

MASSAGE

ILA SIGNATURE MASSAGE

A customized massage experience created around your preferences, blending restorative techniques to relax, rejuvenate, and restore balance. From gentle restoration to focused relief, every treatment is uniquely yours.
50-minutes \$260 / 80-minutes \$390 / 110-minutes \$520

DEEP-TISSUE SPORTS MASSAGE

Designed to target deeper muscle layers, release chronic tension and improve mobility. From athletic recovery to everyday strain, each treatment is tailored to restore strength and flexibility. Firm pressure and focused techniques reach the source of tight muscles, enhancing performance and recovery.
50-minutes \$285 / 80-minutes \$420 / 110-minutes \$550

SWEDISH JET-LAG MASSAGE

A restorative massage, easing travel fatigue with soothing Swedish techniques to improve circulation and reset your body’s rhythm. Sessions are crafted to calm then re-energize the body. Long, flowing movements combined with gentle stretching help release fatigue and restore vitality.
50-minutes \$285 / 80-minutes \$420 / 110-minutes \$550

LYMPHATIC-DRAINAGE MASSAGE

A gentle massage that encourages the circulation and removal of lymph fluid, helping to reduce swelling, bloating and support detoxification. Ideal for boosting immunity and promoting balance from within. Light, sweeping strokes stimulates the body’s natural cleansing system.
50-minutes \$300/ 80-minutes \$420

CBD ENERGY-BALANCE MASSAGE

Enhanced with high-quality, cold-pressed CBD oil to calm the nerves, ease tension, and deeply nourish the skin. Each treatment is customized to melt away stress while promoting overall balance. Anti-inflammatory properties and a calming head-massage set this apart, leaving body and mind restored in harmony.
50-minutes \$300 / 80-minutes \$420 / 110-minutes \$575

LUXURY COUPLE'S MASSAGE

Enjoy the comfort of side-by-side *Ila Signature Massages* in our beautiful exclusive couples suite overlooking St. Patrick’s Cathedral. Relax, renew and reconnect together in harmony. (Ask about the *Luxury Upgrade!*)
50-minutes \$520 / 80-minutes \$780 / 110-minutes \$980

REFLEXOLOGY-INSPIRED FOOT MASSAGE

A foot treatment rooted in traditional reflexology, stimulating pressure points that connect to the entire body. Experience deep relaxation and improved balance through the art of touch. Precise thumb and finger pressure awakens energy pathways, providing relief far beyond the feet.
25-minutes \$120 / 50-minutes \$220

SKINCARE

CUSTOMIZED SIGNATURE FACIAL

A results-driven facial powered by DOCTOR BABOR formulations, tailored to your skin’s unique needs. Designed to adapt to all skin types and concerns, this treatment blends clinical-grade precision with spa-level relaxation for visible, radiant results.
50-minutes \$285 / 80-minutes \$395

IMMUNOCOLOGIE BLUE ZONES-INSPIRED FACIAL

A luxurious ritual designed to detox, boost, and restore—from the inside out. Inspired by our official collaboration with Blue Zones, this exclusive facial blends mineral-rich formulas with advanced techniques to support skin immunity and long-term vitality.
50-minutes \$285 / 80-minutes \$395

DOCTOR BABOR HYDRAFACIAL

Where medical-grade innovation meets luxury skincare. This elevated hydra-facial experience, where it removes impurities while simultaneously infusing the skin with a potent blend of serums, is infused with BABOR’s powerful Collagen Peptide Complex followed by a Red-Light face mask to instantly reduce wrinkles, puffiness and improve elasticity.
50-minutes \$385 / 80-minutes \$505

LUXURY SEA-CREATION FACIAL

An exclusive anti-aging facial featuring BABOR’s SeaCreation Collection, enriched with rare deep-sea minerals and the potent Sea-telligent Complex. This transformative treatment smooths lines, firms contours, and restores youthful vitality with a radiant, ocean-inspired glow.
50-minutes \$405 / 80-minutes \$525

BONJIL ULTRA GLOW FACIAL

An indulgent treatment featuring Bonjil’s exclusive Caviar Collection, blending rare peptides and enzymes to lift, brighten, and restore radiance. Skin is left deeply nourished, luminous, and beautifully renewed.
50-minutes \$365 / 80-minutes \$505

HAIR SERVICES

REGULAR WASH & BLOW DRY

A wash followed by a blow dry using Milbon professional products.
45-minutes \$150

MILBON 5-STEP REPAIR TREATMENT

Restore, strengthen, moisturize, and shine. Repair damage and leave hair silky, luminous, and resilient.
30-minutes \$175

HAIRCUT AND STYLING

A customized cut and style that enhances and refines your natural look.
60-minutes \$365

NAIL SERVICES

EXPRESS MANICURE - PEDICURE

A quick shape and cut followed by either a polish change or buff & shine.
30-minutes \$50 Manicure / \$60 Pedicure

SIGNATURE MANICURE - PEDICURE

This signature service includes nail trimming & shaping, cuticle grooming, buffing, scrub exfoliation, lotion massage, and regular nail polish color of your choice.
45-minutes \$90 Manicure / \$95 Pedicure

DELUXE MANICURE - PEDICURE

A luxurious treatment including a soak and moisturizing exfoliation, cuticle work, nails clipped and filed, followed by a renewing paraffin treatment. A short massage and your nails are buffed and ready to paint.
60-minutes - Starting from \$115 Manicure / \$125 Pedicure

JAPANESE GEL MANICURE - PEDICURE

Japanese gel manicures are a natural nail treatment that uses nourishing gels enriched with minerals and vitamins to strengthen and protect the nails. They provide a glossy, long-lasting finish without harsh chemicals.
75-minutes - Starting from \$90 Manicure / \$95 Pedicure

GEL-X EXTENSION MANICURE

Gel X Extensions are soft gel nail tips that are applied with a special adhesive gel, creating lightweight and natural-looking extensions. They’re durable, flexible, and can be styled with less damage to the natural nail.
120-minutes - Starting from \$150 Manicure

FACIAL ADD-ONS

Red-Light Face Mask	\$50
LYMA Laser Hand Treatment	\$50
BABOR Power Ampoule	\$65
BABOR Glycolic Peel	\$65
HydraFacial Booster	\$75
BABOR Neck & Décolleté Treatment	\$150
LYMA Laser Face Treatment	\$150
LYMA Laser Neck & Décolleté Treatment	\$150
30-min Reflexology	\$120

MASSAGE ADD-ONS

CBD Spot-Relief Cream	\$50
Hot Stones	\$50
Scalp & Hair Treatment	\$50
Muscle Therapy Treatment	\$50
Aromatherapy	\$50
Hand & Foot Scrub	\$50
Red-Light Face Mask	\$50
Dry Brushing	\$50
Cupping	\$50
Paraffin Upgrade (Hands OR Feet)	\$25
30-min Reflexology	\$120

WELLNESS TECHNOLOGY

HYPERBARIC OXYGEN THERAPY (HBOT)

The Hyperbaric Oxygen Chamber enhances oxygen delivery to the body by providing pure oxygen in an enclosed space with higher-than-normal pressure. This pressure compresses the oxygen molecules, allowing for higher absorption rates and increasing the amount of oxygen delivered to the bloodstream and vital organs. This therapy promotes healing, accelerates recovery, and supports overall wellness.
30-minutes \$75 / 60-minutes \$150

RED LIGHT THERAPY BED

Experience the rejuvenating power of light therapy with our advanced bed. This non-invasive treatment boosts collagen and elastin, reducing wrinkles and improving skin elasticity. It also increases nitric oxide production, enhancing oxygen flow, accelerating healing, and reducing inflammation. Whether for acne treatment, recovery, or radiant skin, our light therapy bed offers a relaxing, effective solution.
30-minutes \$75 / 60-minutes \$150

AESCAPE AI ROBOTIC MASSAGE

This combines the timeless art of massage with robotics and artificial intelligence to deliver an exceptional massage experience every time. After scanning over 1million different touch-points on your body, in under 60 seconds- the perfect customized massage program is created just for you.
30-minutes \$75 / 60-minutes \$150

PULSED ELECTROMAGNETIC FIELD THERAPY (PEMF)

A scientifically backed method to enhance the electrical charge of our cells, the PEMF bed utilizes soothing pulsed electromagnetic fields to stimulate and invigorate the body's cells. Research shows that when cells are properly charged, the body has an increased ability to heal itself. This wellness modality effectively promotes cellular health, supports recovery, and aids in overall vitality by encouraging natural healing processes.
30-minutes \$75 / 60-minutes \$150

COMPRESSION THERAPY

Compression has many benefits that include increased blood flow from the legs to the heart which can help deliver more oxygen and nutrients to the muscles. Additional benefits include reduce swelling and pain in the legs. Both Tour de France and the US Gymnastics Olympic team avidly use compression therapy.
30-minutes \$40 / 60-minutes \$75

RLX AURASENS PROGRAM

An artform for the senses, this immersive experience combines spatial audio soundscapes, vibroacoustic haptics, zero-gravity positioning, and elemental programs inspired by Air, Water, Earth, and Fire. Vibrations pulse through your body, guiding you on a magical ride that restores balance, awakens presence, and transports you beyond the everyday.
30-minutes \$75 / 60-minutes \$150

WELLNESS TECHNOLOGY

RLX SATORI PROGRAM

Experience a new dimension of mental recovery as binaural sound, tactile vibrations, and optional voice guidance blend seamlessly with zero-gravity positioning and gentle heat therapy. This multi-sensory journey calms the mind while enhancing focus and mental resilience. With a variety of programs curated for deep sleep and lasting positive change.
22+ minutes \$75 / 60-minutes \$150

MLX iDOME TRIPLE THERAPY

Step into a new era of recovery and detox designed to optimize post-workout renewal, boost immunity, and elevate overall wellbeing. This cutting-edge experience combines: Far Infrared for deep recovery & detox, Plasma Negative Air Ions for immune system support, and LED Therapy for skin longevity.
30-minutes \$200/ 60-minutes \$350

THE QUARTZ BED EXPERIENCE

A modern interpretation of ancient sand bath traditions offering relief from stress, inflammation, and tension. Smooth, warm quartz crystals contour the body, creating a deeply grounding experience that calms both body and energy. The therapist's massage is elevated with inversion therapy, singing bowls, and aromatherapy.
60-minutes \$300 / 90-minutes \$450

WELNAMIS EXPERIENCE

An immersive experience on a water-cushioned bed, blending calming binaural audio with synchronized tactile frequencies to quiet the mind and restore balance. Designed to guide even the busiest thoughts into profound relaxation. The gentle pulses of the bed paired with a massage therapist's expertise can help melt stress away.
60-minutes \$300

RECOMMENDED WELLNESS CIRCUITS

FITNESS & RECOVERY CIRCUIT

A circuit designed to accelerate recovery, enhance performance. Experience the restorative power of Red Light, PEMF, and HBOT.
90-minutes \$200

RED CARPET RELAXATION CIRCUIT

Full body Red Light, Satori, and HBOT combines deep detoxification, improved circulation, and mental clarity for a refreshed look.
90-minutes \$200

MIND & BODY CIRCUIT

A transformative sensory journey designed to align mental clarity with physical restoration using the Red Light, Aurasens and Satori Technology
90-minutes \$200

CUSTOMIZED PACKAGES - PURCHASE 10, GET 2 FREE

