



BODHI

WELLNESS | SPA | RETREAT

# SPA MENU

Come back to yourself





## ABOUT BODHI SPA

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

Our wellness therapies are deeply holistic and immersive – some inspired by ancient Indigenous healing, to have you looking and feeling your best, naturally.

More than a massage, facial, sauna or steam — we offer multi-sensory journeys that combine meditation, breathing techniques, sound healing, aromatherapy and more.

### 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 | \$120**

*Best for redness and inflammation*

This express facial treatment improves tone and texture, and reduces pigmentation and inflammation for bright, dewy skin.

**HYDRATE RENEWAL FACIAL\***  
**60 MIN | \$210**

*Best for hydration*

A nurturing Sodashi facial to deeply hydrate and nourish, for skin health and radiance.

Boost your facial with:  
LED Light Therapy\* (20 min) + \$90  
Samadara Age-Defying Formulations + \$50

**HYDRO MICRODERMABRASION FACIAL\***  
**60 MIN | \$230**

*Best for congestion, acne scarring and pigmentation*

Gently erases surface skin layers for visibly brighter and smoother skin. The perfect remedy for congestion, acne scarring and pigmentation.

Boost your facial with:  
LED Light Therapy\* (20 min) + \$90  
Samadara Age-Defying Formulations + \$50

**SKIN PERFECTING FACIAL\***  
**60 MIN | \$245**

*Best for fine lines, pigmentation, sun damage or congestion*

With a gentle glycolic acid peel, this Alpha-H facial helps to boost collagen, stimulate skin renewal and reduce surface imperfections. Skin is left even, hydrated and glowing.

Boost your facial with:  
LED Light Therapy\* (20 min) + \$90

**FACIAL ENHANCEMENTS**

- Add-on Gua Sha Facial Massage\* (20 min) + \$70
- Add-on LED Light Therapy\* (20 min) + \$90
- Add-on Microdermabrasion\* (30 min) + \$135
- Add-on Knesko Collagen Masks\* | Ask in spa.

**BODHI BRIGHTENING FACIAL\***  
**90 MIN | \$280**

*Best for brightening and clarity*

Illuminating, firming and deeply relaxing, this facial is packed with brightening vitamins, protective antioxidants and nourishing fatty acids. A lymphatic drainage facial massage restores clarity and reduces inflammation.

Boost your facial with:  
LED Light Therapy\* (20 min) + \$90  
Samadara Age-Defying Formulations + \$50

**THERMAL LUMINOSITY FACIAL\***  
**90 MIN | \$295**

*Best for firming and plumping*

An age-defying Sodashi facial to boost elasticity and luminosity. A luxurious thermal mask infuses antioxidant-rich formulations deep into the skin to plump, firm and smooth.

Boost your facial with:  
LED Light Therapy\* (20 min) + \$90  
Samadara Age-Defying Formulations + \$50

**BODHI QI FACIAL THERAPY**  
**90 MIN | \$305**

*Best age-defying facial*

Age-defying, facial sculpting and deeply mediative this facial leaves skin vibrant, hydrated and plumped, as fine lines, wrinkles and pigmentation are noticeably reduced.

Boost your facial with:  
LED Light Therapy\* (20 min) + \$90  
Samadara Age-Defying Formulations + \$50

\*Pregnancy safe.

BODHI Value Package | Purchase six treatments and get one free. T&Cs apply.





# MASSAGE

**BODHI HEAD MASSAGE\***  
60 MIN - \$190

An incredibly nurturing massage that dissolves stress, fatigue and tension from head, face, neck and shoulders. A scalp and hair mud deeply nourishes and conditions, leaving hair silky and soft.

Upgrade your massage with:  
Gua Sha Facial Massage\* (20 min) + \$70

**BODHI RELAX MASSAGE**  
60 MIN - \$195 | 90 MIN - \$275

A luxurious Swedish-style massage using light to medium pressure to ease physical tension and calm the mind.

Upgrade your massage with:  
Warm Rocks + \$20

**BODHI TENSION RELEASE MASSAGE**  
60 MIN - \$210 | 90 MIN - \$295

An intense and invigorating massage using therapeutic essential oils to melt away deep-seated tension.

Upgrade your massage with:  
Warm Bamboo Rods + \$25  
Warm Rocks + \$20

**BODHI LYMPHATIC DRAINAGE MASSAGE**  
90 MIN | \$295

Immune boosting and detoxifying, a light, rhythmic massage to promote the flow of lymph throughout your body. Reduces fluid retention and stimulates circulation.

**BODHI KODO MASSAGE**  
90 MIN | \$305

Inspired by Australian Indigenous healing, this unique rhythmic massage melts away fatigue and tension, whilst it re-aligns energy flow.

Upgrade your massage with:  
Warm Rocks + \$20

**BODHI PREGNANCY MASSAGE\***  
60 MIN - \$210 | 90 MIN - \$295

A nurturing massage for mums-to-be after their first trimester. Deeply relaxing, it soothes the nervous system, whilst alleviating tension, heaviness and swelling.

\*Pregnancy safe.  
BODHI Value Package | Purchase six treatments and get one free. T&Cs apply.

# WELLNESS THERAPIES

**BODHI SALT SCRUB**  
**60 MIN | \$210**

Invigorate the body and alleviate fatigue with a Sodashi full body exfoliation ritual, to soften, nourish and tone the skin.

Himalayan Salts – stimulating exfoliant  
Vanilla & Sandalwood\* – gentle exfoliant, safe for pregnancy

**CONTOUR & DETOX BODY WRAP**  
**90 MIN | \$315**

Anti-cellulite and detoxifying, this Sodashi ritual includes a lymphatic boosting salt scrub followed by a warm marine mineral-rich clay mask to flush the body of accumulated toxins. A soothing scalp massage allows for complete relaxation.

**BODHI CHAKRA BALANCE\***  
**90 MIN | \$325**

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

**INFRARED SAUNA / SPA BATH / STEAM**  
**30 MIN | SOLO \$50 | FOR TWO \$75**

- ENHANCEMENTS
- Back Massage (30 min) + \$120
  - Instant Glow Facial\* (30 min) + \$125
  - Scalp Massage and Leave-in Hair Treatment\* (30 min) + \$135

\*Pregnancy safe.  
BODHI Value Package | Purchase six treatments and get one free. T&Cs apply.

# SPA JOURNEYS

**BODHI RESTORE**  
**ALLOW 90 MIN**  
**FOR ONE \$230 | FOR TWO \$450**  
*Steam/Bath/Spa/Infrared Sauna + BODHI Relax Massage*

A spa, bath, steam or infrared sauna, is followed by a luxurious Relax Massage.

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

**BODHI PREGNANCY NURTURE\***  
**ALLOW 90 MIN | \$325**  
*BODHI Pregnancy Massage + Instant Glow Facial*

Deeply relax with a 60 min BODHI Pregnancy Massage followed by a vitamin-rich Sodashi Instant Glow Facial for skin radiance.

**BODHI PREGNANCY RETREAT\***  
**ALLOW 2 HOURS | \$425**  
*BODHI Pregnancy Massage + Hydrate Renewal Facial + KNESKO Collagen Foot Treatment*

A nurturing 60 min BODHI Pregnancy Massage is followed by a Sodashi Hydrate Renewal Facial for skin vitality and radiance. A KNESKO Collagen Foot Mask cools and soothes tired feet.

**BODHI RENEWAL**  
**ALLOW 2 HOURS | \$435**  
*Full Body Massage + Luxury Illuminating Facial*

A full-body massage soothes the nervous system, invoking a deep sense of peace and complete relaxation, whilst a nurturing Sodashi facial delivers skin radiance.

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

**BODHI GROUNDING RITUAL**  
**ALLOW 2 HOURS & 30 MIN | \$540**  
*Full-Body Exfoliation + Mineral-Rich Body Wrap + Scalp Massage + BODHI Kodo Massage*

Inspired by traditional Indigenous healing this sensory full-body ritual is deeply nurturing, with exfoliation, luxurious mud wrap, nurturing scalp massage and full-body massage.

**BODHI ESCAPE**  
**ALLOW 2 HOURS & 30 MIN | \$520**  
*BODHI Relax Massage + Hydrate Renewal Facial + Scalp Massage and Hair Treatment*

A nurturing massage is followed by a Sodashi Hydrate Renewal Facial for complete relaxation and skin radiance. A soothing scalp massage and clay mask follow, to nourish and condition hair.

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

**BODHI AWAKENING RITUAL**  
**ALLOW 5 HOURS | \$840**  
*Mineral-Rich Body Wrap + BODHI Kodo Massage + Botanical Facial + Nurturing Head Massage + Nourish Foot & Hand Therapies + Refreshments*

A seamless collection of six unique therapies inspired by Indigenous healing to revitalise the whole being. This blissful journey is fully customised to your needs on the day for a profound sense of wellbeing.

**PRIVATE RETREAT – POA**

\*Pregnancy safe.  
BODHI Value Package | Purchase six treatments and get one free. T&Cs apply.





# BODHI TERMS & CONDITIONS

**ARRIVAL & CHECK IN:** We request your arrival at least 15 minutes before your treatment time, providing you with ample time to check in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time. Late arrival will still result in full charge for your requested service, even though your actual treatment time may be reduced.

**SPA ETIQUETTE:** To ensure the comfort of all guests, please keep noise to a minimum. Please keep devices switched off or on silent mode. Children are not permitted in the treatment rooms or spa lounge areas.

**RESERVATIONS:** Guests are encouraged to make spa appointments in advance. All reservations must be secured with a credit card. To schedule your treatments, please call the BODHI Spa you wish to visit or email with a booking enquiry. Please advise us if you are pregnant or have significant health considerations when booking your treatments. Prices are in AUD and subject to change without notice based on availability and demand on certain days. Promotions and discounts do not apply to packages, Sundays, Public Holidays, Seasonal Specials and Spa Journeys. All prices are subject to a surcharge on Sundays (10%) and public holidays (15%).

We request that you do not bring jewellery or valuables to your spa experience. The spa is not responsible for lost, stolen or misplaced items.

**GIFT CARDS:** Gift Cards can be redeemed at any BODHI Spa towards spa services or retail products. Gift Cards cannot be redeemed for cash. If lost or stolen, Gift Cards cannot be replaced, so please treat them like cash. No change is given and any unused balance remains on the Gift Card for future use. Gift Cards are valid for three years from date of issue and are non-refundable and non-extendable.

**CANCELLATION POLICY:** Your reservation requires that we schedule spa staff and hold appointment times just for you. As a courtesy and to avoid service charges in full we require **24 hours** notice Monday to Friday, and **48 hours** notice on weekends and public holidays, should you need to change or cancel your reservation.

**PAYMENTS:** BODHI accepts cash, BODHI Gift Cards, AfterPay, American Express, Mastercard and VISA. Please note prepaid EFTPOS cards including Pamper Gift Cards are not accepted.

**GROUP BOOKINGS:** BODHI Spa can host group bookings at our Cottesloe, Highgate, Westin Perth and Yallingup spas, but not at BODHI Wembley. For groups of four or more we require a 50% non-refundable deposit at the time of booking.

**MINIMUM AGE:** Spa services are available for guests ages 8 and older (subject to limitations and parental supervision).

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



**BODHI COTTESLOE**

16 Station Street, Cottesloe WA 6011  
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**BODHI HIGHGATE**

317-319 Pier Street, Perth WA 6000  
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**BODHI SKIN & BODY WEMBLEY**

42 Grantham Street, Wembley WA 6014  
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**BODHI WESTIN PERTH**

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