

ISIKA

MEDIA RELEASE

Isika - Crown Metropol's Directional Day Spa Offers the Ultimate Escape

- Spa Residential Retreats

Melbourne, Australia, June 2010... Crown Metropol, the newest of Crown's three hotels, opened to rave reviews in late April. Crown's third hotel, is home to Melbourne's only sky-high day spa, Isika. The stunning new spa offer guests an unparalleled level of luxury not previously available in Melbourne. Located on level 27, Isika shares the floor with the hotel's waterfall-edge and deluge pools, indoor sun-deck, relaxation lounge and world-class gymnasium.

Isika now offers the ultimate experience for guests - a residential spa experience that includes accommodation in one of the hotel's dedicated spa accommodation rooms, exquisite spa cuisine designed by none other than Gordon Ramsay and his talented executive chef, Josh Emmett and a host of leisure activities and spa treatments to help guests relax, unwind and re-charge.

Guests may choose to select to stay for a single night or as many nights, weeks or indeed months as they wish. Specially-designed retreats have been created to help guests reach their individual health and wellness goals. Retreat themes include "De-Stress Me," "Pure Detox," "Bespoke Wellbeing." "Kickstart Fitness" and "Vital Youth."

Retreat guests reside in one of 10 spa accommodation rooms or one of two studios located on level 26, giving them the utmost in privacy and relaxation with direct access via a private staircase to Isika.

A range of massage, reflexology and hand and feet treatments as well as Yoga and wellness consultations are able to be administered in residence. The spa rooms and studios feature a colour palette that triggers instant relaxation and sense of calm.

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Botanical prints and tactile textures in tones of mauve and the palest green add to the sense of tranquillity. All spa accommodation also features a selection of wellness magazines, unlimited filtered water and herbal teas and a mini bar stocked with organic beverages, Balance water with flower essences, organic popcorn, fruit and aloe juices and a selection of fruit and nuts.

Every morning guests may enjoy taking in stunning East-facing views of the city's skyline and beyond as they enjoy breakfast in the privacy of the hotel's exclusive guest lounge, "28". Early risers may even be able to watch the sun rise over the urban landscape as they begin their day with a selection of fresh fruit juices, sliced fruit, sheep's milk yogurt parfait and an extensive range of both a la carte and buffet items.

During the day, guests may choose to enjoy the specially-created spa cuisine in the comfort of their own room or on the relaxing sun-drenched indoor terrace at Isika.

Dishes include crudités with hummus and guacamole, lemon thyme consommé with seasonal vegetables, watermelon, feta and avocado salad, prawn and miso salad with cucumber, edamame and shiso, beetroot, mache and feta salad with pine nut dressing, smoked fillet of kingfish, pickled fennel, celery and coriander vinaigrette, roasted barramundi with warm potato salad, grilled poussin with lemon and harissa, seasonal fruit plate and melon salad and "Pimms" with blood orange sorbet.

Guests will feel nourished, not deprived, as they select from Isika's spa cuisine created by Gordon Ramsay. Guests are encouraged to eat a series of small meals throughout the day to kick-start their metabolism and provide the energy required for swimming, boxing, personal training, Yoga or possible walks along the nearby Yarra River and Royal Botanic Gardens.

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Overnight retreats at Isika are available for stays of one night or more. Guests may choose to select one of the four packages available that are on offer for one, two, three or four nights or choose to develop their own unique experience that specifically addresses their own individual needs.

All retreat packages include accommodation on level 26, breakfast at “28,” spa cuisine meals, an aromatherapy massage, access to Crown Metropol’s breathtaking indoor heated swimming pool, sundeck, vitality pools, aromatherapy steam room and extensive and professionally-equipped gymnasium.

Isika has a team of experts that can help guests reach their optimum health and well-being. Guests may arrange consultations in advance of their retreat with any of the following:

- o Naturopathic consultations
- o Nutritional services
- o Kinesiology
- o Lifestyle coaching
- o Martial Arts
- o Traditional Chinese medicine
- o Cranio Sacral Therapy

One Night “Instant Results” Retreat

\$520.00 single occupancy

\$680.00 double occupancy

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Two Night Package - includes the addition of a body polish treatment and an individual health and fitness consultation and program design.

\$1125.00 single occupancy

\$1530.00 double occupancy

Three Night Retreat - includes all of the inclusions of a two night retreat and the addition of a reflexology treatment.

\$1580.00 single occupancy

\$2080.00 double occupancy

Four Night Retreat -includes all of the inclusions of a three night retreat as well as an Ayurvedic scalp treatment.

\$2035.00 single occupancy

\$2630.00 double occupancy

Guests may make a booking by contacting Isika day spa on 03 9292 8327 or by emailing isika@crownmetropol.com.au.

For more information, to arrange an interview, a site inspection and tour of Crown Metropol or high-resolution images, please contact:

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