

A woman in a black bikini stands in profile by a swimming pool. Behind her is a large, lush living wall with green plants and small purple flowers. The pool water is clear blue. The scene is brightly lit, suggesting an outdoor or well-lit indoor spa area.

# Inglis DAY SPA

**LEVEL 9 at William Inglis Hotel**  
155 Governor Macquarie Drive  
Warwick Farm, NSW, 2170

[www.inglisdayspa.com.au](http://www.inglisdayspa.com.au)

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.

### Indulge

Massage of your choice  
Mini treatment\*

90-120 minutes

The package allows you to enjoy an ultimate revitalization. Simply choose a 60-or 90- minute massage and combine with one of our mini treatments to tailor your experience.

### Spa Hero

Sauna session  
Back, neck, shoulder Massage  
Lifting Face Massage  
Body scrub

90 minutes

Begin your detox in an infrared sauna enhanced with chromotherapy, followed by a relaxing hot stone massage for your shoulders, neck, face, and décolletage. The ritual concludes with full-body exfoliation, buffing away stress and leaving your skin refreshed and renewed

### Aroma Bliss

Barefoot Indulgence  
Aroma Massage  
Signature facial  
Scalp Massage

120 minutes

Intentional rest begins with a detoxifying and grounding foot soak during which you are selecting your aroma blend. Next, you will enjoy a deeply harmonizing 60-minute aromatherapy massage. The experience is completed with our signature facial, infused with Phyto active ingredients, delivering head-to-toes bliss.

### Destination De-Stress

Back Exfoliation  
Back, neck, shoulder Massage  
Inglis Signature Facial

90 minutes

This journey begins with tension target massage followed by organic back scrub. Finally, surrender to an invigorating facial that harnesses botanical harvest of vitamins and peptides to brighten the complexion.

### Crystal Healing

Hot Stone Massage  
Aquafacial  
Scalp Therapy

120 minutes

This deeply revitalizing ritual begins with a 90-minute hot stone massage that melts away muscle tension. Your face is treated with a soothing mineral-rich formula. To complete the spiritual experience, a warm mask infused with rosemary oil and lavandin is applied to your hair, accompanied by a soothing scalp massage

## Couples & Groups Escapes

Begin the journey with your soulmate by experiencing spa bliss together.

### 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 |
| II 1h Relaxation massage & Mini Facial       | 90 minutes |
| III 1h Deep Tissue massage & Mini Facial     | 90 minutes |
| IV 1h Aromatherapy Massage & Mini Facial     | 90 minutes |

### Romance of Heroes 120 minutes

This journey begins with a nurturing aromatherapy sauna session, followed by a massage of your choice to melt away tension. Next, indulge in a refreshing facial or a revitalizing hair and scalp treatment, leaving you feeling completely rejuvenated.

Sauna session for 2

Massage of choice (excluding hot stone)

Express Facial or Hair & Scalp treatment

### Especially For Him and Her 75 minutes

Your choice of: Relaxation deepens with a shoulder, neck massage to ease tension, followed by a back scrub and replenishing facial with scalp massage.

OR aromatically spiced mineral foot soak & scrub to encourage blood flow and Unique Facial with lower limb stress-easing massage.

Back Massage with Scrub  
Mini Facial

or

Barefoot Indulgence  
Super Restorative Facial



## ailored 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.

### 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.

#### Equilibrium Ritual

Experience a holistic approach to wellness, harmonizing with your natural flow from the inside out. The ritual combines all six mini journeys into one.

It begins with a therapeutic salt foot soak and cleanse followed by an invigorating body scrub. This fatigue-fighting sequence of mini journeys continues with the rejuvenating power of the Balinese wrap during which a custom facial is carefully performed. This 3-hour session concludes with Scalp and Hair Therapy combined with a Selenite eye ritual to awaken even the most fatigued eyes.

Transformed, nurtured and renewed, celebrate your special day at the spa.

#### Balinese Body Wrap

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

#### Express Facial

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

#### Scalp Therapy

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

#### 180 minutes

## Wellness Services

A well-appointed space - a place that makes you feel truly welcome and comfortable.

**Infrared Sauna**                      15-45 minutes  
max.2ppl

Deep core warmth is activated at a cellular level to induce sweating, detoxification.

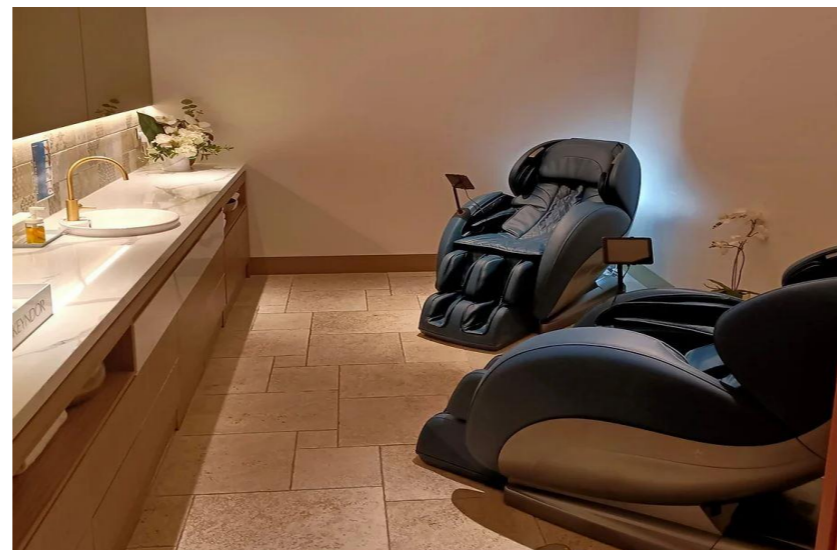
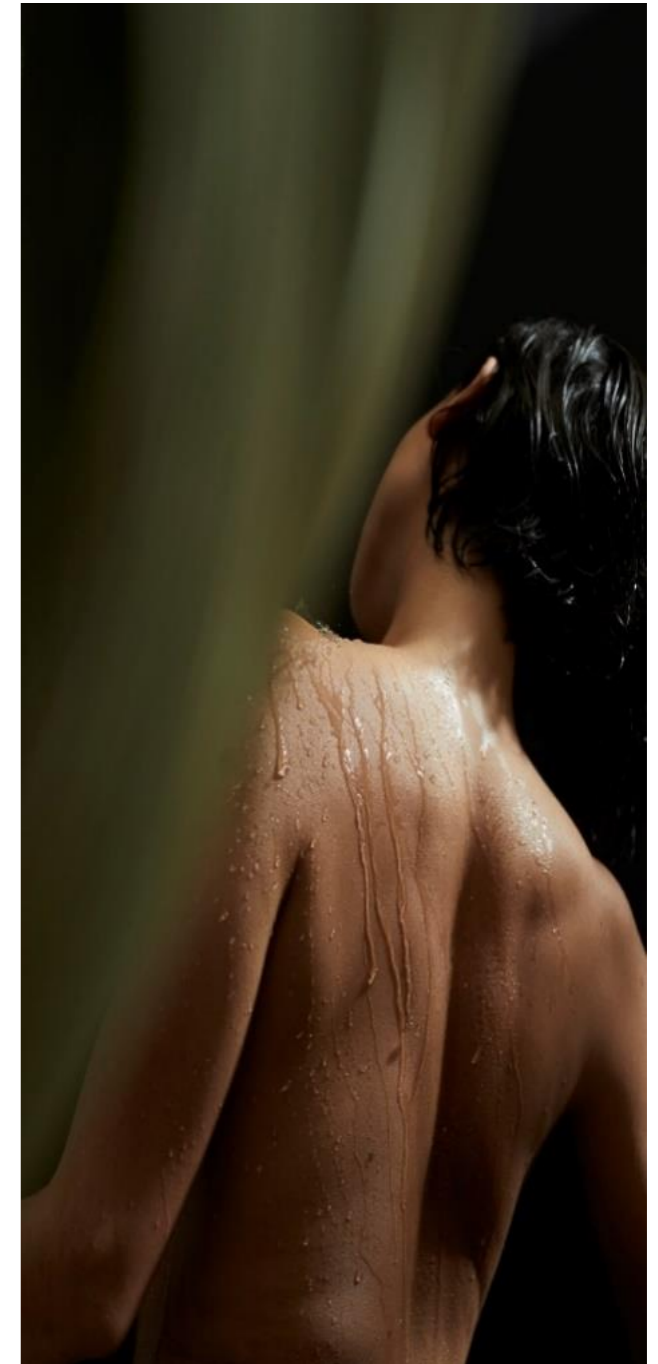
Our state-of-the-art sauna features the Himalayan salt panels to enhance skin rejuvenation, relaxation, muscular recovery and reduce inflammation.

The experience can include chromotherapy to boost overall recovery.

A plethora of options also exist with aromatherapy: each oil with its unique benefits or advantages.

**Massage Pods**                      15-45 minutes  
max. 2ppl

Experience air compression massage with heat and 3d massage technology combining: kneading, tapping, shiatsu, knocking, pummeling for ultimate restoration.



## Massage Therapy

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

### Revitalisation 60/90 minutes

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

A deeply repairing massage using forearm and elbow to soothe sore muscles. Our destressing 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

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 by Aromatherapy Associates London. A 90 min option includes face and scalp massage.

### Mum to be 60 minutes

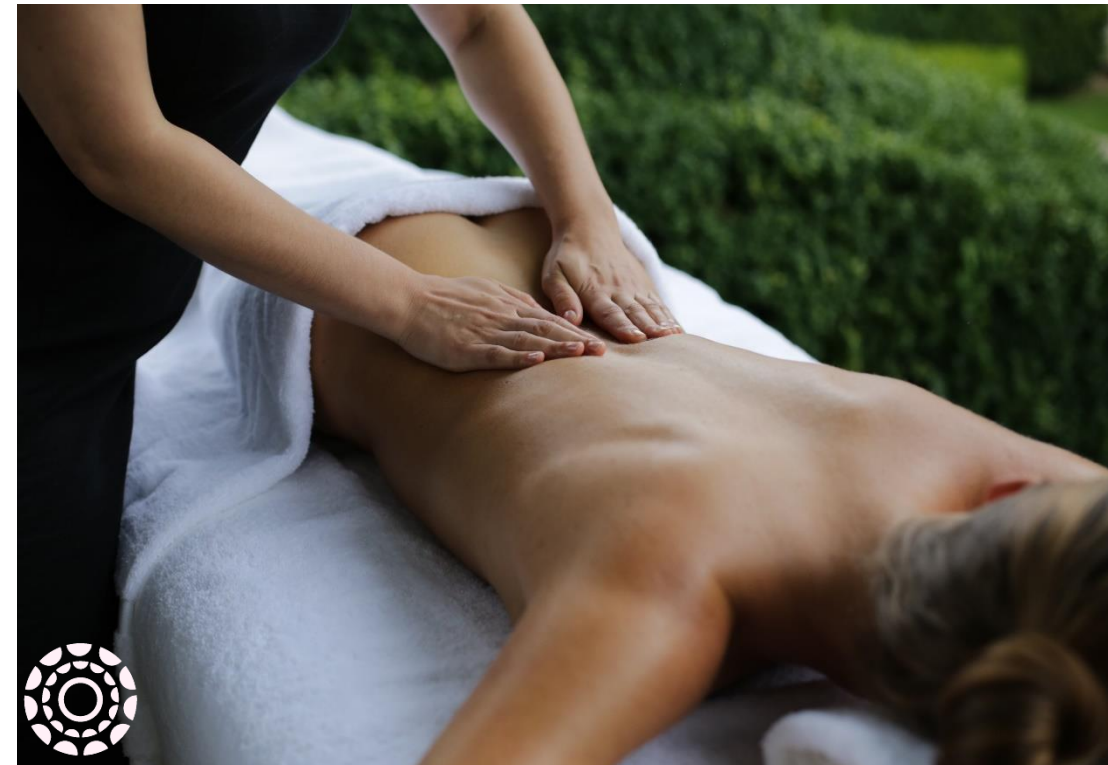
This pregnancy massage soothes any aches and pains that future mum might be experiencing. It is also reducing stress and anxiety. During the treatment mums can lie on their side safely with the supportive pillow. Suitable after 1 trimester.

### Hot Stones 90 minutes

This massage creates a sense of balance and calm, as well as giving relief to areas that are under stress.

### Massage + Sauna 75-120 minutes

Combine your favorite massage and an Infrared Sauna session. Extend your bliss by adding a mini journey or sauna session to your massage.





CHILTERN  
STABLES



## Facial Therapy

A collection of deeply reconditioning rituals crafted by Skeyndor scientists to deliver immediate results.

For more holistic benefits, we recommend pairing the experience with enhancements & wellness pod massage.

**Inglis Signature Facial**      45 minutes      *All skin types*

A thoughtfully designed ritual tailored to meet the demands of any skin type thanks to wide range of uniquely formulated intensifying concentrates. Selenite crystal massage stones are used to gently treat the delicate eye area and promote lymphatic drainage and microcirculation.

**Aquafacial**      60 minutes      *Sensitive skin*

Formulated with the purest medicinal thermal spring water features a delicate balance of minerals and trace elements including Magnesium, Zinc and Copper. Enriched with silky smooth ceramides, naturally pre-biotic sugars and pure marine collagen effectively reduces redness, leaving skin blissfully oxygenated, regenerated, firmer and velvety smooth.

**Power Hyaluronic**      60 minutes      *Dehydrated skin*

The intense hydrating program prevents water loss while replenishing, maintaining and boosting vital moisture reserves to protect the skin's barrier function. Along with restoring moisture, it strengthens the skin's defenses by harnessing the power of Hyaluronic Acid and Aquaporin activators, effectively transporting water to the cells.

**Detox - Power Oxygen**      60 minutes      *Stressed, acne-prone skin*

An intense, detoxifying ritual rich in in pure oxygen, prebiotics and antioxidants designed to transport and replenish vital oxygen supplies to the skin cells. This ritual rejuvenates dull, tired skin providing immediate brightening, hydration and anti-ageing results. Featuring lymphatic drainage techniques, it leaves skin resilient against the effects of urban living.







## 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

An ultrasonic deep exfoliation combined with LED light energy to boost cellular health by accelerating the replenishment of compromised tissue.

This facial is intensified with Vitamin and Probiotic elixir to restore your natural glow and calming mask with mineral sea water.

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

### Power Retinol

60 minutes

The treatment harnesses the synergy of three powerful active ingredients: Pure Retinol (5000IU/g), Bakuchiol and HS Soy extract- expertly combined for their unique rejuvenating properties. The intensive repairing formula delivers remarkable anti-ageing results without side effects.

*Ideal for post-acne scarring and photo-aged skin*

### Power C+ Radiance

60 minutes

This ritual is infused with Vitamin C, a potent antioxidant, it brightens the complexion, fades dark spots, and protects the skin from free radicals. Heavenly Gua Sha Jade stone massage allows the total relaxation and a glassy skin effect.

*Ideal for dull, dry skin with pigmentation*

### Global Lift

75 minutes

The **Red-Carpet facial** featuring advanced biomimetic peptides begins with a relaxing shoulders and neck massage to release accumulated tension. This innovative global anti-age strategy, delivers a face-lift effect, enhancing volume, re-contouring cheeks and neck, redefining firmness and elasticity.

*Perfect for skin 40+ that shows signs of premature ageing or for those looking to prevent the signs of premature ageing and sagging jawline*

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



## PRO BIOME Peels

Give your skin a new lease of life.

An innovative collection of five new generation peels with a multi-biotic component that restores the microbiome and a 7-day complimentary treatment kit.

### Hydra Soothing

60 minutes

A combination of acids formulated to renew skin with high concentration of polyhydroxy acids: Gluconic 15%, Lactic 15%, Lactobionic 10%. Helps to smooth and restore the moisture without altering the skin barrier.

*Ideal for sensitive skin with intolerance to AHA*

### Pore Polishing

60 minutes

A combination of Mandelic 20%, Succinic 5% and Glycolic 10% acids formulated to refine the appearance of pores and soften the impurities of oily skin.

*Ideal for oily skin, prone to breakouts*

### Ultra Illuminating

60 minutes

Formulated to bring light to the face and revitalize skin complexion. Its high concentration of polyacids: Malic 15%, Glycolic 10%, Citric 10%, together with vit C, provides a high antioxidant and energizing capacity for more radiant skin.

*Ideal for dull skin with lack of vitality*

### Age Smoothing

60 minutes

A cocktail of resurfacing acids such: Pyruvic 10%, Glycolic 10% and Gallic acid 5% ensures a strong effect of renewing the appearance of the damaged skin and neutralizing free radicals.

*Ideal for photo-aged, sagging skin with wrinkles*

### Advanced Lightening

60 minutes

Combination of Glycolic 15%, Malic 10%, Shikimic 8% Hydroxy Phenoxy Propionic 2% and Gallic 10% acids to unify skin tone affected by the appearance of dark spots and scarring.

*Ideal for pigmented skin*

## Facial enhancements

A collection of add-on treatments to be enjoyed in combination with facials to achieve more radiant skin.

### Eye contour and eyelashes ritual 15 minutes

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 15-30 minutes

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. 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

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

An instant booster for your skin. The cocktail of Bioactive plant extracts and vitamins. Select from: Brightening, Anti-wrinkle, Hydrating, Renewing, Anti-redness, Lifting.

### Expert cleanse 15-30 minutes

A deep cleanse procedure performed with an Expert Pro Scalling Gel to open the pore and deeply remove impurities.



## ADDITIONAL INFORMATION

### 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 visit our website or call 02 9058 0306. To ensure your preferred time and service are available, we recommend booking in advance.

### Health Conditions

Please inform us of any medical or health conditions, allergies, injury or pregnancy when making your reservation. Willow Urban Retreat reserves the right to deny specific treatments if a medical contraindication exists.

### Gift vouchers

GV are available for monetary value, selected treatments and products. They can be purchased at the spa or our website And valid for three years.

Please familiarize yourself with our terms and conditions available on the website.

Please note that prices are subject to change at any time and the weekend surcharge applies.

### Spa Etiquette

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

### Cancellation Policy

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

### Minimum age

All guests must be a minimum of 18 years of age to use the spa facilities and services or 16 years of age and accompanied by an adult. Personal information shared will remain private and confidential.

### Privacy policy

All personal shared information is confidential.



### CONTACT US

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