

A KUR SIGNATURE FACIALS

All our facials are customized to your skins individual needs. Using only the highest quality clinic only paramedical cosmeceuticals. free from parabens, glycolic acid, sodium lauryl sulfate, chirally correct.

Our signature spa facials are designed for sheer luxury and all contain a sumptuous massage of the face, neck and shoulders as well as a scalp massage. However the 1hr & 1hr 20min facials also contain a warm coconut and paraffin mask and a lime blossom sugar scrub and heavenly foot massage.

40 min - \$65 1 hour - \$95 1 hour 20 min - \$105

Guys steam & clean facial - \$65

For other facial treatments, ask for our medi-spa brochure

ASPECT. COSMEDIX. DERMAVIDUALS.

SPA BODY THERAPIES

BODY POLISH

\$80

Restore and renew your skin with our mineral salt or sugar and pearl body polish followed by a hydrotherapy session in our jet spa cocoon (see Body Polish & Wrap Cocoon treatments) to leave your skin soft, smooth & glowing all over.

BODY WRAP

\$80

You will be smothered in rich plant butters mineral clays, natural botanicals and seaweed extracts sourced from the earth and sea to help rid the body of toxins through metabolic stimulation followed by a hydro-fusion session in our jet spa.

JET SPA

\$60

Enjoy one of our many jet spa programmes, mineral steam bath, hydro-fusion a combination of mineral steam and infrared, vichy shower, underbody hydro-jets, tropical rain shower, and chromatherapy.

A KUR STEAM ROOM (Turkish bath)

\$30

Drift off in your own private steam room with our own special blend of aromatic essential oils and herbal extracts. Can be used on its own or in combination with other treatments. Great before a massage to warm up the muscles.

HYDRO-SPA

\$30

Relax in our spa before a treatment or on its own, with over 60 powerful water and air jets also beneficial prior to a massage.

SWEDISH SAUNA

\$30

Traditional Swedish hot rock cedar sauna, if you like it hot this is for you.

DRY BODY BRUSHING

\$25

We recommend this to increase peripheral circulation and lymphatic drainage. fantastic anti-cellulite treatment, excellent pre-massage or body wrap. This treatment is also great before a spray tan to exfoliate the skin.

SPA BODY RITUALS

A KUR DREAMTIME

\$200

Start with a hydro spa, followed by a sandalwood and macadamia body polish. Australian mineral clay and herbal extract steam body wrap. During this time you will receive a cleansing facial and scalp massage. Followed by head to toe full body hydration massage with shea nut butter and native essential oils.

A KUR EUROPA

\$200

Start your treatment with dry body brushing to exfoliate and encourage new cell growth followed by a swedish sauna infused with blue camomile to draw out toxins and stimulate circulation, finish with a full body hydration massage and A Kur Signature Facial.

A KUR ADRIFT

\$170

Start your journey with a shea nut butter, lime and ginger pearl body scrub, followed by a coconut cream and mango body wrap infused with radiant heat and steam, then a lava stone back and foot massage to nurture your spirit.

A KUR MOROCCO

\$170

Turkish steam bath, Ghassoul clay wrap (from the Atlas mountains in Morocco) extremely rich in trace minerals. This is a deeply detoxifying treatment that rids the skin of impurities firms the texture and removes dead skin layers. Then finish off with an Argon oil massage.

A KUR SAFARI

\$170

Hot sugar and vanilla bean scrub to renew and restore dull skin with heavenly aroma, followed by warmed dead sea mud to glide over your skin deeply cleansing and renewing, followed by a vichy shower and african scalp massage with Myrrh and Jojoba.

ZULU KING (just for the guys)

\$150

Mineral salt back and shoulder scrub, purifying deep sea mud back treatment, hydro-fusion treatment in spa-jet (infra-red & steam) deep cleansing mini facial and back massage.

IVORY COAST

\$150

This is our top anti-cellulite treatment. Coffee & Cocoa bean scrub. Zeolite and green clay detox steam body wrap to tighten and tone, mineral rain anti-oxidant shower

A KUR JAVA

\$90

This treatment comes right out of a volcano from start to finish. Starting with a volcanic ash and pumice stone back exfoliation under steam, followed by a lava stone back massage and warmed volcanic mineral mud wrap. Fantastic healing treatment for breakout's. Also includes scalp massage with vetiver and jojoba.

INDIRA

\$30

Totally dreamy head, scalp and neck massage with a warm blend sandalwood and clary sage essential oils blended with 100% pure organic jojoba and moroccan argan oil.

EXPRESS SPA PACKAGES

We pride ourselves in making our treatments luxurious yet affordable

These are a selection of treatments that make ideal gifts or great for people who want the whole spa experience. Our skin remember is a living breathing organ unlike our hair, and needs the attention it deserves. Not to mention more enjoyable.

All these packages or short journeys as we like to call them are a minimum of 1 hour.

VANILLA MELT MASSAGE

\$100

Total one hour body bliss massage with melted shea nut & coconut butter laced with vanilla bean extract. Great for dry or dehydrate skin.

KUR FOR ALL

\$98

Relaxing full body coconut & lime hydrating massage, including deluxe facial and scalp massage, totally dreamy, one of our most popular treatments.

A KUR REVIVE

\$90

Starting with a lime-blossom foot scrub with herbal steam towels, foot and lower leg massage followed by a warm coconut oil wrap.

Deep cleansing facial treatment, with steam enzyme exfoliation and mask. Scalp, neck and facial massage.

STEAM & DREAM

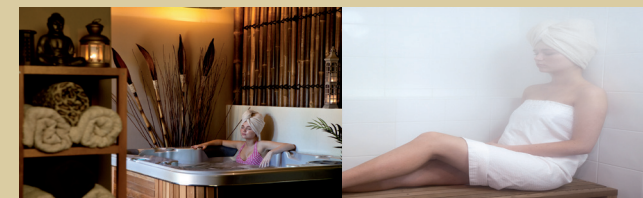
\$90

Stretch out in your own private steam room and drink in the vapours, detoxifies the body, clears the head and relaxes tense muscles. Followed by full body rehydrating massage inc hands, feet and face.

UMIKI

\$65

Magnesium mineral foot bath, pumice and gingerlilly foot scrub, and seaweed wrap, herbal steam towels followed by a mineral and essential oil hot stone foot and lower leg massage, say goodbye to aching feet and legs.



COUPLES PACKAGES

Why not take time-out with your partner or friend and enjoy the entire treatment together.

TAKE TWO DELUX

(for two) \$250

Enjoy our A Kur herbal steam-room, then soak in a hot spa, followed by a full body hydration massage including hands, feet and scalp. And signature facial. **Take Two (without facials)** \$150

VANILLA MELT FOR TWO

\$180

Two one hour body bliss massages with melted shea nut and coconut butter laced with vanilla bean extract. A sumptuous candle-lit massage for two in our couples room.

MASSAGES

Relaxing Kur massages	\$15 per 10 min
Hot stone & bamboo massages	\$20 per 10 min
Hydration Massages	\$55 per 30 min
Herbal ball massages	\$60 per 30 min
Aromatherapy massage	\$95 per 60 min
Deep tissue & pregnancy massage	\$60 per 30 min \$100 per 60 min
Kur four handed massage (our specialty)	\$120 per 40 min

All our full body massages include: foot, hand, face & scalp with aromatherapy hot towels.

BODY POLISH & WRAP COCOON TREATMENTS

All our cocoon treatments include a jet spa treatment & scalp massage. And are packaged together as follows:

KALIA \$140

Lime and ginger full body sugar scrub with botanical herbal hot towels, followed by a warm whey and coconut milk wrap.

UMICO \$140

Pearl and Lotus full body polish, seaweed and sea mineral body wrap.

MESI \$140

Hot brown sugar and organic honey full body scrub, shea nut butter, Nile river clay and bergamot & mimosa essential oil body wrap.

KAKADU \$140

Our home grown native Australian special. Lilly Pilli and mineral salt full body exfoliation, Kakadu plum rich in anti-oxidants and organic clay body mask.



FRIENDS PACKAGES & SPA PARTIES

Why not grab some friends and spa together (for 4-6 people)

Fluffy robes / slippers / Herbal steam-room / Sauna / Spa.

Combinations:	
Body Scrub & Facial/massage combo	\$140
Massage & facial combo	\$125
Massage only	\$100

(Fruit, cheese & wrap/sandwich platters available must be pre-ordered)

HANDS & FEET

All our implements are autoclaved to HR standards.

KUR SPA PEDI \$\$\$

Foot soak, exfoliation massage, heels buffed, nails clipped and filed, cuticle work, massage and paint (if required)
(with parafin - extra \$15)

SHELLAC MANI \$45

Nails shaped & buffed, application of light cured gel polish - lasts up to 3 weeks.
Shellac removal - \$15

MANI KURS \$38

Nails filed, buffed cuticle work (if needed), massage and polish
(with parafin - extra \$15)

EXPRESS MANI/PEDI \$25

File & paint only

Waxing & extensive beauty treatments available
- see: www.akurspa.com.au

SPRAY TANNING

SPA TAN \$98

Full body scrub, hydro-fusion and spray tan

Dry body brush exfoliation & tan	\$52
Tuscan tan	\$32

TEETH WHITENING

Bleach Bright (made in the usa)	\$140
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GIFT VOUCHERS AVAILABLE

All our packages are available as gift vouchers
and are suitable for men and women



Unique African themed spa retreat. With treatments inspired from around the world.

Your journey starts here

17 Casuarina Rd, GyMEA Bay
(Parking at the door)

Phone 02 9524 5693

www.akurspa.com.au

Email: akurspa@optusnet.com.au

Hours: Tues - Sat from 10.00am

Late nights Wed & Thurs