

Inglis DAY SPA

REVITALITASE

RECHARGE

RENEW YOUR ENERGY



The Inglis Day Spa fuses cosmopolitan luxury with decadent rituals and intimate escapes.

The Wellness Team offers holistic spa therapies in a beautiful and tranquil environment with rural soul.

The Spa is located on the top level of the William Inglis Hotel. This iconic destination in Sydney celebrates a passion for equine culture and heartfelt hospitality, for generations in the making.

The Inglis Day Spa consists of a beautiful relaxation lounge overlooking the racecourse, 3 modern spa suites, a wellness room with recovery chairs and state-of-art infrared sauna, access to heated rooftop pool with cabanas and lounges. For our spa rituals, we have carefully selected a multi awarded and luxurious products by:

- SKEYNDOR: A Spanish pioneer in research and innovation in high-quality professional cosmeceuticals.
- AROMATHERAPY ASSOCIATES: an English holistic brand focusing on mindful beauty by giving you time to stop and find balance.

As you know, tradition and innovation are key points of all Inglis managed businesses.

That is why we decided to work with the best spa brands that pursue excellence with the vision that remained unchanged for generations.

We look forward to taking you on a journey, making sure you will revitalize, recharge, and return home with renewed energy.

Welcome to Inglis Day Spa



SKEYNDOR
SCIENCE creates BEAUTY®





Spa Rituals

Beautifully appointed packages have been thoughtfully created to induce heavenly relaxation.

Destination De-Stress	90 minutes	\$209 \$219 weekend
Back Exfoliation Back, neck, shoulder Massage Inglis Signature Facial		This journey begins with an organic back exfoliation followed by a tension target massage. Finally surrender to an invigorating facial that harnesses botanical harvest of vitamins and peptides to brighten the complexion.
Aroma Bliss	120 minutes	\$295
Barefoot Indulgence Aroma Massage Replenishing Facial Hand Massage		Intentional rest begins with a detoxifying and grounding foot soak. Next, enjoy a deeply harmonising 60-minute Aromatherapeutic Massage, carried out with essential oil blend selected by you. A restorative power of hydrating facial and indulging hand massage will complete head to toe experience.
Indulge	90-120 minutes	\$80 +massage price
Massage of your choice Mini treatment*		The Indulge package allows you to enjoy an ultimate revitalization. Simply choose a 60 minute or 90- minute massage and combine with one of our mini treatments to tailor your experience (page 7). * excluding focus massage
Crystal Healing	150 minutes	\$360
Hot Stone Massage Your choice of Skeyndor Facial: Aquafacial/ Detox Facial or Power C Radiance Scalp Therapy		This deeply reviving ritual features a muscle melting 90-minute hot stone massage while a facial is nurtured with Skeyndor's uniquely formulated ingredients to honor your complexion. A warm mask with Rosemary oil, Ylang Ylang and Lavandin is layered with soothing head massage to complete this spiritual experience.



Couples & Groups Escapes

Begin the journey with your soulmate by experiencing spa bliss together.
Enjoy food and drinks at the relaxation lounge or by the pool.
All prices are per person.

Urban release

Our bespoke relax and unwind, package designed to relief from tension, followed by a custom facial.
Select one of the following options:

I Back, neck, shoulder massage & Mini Facial	60 minutes weekend	\$150 \$155
II 1h Relaxation massage & Mini Facial	90 minutes weekend	\$205 \$210
III 1h Aromatherapy Massage or 1h Depp Tissue Massage & Mini Facial	90 minutes weekend	\$210 \$215

Especially For Her

An aromatic foot treatment relieves stress and tension from the toes all the way to your knees, followed by a custom facial, intensified with uniquely formulated UniqCure concentrates.

Barefoot Indulgence Super Restorative Facial	75 minutes weekend	\$170 \$175
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Especially For Him

An invigorating back scrub, followed by relieving tension massage to help revitalize your body. Treatment will finish with renewing facial.

Back Scrub Back Massage Mini Facial	75 minutes weekend	\$170 \$175
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Tailored Journeys

Create your Dream Escape of ultimate Restoration. Combine any of the 30- minute pick me up treats and surrender to the experience or simply add on to any of your desired treatment for \$80/mini treatment.

Treatment option

Barefoot Indulgence

An aromatic foot treatment relieves stress and tension from the toes all the way to your knees. It includes foot soak, cleanse scrub and a relaxing massage.

Body scrub

Body Scrub buffs away roughness, aid in keeping it healthy by removing dead skin cells, lifting away dirt and excess oil.

Focus Massage

This massage is targeted and delivered with precision to melt away knots and deep tension in tight and aching muscles.

Balinese Body Wrap

A toning body wrap that enhances wellbeing. Its active ingredients: Bamboo, Lotus flower, Water lily, supply energy, serenity and balance.

Mini Facial

A complexion booster, customised to your skin type. It includes cleansing, exfoliation, facial mask and moisturizing. Add on enhancement option available.

Scalp Therapy

A superior conditioning and nourishing therapy complemented with meditative scalp and neck massage

Treatment combination

2 treatments	60 minutes	\$150
3 treatments	90 minutes	\$210
4 treatments	120 minutes	\$270
5 treatments	150 minutes	\$330
6 treatments	180 minutes	\$380



Massage Therapy

Our spa massages are performed with the highest quality organic Macadamia Oil and nut free essential oil blends to nourish body and senses.

Revitalisation	60/90 minutes weekend	\$145/\$170 \$150/\$175
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A relaxing experience: light to medium pressure is applied to harmonise the body. Soothing effleurage movements will improve body oxygenation allowing full recovery.

Regeneration	60/90 minutes weekend	\$160/\$195 \$165/\$200
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A deeply repairing massage using forearm and elbow to soothe sore muscles. Our warming oil blend is applied to target the area of concern and to melt away knots and deep tension in aching muscles.

Aromatherapy	60/90 minutes weekend	\$155/\$190 \$160/\$195
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Bespoke essential oil blends are selected by you to create a custom experience and leave you feeling fully rejuvenated. This holistic massage also supports the immune system.

A 90 min option includes face and scalp massage.

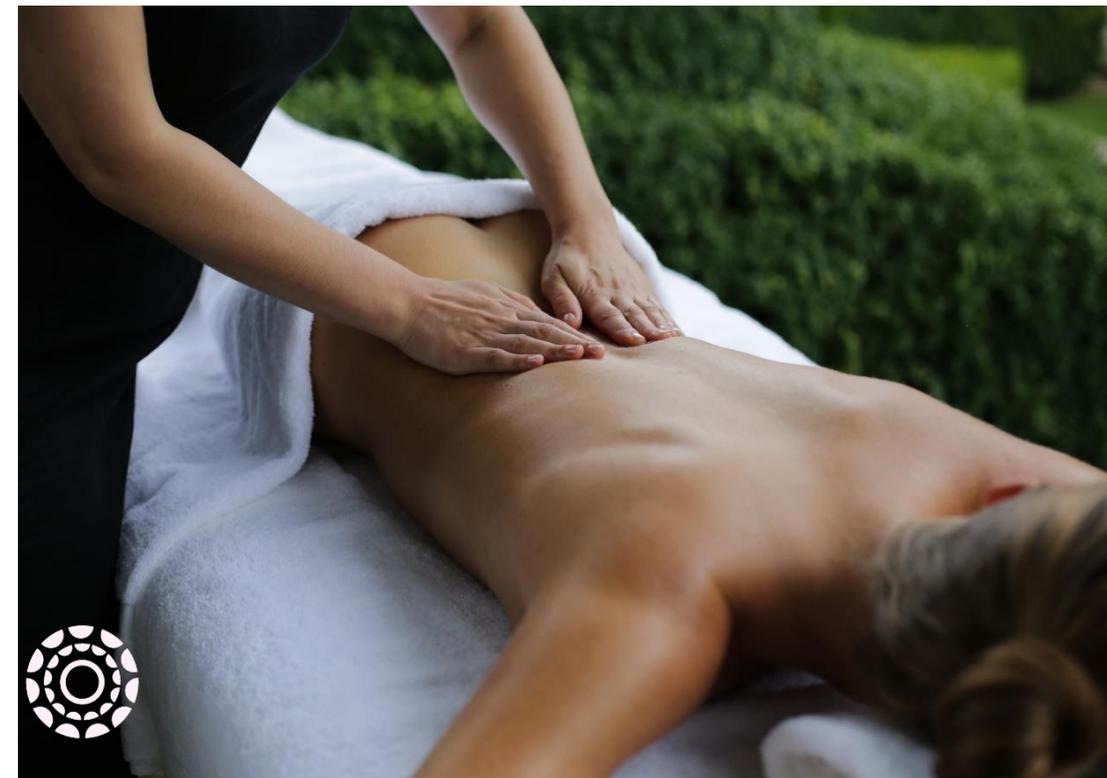
Mum to be	60 minutes weekend	\$150 \$155
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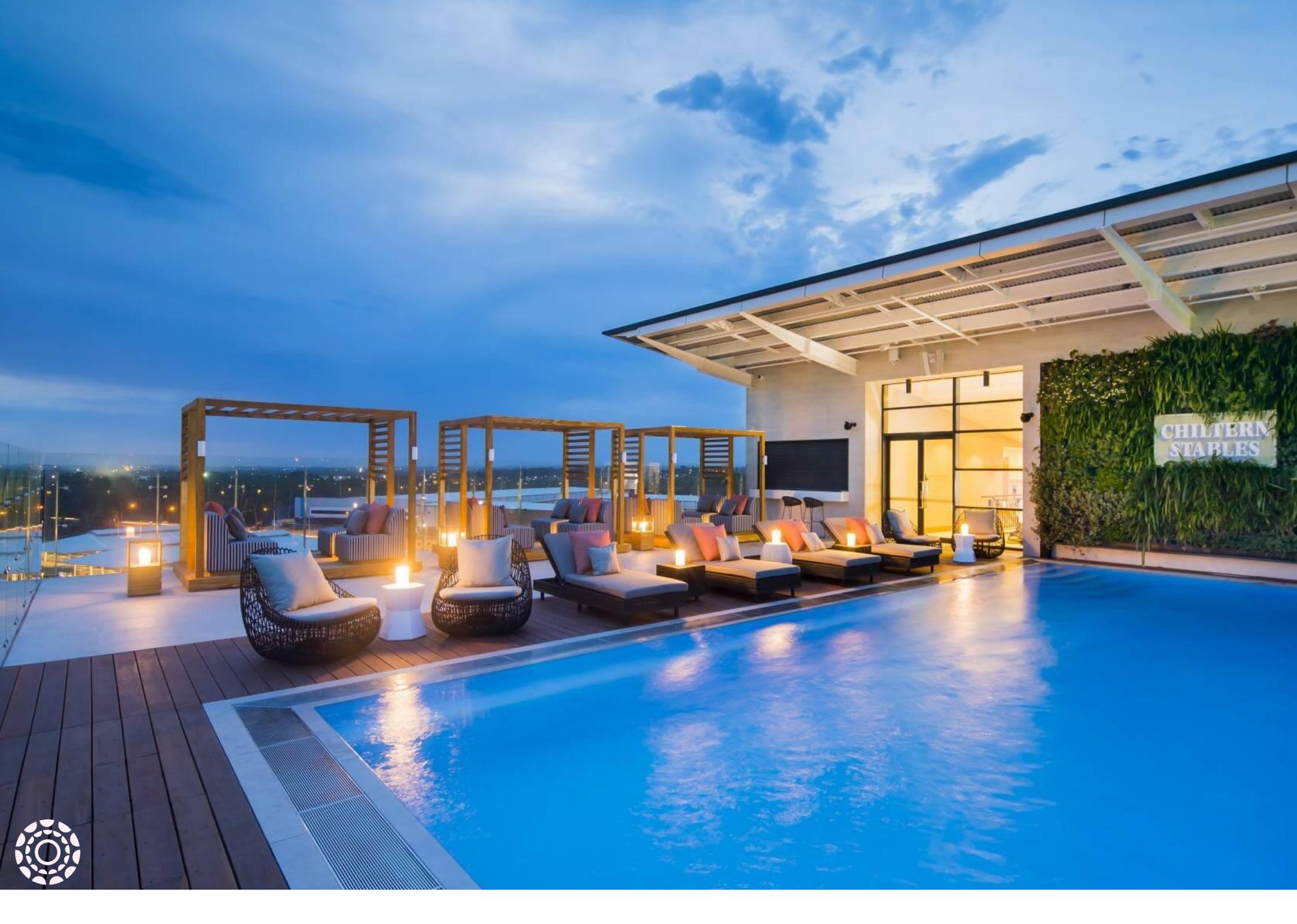
This pregnancy massage soothes any aches and pains that future mum might be experiencing. It is also reducing stress and anxiety. We offer the massage where mums can lie on their side safely with the supportive pillow.

Hot Stones	90 minutes Weekend	\$199 \$205
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This massage creates a sense of balance and calm, as well as giving relief to areas that are under stress.

Extend your bliss by adding a mini journey to your massage (see page 7).





CHILTERN
STABLES



Facial Therapy

A collection of highly reconditioning and regenerating rituals designed by Skeyndor scientists to bring immediate results.

Inglis Signature Facial 45 minutes \$109/ \$119 weekend

Thoughtfully designed ritual to enhance the demands of any skin type thanks to wide range of uniquely formulated intensifying concentrates. Selenite crystal massage stones are used to treat delicate eye area and to enhance lymphatic drainage.

All skin types

Aquafacial 60 minutes \$149/ \$159 weekend

Formulated with the purest medicinal thermal spring water from Salies-de-Béarn, (France) and combining a delicate balance of minerals and trace elements such as Magnesium, Zinc and Copper, silky smooth ceramides, naturally occurring pre-biotic sugars and pure marine collagen. This treatment reduces the redness and leaves the skin blissfully oxygenated, regenerated, firmer and velvety.

All skin types, especially reactive and sensitive

Power C+ Radiance 60 minutes \$149/ \$159 weekend

The innovative POWER C+ marries two superpowers of the antioxidant world: extracts from superfruits (HG pomegranate and acai) and four different forms of ascorbic acid. It is the solution to long-lasting clarity and brightness that enhances collagen production, reduces freckling and pigmentation, increases elasticity and offers a far smoother skin.

Ideal for dry, prematurely aged skin or with pigmentation changes

Detox - Power Oxygen 60 minutes \$155/ \$165 weekend

An intense, detoxifying ritual, rich in pure oxygen, prebiotics and antioxidants. Designed to transport and replenish vital oxygen supplies to the skin cells. It rejuvenates dull and tired skin and provides immediate brightening, hydrating and anti-ageing results. This treatment leaves skin revitalized, supple, and resistant to the effects of urban living.

Ideal for stressed, acne-prone, pigmented and rough skin types





Advanced Facial Therapy*

A collection based on the fundamentals of scientific cosmetics and the ultrasonic procedure, increasing the penetration of the active ingredients into the skin **without the downtime**.

Super Restorative 60 minutes \$155/ \$165 weekend

An ultrasonic deep exfoliation combined with LED light energy to improve cellular health by accelerating the repair and replenishment of compromised tissue cells. This facial can be intensified with Collagen and Elastin ampoule or brightening serum.

Ideal for congested, rough, sun damaged or acne prone skin types

Power Retinol 60 minutes \$165/ \$170 weekend

Based on the synergy of three active ingredients that are expertly combined due to their distinctive rejuvenating activity: Pure Retinol (5000IU/g), Bakuchiol and HS Soy extract. The intensively repairing treatment producing a surprising anti-ageing result without side effects.

Ideal for post-acne scarring and aged skin by natural causes or photo-ageing

Global Lift 75 minutes \$180/ \$185 weekend

This advanced age-proofing facial starts from relaxing shoulders and neck massage that helps release the accumulated tension. Followed by the new global anti-age strategy, achieves a face-lift effect improving volume, a re-contouring of cheek bones and neck, increases firmness and elasticity.

Perfect for skin 40+ that showing signs of premature ageing or those wanting to prevent the signs of premature ageing, sagging jawline

Derma Peel Pro 50 minutes \$185

This multi-layer sequential treatment features 5 different peeling techniques for a more skin friendly peel that will leave your skin looking visibly improved. There are two different targeted treatments: depending on your concerns.

- **"Timeless"** being for those concerned with lines, wrinkles, uneven skin texture, congestion, and open pores. It Combines the Action of Glycolic, Lactic and Mandelic Acid.
- **"Brightening"** for those concerned with pigmentation, pigmented scarring, dullness, or uneven skin tone. It combines Glycolic, Citric and Phytic Acid.

** Not suitable for sensitive skin types and during the pregnancy*

Facial enhancements

A collection of add-on treatments to be enjoyed in combination with facials to achieve more radiant skin. No extra time required.

Eye contour and eyelashes ritual \$35

Designed to strengthen the eyelashes, uplift eyelids and intensely firm the eye area to significantly diminish wrinkles. In addition, it addresses puffiness and dark circles. Selenite crystal massage stones are used to enhance lymphatic drainage and to leave the eye area refreshed and rejuvenated way beyond expectations.

Celluma Light Therapy \$35

This unparalleled technology uses specific wavelengths of light energy to improve cellular health by accelerating the repair and replenishment of compromised tissue cells for enhanced skin appearance and pain.

There are three different targeted lights options:

- “Age-proofing”: increases collagen production reducing the look of fine lines and improves skin’s firmness.
- “Acne-fighting”: diminishes acne bacteria, clears existing breakouts and improves skin resilience.
- “Pain-relieving”: increasing circulation, reduces inflammation, muscles stiffness and spasm.

Microdermabrasion BT \$22

The ultrasonic, professional deep cleanse exfoliation using forward thinking patented technology. It works by creating high speed oscillations, leaving your skin smooth, fresh and perfectly prepared for product application.

Ampoule \$12

An instant booster for your skin. The cocktail of Bioactive plant extracts and vitamins which strengthening the Epidermal-Dermal Junction (EDJ) and improving the quality of collagen fibers and other structural elements of the skin. It also stimulates detoxification and skin repair.



Wellness suite

Our wellness suite is designed for two people. It features two recovery chairs and state-of-art infrared sauna with Halotherapy.

HALOTHERAPY SAUNA SESSION 15 minutes- add on only
\$29 single \$39 couple

A relaxing experience to warm up your muscle before or after any treatment at the spa. It combines an infrared heat technology with color light therapy and Himalayan Pink salt.

AROMATHERAPEUTIC SAUNA SESSION 30 minutes
\$45 single \$55 couple

Infrared sauna use light to create heat meaning that IR ways can heat your body directly without heating the air. A plethora of options exist with aromatherapy: each oil with its unique benefits or advantages. using forearm and elbow to soothe sore muscles. Our warming oil blend is applied to target the area of concern and to melt away knots and deep tension in aching muscles.

DETOXYFING SAUNA SESSION 45 minutes
\$60 single \$70 couple

Infrared sauna use light to create heat meaning that IR ways can heat your body directly and penetrate deep into the muscle to detoxify from the inside out.

RECOVERY MASSAGE POD 15 minutes One Program
\$30 single \$50 couple

30 minutes Two Programs
\$50 single \$75 couple

Our recovery massage pod offers the ultimate relaxation and recovery. Features including a unique body scanning, air compression massage, heat and 3d massage technology to deliver a mind a body experience. Choose or combine the following massage techniques: kneading, tapping, shiatsu, knocking, pummeling for ultimate restoration.



Additional Information

The Inglis Day Spa is located at the William Inglis Hotel and designed to create balance and promote physical and emotional wellbeing.

Pool deck

Enjoy relaxing at the roof top pool before or after your treatment. Take a dip in our 20m heated rooftop pool located on level 10 and take in the sweeping views. Sunbathe or swim before or after your spa session and enjoy cocktails while relaxing by the pool.

Fitness Centre

For those who wish to work out during their stay, the fitness center is located on level 9 next to Inglis Day Spa. It is fitted out with the latest gym equipment including a variety of cardio and strength facilities with the bonus of an exceptional view of the Riverside Stables gardens.

Relaxation Lounge

Transformed, nurtured, and renewed, your Inglis Day Spa ritual concludes with a cup of herbal tea and fruit infused water. Relax and reconnect in our beautiful relaxing room, overlooking the racecourse.

Group bookings

If you wish to organize spa day with your friend and family, we will make sure that your guests will be pampered for the special precious moments. Please speak to Spa Manager to discuss tailored packages. We cater to a wide audience including hens parties, bridal parties, couples, groups, mums to be, corporate parties.

Boutique rooms

Make your spa experience truly exceptional by surrounding yourself with luxury and class in our uniquely, equine themed rooms and suites. Contact the William Inglis Hotel reception to book your gateway.

Additional Information

Riverside Gardens

Gift vouchers are available for all spa packages, treatments, and products, and can be purchased online, sent via post, or collected from our Wellness Spa. Gift vouchers are not valid in the café.

Minimum Age

All guests must be a minimum of 18 years of age to use the spa facilities and services. Guests aged from 16 years may attend with signed consent from a parent or legal guardian.

Spa Arrival

Please arrive 15 minutes before your treatment to allow adequate time for you to check-in, and for your therapist to plan your perfect experience. Late arrivals may result in reduced treatment time.

Enquiries & Reservations

To book a treatment please e-mail us:

dayspa@williaminglis.com.au,

visit our website:

www.inglisdayspa.com.au/book-online

call

02 9058 0306 (ext. 306) to speak with our Wellness Advisors.

To ensure your preferred time and service are available, we recommend booking in advance.

Cancellation Policy

If you're unable to make your appointment, we will kindly request 48-hours' notice. 100% charge will apply for any treatments cancelled within these notice periods.

Spa Etiquette

To ensure comfort and relaxation of all guests, we ask that you please keep your voices to a minimum and respect that the spa is a mobile and smoke-free environment.

Health Conditions

Please inform us of any medical or health conditions, allergies, injury, or pregnancy when making your reservation.

Privacy

All personal information shared will remain private and confidential.



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