



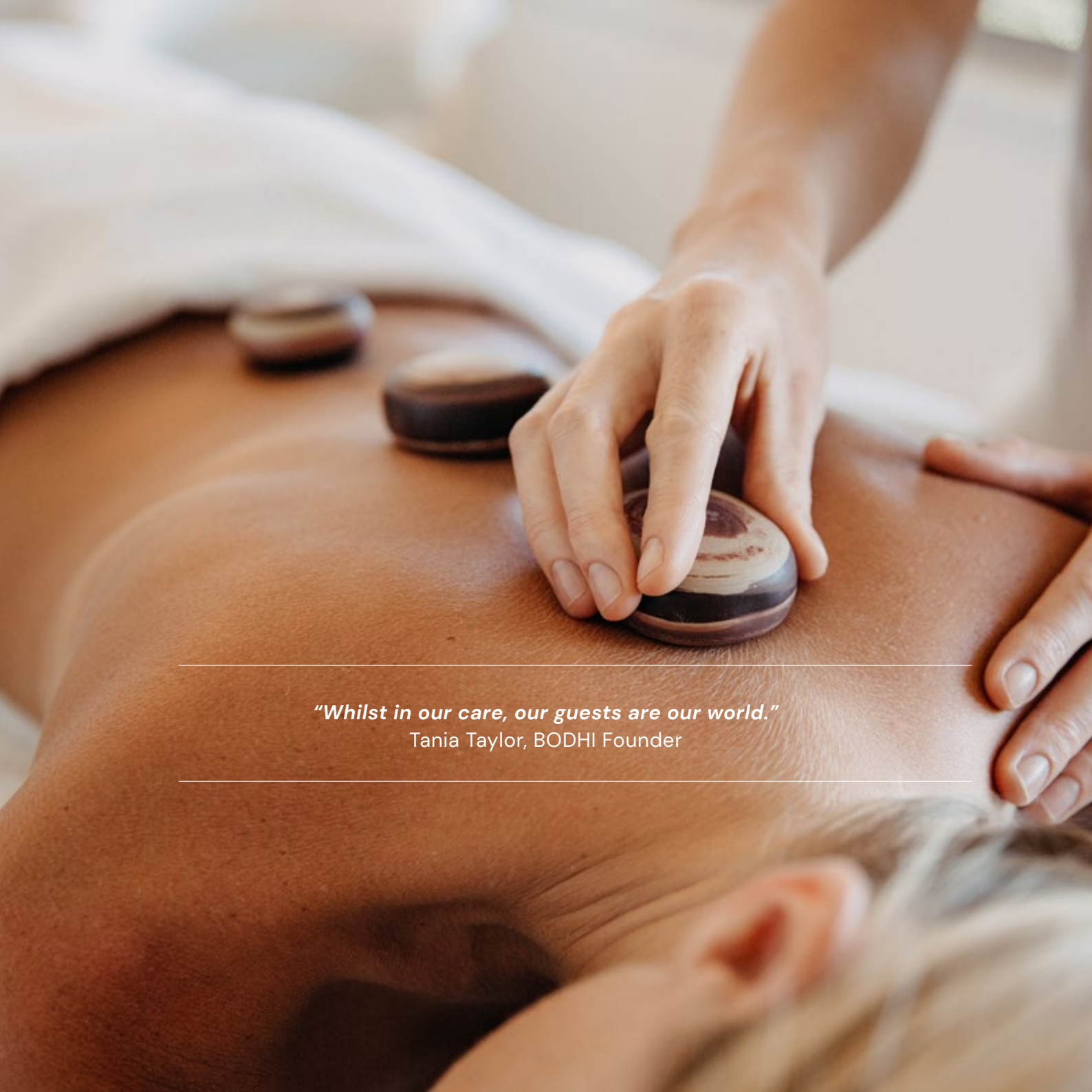
BODHI

WELLNESS | SPA | RETREAT

SPA MENU

Come back to yourself





"Whilst in our care, our guests are our world."

Tania Taylor, BODHI Founder

ABOUT BODHI SPA

BODHI is the Sanskrit word for awakening. At BODHI we seek to awaken, inspire and empower you toward a greater state of health, balance and wellbeing.

We are dedicated to refined, natural beauty and wellness. Our mission is to deliver skin health and radiance, and a deep sense of wellbeing, in beautiful and tranquil locations.

Offering holistic spa therapies, many inspired by ancient Indigenous healing paired with the finest Australian botanical products, our spa treatments will have you looking and feeling your best, naturally.

BODHI spa rituals embrace mind, body and soul, and are delivered mindfully by our skilled team of expert therapists, with love and intention.

ACKNOWLEDGEMENT OF COUNTRY

To acknowledge Country is important to us, the people at BODHI. In the spirit of grounding and connection, we acknowledge the traditional custodians, the Elders past and present – grounded in the story, spirit and pride of our collective cultures and communities.



FACIALS

LED LIGHT THERAPY | 30 MIN | \$100 **P**

Boost skin health and radiance, improve tone and texture, and reduce pigmentation with LightStim advanced LED skin care therapy. This specialised light therapy increases collagen and elastin production, boosts blood circulation and reduces inflammation to accelerate healing, for bright, dewy, radiant skin.

HYDRATE RENEWAL FACIAL | 60 MIN | \$185 **P**

This illuminating and hydrating Sodashi facial deeply nourishes and revitalises on a cellular level for skin radiance. With aromatic facial compresses and extended facial massage, it is tailored to your skin’s needs to hydrate, firm, revitalise and renew. Suitable for all skin types.

Boost your facial with Samadara Age-Defying products | + \$50

HYDRO MICRODERMABRASION FACIAL | 60 MIN | \$195 **P**

The skin-perfector. A high-performance facial to gently erase surface skin layers, for visibly brighter and smoother skin. Using water to mechanically exfoliate and purify, it invigorates collagen and elastin production. The perfect remedy for congestion, acne scarring and pigmentation.

Boost your facial with Samadara Age-Defying products | + \$50

BODHI BRIGHTENING FACIAL | 80 MIN | \$195 **P**

This illuminating and firming facial employs the finest skin-beautifying formulations by Sodashi and MUKTI, packed with brightening vitamins, protective antioxidants and nourishing fatty acids. A specialised lymphatic drainage facial massage hydrates, restores clarity, reduces inflammation and boosts collagen production. Delivered mindfully, with love and intention, it promotes complete relaxation as well as skin health and vitality. Suitable for all skin types.

Boost your facial with Samadara Age-Defying products | + \$50

AGE-DEFIANCE FACIAL | 90 MIN | \$225 **P**

Fortified with antioxidants, vitamins, peptides and bioactive native Australian extracts, this ultra-restorative MUKTI facial, boosts collagen and elastin production whilst moisturising, soothing and hydrating the skin. Restores skin luminosity and helps to minimise pigmentation, fine lines and wrinkles. Enjoy this rejuvenating facial with your choice of jade gua sha massage or micro-dermal rolling.

P Pregnancy safe.

BODHI Value Package | Purchase six treatments and get one free. Conditions apply.



LUXURY FACIALS

THERMAL LUMINOSITY FACIAL | 90 MIN | \$250 **P**

Reclaim youthful elasticity and a luminous skin tone with an intensive boost of vitamins and minerals. Customised to your exact skin’s needs, this luxury facial activates the skin’s natural renewal cycle. A nurturing thermal mask infuses layers of Sodashi’s antioxidant-rich formulations deeply into the skin; the result is healing nourishment that plumps, firms, smooths and protects.

Boost your facial with Samadara Age-Defying products | + \$50

BODHI QI FACIAL THERAPY* | 90 MIN | \$265 **P**

Anti-ageing, facial sculpting and deeply relaxing, Qi beauty is a powerful non-invasive skin recovery therapy that promotes and accelerates healthy skin function. Delivering instant results, it draws on the principles of acupuncture and meridians, in combination with magnetic therapy technology, to activate the skin energetically to dramatically boost cellular regeneration. After just one treatment, skin appears vibrant, clear and youthful, more hydrated and plumped, as fine lines, wrinkles and pigmentation are noticeably reduced.

Suitable for all skin types.

Boost your facial with:

Samadara Age-Defying products | + \$50

LED Light Therapy | + \$50

ROSE QUARTZ AGE-CONTROL FACIAL | 105 MIN | \$350 **P**

Turn back the hands of time with this intensely nourishing and hydrating luxury facial to diminish fine lines, reduce pigmentation, refine pores and restore a youthful glow. A Rose Quartz Crystal facial massage drawing on ancient Ayurvedic healing techniques, melts away tension and reawakens skin natural healing energies, whilst layers of bioactive Samadara formulations work to leave skin clear, luminous, more lifted and firmed.

P Pregnancy safe.

BODHI Value Package | Purchase six treatments and get one free. Conditions apply.

*Not available at BODHI Yallingup.

MASSAGE

BODHI HEAD MASSAGE | 60 MIN | \$160 P

Alleviate fatigue and relieve tension with this nurturing head massage. Using ancient healing techniques and pressure points it melts away stress, balances the upper chakras and brings about a profound sense of wellbeing. A luxurious Sodashi scalp mud then deeply nourishes and conditions hair and scalp, leaving hair silky and shiny.

BODHI RELAX MASSAGE | 60 MIN - \$165 | 90 MIN - \$230

Deeply relaxing, this luxurious Swedish-style massage uses soothing essential oil blends to calm the nervous system, melt away stress and restore inner balance.

BODHI TENSION RELEASE MASSAGE | 60 MIN - \$180 | 90 MIN - \$250

A therapeutic holistic massage that is intense and invigorating, it melts away deep-seated tension and fatigue. In combination with strengthening essential oils, it traces discomfort back to original cause, to address and alleviate symptoms.

BODHI WARM BAMBOO MASSAGE | 60 MIN - \$190 | 90 MIN - \$260

Nurturing for mind and body, this unique massage uses warm bamboo rods to knead out knots, soothe aching muscles and melt away tension. It alleviates fatigue, soothes the senses and boosts circulation to aid detoxification, leaving you deeply calm yet energised.

BODHI LYMPHATIC DRAINAGE MASSAGE | 90 MIN | \$260

Light, rhythmic, circular strokes are used to promote the flow of lymph throughout your body and balance the body’s energy meridians. This deeply relaxing massage provides relief from fluid retention, stimulates circulation and detoxification, and provides overall support to the immune system.

BODHI KODO MASSAGE | 90 MIN | \$260

A rhythmic body massage inspired by traditional Indigenous techniques to balance and re-align energy flow and boost wellbeing. Stimulating healing pressure points and spiralling movements ground, uplift and calm the senses. This blissful therapy works to relieve muscular tension and fatigue while energising mind and body.

BODHI KODO MASSAGE FOR PREGNANCY | 70 MIN | \$195 P

BODHI KODO MASSAGE WITH ROCKS | 90 MIN | \$275

P Pregnancy safe.

BODY THERAPIES

BODHI SALT SCRUB | 60 MIN | \$175

Invigorate the body and alleviate fatigue with this full body exfoliation ritual. Aromatic oils are massaged into the skin followed by a revitalising mineral-rich Himalayan salt scrub. A warm shower, followed by a hydrating application of body lotion softens skin for visible tone and radiance.

VANILLA BLISS SCRUB | 60 MIN | \$175 P

Rejuvenate skin tone and soothe the senses with this full body exfoliation. Warm botanical oils are massaged into the skin followed by a vanilla and sandalwood exfoliant to buff away dry skin and melt away tension. A warm shower followed by a hydrating application of antioxidant-rich vanilla body cream deeply nourishes to leave skin glowing. Safe for mums-to-be.

CONTOUR & DETOX BODY WRAP | 90 MIN | \$260

Anti-cellulite and detoxifying, this luxurious therapy starts with a lymphatic boosting full-body salt scrub followed by a warm marine mineral-rich clay mask to nurture and flush the body of accumulated toxins, whilst you enjoy a soothing scalp massage for complete relaxation. After a refreshing shower, a hydrating application of enlivening body lotion leaves skin toned, contoured and lustrous.

P Pregnancy safe.

BODHI MAN

BODHI MAN FACIAL | 60 MIN | \$185

Firm, thorough and results driven, this multi-tasking no-nonsense facial is crafted to treat male skin concerns, whilst it melts away stress and tension. Customised to your specific skin type to deliver optimal results, this facial includes a double cleanse, exfoliation and extended facial massage with vitamin-rich oils, leaving skin brighter, hydrated, firmed and revitalised. For those with a beard, a natural mud mask treatment is applied to condition and nourish.

BODHI MAN ESCAPE: FACE + BODY | ALLOW 2 HOURS | \$340

Tension Release Massage + BODHI Man Facial

Revitalise and alleviate fatigue with this ritual for face and body, specifically designed for men. A journey of complete relaxation, a Tension Release Massage melts away deep-seated tension, followed by a vitamin-rich facial to deeply nourish and hydrate skin for a visibly brighter, smoother complexion.

BODHI MAN RENEW: BODY | ALLOW 2 HOURS AND 15 MIN | \$370

Steam/Infrared Sauna + Full Body Scrub + Tension Release Massage

This journey of complete relaxation starts with a detoxifying steam or infrared sauna. An invigorating salt scrub follows to energise and invigorate, followed by a Tension Release Massage with warm nourishing botanical oils to melt away stress, fatigue and deep-seated tension.

Please note, not all of our locations have steam, sauna, spas and baths. Enquire at time of booking.

BODHI Value Package | Purchase six treatments and get one free. Conditions apply.



BODHI COTTESLOE

WELLNESS

INFRARED SAUNA | 30 MIN | SOLO \$50 | FOR TWO \$75

Deep core warmth is activated at a cellular level to induce sweating, skin rejuvenation, detoxification, muscular recovery and reduce inflammation. Using naturally occurring infrared rays, it detoxifies the body of accumulated toxins and heavy metals. Improves skin tone and helps to treat cellulite whilst deeply relaxing mind and body.

Available at BODHI Cottesloe, Highgate and Yallingup.

BODHI REIKI* | 30 MIN | \$95 P

A holistic and nurturing therapy, Reiki boosts 'life force energy' to balance mind, body, spirit and emotions. Removing old blockages and stagnant energy, it allows energy to flow smoothly and in harmony, to energise, revitalise and deeply relax the whole being.

LED LIGHT THERAPY | 30 MIN | \$100 P

Boost skin health and radiance, improve tone and texture, and reduce pigmentation with a LightStim advanced LED skin care therapy. This specialised light therapy increases collagen and elastin production, boosts blood circulation and reduces inflammation to accelerate healing, for bright, dewy, radiant skin.

BODHI CHAKRA BALANCE | 90 MIN | \$260 P

Deeply meditative, this unique energy therapy brings balance and harmony to the body's main chakra system for a profound sense of wellbeing. A fluid combination of massage, Sodashi chakra aromatherapy blends, reiki and crystal placement, it works subtly on the energetic body, leaving you feeling grounded and calm, yet invigorated.

P Pregnancy safe.

BODHI Value Package | Purchase six treatments and get one free. Conditions apply.

*Not available at BODHI Yallingup.



ADD ON TREATMENTS

FACE

GUA SHA FACIAL MASSAGE | 20 MIN | \$50 **P**

An ancient Chinese purification technique, gentle gliding pressure with the gua sha stimulates lymph nodes to reduce fluid retention and detoxify, for clearer more radiant skin.

LED LIGHT THERAPY | 20 MIN | \$80 **P**

Boost skin health and radiance, improve tone and texture, and reduce pigmentation with a LightStim advanced LED skin care therapy.

INSTANT GLOW FACIAL | 30 MIN | \$105 **P**

Customised to your skin type and concerns, this express Sodashi facial delivers instant glow. Designed to cleanse, exfoliate and nourish, it leaves skin radiant, brighter and hydrated.

MICRODERMABRASION* (ADD-ON TO FACIALS ONLY) | 30 MIN | \$115 **P**

Add-on this skin-perfector to your favourite BODHI facial. It gently erases surface skin layers, for visibly brighter and smoother skin. Using water to mechanically exfoliate and purify, it invigorates collagen and elastin production. The perfect remedy for congestion, acne scarring and pigmentation.

BODY

BACK MASSAGE | 30 MIN | \$95 **P**

An anti-fatigue express back massage to help relieve stress and tension, leaving mind and body relaxed and rejuvenated.

SCALP MASSAGE & HAIR TREATMENT | 30 MIN | \$110 **P**

Alleviate fatigue and relieve tension with this nurturing scalp and hair therapy. Using ancient healing techniques and pressure points, it melts away stress for a profound sense of wellbeing. A luxurious mineral-rich mud mask then deeply nourishes and conditions hair and scalp, leaving hair silky and soft.

P Pregnancy safe.

Add-Ons are not available as stand-alone treatments, and must be booked with services of 30mins or more.

*The Microdermabrasion Add-On can only be added to a BODHI Facial.





SPA JOURNEYS

BODHI RESTORE | ALLOW 90 MIN | SOLO \$195 | FOR TWO \$360

Indulge in a glass of champagne, fresh fruit and chocolate as you unwind in a spa, bath, steam room or sauna, followed by a luxurious BODHI Relax Massage with botanical oils to melt away tension and restore inner calm. Upgrade to a BODHI Tension Release Massage | + \$15 per person.

BODHI PREGNANCY NURTURE | ALLOW 100 MIN | SOLO \$280 | FOR TWO \$540 P

BODHI Kodo Pregnancy Massage + Instant Glow Facial

A luxurious and nurturing ritual for mums-to-be. Enjoy a luxurious full body BODHI Kodo Pregnancy Massage, followed by vitamin-rich Sodashi Instant Glow Facial for skin vitality radiance.

BODHI PREGNANCY RETREAT | ALLOW 2 HOURS AND 30 MIN | SOLO \$380 | FOR TWO \$740 P

BODHI Kodo Pregnancy Massage + Instant Glow Facial with Gua Sha Massage + Soothing Mint Foot Therapy

A nurturing ritual for mums-to-be. Enjoy a full body BODHI Kodo Pregnancy Massage to calm, soothe and relieve aches and pains, followed by a vitamin-rich Sodashi Instant Glow Facial with gua sha facial massage for skin vitality and radiance. Complete your ritual with a soothing mint foot therapy.

BODHI OUD RENEWAL | ALLOW 2 HOURS | SOLO \$375 | FOR TWO \$730

Full Body Massage + Luxury Illuminating Facial

This holistic, opulent body and facial ritual delivers incredible skin radiance whilst it melts away stress, tension and fatigue. Deeply calming, an acupressure full-body massage with healing Oud soothes the nervous system and releases emotional blockages, invoking a deep sense of strength and peace. An illuminating facial, tailored to your exact skin’s needs, deeply nourishes and revitalises on a cellular level, for a radiant, healthy complexion.

BODHI ESCAPE | ALLOW 2 HOURS AND 30 MIN | SOLO \$420 | FOR TWO \$820

BODHI Relax Massage + Hydrate Renewal Facial + Scalp Massage and Hair Treatment

This nourishing ritual begins with a BODHI Relax Massage with calming aromatherapy oils, followed by a brightening Sodashi Hydrate Renewal Facial for complete skin radiance. A deeply soothing scalp massage and clay mask follow, to nourish and condition, leaving you with silky soft, manageable hair. Upgrade to a BODHI Tension Release Massage | + \$15 per person.

P Pregnancy safe.

Please note, not all of our locations have steam, sauna, spas and baths. Enquire at time of booking.

SPA JOURNEYS

THE GROUNDING RITUAL | ALLOW 2 HOURS AND 30 MIN | SOLO \$420 | FOR TWO \$820

Full-body Exfoliation + Mineral Body Wrap + Scalp Massage + BODHI Kodo Massage

Unwind and renew with this sensory and restorative body ritual. After an invigorating exfoliation with Australian salts and warm botanical oils, you will be cocooned in a silky layer of warm mineral-rich mud. A nurturing scalp massage allows you to drift away, followed by a grounding rhythmic full-body massage, inspired by Indigenous healing.

BODHI ENERGISE RETREAT | ALLOW 3 HOURS AND 30 MIN | SOLO \$585 | FOR TWO \$1,150

Full-body Exfoliation + Lymphatic Drainage Massage + Hydrate Renewal Facial

Invigorate the whole being. An energising citrus and Himalayan full-body salt scrub softens and tones skin, followed by a detoxifying Lymphatic Drainage Massage with warm botanical oils to dissolve stress, fatigue and tension. A Hydrate Renewal Facial is then tailored to your skin, to deeply hydrate and nourish for ultimate skin health and radiance.

THE AWAKENING RITUAL | ALLOW 4 HOURS AND 30 MIN | SOLO \$650 | FOR TWO \$1,280

A collection of six nurturing therapies to revitalise the whole being

This blissful and restorative spa journey, inspired by Indigenous healing, reconnects body, mind and soul. It seamlessly combines six holistic treatments to revitalise from head to toe. Enjoy nurturing foot and hand therapies, a luxurious mineral-rich body wrap, a full-body rhythmic Kodo Massage, a soothing head massage and a nourishing MUKTI Organics Facial, for ultimate relaxation.

BODHI INDULGE | ALLOW 5 HOURS | SOLO \$650 | FOR TWO \$1,280

Steam/Bath/Spa/Infrared Sauna + Vanilla Bliss Scrub and Wrap + BODHI Relax Massage + BODHI Brightening Facial + Scalp Massage and Hair Treatment + Soothing Mint Foot Therapy

Begin this wellbeing ritual with a steam, infrared sauna, bath or spa, followed by a luxurious full-body Vanilla Bliss Scrub and Wrap. A 60min BODHI Relax Massage with warm botanical oils then melts away stress, tension and fatigue. Then enjoy a Brightening Facial customised to your skin, to deeply nourish and hydrate for ultimate radiance. A Scalp Massage and Hair Treatment, brings about a profound feeling of wellbeing, and leaves hair silky and soft. Finish with a soothing and refreshing mint foot therapy.

Upgrade to a BODHI Tension Release Massage | + \$15 per person.





BEAUTY THERAPY

WAXING

Eyebrow Tidy (20 min)	\$25
Eyebrow Shape (30 min)	\$45
Eyebrow Shape & Tint (40 min)	\$65
Chin	\$25
Lip	\$25
Sides of Face	\$30
Eyebrow Tidy, Lip & Chin	\$60
Lower Back	\$30
Underarm	\$30
Half Arm	\$40
Full Arm	\$60
Lower Leg	\$50
3/4 Leg	\$65
Upper Leg	\$60
Full Leg	\$75
Bikini	\$40
G-String	\$55
Brazilian	\$75

TINTING

Eyebrow Tint	\$25
Eyelash Tint	\$35
Eyelash & Brow	\$50
Henna Tint, Brow Wax & Hand/Scalp Massage (60 min)	\$80
Henna Tint & Hand/Scalp Massage (50 min)	\$65

BODHI MAN WAXING

Neck	\$20
Eyebrow Wax and Shape	\$35
Shoulders	\$40
Nose & Ears	\$35
Arm	\$60
Full Leg	\$80
Chest	\$50
Back	\$60
Back & Shoulders	\$75

*BODHI Value Package | Purchase six and receive seventh treatment free. Conditions apply.
No Waxing and Tinting available at BODHI Yallingup.

BODHI TERMS & CONDITIONS

ARRIVAL TIME: Please arrive 15 minutes prior to your treatment start time to allow time for you to change and unwind. Arriving late will reduce treatment time.

RESERVATIONS: To ensure your preferred time and service is available we recommend booking in advance. Credit card details or gift voucher number are required at time of booking to secure your reservation.

CONSULTATION: Before your treatment your therapist will complete a quick medical questionnaire with you and discuss your needs, likes and dislikes, noting any areas of stress or discomfort. They will then customise the treatment to suit your personal requirements. Our goal is to completely nurture you. If at any time you feel uncomfortable, too hot or too cold, would prefer a lighter, or stronger treatment, please let the therapist know.

PUBLIC HOLIDAYS: Please note a 15% surcharge applies on all treatments on public holidays, gift voucher redemptions included. Discounts/discount vouchers are not valid on these days.

GIFT VOUCHERS: Vouchers are valid for 36 months from the date of purchase. Lost/stolen vouchers cannot be reclaimed. To avoid disappointment, please note that to secure an appointment on a late evening or weekend/public holiday a minimum four weeks advance notice is generally required. Please note treatment options may vary between locations.

CANCELLATION POLICY: If you are unable to make your appointment, we request **24 hours** notice for all bookings scheduled Monday to Friday, and **48 hours** notice for all bookings scheduled on Saturdays, Sundays and Public Holidays, to avoid full charges being applied to your cancelled treatment, including gift voucher bookings, which will then be deemed void.

PAYMENTS: BODHI accepts cash, American Express, EFTPOS, Mastercard and VISA. We regret we do not accept Diners Club or personal cheques.

SECURITY: We ask you to leave your valuables at home as we cannot take any responsibility for valuables left on the premises.

BODHI TERMS & CONDITIONS

SPA ETIQUETTE: To ensure the comfort and relaxation of all guests, please keep all noise to a bare minimum (we ask that you keep all devices switched off or on silent mode), and please respect that the spa is a smoke free environment. And though we love children, they are not permitted in the treatment rooms or spa lounge areas and their attendance is discouraged.

PARKING:
Cottesloe: free 2 and 4 hour parking options on Station Street.
Highgate: both free and metered parking is available on Pier Street.
Wembley: free parking is situated on Nanson and Grantham Street.
Westin: valet parking is available (charges apply) and metered parking is available next door to the hotel.
Yallingup: free parking available in private BODHI car park.

PREGNANCY: It is important that you advise us of your pregnancy at time of booking. Some spa treatments may require you to be in your second trimester, while others may not be suitable for pregnant guests.

HEALTH CONDITIONS: Please inform us at the time of booking of any medical or health conditions, allergies or injury, or if you are undergoing radiation or chemotherapy. We recommend that you discuss with your doctor which treatments are safe for you.

GROUP BOOKINGS: We are more than happy host groups for birthday celebrations, hen parties and corporate groups. For groups of four or more we do require a 50% non-refundable deposit at the time of booking.

DISCOUNTS: Please be aware that discount vouchers cannot be used in conjunction with gift voucher redemptions. Discounts cannot be applied to our Spa Journey packages. No discounts can be applied to any services/treatments on Sundays and Public Holidays.

MINIMUM AGE: All guests must be a minimum of 18 years of age to use the spa facilities and services. Guests aged from 10 years may attend if accompanied by an adult.

PRIVACY: All personal information shared with BODHI will remain private and confidential.



BODHI COTTESLOE

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BODHI HIGHGATE

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BODHI WEMBLEY

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BODHI WESTIN PERTH

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BODHI YALLINGUP

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BODHI WELLBEING STUDIO

Qantas Business Lounge
Perth International Airport