to drift and dream. A place that is inspired by wellness and the violet hues of the 'ione' wildflower. Where profound rest and pause begins, and where every detail touches on indulgent and transformative healing elements.

IONE embodies wellness in all of its forms —
from the use of sensitive non-toxic building materials, to weaving the energetic healing of rose quartz and amethyst throughout the journey, and using luxe organic skin and body products.

The calm and beautifully appointed space at IONE features a welcoming reception area and retail boutique, a bathhouse with an aromatic steam room, infrared sauna and a swiss vichy shower, complemented by changeroom facilitiesand a whisper lounge with water views and spa refreshments.

Embark on a journey of wellbeing and self-care, where Anna and her team wholeheartedly host each experience with kindness and warmth. IONE was honoured as **'Runner Up — Best Urban Spa in Australasia' in 2023 and finalist in 2024, 2025 and 2026** by the esteemed 'Australasian Spa and Wellness Awards', **Finalist in the 2026 World Spa Awards**, as well as local awards and recognition for IONE.

We take pride in ensuring that every guest feels heard, seen, and cared for.

IONE JOURNEYS

IONE THE WATER GODDESS

3.5 hours $695

organic coconut and jasmine body polish I full body massage I flannel flower body soufflé cocoon I foot massage I deluxe radiance facial with hyaluronic mask I quandong and fragonia scalp cocoon

Awaken, the journey of you, your inner self, with a transformative and tranquil wellness journey that is also blissfully awakening.

This exquisite and aromatic spa therapy starts with a delectable skin softening organic coconut and jasmine body polish ritual, featuring the flower of joy blended with uplifting and empowering therapeutic aromas. A warm rain shower renews the skin and self, before your body travels into a deep realm of relaxation while receiving a full body and dedicated foot massage along with a layering of our rich silky body mask and triple butter body soufflé.

Our radiance facial elevates skin further with a powerful hyaluronic infusion mask promoting pure glow. The scalp, head and higher chakras are blissfully awakened with a long and lustrous head massage, pressure point massage and a luxuriously rich hair mask drenched with Australian quandong and fragonia.

SACRED FLOWER

2 hours $395 I 2.5 hours $465

organic coconut and jasmine body polish I back, neck, shoulder massage I flannel flower body soufflé cocoon I foot massage I radiance facial

Taking the skin and senses to bliss and beyond, the body and mind are lulled into relaxation with a decadent and delicious coconut and jasmine body polish, warm rain shower and soothing massage. A cocoon of triple butter body soufflé envelopes the entire body while the feet receive attention with a rejuvenating foot massage. Our radiance facial uses high performance oils, masks and serums completing but not ending the enlightening and uplifting power of the sacred flower in this complete restorative journey.

TRANQUILITY

2 hours $395 I 2.5 hours $465

Italian orange and jojoba body polish I de-stress back, neck, shoulder massage I hydrating hyaluronic facial I scalp massage

Heady aromas, zesty salts and long flowing strokes sweep away tired skin and nourish the body, before a warm affusion shower reveals clean radiant skin. A stress dissolving back massage then taps into tight spots and tension with aromatic notes of calm. Then a rejuvenating facial nourishes the complexion with organic bio-active nutrients to promote collagen regeneration and a restorative face and scalp massage bring the body and mind into absolute harmony.

GOLDEN GLOW

2 hours $395 I 2.5 hours $465

breathe massage I rose quartz love facial

Feel the healing and harmonising golden flow of light with our 'breathe massage', a customised and intuitive melange of techniques blended with aromatic oils. Energy centres are further awakened as you flow into the divine energy of our rose quartz love facial, the ultimate self-love stone. Soft and nurturing facial rollers paired with customised skincare delivers the most relaxing and age defying facial massage, allowing vitamins and antioxidants to infuse into deep layers, leaving the skin and self, luminous and light.

AWAKENING

2 hours $395 I 2.5 hours $465

hot stone back, neck, shoulder massage I radiance facial I restorative foot mask and massage

Melt all tension away with this flowing head to toe ritual. Awakening energy centres, hot stones magically relieve muscular tightness and circulate healing energy in the back, neck and shoulders before your skin surrenders to a facial using an array of high performance organic skincare, boosting radiance. The feet are cocooned in a restorative lemon myrtle and cooling cucumber mask and divine foot massage.

SUBLIME SURRENDER

1 hour $295 I 2 hours $395 I 2.5 hours $465

select from: organic Italian orange and jojoba I Australian lemon myrtle and Tahitian lime I organic coconut and jasmine

The skin and the spirit are brightened with this energetically cleansing full body polish ritual. Choose your body scrub and then succumb to long sweeping strokes as the skin is cleansed and buffed back to a smooth healthy glow. A warm rainfall shower uplifts, before a rich and indulgently silky body soufflé massages and cocoons the entire body lulling you into aromatic decadence so that the skin is left silky, nourished and completely restored.

IONE SODASHI JOURNEYS

IONE Spa & Wellness has expanded its world-class, multi-award-winning waterfront sanctuary by introducing the clean, transcendent luxury of Sodashi Skincare treatments.

Nestled in the quiet, mindful energy of West Lakes, where amethyst and rose quartz crystals are woven directly into the spa's foundations, this soulful partnership unites IONE's restorative, health-driven rituals with Sodashi's 100% natural, high-performance botanical alchemy.

Guests are invited to step into a sensory journey of absolute wholeness, purity, and radiance, surrendering to intentional, Ayurvedic-inspired facials with comforting thermal infusions, and aromatic, cell-replenishing massage and holistic body therapies. Seamlessly complementing the sanctuary's therapeutic wellness driven bathhouse and tranquil Waterfront Whisper Lounge, this holistic introduction merges spa and wellness therapies into a deeply meditative, skin-rejuvenating reset that deeply honours the soul.

SAMADARA ANAHATA – the skin and heart journey

3.5 hours $745

samadara facial | lomi lomi wellness massage | chakra and energy balance

Be guided into our cloud treatment bed and float into a ritual of a long bespoke massage, using the most precious luxury oils and energy-flowing techniques paired with our most powerful luxurious facial Samadara.

Using a sequence of timeless age-defying techniques founded in Ayurvedic tradition, reawaken skin's natural energies and diminish fine lines, restoring your skin to a youthful glow with a long soothing and cooling rose quartz crystal medallion massage, restoring luminosity and resilience. Connecting the heart to self-love and compassion, all of these exquisite precious formulations infuse rose quartz crystal water and age-defying masks, creams and serums deeply into the skin. Feel your whole body exhale with this tranquil retreat that's deeply meditative, bringing the body's seven main chakras into alignment with a flowing and fluid therapeutic Lomi Lomi massage, mimicking the flowing water of our waterfront surrounds and enveloping you in ancient Polynesian healing. This restorative massage treats the mind, body and spirit as one, taking the entire self into a state of deep rest and reset, regulating the entire nervous system and clearing somatic tension. Bespoke Sodashi chakra oils and corresponding crystals, intuitive Reiki and sound healing leave you in a state of calm and clear harmony.

CRYSTAL WATERS

2.5 hours $525

lakefront luminary marine mineral facial | crystalus massage

Ground the body and quiet the mind as warm ancient Australian healing stones, crystals and plant essences merge with flowing massage and intention, encouraging lymphatic and chi circulation while releasing muscular and mental fatigue. As tension melts away, the journey flows into the restorative energy of water, bringing a light, reflective glow back to the skin, inspired by our glistening lake surrounds. A luxurious Australian marine mineral mask, abundant in omega-rich extracts, vitamins and phytonutrients, deeply nourishes and protects the complexion, while an indulgent face, neck, shoulder, arm and scalp massage completes this deeply calming ritual, leaving body, mind and skin restored, radiant and in harmony.

IONE FACIALS

RADIANCE FACIAL

90 mins l $295

High performance active and organic masks, oils and serums paired with restorative facial acupressure massage and the encapsulating uplifting aroma of absolute joy, white flannel flower, brings the ultimate in radiance and age-defying based results, balancing qi energy flow, clearing meridians and dramatically improving skin health and texture with advanced bio-active ingredients. This luminous glow continues to radiate right through you with a deeply blissful scalp, arm and lower leg massage enhancing this extraordinary facial.

RESTORE FACIAL

90 mins l $295

Support and nourish the skin and collagen regeneration with the healing properties of organic wild-harvested Australian fruit and flower extracts, which are complimented with a deeply restorative facial massage to wipe away stress and tension held in the face. This divine facial incorporates an aromatherapy scalp, foot, arm and lower leg massage with geranium, lavender and clementine for a deeply relaxing experience.

ROSE QUARTZ FACIAL

60 mins l $245

Self-love meets sensory skincare. The stone of love features soothing rose quartz crystal facial rollers relaxing and massaging tight facial muscles, promoting skin luminosity delivering essential nutrients, oils and vitamins deep within the skins layers with customised skincare. Allow the heart and mind to open with a long and languid head massage, drawing on ayurvedic wisdom and drenching the hair with the 'oil of the heart', rose.

IIIUMINATE FACIAL

30 mins l $195

Revitalise skin with our express and de-stress facial. A soothing sensory cleanse and exfoliant ritual awakens tired skin followed by a facial massage with active serums, antioxidants and infusing oils. Hands are rejuvenated restoring you and your complexion to vibrancy and health.

IONE SODASHI FACIALS

SAMADARA

90 min | $345

2.5 hours | (incl. bathhouse journey for skin & health benefits with red-light therapy) $460

Redefining the facial experience is Samadara; the reawakening power lies in nature's most precious bio-actives and arrives with a grounding sensory welcome. Samadara, Sodashi's most powerful age-defying range rose quartz-infused skincare takes you on a deeply luxurious journey nourishing the skin using advanced wellness therapy boosting skin elasticity, diminishing fine lines while restoring a youthful glow, reawakening the skin's natural healing energies through ultra-relaxing layering of the unique alchemy of the finest botanical actives and Ayurvedic healing techniques.

Skin reflects inner calm as a warm cocooning thermal mask delivers powerful Samadara creams infused with potency and heart-connecting rose quartz, penetrating deeply into the skin's layers, increasing collagen production. This holistic results-driven ritual envelops you in inner stillness with a long and deeply luxurious rose quartz crystal facial massage, décolletage, hand and arm massage, leaving the skin and self glowing.

THERMAL ALCHEMY

90 min | $295

Restore outer and inner radiance with a transformative intensive boost of vitamins and minerals. This results-driven warm thermal mask known as 'nature's facelift' plumps, firms and protects your skin with Sodashi's antioxidant-rich botanical formulations, aligns the skin to a harmonious bright and light radiant state with healing nourishment rejuvenating the complexion with a magical merge of true skin restoration, with natural yet high-performance formulations delivering a lasting glow.

LAKEFRONT LUMINARY

60 min | $275

Bringing a light, reflective glow back into your skin like our glistening lake surrounds, we cocoon the skin in a luxurious Australian marine mineral mask, rich with an abundance of marine omega-rich extracts and vitamins to enhance radiance, balance and harmony.

Phytonutrients deliver nutrients deep into the skin protecting and nurturing the skin along with a luxurious face, neck, shoulder, arm and scalp massage ritual that melts away tension and mind and body stress.

IONE MASSAGES

BREATHE MASSAGE

60 mins $185 | 90 mins $245

Let your breath deepen with our signature massage, healing, harmonising and enhancing wellbeing on deeper levels with a customised and intuitive melange of therapeutic techniques paired with a sensory selection of aromatic oils enhancing your experience and melting away tension where you need it most.

DEEP RELEASE

60 mins $185 | 90 mins $245

Warming Australian arnica and eucalypt infuse deeper relief for tight muscular tension with intuitive work using deep tissue, stretching, deeper relaxation and acupressure point working and transcending the body and spirit into a calmer and peaceful presence.

HOT ROCK

60 mins $185 | 90 mins $245

Our hot rock and hands on technique are unsurpassed. Melt away tension in the body and mind with our soothing energetic warm rocks breaking through tension and stress with a rhythmic soothing dance over the body, circulation energy and relieving deep muscular tightness.

PREGNANCY

60 mins $185 | 90 mins $245

Nurturing and calming, our specialised techniques help general wellbeing and soothe swelling and tension held throughout the body, gently nurturing mother and child with enriching treatment oils for skin health.

SHIROBYANG

60 mins $185 | 90 mins $245

Traditional Indian head massage drawing on Ayurvedic wisdom, exquisite techniques that are deeply grounding, centering and stress relieving. Working through the head, neck, shoulders and face, alleviating tension and improving circulation.

IONE SODASHI MASSAGE & WELLNESS THERAPIES

AURA

90 min | $325

Feel your whole body exhale with this tranquil retreat that's deeply meditative. Bringing the body's seven main chakras into alignment with a flowing and fluid therapeutic Lomi Lomi massage, mimicking the flowing water of our waterfront surrounds and enveloping you in ancient Polynesian healing, this restorative massage treats the mind, body and spirit as one, taking the entire self into a state of deep rest and reset, regulating the entire nervous system and clearing somatic tension. Bespoke Sodashi chakra oils and corresponding crystals, intuitive Reiki and sound healing leave you in a state of calm and clear harmony.

DEEP RESET

90 min | $325

Ground the mind, melt away stress and support the parasympathetic nervous system with a calming experience that brings a deep sense of calm to your entire being. Divine luxurious essences of frankincense, sandalwood, vetiver and rose work in synergy to calm stress response with a guided breath and grounding ritual, blissful vagus nerve touchpoints supporting stress relief, along with a nourishing results-driven Sodashi facial and slow therapeutic massage, integrating warm tiger's eye soothing palm stones and a massage to bring you back to yourself with presence and calm clarity.

CRYSTALUS

90 min | $325

This exquisite massage experience merges warm ancient Australian healing stones, crystals and plant essences with the power of massage and intention, resonating with your entire being, emanating a strong, calming flow of life force energy with lymphatic and chi circulatory benefits, relieving all tension, reconnecting mind and body and taking you to a very special place of peace and harmony, grounding energies and releasing muscular and mental fatigue.

IONE ENHANCERS

ENHANCERS
$35 each

Vitamin A Booster
Boost luminosity and improve elasticity with a potent age defying serum made from pure Vitamin A derived from banksia seed, baobab and buriti oil.

Eye Treatment
A revitalising pressure point massage using a high performance and highly concentrated eye treatment reduces fine lines, dark circles and puffiness.

Dy Body Brushing
Intensively stimulating and toning, we use a natural body brush sweeping the body clean of dry skin, improve circulation and lymphatic drainage energy and leaving bright, smooth skin ready for better absorption of oils or product.

Quandong & Fragonia Scalp Cocoon
Surrender the senses to a head and scalp massage that invokes peaceful contentment while nourishing scalp and hair.

EXTRA INDULGENCES

Compliment your massage with our 30 minute Sublime Surrender $195
The skin and spirit are brightened with a dreamy yet effective full body polish ritual followed by an application of triple butter body soufflé.

Compliment your massage with a revitalising 30 minute Facial $175
Awaken and energise the complexion with a soothing cleanse, skin renewing exfoliant and calming facial massage.

IONE SODASHI EXTRA INDULGENCES

SAMADARA ENHANCERS

Add 30 mins to any IONE Sodashi treatment | $115

TIMELESS GAZE SAMADARA ULTIMATE EYE TREATMENT

Sodashi's most exclusive age-defying eye treatment.

Luxurious massage using warm rose quartz crystal soft medallions with powerful Samadara creams and an eye mask paired with Ayurvedic massage techniques that visibly lifts and re-energizes – reducing puffiness and fine lines, bringing luminosity and light.

SODASHI SACRED CROWN RITUAL

Slow down, reconnect and be lulled into tranquility with a luxuriously rich and indulgent Sodashi mask, massaged gently through the scalp with fluid, relaxing, head massage techniques mirroring the calming rhythms of our water surrounds, enveloping the hair with a warm compress and luxury hair mask ritual, this healing therapy releases pressure and tension while nourishing the hair and scalp with intense hydration and health.

IONE BEAUTY

FOOTPRINT

60 mins I $185

organic lemon myrtle scrub & compress I refreshing cooling cucumber foot mask I foot and lower leg massage I hydrating foot soufflé

Stillness, grounding and calm is restored as feet and lower legs are immersed in an organic native scrub and compress while you drift under the restful weight of a lavender eye pillow. As your body slips into slumber amidst the comfort of our cloud beds, feet are massaged and wrapped in a lemon myrtle and cucumber cocoon, which uplifts, cools and awakens tired feet.

- *Include a nail shape and polish within your treatment for $35*

WAXING/TINTING

POA

Our therapists respect your privacy and take the utmost care to make your waxing service comfortable. We cater to most waxing requests.

HANDPRINT

60 mins I $185

organic coconut & jasmine scrub I white flannel flower hydrating mask cocoon I hand and arm restoration massage I hydrating white flannel flower hand cream

A nurturing hand polish and cocoon prepare your hands and fingertips for focused attention. As you lean back into a soft pillow and close down the eyes, be prepared to be pampered while hands and arms are restored with the use of deeply hydrating products to nourish skin and nails.

- *Include a nail shape and polish within your treatment for $35*

IONE BATHHOUSE

STEAM AND DREAM

60 mins l $90

Step into our warm bathing sanctuary and breathe in peace. This is your time to escape, unwind and enjoy our ambient facilities and amenities.

Your visit includes:
- ~ Steam room with chronology light therapy and cooling rain mist option
- ~ Swiss vichy jet shower experience
- ~ Personal locker with a fluffy bathrobe and slippers
- ~ Luxury shower amenities, hair dryers and towels
- ~ Waterfront Whisper Lounge and complimentary refreshments

SPA SOIREE

90 mins l $195 pp

Steam, dream and socialise with your soul family. This soirée includes time in the bathhouse to utilise our 'Steam and Dream' facilities and finishes with a glass of French bubbles, wellness beverages and a grazing or cakes platter served in our waterfront Whisper Lounge.

SAUNA AND DREAM

60 mins l $90

Add a little extra luxury to your sauna time with:
- ~ Swiss vichy jet shower experience
- ~ Personal locker with a fluffy bathrobe and slippers
- ~ Luxury shower amenities, hair dryers and towels
- ~ Waterfront Whisper Lounge and complimentary refreshments

INFRARED SAUNA

45 mins $55 l pack of 10 $400

Bask in the heat and relax into comfortably designed benches, while the body's core temperature is warmed to improve skin health, support muscular recovery, detoxification, immunity and mood boosting hormones. Enjoy calm and stillness while enjoying your chosen chromotherapy colour and therapeutic aromatherapy.

SPA ETIQUETTE

Opening Hours
Our wellness spa is open
Tuesday – Saturday from 10am – late.

Bookings, Enquiries & Payment
Please call our IONE happiness concierge on (08) 8353 0303 to make a booking. A 50% deposit is charged upon booking and we require 48 hours notice for cancellations or rescheduling. Refunds of deposits can be organised with the required 24 hours notice given.

Arrival & Preparation
Please arrive to your appointment 15 minutes prior to your scheduled appointment time allowing adequate time for you to check in at reception, change and prepare for your treatment. A personal locker, bathrobe, disposable underwear and slippers will be provided. *Note: For hand or feet treatments with polish please arrive without nail polish.*

Age
Under 16 years to be accompanied by a parent or guardian at all times.

Health Conditions
Some treatments are not recommended with certain health conditions/allergies and pregnancy. Please advise your therapist of all relevant information when booking.

Valuables
We regret that we cannot accept responsibility for the loss of personal items, including those left in lockers and bathrobes.

Gift Certificates
Our gift certificates can be purchased in-spa, via email, phone or online and are valid for 3 years. Please contact our IONE happiness concierge so that we can curate your perfect experience gift.

Spa Manners
The spa is a haven of health. Smoking and mobile phones are not permitted.

Retail Therapy
We have a wonderful selection of skincare and lifestyle products to choose from.

Payment
We accept cash, eftpos and all major credit cards.

Returns
Permitted with proof of purchase where the product is deemed faulty. We adhere to the Australian Consumer Law and health and safety regulations when handling any requests for returns or refund.

GROUP BOOKINGS
We cater to special occasions and can create a spa soiree to suit.

COUPLES
Share any of our experiences together in our couples spa suite.

BESPOKE
Most spa rituals, massages and facials can be customised to suit any requests.

YOGA, RELAXATION & MEDITATION
Visit reception for class times and bookings.

IONE Spa and Wellness

74/155 Brebner Drive, West Lakes
South Australia 5021
+61 08 83530303
info@ionespawellness.com.au

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