

The background of the image is a dark, rich wood grain texture, likely mahogany or a similar hardwood, with deep brown and black tones and prominent vertical grain patterns.

Spa Kinara

A cool sanctuary in Australia's rich red desert, Spa Kinara (meaning 'moon') sits low in the sand dunes at Longitude 131°, connecting the sky to the earth and offering travellers a welcome retreat.

Inspired by the design of the *'wiltja'*, the traditional shelter of the land's indigenous ancestors, guests at Spa Kinara experience a sense of true calm and of being grounded in the landscape.

Enter to feel the powerful spirit of this mother land, so rich in ancient culture and history, its songlines coursing through the earth, reassuring and rejuvenating. A physical and spiritual refuge,

Spa Kinara unites body and soul under the gaze of the nation's sovereign natural icon, Uluru.

The Outback's vast frontier promises freedom and inspiration with blue skies and boundless

horizons. Emerge to soak in the quiet stillness of this timeless land, to revel in a feeling of

complete connection and well-being.



Journeys to Country

A signature menu of rejuvenation and relaxation treatments embrace Central Australia's surprising resource of native beauty products, including Kakadu plum, quandong, irmangka-irmangka, desert lime, Australian yellow clay and nutrient-rich Australian desert salts.

A powerful bush medicine used by indigenous Anangu ngangkari - traditional healers - irmangka-irmangka (pronounced *air-a-monger-air-a-monger*) or scented emu bush has beneficial healing properties and is used in many treatments at Spa Kinara.

The fresh leaves of the bush are used along with Australian extra virgin olive oil and bees wax to make a special, handmade balm. The balm is made by and supplied to Spa Kinara at Longitude 131° by the Ngangkari Program, operated by the local Ngaanyatjarra, Pitjantjatjara Yankunytjatjara (NPY) Lands Women's Council.

The NPY ladies collect plants for the balm found around Utju, or Areyonga, near Kings Canyon and close to Uluru-Kata Tjuta. The NPY team includes several women from the nearby Mutitjulu community.

The irmangka-irmangka balm is very popular among indigenous healers who know it for its multiple healing applications. Its anti-inflammatory properties make it ideal for relieving everything from sore muscles and joints to symptoms of a common cold.

At Spa Kinara the use of irmangka-irmangka in spa treatments offers guests a real, sensory connection to country. All proceeds from the sale of the balm go to the NPY Women's Council ngangkari and their work in the region.



Indigenous Spa Journeys

Spa Kinara also features Li'Tya spa care products and massage techniques. Meaning 'of the earth', Li'Tya is a body of healing rituals and spa treatments that integrates the ancient aesthetics of the Australian earth and spirit.

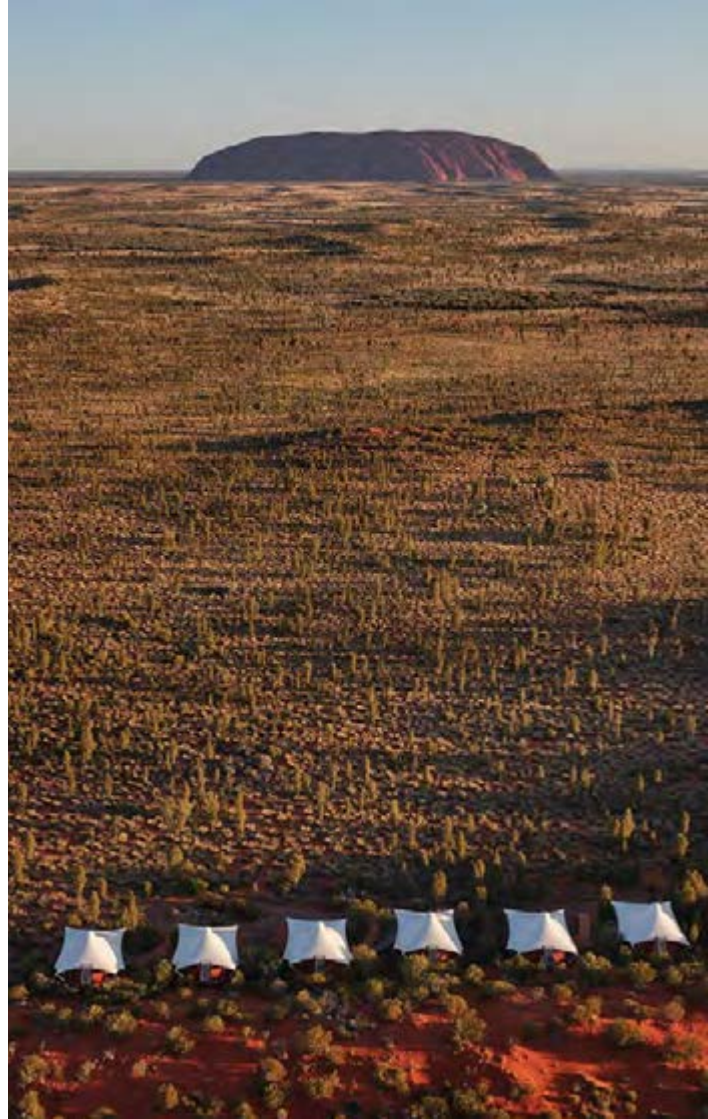
The Li'Tya spa experience combines a range of sensory therapies designed to purify, nourish and harmonise the body using the profound wisdom of ancient Aboriginal medicines, spirituality and healing modalities.

To ensure the Aboriginal teachings remain true within the spa environment, all Spa Kinara therapists have been trained by Li'Tya professionals on the traditional use of Australian native ingredients.

Spa Kinara also engages Adelaide-based Sacred Grove to provide a sustainable supply of irmangka-irmangka.

At Spa Kinara a collection of inspired spa ceremonies has been crafted to lift your spirit, allowing it to take flight with the tjulpu, the woven birds made by the local Tjanpi Desert Weavers, gliding around the spa's dome, as if high in the desert sky.

Relax and let the journey begin...



Facial Therapies

Kinara *kin-ara* (moon)

90 minutes \$290

Facial, hand and foot therapy

An anti-aging facial treatment designed to revitalise and replenish the skin. The Kinara facial uses potent native plant extracts such as boronia and lilly pillly to smooth skin and restore vitality. A powerful yet serene indigenous-inspired massage focuses on pressure points to uplift and restore facial muscles. While your skin is purified and hydrated, hands and feet are treated with masks and massage oils using native munthari and pepper berry to heal and protect.

Piti *pi-tea* (wellspring)

75 minutes \$250

Intensive high performance facial

A dynamic, results-driven facial combines with a gentle exfoliation to purify, hydrate and smooth the skin. Li'Tya's antioxidant-rich elixirs harness the regenerative power of botanical ingredients including Tasmanian bull kelp, wild rosella and old man's weed. These botanical oils are used with therapeutic massage techniques and steam therapy to deeply cleanse the skin, before a natural clay mask is applied to calm and rebalance. A quandong hair mask nourishes the scalp, regenerating and restoring lustre to your hair.

Mukulya *muk-u-lah* (loving, caring)

60 minutes \$200

Rejuvenating facial

This tailored facial draws upon powerful marine nutrients and potent native plant extracts including native sandalwood and macadamia nut which contain a high amino acid content to refine and clarify the skin while you relax with your choice of hand or foot massage. An indigenous-inspired pressure point massage for the face and shoulders invigorates muscles. Your ritual of serenity is complete with a scalp massage using native quandong.

Tjilpi *jil-pi* (wise man)

60 minutes \$200

Facial treatment designed for men

Relax and rejuvenate with a deep cleanse followed by exfoliation and purifying mask and pressure-point facial massage using a native botanicals from Central Australia including wild rosella, lemon myrtle, desert lime and native sandalwood. A native wattlesseed protein polish detoxifies and re-mineralises the skin, leaving it free of impurities while achieving a smooth look and feel. A hydrating mask and therapy completes the facial, while a neck and head massage, and foot or hand massage offers a sense of all round well-being.



Body Elements

Sacred Earth Massage

Therapeutic massage

A strong, full-body massage combines acupressure, Swedish massage and focussed techniques with particular attention given to any problem areas. A series of more gentle massages calms the body and soul, enhanced of a signature blend of Australian essential oils and the powerful bush-medicine irmangka-irmangka (scented emu bush) to improve circulation and ease muscle or joint pains.

60 minutes \$210

90 minutes \$280

Puli Puli *pul-li pul-li* (small stones)

Australian stone therapy

A full body massage combines hot and cold stone therapies to relax tired muscles and treat any areas of concern. Cold stones are used in conjunction with relaxing massage techniques to cool and calm the body, while hot stones create a pumping and stimulating effect on the cardiovascular and lymphatic systems. The stone therapy amplifies the detoxification power of the massage and reduces any pain sensation. The Puli Puli is an invigorating and energising treatment, leaving you feeling refreshed and uplifted.

60 minutes \$210

90 minutes \$280

Kodo Massage *ko-do* (melody)

Li'Tya relaxation massage

This rhythmic full body massage is inspired by traditional Aboriginal techniques, which work to balance and realign energy flow, enhancing mind and body wellness. Muscular aches and pains are relieved by massaging pressure points with swirling movements to ground and uplift, leaving the body's energies renewed and refreshed. Native macadamia and camellia oils are used to sooth and nourish the skin. A choice of therapeutic aromatic oil blends including native mint, juniper and lemon myrtle or blue cypress, mandarin and ylang ylang is prescribed to address your personal needs, to rejuvenate, harmonise or detoxify.

60 minutes \$190

90 minutes \$250

Marma Kodo *mar-ma ko-do* (mother melody)

Pregnancy massage

This nurturing and rhythmic full body massage is inspired by the Aboriginal Dreamtime to tone and realign energy flow, enhancing balance and wellness for mother and child. Supported by the Spa Kinara purpose-designed massage table, mothers have the opportunity to both centre and completely relax, soothed by a macadamia and camellia pregnancy oil blend.

60 minutes \$190

90 minutes \$250



Body Rituals

Uluru Kilipi *ool-or-roo kil-li-pi* (rock star)

90 minutes \$290

Back, leg and foot massage, back exfoliation, facial

A revitalising therapy designed with the adventurer in mind, this complete treatment begins with an invigorating back massage and exfoliation using lemon myrtle and desert salts. Unwind with a shoulder and leg massage, followed by a gentle face cleanse, deeper exfoliation and relaxing facial treatment using native wattle seed, desert lime, Tasmanian bull kelp, wild rosella and boronia to leave the skin feeling hydrated, calm and refreshed.

Ipilypa *i-pil-pah* (good health)

90 minutes \$290

Back massage, full body exfoliation, body wrap, water therapy

A rejuvenating back massage leads this treatment to ease tensions using irmangka-irmangka and native rosemary while the aromas of blue cypress, grapefruit and ylang ylang calm and energise. A desert salt exfoliation smooths the skin before a rich body mud mask containing scented emu bush infused in organic olive oil and yellow Australian clay is applied to the body. Wrapped in a warm cocoon, the body mud stimulates circulation, nourishes and hydrates. Relax with a nourishing native quandong scalp massage, allowing the body treatment to fully penetrate the skin. Refresh under the private rain shower and emerge with soft, renewed skin.

Mara ala *mara-ala* (healing hands)

90 minutes \$290

Full body exfoliation, facial, water therapy

An energising full body exfoliation therapy with a choice of native Australian lemon myrtle or wild rosella oil blended with desert salts will recharge, cleanse and revitalise. A warm water rinse under the private outdoor rainshower washes away the stress of the outside world before hydrating cherry alder body lotion is applied to leave skin smooth. The treatment includes a tailored facial treatment designed to deeply cleanse, plump, smooth and hydrate the skin. A scalp massage with nourishing quandong hair mask will release any remaining tension. A truly superior experience for face and body.





Tjina Therapy *gin-ar* (foot)

60 minutes \$190

Rejuvenating foot therapy

Soak away tensions in both soul and soles with this relaxing and grounding foot therapy treatment, beginning with a gentle mineral salt exfoliation. Next, a nourishing mask with native pine is applied to gently exfoliate and polish. Neck and shoulders are massaged as the mask is infused and softens the feet. Finish with locally made irmangka-irmangka balm to lock in nutrients and moisture. Step out feeling grounded.

Watiku *wati-ku* (men's business)

90 minutes \$290

All round exfoliation, massage and facial especially for men

A revitalising therapy designed especially for men, this complete treatment begins with an invigorating lemon myrtle desert salt back massage and exfoliation. Follow with a shower outside among the elements to detoxify and relax. Unwind with a back, neck, leg, shoulder and scalp massage using Li'Tya signature massage techniques and native oils. Enjoy a gentle face cleanse and deeper exfoliation treatment before a pressure-point massage, mask and relaxing facial massage restore tone to the skin. Native spa ingredients include wattle seed, desert lime, Tasmanian bull kelp, wild rosella, boronia and lemon myrtle, leaving skin refreshed and calm.



Signature Ceremonies

The Dreaming

3 hours \$520

Complete face and body treatment

The Dreaming is the ultimate spa journey. Experience ancient beauty and wellness rituals used by Aboriginal Australians for thousands of years. Using traditional healing techniques this deeply therapeutic treatment includes an exfoliation and body mud wrap, Kodo massage, scalp massage, indulgent facial and decadent hand and foot treatments. Yield to the ultimate renewal and potency of this experience through the power of nourishing Australian native plant essential oils and extracts of lilly pilly, munthari berry, Tasmanian bull kelp, pepperberry, quandong and wild rosella. Cleansing earth ochres including Australian yellow clay and purifying desert salts complete a full body and soul experience.

Puntutja *pun-tu-jah* (body)

2 hours \$350

Body exfoliation, mud wrap, Kodo massage, hair and scalp treatment

Desert salts sourced from Central Australia combined with native botanicals including pepperberry, Tasmanian bull kelp and peat and native sandalwood are used to invigorate your body and soul in a full body exfoliation. The pure embrace of a tailored body mud wrap leads your mind on its own journey while indelible traces of fingertips massage a warm quandong mask into your scalp. Following a warm, calming shower, the rhythmic Kodo massage leaves you spiritually invigorated. Emerge feeling alive and rebalanced with refreshingly smooth skin.

Inma *in-ma* (ceremony)

2 hours \$700 couple

Couple's ceremony, exfoliation, massage and facial

Let healing hands and the power of Australian native botanicals take you and your loved one on a journey together. The treatment begins with a back exfoliation using desert and wild rosella salts, followed by water therapy under the outdoor rain shower. Surrender to a rhythmic body massage utilising Li'Tya's rejuvenating oil blend combining sandalwood, lavender and rose geranium to inspire the mind and ground the spirit. Finish with a delicate facial treatment using the purest Australian native botanicals.





Spa Essentials

Select an enhancement therapy from the menu below for a more tailored addition to your spa treatment. *(Available in combination with a minimum 60 minute treatment only).*

Kurunpa *ku-run-pah* (spirit)

30 minutes \$100

Therapeutic massage

Tensions melt away during this dedicated massage on your chosen areas of concern, using healing essential oils including irmangka-irmangka to ease muscular aches and inflammation. The perfect addition to any treatment.

Wilki-Wilki *wil-ki wil-ki* (neck muscles below ear)

30 minutes \$100

Nourishing deep cleanse facial

Designed to revitalise skin with the use of Tasmanian bull kelp, kaolin clay and sage, your skin is cleansed, exfoliated and hydrated before being treated with a deeply relaxing pressure point facial and shoulder massage. A prescriptive mask designed to purify and nourish the skin is applied while you relax with a scalp massage working to awaken the energy points. A nurturing facial completes a massage or body treatment, relieving stress and clearing the mind.

Kata-Tjuṭa Massage *kah-tah choor-tar* (many heads)

15 minutes \$50

Hair and scalp treatment

Surrender your senses to ancient massage techniques around the hair and scalp that invoke spiritual balance and sublime contentment. An intensely hydrating quandong hair mask deeply nourishes the scalp and hair, while natural oils including geranium, sweet orange, patchouli, coconut, shea butter and hazelnut condition the hair, locking in nourishment with soothing, warm towels.





Consider...

Spa Kinara reflects an environment of relaxation and harmony. We recommend arriving 15 minutes prior to your appointment to allow time to settle into the peace and quiet of the experience – or *'pilunpa'* in the native language. For your comfort we suggest showering before all treatments. Lockers and robes are provided within the spa.

Each Spa Kinara treatment is a personal journey. Select a therapy that resonates most with your mood or desired focus and tailor any treatment to preference with a journey addition for a complete soul, mind and body retreat. All Spa Kinara journeys commence with a traditional welcome ceremony.

Please inform your therapist of any health concerns that you may have or if you are, or may be pregnant.

Your treatment has been reserved especially for you, however, we understand that plans change. We require five hours' notice to change or cancel a booking - without notice the full charge may still apply.



LONGITUDE 131°

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