



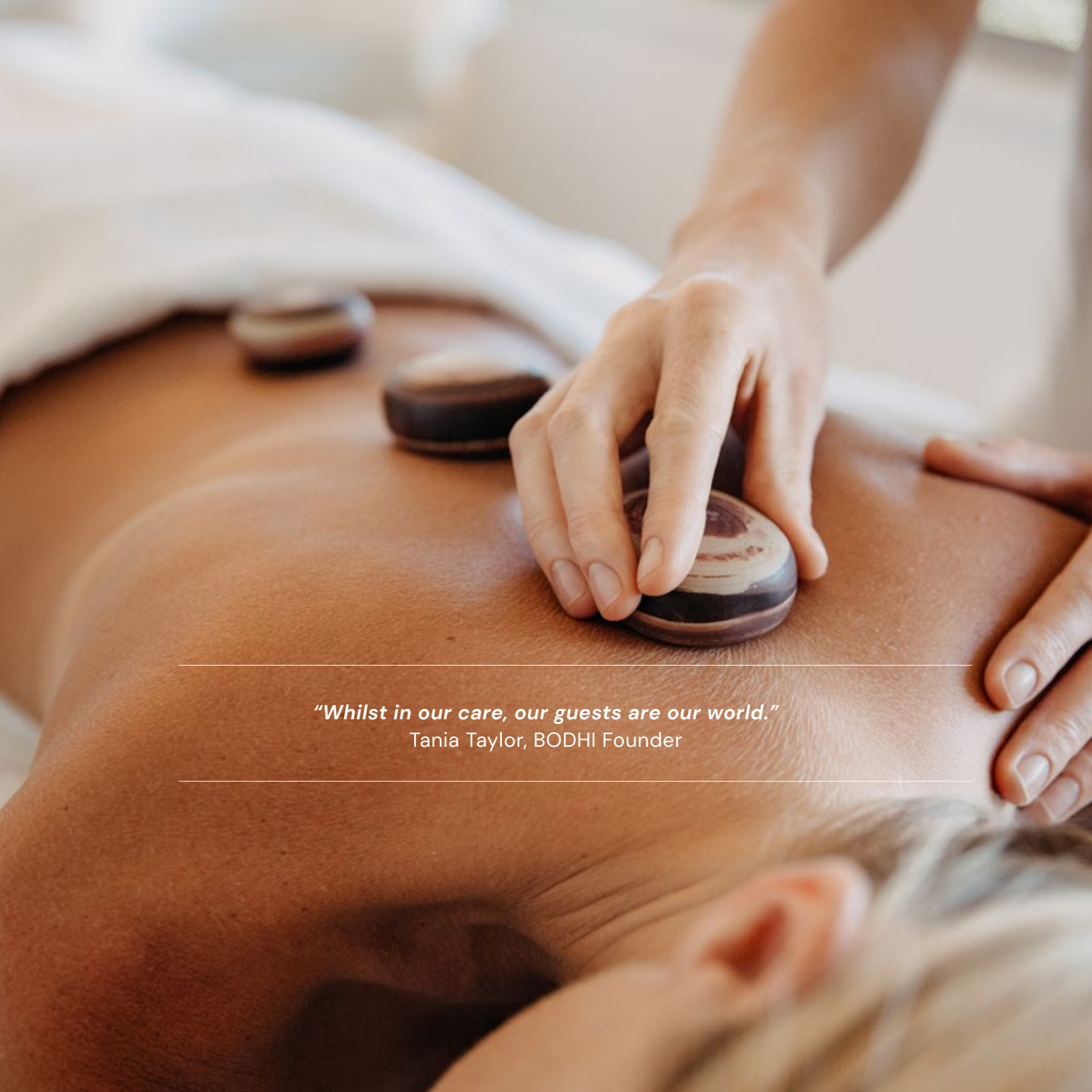
BODHI

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**

LED Light Therapy works to dramatically boost skin health, for bright, dewy radiant skin. It improves tone and texture, reduces pigmentation, increases collagen production, boosts circulation, and reduces inflammation, as well as accelerating healing.

HYDRATE RENEWAL FACIAL | 60 MIN | \$195 **P**

This nurturing and hydrating Sodashi facial deeply nourishes and revitalises on a cellular level, for skin health and 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: LED Light Therapy + \$80 | or, Samadara Age-Defying formulations + \$50

HYDRO MICRODERMABRASION FACIAL | 60 MIN | \$215 **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: LED Light Therapy + \$80 | or, Samadara Age-Defying formulations + \$50

BODHI BRIGHTENING FACIAL | 90 MIN | \$255 **P**

Customised to your skin's exact needs, this illuminating and firming facial employs the finest skin-beautifying formulations packed with brightening vitamins, protective antioxidants and nourishing fatty acids. A luxurious lymphatic drainage facial massage restores clarity, reduces inflammation and boosts collagen production. So much more than a facial, it promotes complete relaxation as well as skin health and vitality.

Boost your facial with: LED Light Therapy + \$80 | or, Samadara Age-Defying formulations + \$50



LUXURY FACIALS

THERMAL LUMINOSITY FACIAL | 90 MIN | \$275 **P**

Reclaim youthful elasticity and a luminous skin tone with this luxurious facial. Customised to your exact needs, it activates the skin's own natural renewal cycle. A thermal mask infuses antioxidant-rich formulations into the deeper dermal layers; the result is healing nourishment that plumps, firms, smooths and protects. Boost your facial with: LED Light Therapy + \$80 | or, Samadara Age-Defying formulations + \$50

BODHI QI FACIAL THERAPY* | 90 MIN | \$285 **P**

Anti-ageing, facial sculpting and deeply relaxing, this unique facial accelerates healthy skin function. Delivering instant results, it activates the skin energetically to 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: LED Light Therapy + \$80 | or, Samadara Age-Defying formulations + \$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 melts away tension and reawakens the skin's own natural healing energies, whilst a thermal mask infuses layers Samadara formulations into the deeper dermal layers to leave skin clear, luminous, more lifted and firmed. Boost your facial with: LED Light Therapy | + \$80

FACIAL THERAPY ENHANCEMENTS *(Please note these cannot be booked as stand-alone treatments)*

GUA SHA FACIAL MASSAGE | 20 MIN | \$60 **P**

This ancient Chinese purification technique stimulates lymph nodes to reduce fluid retention and detoxify, for clearer more radiant skin.

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

A specialised light therapy to boost skin health and radiance, improve tone and texture, and reduce pigmentation.

MICRODERMABRASION | 30 MIN | \$125 **P**

A skin-perfecting treatment that gently erases surface skin layers and deeply hydrates, for visibly brighter and smoother skin.

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 | \$175 **P**

This incredibly nurturing massage dissolves stress, fatigue and tension from head, neck and shoulder areas. Using healing techniques and pressure points, it brings about a deep sense of wellbeing. A scalp and hair mud deeply nourishes and conditions, leaving hair silky and soft.

BODHI RELAX MASSAGE | 60 MIN - \$180 | 90 MIN - \$250

Deeply relaxing and restorative, this luxurious Swedish-style massage uses light to medium pressure with personalised essential oils to release physical and emotional tension, and calm the mind. Delivered intuitively, it is customised to you needs at the time.

BODHI PREGNANCY MASSAGE | 60 MIN - \$195 | 90 MIN - \$270 **P**

A safe and nurturing massage designed for mums-to-be after their first trimester. This deeply relaxing and restorative massage uses luxurious, nourishing oils to soothe the nervous system, whilst alleviating tension, heaviness and swelling.

BODHI TENSION RELEASE MASSAGE | 60 MIN - \$195 | 90 MIN - \$270

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

Upgrade with Warm Bamboo Rods | + \$25

BODHI LYMPHATIC DRAINAGE MASSAGE | 90 MIN | \$280

Immune boosting and detoxifying, this exceptionally soothing massage uses light, rhythmic, circular strokes to promote the flow of lymph throughout your body. It provides relief from fluid retention, stimulates circulation, and balances the body’s energy meridians to bring about a deep sense of wellbeing.

BODHI KODO MASSAGE | 90 MIN | \$280

A blissful journey inspired by Australian Indigenous healing, this unique rhythmic massage melts away fatigue and tension, re-aligns energy flow and energises mind and body. Activation of pressure points and spiralling movements ground, uplift and calm the senses.

BODHI KODO MASSAGE WITH ROCKS | 90 MIN | \$290

P Pregnancy safe.

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



BODHI SALT SCRUB | 60 MIN | \$185

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 | \$185 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 | \$285

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 and contoured.

BODHI CHAKRA BALANCE | 90 MIN | \$285 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.

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.

P Pregnancy safe.

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

BODY THERAPY ENHANCEMENTS *(Please note these cannot be booked as stand-alone treatments)*

BODHI REIKI* | 30 MIN | \$100 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.

BACK MASSAGE | 30 MIN | \$110 P

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

INSTANT GLOW FACIAL | 30 MIN | \$115 P

Customised to your skin’s exact needs, this express Sodashi facial is designed to cleanse, exfoliate and nourish, to leave skin radiant, luminous and hydrated.

SCALP MASSAGE & HAIR TREATMENT | 30 MIN | \$125 P

A nurturing scalp and hair massage using healing techniques and pressure points to melt away fatigue, stress and tension. A mineral-rich mud mask then deeply nourishes and conditions hair and scalp, leaving hair silky and soft.

P Pregnancy safe.

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

*Not available at BODHI Yallingup.



SPA JOURNEYS

BODHI RESTORE | ALLOW 90 MIN | SOLO \$220 | FOR TWO \$390

Steam/Bath/Spa/Infrared Sauna + BODHI Relax Massage

Luxuriate in a spa, bath, steam room or infrared sauna, followed by a restorative and relaxing full body massage. A light to medium massage pressure combined with essential oil blends work to release physical and emotional tension, and deeply calm the mind and nervous system. Enjoy a glass of sparkling wine and fresh fruit during this sensory journey. Upgrade to a BODHI Tension Release Massage | + \$15 per person.

BODHI PREGNANCY NURTURE | ALLOW 90 MIN | SOLO \$295 | FOR TWO \$580 **P**

BODHI Pregnancy Massage + Instant Glow Facial

A luxurious and nurturing ritual for mothers-to-be. Enjoy a luxurious 60 min BODHI Pregnancy Massage, followed by a vitamin-rich Sodashi Instant Glow Facial for skin vitality and radiance.

BODHI OUD RENEWAL | ALLOW 2 HOURS | SOLO \$395 | FOR TWO \$770 **P**

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. An acupressure full-body massage with healing Oud soothes the nervous system and helps to release emotional blockages, invoking a deep sense of strength and peace. An illuminating facial, tailored to your exact skin’s needs, nourishes and revitalises on a cellular level, for dewy, radiant skin.

BODHI PREGNANCY RETREAT | ALLOW 2 HOURS AND 20 MIN | SOLO \$420 | FOR TWO \$820 **P**

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

A beautiful and nurturing ritual for mothers-to-be. Enjoy a 60 min BODHI Pregnancy Massage to calm, soothe and relieve aches and pains, followed by a vitamin-rich Sodashi Instant Glow Facial with a lymphatic Gua Sha Facial Massage for skin vitality and radiance. Enjoy a soothing mint foot therapy to complete this sensory ritual.

BODHI ESCAPE | ALLOW 2 HOURS AND 30 MIN | SOLO \$435 | FOR TWO \$850

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

This sensory ritual begins with a 60 min BODHI Relax Massage with aromatic botanical oils, followed by a nourishing 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 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 are not available at BODHI Wembley.

SPA JOURNEYS

THE GROUNDING RITUAL | ALLOW 2 HOURS AND 30 MIN | SOLO \$460 | FOR TWO \$895

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

Unwind and renew with this restorative full body ritual. After an invigorating exfoliation with warm botanical oils and Australian salts, 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 and rhythmic full-body massage, all inspired by Indigenous healing.

THE AWAKENING RITUAL | ALLOW 4 HOURS AND 30 MIN | SOLO \$695 | FOR TWO \$1,370

Luxurious Mineral-Rich Body Wrap + BODHI Kodo Massage + Customised Botanical Facial + Nurturing Head Massage + Nourish Foot & Hand Therapies

A seamless collection of six luxurious therapies inspired by Indigenous healing to revitalise the whole being. This blissful, restorative journey is fully customised to your needs for a profound sense of wellbeing, whilst it reconnects body, mind and soul.

THE BODHI JOURNEY | ALLOW 5 HOURS AND 30 MIN | SOLO \$895 | FOR TWO \$1,770

Steam/Bath/Spa/Infrared Sauna + Vanilla Bliss Scrub & Wrap + BODHI Relax Massage + BODHI Brightening Facial + Scalp Massage & Hair Treatment + Light Lunch

BODHI's most luxurious journey of wellness. Begin with a steam, infrared sauna, bath or spa, followed by a nurturing full-body scrub and silky, mineral-rich wrap. A 90 min BODHI Relax Massage then melts away all stress and tension, followed by a BODHI Brightening Facial to deeply nourish and hydrate, for bright, dewy, radiant skin. To finish, a nurturing Scalp Massage and Hair Treatment allows you to sink into a deeper state of relaxation, leaving hair conditioned, silky and soft. A light lunch is served during this sensory journey.

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

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

Spa journeys are not available at BODHI Wembley.



BODHI YALLINGUP



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 & 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 and BODHI Westin.

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 card 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.

SUNDAYS/PUBLIC HOLIDAYS: Please note a 20% surcharge applies on all treatments on public holidays and a 10% surcharge applies on Sundays, gift card redemptions included. Discounts/discount vouchers are not valid on these days.

GIFT CARD: Gift cards are valid for 36 months from the date of purchase and cannot be extended. Lost/stolen gift cards cannot be reclaimed. To avoid disappointment, please note that to secure an appointment on a late evening or weekends/public holidays, a minimum four weeks advance notice is generally required. Please note treatment options may vary between locations. Gift Cards are recognised for the dollar value they were purchased for in the event you chose a different treatment, not the value of the original treatment.

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 card bookings, which will then be deemed void.

PAYMENTS: BODHI accepts cash, AfterPay, 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. BODHI uses Belly Pillows for pregnancy treatments where required.

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, hens 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 card 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 13 years may attend if accompanied by an adult.

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



BODHI COTTESLOE

16 Station Street, Cottesloe WA 6011
cottesloe@bodhispa.com

BODHI HIGHGATE

317-319 Pier Street, Perth WA 6000
highgate@bodhispa.com

BODHI WESTIN PERTH

Level 5/480 Hay Street, Perth WA 6000
westin@bodhispa.com

BODHI YALLINGUP

84 Koorabin Drive, Yallingup WA 6282
yallingup@bodhispa.com

BODHI SKIN & BODY WEMBLEY

42 Grantham Street, Wembley WA 6014
wembley@bodhispa.com

BODHI WELLBEING STUDIO

Qantas Business Lounge
Perth International Airport